

## Asst. Prof. PINAR TATLIBAL

### Personal Information

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### International Researcher IDs

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Publons / Web Of Science ResearcherID: AAC-3175-2019

Yoksis Researcher ID: 142633

### Education Information

Doctorate, Ege University, Sağlık Bilimleri Enstitüsü, Spor Bilimleri, Turkey 2009 - 2013

Postgraduate, Celâl Bayar Üniversitesi, Sağlık Bilimleri Enstitüsü, Hareket Ve Antreman (YI) (Tezli), Turkey 2006 - 2009

Undergraduate, Celâl Bayar Üniversitesi, Beden Eğitimi Ve Spor Yüksekokulu, Antrenörlük Eğitimi Bölümü, Turkey 2000 - 2004

### Dissertations

Doctorate, Kronik ritmik cimnastik antrenmanlarının kan oksidatif stres düzeyleri ve kas hasarı göstergeleri üzerine etkileri, Ege University, Beden Eğitimi Ve Spor Yüksekokulu, Beden Eğitimi Ve Spor Eğitimi Bölümü, 2013

Postgraduate, Balerinlerde plazma leptin seviyelerinin beslenme alışkanlıkları, menstrual siklus düzenleri ve endokrin faktörler ile olan ilişkisi, Manisa Celal Bayar University, Sağlık Bilimleri Enstitüsü, Hareket Ve Antreman (YI) (Tezli), 2009

### Research Areas

Coaching, Sports Health Sciences

### Academic Titles / Tasks

Assistant Professor, Dokuz Eylül University, Necat Hepkon Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü, 2006 - Continues

### Courses

RİTMİK CİMNASTİK İ UZMANLIK , Undergraduate, 2023 - 2024

ANTRENMAN BİLGİSİ, Undergraduate, 2023 - 2024

UZMANLIK ALANI, Postgraduate, 2023 - 2024

ARTİSTİK CİMNASTİK İ UZMANLIK, Undergraduate, 2023 - 2024

KARİYER PLANLAMA VE GELİŞTİRME, Undergraduate, 2023 - 2024

GENEL CİMNASTİK, Undergraduate, 2023 - 2024

BEDEN EĞİTİMİ VE SPORUN TEMELLERİ, Undergraduate, 2023 - 2024

RİTİM EĞİTİMİ VE DANS, Undergraduate, 2023 - 2024

TEZ ÇALIŞMASI, Postgraduate, 2023 - 2024

HAREKET EĞİTİMİ, Undergraduate, 2023 - 2024

RİTİM EĞİTİMİ VE DANS, Undergraduate, 2023 - 2024

GENEL CİMNASTİK, Undergraduate, 2019 - 2020, 2018 - 2019, 2017 - 2018, 2016 - 2017, 2015 - 2016, 2014 - 2015, 2013 - 2014, 2012 - 2013, 2011 - 2012

RİTİM EĞİTİMİ VE DANS, Undergraduate, 2019 - 2020, 2018 - 2019, 2017 - 2018, 2016 - 2017

ARTİSTİK CİMNASTİK, Undergraduate, 2019 - 2020, 2018 - 2019, 2017 - 2018, 2016 - 2017, 2015 - 2016, 2014 - 2015, 2013 - 2014, 2012 - 2013, 2011 - 2012, 2010 - 2011, 2009 - 2010, 2008 - 2009, 2007 - 2008, 2005 - 2006

## Advising Theses

TATLIBAL P., Participation rates of energy sources affecting performance in kickboxing, Postgraduate, S.BEYZA(Student), 2019

