**ACADEMIC
CURRICULUM VITAE**

**1. Name - Surname:** Hasan Ulaş Yavuz

**2. Title: Prof. Dr.**

**3. Educational Background:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Degree** | **Department/Program** | **University** | **Year**  |
| Bachelor’s | Faculty of Medicine  | Hacettepe University | 1998 |
| Master’s | Sports Medicine | Hacettepe University | 2002 |
| PhD | Sport Sciences and Technology | Hacettepe University | 2007 |

**4. Master’s / PhD Thesis**

**4.1.Master’s Thesis Title and Thesis Advisor(s):**

Defining and comparison of the state of anxiety, depression and reaction times in some of the athletes in branches of swimming, monofin swimming and athletics. Ankara*:* Hacettepe University, Institute of Health Sciences, Sports Medicine, 2002. Supervisors: Prof. Dr. Ferhunde Öktem, Prof. Dr. Zafer Hasçelik.

**4.2.PhD Thesis /Medical Specialty Thesis Title and Advisor(s):**

Effect of Oral L-Arginine Supplementation on Lactate Threshold. Ankara: Hacettepe University, Institute of Health Sciences, Sport Sciences and Technology, 2007. Supervisors: Prof. Dr. A. Haydar Demirel, Prof. Dr. Hüsrev Turnagöl.

**5. Academic Titles:**

Date of Assistant Professorship: 01.09.2012

Date of Associate Professorship: 20.02.2015

Date of Professorship: 29.03.2021

**6. Supervised Master’s and PhD Theses:**

 **6.1.** Master’s Theses

**6.1.1.** Investigation of Herbal Nutritional Supplements for Athletes in TRNC. Near East University Institute of Health Sciences, Physical Education and Sports, Master's Thesis. Hüseyin Erdem, June 2022.

**6.1.2.** Effects of aquatic exercises onnon-spesific low back pain**.** Yakın Doğu Üniversitesi Sağlık Bilimleri Enstitüsü, Beden Eğitimi ve Spor Yüksek Lisans Tezi. Farhang Hamadamin Ghafour. In writing.

**6.1.3.** Investigation of Trait and State Anxiety States of Some Athletes Affiliated to North Cyprus Table Tennis Federation. Near East University Institute of Health Sciences, Physical Education and Sports, Master's Thesis. Hasan Bekiroğulları. June 2019

**6.1.4.** Types and Causes of Sports Injuries in Some Athletes in Suleimaniah- North of Iraq. Yakın Doğu Üniversitesi Sağlık Bilimleri Enstitüsü Beden Eğitimi ve Spor Yüksek Lisans Tezi. Karwan Ahmed Karim. Temmuz 2017

**6.1.5** Determination of Physical Activity levels of High School Students aged 15-18 in Nicosia Region of TRNC. Near East University Institute of Health Sciences, Physical Education and Sports, Master's Thesis.Furkan Memiş. January 2015

**6.1.6.** Sports Injuries Seen in Football Referees in TRNC. Near East University Institute of Health Sciences, Physical Education and Sports, Master's Thesis. Osman Özpaşa. December 2012.

**6.2.** PhD Theses

**6.2.1.** The relationship between anabolic androgenic steroid use and aggression and narcissism levels in bodybuilding and fitness athletes. Near East University Institute of Health Sciences Physical Education and Sports, Doctoral Thesis. Eren Çeto. In writing.

**6.2.2.** The Effect of Movement Pattern Changes for Increasing Resistance in Biceps Curl Exercise on Emg Activations. Near East University Institute of Health Sciences Physical Education and Sports, Doctoral Thesis. Osman Çetintaş. In writing.

**6.2.3.** Infectious disease agents Surveillance in Gyms in Northern Cyprus. Near East University Institute of Health Sciences Physical Education and Sports, Doctoral Thesis. Cemal Yazır. In writing.

**6.2.4.** Investigation of Motivations of Orthopedically and Hearing Impaired Individuals to Participate in Sportive Activities (TRNC Sample). Near East University Institute of Health Sciences Physical Education and Sports, Doctoral Thesis. Hasan Bekiroğulları. October, 2022.

**6.2.5.** Comparison of Kinematic and Electromyographic Activities at Maximal and Submaximal Loading During Squat exercise. Near East University Institute of Health Sciences Physical Education and Sports, Doctoral Thesis. Deniz Erdağ. August, 2019.

