

Lect. AYSBERG ŞAMİL ÖNLÜ

Personal Information

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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