

## Lect. AYSBERG ŞAMİL ÖNLÜ

### Personal Information

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### International Researcher IDs

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### Education Information

Doctorate, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, Turkey 2024 - Continues

Postgraduate, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, Turkey 2021 - 2024

Undergraduate, Ankara University, Spor Bilimleri Fakültesi, Beden Eğitimi Ve Spor Öğretmenliği Bölümü, Turkey 2017 - 2021

### Foreign Languages

English, C1 Advanced

### Dissertations

Postgraduate, Examining the Effects of Continuous Running and Weighted Step-Up Exercising at 80- 85% of Maximum Heart Rate on Cardiorespiratory Fitness, Heart Rate Variability, Leg Strength, and Body Composition in Sedentary Adult Males, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2024

### Research Areas

Sports Medicine, Nutrition and Dietetics, Health Sciences, Sport Physiology

### Academic Titles / Tasks

Lecturer, Lokman Hekim University, Spor Bilimleri Fakültesi, Spor Yöneticiliği Bölümü, 2024 - Continues

### Courses

Handball, Undergraduate, 2024 - 2025

Gymnastics, Undergraduate, 2024 - 2025

Handball, Undergraduate, 2024 - 2025

Kickboxing, Undergraduate, 2024 - 2025

Sports Agent and Athlete Representation, Undergraduate, 2024 - 2025

## **Published journal articles indexed by SCI, SSCI, and AHCI**

- I. A brief body scan mindfulness practice has no positive effect on the recovery of heart rate variability and cognitive tasks in female professional basketball players**

Aras D., Önlü A. Ş., Durmuş T., Cengiz C., Güler D., Güler Y., Uğurlu A., Gülü M., Aldhahi M.

FRONTIERS IN PSYCHOLOGY, vol.13, pp.1-10, 2023 (SSCI)

## **Articles Published in Other Journals**

- I. A Review on The Effects of Aerobic, Flexibility and Strength Exercise on Children With Cerebral Palsy**

Erdoğan T. N., Önlü A. Ş., Çakan E., Aras D.

Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.17, no.2, pp.147-178, 2023 (Peer-Reviewed Journal)

## **Metrics**

Publication: 2