## Articles Published in Other Journals

- I. **Sports injuries, types and causes in Turkish elite artistic gymnasts**  
Tatlıbal P.  
Scientific Chronicles, vol.28, no.2, pp.139-150, 2023 (ESCI)
- II. **The impact of regular exercise in physiological regulation: mini review**  
Oral O., Tatlıbal P., Ayça İ. B., Tatlıbal C.  
Scientific Chorinicles, vol.28, no.1, pp.30-38, 2023 (ESCI)
- III. **Metabolic regulation of leptin: mini review**  
Oral O., Tatlıbal P.  
SCIENTIFIC CHRONICLES, vol.28, no.1, pp.20-29, 2023 (ESCI)
- IV. **Platelet-rich plasma (PRP) and its role in sports-related injuries**  
Oral O., Nomikos G. N., Stavropoulou E., Tatlıbal P.  
Scientific Chronicles, vol.28, no.1, pp.12-19, 2023 (ESCI)
- V. **An Analysis of Rotation Directions and Support Foot Preferences in Body Rotation Difficulties of Rhythmic Gymnasts**  
Kutlay E., Tatlıbal P.  
JOURNAL FOR EDUCATORS, TEACHERS AND TRAINERS, vol.14, no.2, pp.190-201, 2023 (ESCI)
- VI. **Vegeterians diets and their impact on athletes**  
Oral O., Rezaee Z., Nomikos G. N., Tatlıbal P.  
Scientific Chronicles, vol.27, no.4, pp.530-540, 2022 (ESCI)
- VII. **A narrative review of physical education's contribution to children's healthy development**  
ORAL O., TATLIBAL P., Nomikos G. N.  
Scientific Chronicles, vol.27, no.4, pp.524-529, 2022 (Peer-Reviewed Journal)
- VIII. **The Impact Of Regular Exercise On Women's Overall Health And Wellness: A Narrative Review**  
ORAL O., TATLIBAL P., Nomikos G. N., STAVROPOULOU E.  
Journal of Gynecology and Womens Health, vol.24, no.1, pp.1-3, 2022 (Peer-Reviewed Journal)
- IX. **The effects of physical exercise, dance and movement therapy on the immune system during COVID-19 pandemic**  
ORAL O., REZAAE Z., TATLIBAL P., Altınbay G. A., Rashidlamir A.  
Scientific Chronicles, vol.27, no.3, pp.446-455, 2022 (Peer-Reviewed Journal)
- X. **Türk Cimnastikçilerin fiziksel profillerinin ve dikey sıçrama performanslarının başarı durumlarına göre karşılaştırılması**  
TATLIBAL P., GÜMÜŞ H., KOCA KOSOVA M., KOSOVA S., ÖZDALYAN F., TUNAR M.  
ULUSAL KINESYOLOJİ DERGİSİ, 2022 (Peer-Reviewed Journal)

- XI. **Vegetarian diets and their impact on athletes**  
ORAL O., Rezaee Z., Nomikos G. N., TATLIBAL P.  
SCIENTIFIC CHRONICLES, no.4, pp.530-540, 2022 (ESCI)
- XII. **A narrative review of physical education's contribution to children's healthy development**  
ORAL O., Tatlibal P., Nomikos G. N.  
SCIENTIFIC CHRONICLES, no.4, pp.524-529, 2022 (ESCI)
- XIII. **The Role of Regular Exercise in Psychological Health: A Mini Review**  
TATLIBAL P., ORAL O., TATLIBAL C.  
Orthopedic Research Online Journal, vol.8, no.5, pp.925-928, 2021 (Peer-Reviewed Journal)
- XIV. **Evaluation of the enhancer effect of probiotic products on the immune system in the context of Covid-19 pandemic**  
ORAL O., TATLIBAL P., STAVROPOULOU E.  
International Journal of Educational Research and Development, vol.3, no.3, pp.1-3, 2021 (Peer-Reviewed Journal)
- XV. **PARAMEDİK PROGRAM ÖĞRENCİLERİNDE BEDEN EĞİTİMİ VE GÜÇ GELİŞTİRME DERSİNİN VÜCUT KOMPOZİSYONU VE FİZİKSEL PERFORMANS ÜZERİNE ETKİLERİ**  
TÜRKMEN S., TATLIBAL P., ÇELİK A., TUNAR M., TOK M. İ., ADA E. N.  
Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.4, no.2, pp.125-130, 2010 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **KICK BOKSTA PERFORMANSA ETKİ EDEN ENERJİ KAYNAKLARININ KATILIM ORANLARI**  
Özer S. B., Tatlibal P.  
in: Spor Bilimlerinde Uluslararası Çalışmalar, Doç. Dr. Fatih ÖZGÜL, Editor, Serüven Yayınevi, Ankara, pp.159-172, 2023
- II. **RECOVERY STRATEGIES APPLIED IN RHYTHMIC GYMNASTICS**  
TATLIBAL P., KUTLAY E.  
in: Spor Bilimleri Alanında Gelişmeler, Prof. Dr. Mehmet ULUKAN, Doç. Dr. Mehmet DALKILIÇ, Editor, PLATANUS PUBLISHING, pp.345-361, 2023
- III. **THE RELATIONSHIP OF PLASMA LEPTIN LEVELS WITH EATING ATTITUDES, MENSTRUAL CYCLES REGULATIONS AND ENDOCRINE FACTORS IN BALLET DANCERS**  
TATLIBAL P., BEREKET YÜCEL H. S.  
in: Academic Studies in Sports, Prof. Dr. Hasan ŞAHAN, Editor, Gece Kitaplığı, pp.41-60, 2023
- IV. **The Relationship Between Score Components and Apparatuses in Rhythmic Gymnastics: Analysis of the 39th Rhythmic Gymnastics World Championship**  
TATLIBAL P.  
in: NEW FRONTIERS IN SPORT SCIENCES, Assist Prof. Bahadır BAYARSLAN, Dr. Tahir Volkan ASLAN, Editor, Duvar Yayınevi, pp.103-113, 2023
- V. **THE RELATIONSHIP BETWEEN SLEEP QUALITY AND SPORTIVE PERFORMANCE OF ADOLESCENT BASKETBALL PLAYERS IN THE U13-U14 AGE GROUP**  
TATLIBAL P.  
in: Academic Studies in SPORTS, Prof. Dr. Hasan ŞAHAN, Editor, Gece Kitaplığı, pp.1-14, 2023

