

Prof. MUSTAFA KARAHAN

Personal Information

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International Researcher IDs

ORCID: 0000-0002-1907-6908

Yoksis Researcher ID: 28122

Education Information

Doctorate, Gazi University, Spor Bilimleri Fakültesi, Turkey 1994 - 2002

Postgraduate, Erciyes University, Sağlık Bilimleri Enstitüsü, Turkey 1991 - 1993

Undergraduate, Gazi University, Beden Eğitimi Ve Spor Yüksekokulu, Turkey 1986 - 1990

Foreign Languages

English, B1 Intermediate

Dissertations

Doctorate, L-karnitin alımının 1500 m koşu performansına ve kan laktat seviyesine etkisi, Gazi University, Spor Bilimleri Fakültesi, 2002

Postgraduate, TIRMANIŞ ANTRENMANLARININ AEROBİK PERFORMANSIN GELİŞTİRİLMESİNE ETKİSİ, Erciyes University, Sağlık Bilimleri Enstitüsü, 1993

Research Areas

Sports Health Sciences

Academic Titles / Tasks

Professor, Dokuz Eylül University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2022 - Continues

Professor, Aksaray University, Spor Bilimleri, Antrenörlük Eğitimi, 2021 - 2022

Associate Professor, Aksaray University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi, 2016 - 2021

Assistant Professor, Aksaray University, Aksaray Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Antrenörlük Eğitimi, 2006 - 2015

Assistant Professor, Nigde Omer Halisdemir University, Aksaray School Of Physical Education And Sports, Antrenörlük Eğitimi, 2003 - 2006

Instructor, Erciyes University, 1990 - 2003

Academic and Administrative Experience

Head of Department, Dokuz Eylul University, Necat Hepkon Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2022 - Continues
Fakülte Yönetim Kurulu Üyesi, Dokuz Eylul University, Necat Hepkon Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2022 - Continues
Fakülte Akademik Kurul Üyesi, Aksaray University, Spor Bilimleri, 2020 - 2022
Head of Department, Aksaray University, Spor Bilimleri, Antrenörlük Eğitimi, 2017 - 2022
Enstitü Yönetim Kurulu Üyesi, Aksaray University, Sosyal Bilimler , 2011 - 2019
Erasmus Program Institutional Coordinator, Aksaray University, Spor Bilimleri, 2015 - 2018
Head of Department, Aksaray University, Beden Eğitimi ve Spor Yüksekokulu, Antrenörlük Eğitimi, 2006 - 2012
Assistant Director of Vocational School, Aksaray University, Beden Eğitimi ve Spor Yüksek Okulu, Antrenörlük Eğitimi, 2006 - 2008
Head of Department, Nigde Omer Halisdemir University, Aksaray School Of Physical Education And Sports, Antrenörlük Eğitimi, 2003 - 2006

Courses

SPORDA ANTRENMAN PLAN VE PERYOTLAMASI, Doctorate, 2020 - 2021

Advising Theses

Karahan M., The effect of rapid weight changes on oxidative stress and muscle damage in female weight class athletes, Doctorate, B.ÖZDEK(Student), 2024
Karahan M., THE EFFECT OF MAXIMAL INTENSITY SKILL-BASED CONDITIONING on AGE-RELATED PHYSICAL PERFORMANCE CHARACTERISTICS in FEMALE VOLLEYBALL PLAYERS, Doctorate, L.ELMAS(Student), 2023
Karahan M., Spor ve sağlıklı yaşam merkezlerinde egzersiz yapan bireylerin fiziksel aktivite düzeyi ve yaşam kalitesi ilişkisi, Postgraduate, B.ERŞAHİN(Student), 2023
Karahan M., Hormonal responses to traditional and sports massage recovery methods after exercise, Doctorate, H.BUDAK(Student), 2023
Karahan M., MAKSİMAL YOĞUNLUKLU BECERİ TABANLI ANTRENMANLARIN ERGENLİK ÖNCESİ VE ERKEN ERGEN ERKEK BASKETBOLCULARIN TEKNİK BECERİ VE ANAEROBİK PERFORMANS ÖZELLİKLERİ ÜZERİNE ETKİSİ, Postgraduate, E.ÇELİK(Student), 2023
Karahan M., Kamu hizmetlerindeki antrenörlerin antrenörlük yeterlik algı düzeylerinin incelenmesi, Postgraduate, M.KARNIKARA(Student), 2022
Karahan M., Examination of elite young male boxing and taekwondo athletes interms of physical performance and somotatip, Postgraduate, V.KAYA(Student), 2020
Karahan M., Beceri ve oyun tabanlı antrenmanların adölesan erkek futbolcuların fiziksel performans ve teknik beceri gelişimi üzerine etkileri, Postgraduate, F.AKAR(Student), 2013
Karahan M., Comparing of some physical and physiological parameters in the level of team and league over high level basketball players, Postgraduate, C.KORKMAZ(Student), 2006
Karahan M., 10 Haftalık antrenman programlarının eğitilebilir zihinsel engelli erkek adölesanların bazı motor özellikleri üzerine etkisi, Postgraduate, R.DEMİR(Student), 2006