**7. Publications**

**7.1. Articles Published in International Peer-Reviewed Journals (SCI,SSCI, AHCI, ESCI, Scopus)**

**7.1.1.** Erdağ, D., Tosun, Özgür, & **Yavuz, H. U.** (2021). Prevalence and Patterns of Sport Supplements Use among Gym Attendants and Competitive Athletes in North Cyprus. Journal of Pharmaceutical Research International, 33(60A), 860-870. <https://doi.org/10.9734/jpri/2021/v33i60A34559>

**7.1.2. Yavuz HU**, Yigitoglu Ceto PH. From Myth to Reality: Resistance Training in Children. International Journal of Applied Exercise Physiology, 2021, 10(1), 12-17.

**7.1.3.** Oytun M, Cakici M, Acikada C, Tinazci C, **Yavuz HU.** Comparison of anxiety and narcissism levels of different performance groups in female handball players. Alpha Psychiatry 2021; 22: 212-218, DOI: 10.5455/apd.116943

**7.1.4** M. Oytun, C. Tinazci, B. Sekeroglu, C. Acikada and **H. U. Yavuz**. "Performance Prediction and Evaluation in Female Handball Players Using Machine Learning Models" in IEEE *Access*, vol. 8, pp. 116321-116335, 2020, doi: 10.1109/ACCESS.2020.3004182.

**7.1.5.** Erdağ D, **Yavuz HU.** The Use Of Dietary Supplements Among Public High School Students In North Cyprus. Cyprus J Med Sci 2020; 5: 157-162

**7.1.6.** Erdag D,**Yavuz HU.** Evaluation of Muscle Activities During Different Squat Variations Using Electromyography Signals. In: Aliev R., Kacprzyk J., Pedrycz W., Jamshidi M., Babanli M., Sadikoglu F. (eds) 10th International Conference on Theoryand Application of Soft Computing, Computing with Words and Perceptions- ICSCCW-2019. ICSCCW 2019. Advances in Intelligent Systems and Computing, (2020) vol 1095. Springer, Cham

**7.1.7. Yavuz HU,** Erdag D. Kinematic and Electromyographic Activity Changes during Back Squat with Submaximal and Maximal Loading. Applied Bionics and Biomechanics. Volume 2017, Article ID 9084725, 8 pages, 2017. doi:10.1155/2017/9084725.

**7.1.8. Yavuz HU,** Erdag D, Amca AM, Aritan S. Kinematic and EMG Activities During Front and Back SquatVariations in Maximum Loads. Journal of Sports Sciences, 2015, 33 (10): 1058–1066

**7.1.9. Yavuz HU,** Ozkum D. Herbs potentially enhancing sports performance. Current Topics in Nutraceutical Research 2014, 12 (1/2): 25-34

**7.1.10 Yavuz HU,** Turnagöl H, Demirel AH. Pre-exercise Arginine Supplementation Increases Time to Exhaustion in Elite Male Wrestlers. Biology of Sport 2014, 31(3):187-191

**7.1.11.** Guler T, **Yavuz U,** Özkum D, Demirdamar R. Effects of Perimenstrual Complaints on Sexuality and Disability and Coping Strategies of University Students. Sexuality and Disability 2013, 31(1): 93-101

**7.1.12.** Ozkum D, **Yavuz HU.** Selected Herbals for Sports Injuries. The Natural Products Journal 2013, 3:26-29

**7.1.13. Yavuz HU,** Oktem F. The Relationship Between Depression, Anxiety and Visual Reaction Times in Athletes. Biology of Sport 2012, 29: 205-209.

**7.1.14. Yavuz HU.** Effect of Pre-exercise Single Dose Arginine Ingestion on Plasma Amino Acid Profile During Exhaustive Exercise in Elite Male Wrestlers, Turkish Journal of Biochemistry 2012, 37(2): 283-289.

**7.2**. **Articles Published in Other International Peer-Reviewed Journals**

**7.2.1.** Kaptanoğlu AF, **Yavuz HU,** Süer K. A Dermatological Approach to the Feet of Soccer players. El Mednifico Journal 2014, 2 (2): 117-119

**7.2.2.**Ahmedov S, **Yavuz HU**, Erdag D.Effects of Menstrual Periods on Postural Stability in Eumenorrheic Female Group. Scientific research and Essays. 2012, 7(34):3053-57

**7.2.3.**Özal M, Kara E, **Yavuz HU**. Comparison of Blood Parameters and Respiratory Functions of Elite Wrestlers and Elite Basketball Players. Seljuk University Journal of Physical Education and Sport Science, 2010, 12(1): 36-41

**7.3. Papers Presented at International Scientific Conferences and Published in Conference Proceedings**

**7.3.1. Yavuz HU,** Tulay P, Fuatlı T, Adalı T. Characterization Studies of Silk Fibroin-eggshell Microparticles. European Biotechnology Congress. 25-27th May 2017, Dubrovnik, Crotia.