## Refereed Congress / Symposium Publications in Proceedings

- I. **Türk Kadın Elit Artistik Cimnastikçilerin Yeme Tutumları, Menstruasyon Döngüleri ve Fiziksel Profilleri**  
TATLIBAL P.  
6th INTERNATIONAL ACADEMIC SPORTS RESEARCH CONGRESS, Turkey, 7 - 09 October 2022
- II. **Ghrelin Hormonunun Obezite ve Egzersiz ile Fizyolojik İlişkisi: Kısa Bir inceleme**

TATLIBAL P.

8. ULUSLARARASI SAĞLIK VE SPOR BİLİMLERİNDE AKADEMİK ÇALIŞMALAR SEMPOZYUMU, Turkey, 11 - 12 March 2022

III. **Genç Elit Ritmik Cimnastikçilerin Bireysel Müsabaka Toplam Puanlarında Ve Bileşenlerinde Göreceli Yaş Etkisi Var Mı?**

TATLIBAL P., KUTLAY E., ORAL O.

5. ULUSLARARASI AKADEMİK SPOR ARAŞTIRMALARI KONGRESİ, Turkey, 7 - 09 October 2021

IV. **Düzenli Yapılan Egzersizlerin Aerobik ve Anaerobik Kapasite Gelişimine Etkisi**

TATLIBAL P., ZENCİR B.

5. Uluslararası Akademik Spor Araştırmaları Kongresi, Turkey, 7 - 09 October 2021

V. **The Effect of the COVID-19 Pandemic on Exercise Habits**

TATLIBAL P.

IV. International Physical Education, Sport, Recreation and Dance Congress, İstanbul, Turkey, 10 - 11 September 2021

VI. **A Comparision of Match Analysis and Physiological Demans of Soccer Within the Context of Offside Rule Revision**

TOK M. İ., TUNAR M., TATLIBAL P., ÇETİNKAYA C., KAYATEKİN B. M., ARKAN A.

1. Balkan Symposium In Sport Sciences, Macedonia, 30 May - 02 June 2013

## Supported Projects

TATLIBAL P., Project Supported by Higher Education Institutions, Kick boksta performansına etki eden enerji kaynaklarının katılım oranları, 2018 - 2019

## Metrics

Publication: 63

Citation (WoS): 3

H-Index (WoS): 1