Jury Memberships

Associate Professor Exam, Associate Professor Exam, Dokuz Eylül Üniversitesi, June, 2023
Associate Professor Exam, Associate Professor Exam, Dokuz Eylül Üniversitesi, June, 2023
Associate Professor Exam, Associate Professor Exam, Dokuz Eylül Üniversitesi, January, 2023
Associate Professor Exam, Associate Professor Exam, Dokuz Eylül Üniversitesi, January, 2023

Appointment to Academic Staff - Associate Professorship, Appointment to Academic Staff - Associate Professorship, Dokuz Eylül Üniversitesi, January, 2023
Doctorate, Doctorate, Dokuz Eylül Üniversitesi, December, 2022
Post Graduate, Post Graduate, Dokuz Eylül Üniversitesi, December, 2022
Doctorate, Doctorate, Dokuz Eylül Üniversitesi, December, 2022
Post Graduate, Post Graduate, Dokuz Eylül Üniversitesi, September, 2022
Associate Professor Exam, Associate Professor Exam, Aksaray Üniversitesi, January, 2022
Appointment to Academic Staff - Associate Professorship, Appointment to Academic Staff - Associate Professorship, Aksaray Üniversitesi, December, 2021
Associate Professor Exam, Associate Professor Exam, Aksaray Üniversitesi, July, 2021
Associate Professor Exam, Associate Professor Exam, Aksaray Üniversitesi, May, 2021
Associate Professor Exam, Associate Professor Exam, Aksaray Üniversitesi, May, 2021

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **The effect of plyometric training on physical performance characteristics and race times in young female 800-m runners Effets de l'entraînement pliométrique sur la performance physique et le temps de course chez des jeunes coureuses de 800 m**
KARAHAN M., Elmas L., Ünlü H.
Science and Sports, 2024 (SCI-Expanded)
- II. **Effect of skill-based training vs. small-sided games on physical performance improvement in young soccer players**
Karahan M.
BIOLOGY OF SPORT, vol.37, no.3, pp.305-312, 2020 (SCI-Expanded)
- III. **THE EFFECT OF SKILL-BASED MAXIMAL INTENSITY INTERVAL TRAINING ON AEROBIC AND ANAEROBIC PERFORMANCE OF FEMALE FUTSAL PLAYERS**
Karahan M.
BIOLOGY OF SPORT, vol.29, no.3, pp.223-227, 2012 (SCI-Expanded)
- IV. **Badminton basic skills learning level of boys with mild intellectual disabilities**
Karahan M., Salman M. N., Unlu H.
ENERGY EDUCATION SCIENCE AND TECHNOLOGY PART B-SOCIAL AND EDUCATIONAL STUDIES, vol.4, no.1, pp.413-418, 2012 (SCI-Expanded)
- V. **A Comparative Study The Attitudes of Turkish and Foreign Male Students to the Physical Education Lesson**
Ünlü H., Karahan M., Aydos L., Öner M.
CROATIAN JOURNAL OF EDUCATION-HRVATSKI CASOPIS ZA ODGOJ I OBRAZOVANJE, vol.13, no.1, pp.169-187, 2011 (SSCI)