**7.3.2. Yavuz HU.** Doping in Elite Athletes. 34th FIMS World Congress of Sports Medicine. Team Physician Course (Lecturer) 2016, Ljubljana, Slovenia.

**7.3.3. Yavuz HU.** Ergogenic Aids and Food Supplements. 34th FIMS World Congress of Sports Medicine. 2016 Team Physician Course (Lecturer) 2016, Ljubljana, Slovenia.

**7.3.4. Yavuz HU.** Nutrition in Elite Athletes.34th FIMS World Congress of Sports Medicine. 2016 Team Physician Course (Lecturer) 2016, Ljubljana, Slovenia.

**7.3.5. Yavuz HU,** Erdag D, Kanan S, Bayraktar O. Nutritional Supplement and steroid use in some professional football players in North Cyprus. XXVI International Conference on Sports Rehabilitation and Traumatology. 13-15th May 2017, Barcelona, Spain.

**7.3.6. Yavuz HU.** Resistance Training in Children. 2nd International Children and Sports Congress. 2014, Famagusta, TRNC (Invited speaker).

**7.3.7.** Kaptanoglu A.F., **Yavuz H.U**., Suer K. A Dermatological Approach to Foot of Soccer Players. 22.nd EADV Congress ‘Dermatovenereology in a changing world’. 2013 İstanbul. Abstract book: 834

**7.3.8. Yavuz HU.** Common Sports Injuries in Child Athletes.1st International Children and Sports Congress. 2010, Nicosia, TRNC (Invited speaker).

**7.3.9. Yavuz HU.** Demirel, H., Turnagöl, H., Şahin, Z., Effects of Single Dose Arginine Supplementation on Lactate Threshold and Performance, 30th World Congress of Sports Medicine, 2008 Barcelona (oral presentation).

**7.3.10. Yavuz HU.** Defining and Comparison of Reaction Times in Some of the Athletes in Swimming and Track&Field. European College of Sports Science 12th congress 2007 abstract book: 668

**7.4. National/international Books or Book Chapters**

**7.4.1. Yavuz HU,** Editor. Various Health Problems Seen in Athletes. 1st Edition. Ankara: Turkey Clinics, 2020.

**7.4.2. Yavuz HU.** Resistance training in children. Yavuz HU, editor. Various Health Problems Seen in Athletes. 1st Edition. Ankara: Turkey Clinics; 2020

**7.5. Articles Published in National Peer-Reviewed Journals**

**7.5.1. Yavuz HU.** Prevention of tendon injuries. Turkish Clinics Special Journal of Sports Medicine 2017;3(3):244-50

**7.5.2. Yavuz HU.** Strength training in the elderly. Turkish Clinics Special Journal of Sports Medicine 2017;3(2):162-72

**7.5.3. Yavuz HU.** Neuromuscular and hormonal adaptation to resistance training. Near East Medical Journal, 2011, 1(1): 18-27

**7.5.4. Yavuz HU.** Arginine and Exercise, Hacettepe University Journal of Sport Sciences,2006, 17 (3), 143-157

**7.6. Papers Presented at National Scientific Conferences and Published in Conference Proceedings**

**7.6.1.** Tosun A, **Yavuz HU,** Yiğitoğlu PH, Ahmedov S. Effects of different load carrying methods on postural stability. 26th national congress of physical medicine and rehabilitation. 2017, Antalya, Türkiye.

**7.6.2.** Ahmedov S, **Yavuz HU,** Tosun A. The effect of changes in menstrual cycle on postural stability in healthy young women. 26th national congress of physical medicine and rehabilitation. 2017, Antalya, Türkiye.

**7.6.3. Yavuz HU.** Effects of anabolic steroids and growth hormone on health and performance. 6th Training science congress, June 30 -July 02 2015 (invited speaker).

**7.6.4. Yavuz HU,** Erdağ D. Kinematics and EMG activities during submaximal and maximal loads in squat exercise. 14th National Sports Medicine Congress 12-14 December 2013 İzmir (oral presentation).