Articles Published in Other Journals

- I. **Kamu Hizmetinde Resmi Görevli Antrenörlerin Antrenörlük Öz-yeterlik Düzeyleri**
KARNIKARA M., KARAHAN M.
Türkiye Spor Bilimleri Dergisi, vol.8, no.1, pp.1-11, 2024 (Peer-Reviewed Journal)
- II. **Genç Takım Sporcularında Anne-Baba Tutumları ile Prososyal ve Antisosyal Davranışlar Arasındaki İlişki Kesitsel Araştırma**
ORHAN S., ELMAS L., ATICI A. R., ERBAŞ M. K., KARAHAN M.
Türkiye Klinikleri Spor Bilimleri Dergisi, vol.15, no.3, pp.413-421, 2023 (Peer-Reviewed Journal)
- III. **Adölesan Tenisçilerde Gerçekleştirilen AOS Testinin Cinsiyete Göre Karşılaştırılması**
BUDAK H., KARAHAN M., ÖZDEK B.

Kilis 7 Aralık Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.6, no.2, pp.96-106, 2022 (Peer-Reviewed Journal)

- IV. **Examination of elite young male boxing and taekwondo athletes in terms of physical fitness and somatotype: A comparative study**
KARAHAN M., KAYA V.
Türkiye Spor Bilimleri Dergisi, vol.6, no.1, pp.42-50, 2022 (Peer-Reviewed Journal)
- V. **Changes in Physical Performance Characteristics of Female Volleyball Players during Regional Division Competitions**
Karahan M., Çolak M.
SPORT TK: REVISTA EUROAMERICANA DE CIENCIAS DEL DEPORTE, vol.11, no.12, pp.1-16, 2022 (ESCI)
- VI. **Investigation of Positive and Negative Emotion, Dispositional Hope and Life Satisfaction of Students Study at the Faculty of Sports Sciences: Descriptive Research**
Ünlü H., Balanlı O. F., Yüceant M., Erbaş M. K., Karahan M.
Türkiye Klinikleri Spor Bilimleri Dergisi, vol.14, no.1, pp.1-10, 2022 (Peer-Reviewed Journal)
- VII. **Physical performance characteristics of university male tennis players in division I and II**
ÖZKATAR KAYA E., KARAHAN M.
PHYSICAL EDUCATION OF STUDENTS, vol.23, no.5, pp.256-261, 2019 (ESCI)
- VIII. **The effect of the prolonged competitive season on semi-elite female volleyball players' physical performance**
KARAHAN M.
Türk Spor ve Egzersiz Dergisi, vol.20, no.1, pp.15-20, 2018 (Peer-Reviewed Journal)
- IX. **Are Candidate Coaches Ready for Coaching Coaching Efficacy of Candidate Coaches**
KARAHAN M.
World Journal of Research and Review, vol.3, no.6, pp.9-14, 2016 (Peer-Reviewed Journal)
- X. **Age-related Physical Performance Differences in Male Soccer Players**
KARAHAN M.
THE ANTHROPOLOGIST INTERNATIONAL JOURNAL OF CONTEMPORARY AND APPLIED STUDIES OF MAN, vol.24, no.3, pp.724-729, 2016 (Scopus)
- XI. **A Comparative Study on the Physical Fitness of Male Basketball Players in Different Divisions**
KARAHAN M., Korkmaz C.
Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.6, no.1, pp.16-23, 2012 (Peer-Reviewed Journal)
- XII. **A Comparative Study Differences between Early Adolescent Male Indoor Team Sports Players Power Agility and Sprint Characteristics**
KARAHAN M., Gevat C.
Annals Series Physical Education and Sport Science, Movement and Health,, vol.11, no.2, pp.185-189, 2011 (Peer-Reviewed Journal)
- XIII. **The Comparison of Aerobic and Anaerobic Characteristics of Young Female Team Sport Players**
KARAHAN M.
World Journal of Sport Science,, vol.4, no.3, pp.234-238, 2011 (Peer-Reviewed Journal)
- XIV. **Eğitilebilir Zihinsel Engelli Erkek Çocukların Bazı Motor Becerilerine Antrenmanın Etkisi**
KARAHAN M., DEMİR R., ŞAHİN İ., SÜEL E.
Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.1, no.2, pp.71-75, 2007 (Peer-Reviewed Journal)
- XV. **Yaşam Boyu Spor Programlarının Orta Yaş Grubu Bayanlarda Bazı Fiziki ve Fizyolojik Özellikler Üzerine Etkisi**
Aras E., Can Y., Karahan M.
Sağlık Bilimleri Dergisi, vol.12, no.1, pp.21-25, 2003 (Peer-Reviewed Journal)
- XVI. **Tepe Tırmanışlarının Aerobik Kapasite Üzerine Etkisi**
KARAHAN M., ÇOKSEVİM B., KAPLAN T., KOCA F.
Gazi Beden Eğitimi ve Spor Bilimleri Dergisi (Online), vol.7, no.3, pp.3-8, 2002 (Peer-Reviewed Journal)
- XVII. **L Karnitin Alımının 1500 m Koşu Performansına Etkisi**
KARAHAN M., GÖKDEMİR K.

Books & Book Chapters

- I. **HORMONAL CHANGES DURING PHYSICAL EXERCISE AND RECOVERY**
Karahan M. (Editor)
Gazi Kitabevi, Ankara, 2023
- II. **Tekerlekli Sandalye Basketbol Sporunda Fiziksel Uygunluk ve Teknik Beceri Testleri**
BOZKURT Ç., KARAHAN M.
in: Spor Paradigmaları I, İlker Kirişçi, Mehmet Çetin, Editor, Özgür Yayınları, pp.43-60, 2023

Refereed Congress / Symposium Publications in Proceedings

- I. **Maksimal yoğunluklu beceri tabanlı antrenmanın genç basketbol oyuncularının anaerobik performansları üzerine yaşa bağlı etkisi.**
KARAHAN M., ÜNLÜ H., BUDAK H.
19. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 11 November 2021
- II. **Hızlı kilo verme ve almanın genç kadın judo sporcularının fiziksel performansına etkisi.**
ÖZDEK B., KARAHAN M., ŞAHİN İ.
19. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 11 - 13 November 2021
- III. **Beden Eğitimi ve Spor Yüksekokulunda Öğrenim Gören Öğrencilerin Pozitif ve Negatif Duygu, Sürekli Umut ve Yaşam Doyum Düzeylerinin İncelenmesi**
ÜNLÜ H., BALANLI O. F., YÜCEANT M., ERBAŞ M. K., KARAHAN M.
17. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 13 - 16 November 2019
- IV. **TFF 3 LİGE YENİ ÇIKMIŞ TAKIMLARIN İLK SENE GÖSTERMİŞ OLDUKLARI PERFORMANSLARININ ANALİZ EDİLEREK LİGE ADAPTE DURUMLARININ İNCELENMESİ**
ATICI A. R., ÜNLÜ H., KARAHAN M.
17. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 13 - 16 November 2019
- V. **The Effect of Skill-Based Training with Maximal Intensity on Male Basketball Players' Physical Performance during Competitive Season**
KARAHAN M., ÜNLÜ H., ERBAŞ M. K.
15. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 15 - 18 November 2017
- VI. **The Effect of the Prolonged Competitive Season on Semi-Elite Female Volleyball Players' Physical Performance**
KARAHAN M.
15. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 15 - 18 November 2017
- VII. **The Effect of Skill Based or Game Based Training on Improvements of Physical Performance of Junior Amateur Soccer Players**
KARAHAN M.
14th International Sport Sciences Congress, Antalya, Turkey, 1 - 04 November 2016
- VIII. **The Effect of Skill Based Training with Maximal Intensity on the Physical Performance of Sub Elite Male Volleyball Players During Competitive Season**
KARAHAN M.
14th International Sport Sciences Congress, Antalya, Turkey, 1 - 04 November 2016
- IX. **Track And Field Coaches' Views of Athletics and Athletics Coach in Turkey**
KALEMOĞLU VAROL Y., KARAHAN M., ERBAŞ M. K.
Journal of Art & Science Conference, Germany, 3 - 06 December 2013

Activities in Scientific Journals

International Journal of Sports Science and Physical Education, Editor, 2017 - 2017

Scientific Refereeing

Project Supported by Higher Education Institutions, BAP Research Project, Manisa Celal Bayar University, Turkey, April 2023

Project Supported by Higher Education Institutions, BAP Research Project, Firat University, Turkey, January 2023

TUBITAK Project, 1002 - Quick Support Program, Anadolu University, Turkey, October 2021

Metrics

Publication: 33

Citation (WoS): 37

Citation (Scopus): 55

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H-Index (Scopus): 4