**7.6.5. Yavuz HU.** The use of nutritional supplements as ergogenic aids in athletics. 4th Training Science Congress, June 28-30, 2011, Ankara. (Invited speaker)

**7.6.6. Yavuz HU.** Myogenic, neurogenic and hormonal adaptation to strength training. 4th Training science congress, June 28-30, 2011, Ankara. (invited speaker)

**7.6.7. Yavuz HU.** Patterns of use of strength-building substances: Does doping analysis reflect reality? 11th National Sports Medicine Congress December 6-9, 2007, Antalya (invited speaker)

**7.6.8.** Erdağ D,**Yavuz HU,** Tınazcı C. Knowledge and Application Levels of Amateur Athletes Engaged in Bodybuilding Sports in the Turkish Republic of Northern Cyprus on Ergogenic Aids. 11th National Sports Medicine Congress December 6-9, 2007, Antalya

**7.7. Other Publications**

**7.7.1. Yavuz, H.U.** General Adaptation Syndrome and General Adaptation to Exercise. Hacettepe University Journal of Athletics Science and Technology.58: 4-12, 2006

**7.7.2. Yavuz, H.U.** Biological Rhythms. Hacettepe University Journal of Athletics Science and Technology. 57: 15-30, 2004

**7.7.3. Yavuz, H.U.** The Use of Anabolic Steroids as Doping in Sports and Side Effects. Hacettepe University Journal of Athletics Science and Technology. 55: 4-12, 2003

**8. Art and Design Activities**

**9. Projects**

**9.1. Yavuz HU, Erdağ D.** Electromyographic and kinematic comparison of different squat movements. NEU Scientific Research Projects, 2021

**10. Administrative Responsibilities**

|  |  |  |
| --- | --- | --- |
| Head of Department  | Near East University Faculty of Sport Sciences Department of Coaching Education  | 2007-2018 |
| Head of Department  | Near East University Faculty of Medicine Department of Sports Medicine  | 2011-2020 |
| Vice Dean  | Near East University Faculty of Sport Sciences  | 2018- |

**11. Memberships in Scientific and Professional Organizations**

FIMS (International Federation of Sports Medicine)

ACSM (American College of Sports Medicine)

ECSS (European College of Sport Sciences)

Turkish Medical Association

Association of Turkish Cypriot Doctors

Turkish Sport Sciences Association

T.R. Youth and Sport Foundation

**12. Awards**

07-08.1994 General Surgery Stage, Messina University Hospital; Pronto Soccorso Generale, Messina / ITALY. IFMSA (International Federation of Medical Students Association) scholarship

07-08.1996 Orthopedy and traumatology stage, Vall D’hebron University Hospital, Orthopedy and traumatology department; Barcelona / SPAIN. IFMSA scholarship

07-08.1997 General Surgery Stage, Rijeka University Hospital, General Surgery Department, Rijeka/ CROTIA. IFMSA scholarship

2004 Turkish National Greco-roman Senior Wrestling Team, Third Place in European Championship,

2005 Turkish National Greco-roman Senior Wrestling Team, Third Place in World Cup Team Physician

2006 Turkish National Greco-roman Senior Wrestling Team, World Champion, Team Physician

2007 Turkish National Free-style Senior Wrestling Team, World Champion Team Physician

2014 Turkish National Free-style Senior Wrestling Team, Third Place in European Championship Team Physician

2018-2020 Turkish Women National Senior Basketball Team, Team Physician

2021- Turkish National Greco-roman Senior Wrestling Team, Second Place in European Championship, Team Physician

2022- Turkish National Greco-roman Senior Wrestling Team, European Champion, Team Physician

**13. Undergraduate and Graduate Courses Taught in the Last Two Years**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Academic Year** | **Semester** | **Course Name**  | **Weekly Hours** | **Number of Students** |
| **Theoretical** | **Practical** |
| **2021 - 2022** |  | Health knowledge and first aid | 3 | - | 70 |
|  | Internship in Specialty 1, Bodybuilding and Fitness | - | 4 | 6 |
|  | Athlete’s Health | 3 | - | 5 |
|  | Physical activity and health | 3 | - | 21 |
|  | Human anatomy and Kinesiology | 3 | - | 78 |
|  | Struggle with doping | 3 | - | 10 |
|  | Exercise metabolism and biochemistry | 3 | - | 2 |
|  | Internship in Specialty 2, Bodybuilding and Fitness | - | 4 | 7 |
| **2022 - 2023** |  | Health knowledge and first aid | 3 | - | 82 |
|  | Internship in Specialty 1, Bodybuilding and Fitness | - | 4 | 8 |
|  | Athlete’s Health | 3 | - | 4 |
|  | Physical activity and health | 3 | - | 23 |
|  | Human anatomy and Kinesiology | 3 | - | 81 |
|  | Struggle with doping | 3 | - | 14 |
|  | Exercise metabolism and biochemistry | 3 | - | 1 |
|  | Internship in Specialty 2, Bodybuilding and Fitness | 3 | - | 70 |

**Foreign Language: English (Proficient), KPDS A**

 **Spanish (Elementary) (Certified)**

**Citations (Google Scholar): 412**

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**4th level bodybuilding and fitness trainer**

**1st level track and field trainer**

**Contact information:**

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