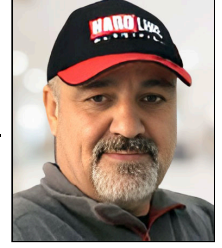




BALIKESİR  
ÜNİVERSİTESİ  
Kültürün en büyük mirasıdır

## CURRICULUM VITAE AND PUBLICATIONS LIST



### CURRICULUM VITAE

Name and Surname: İBRAHİM ERDEMİR

Date of Birth: 1970

Academic Title: Professor Dr.

Work Address:

Email: ierdemir@balikesir.edu.tr

Foreign Languages Known (Score and Year): English, C1 Advanced, 2000  
English, B2 Upper Intermediate, 2000

Area of Expertise: Physical Education and Sports  
Sosyal ve Beşeri Bilimler > Sosyal Bilimler Genel > Spor Bilimleri  
Sports Sciences and Technology

Degree	Department/Program	University	Year
Doctorate	SPORTS HEALTH SCIENCES (DR)	Marmara University	2005
Master's Degree	PHYSICAL EDUCATION AND SPORTS EDUCATION (M.Sc.) (WITH THESIS)	Sakarya University	2000
Bachelor's Degree	DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS	Orta Doğu Technical University	1996

Master's Thesis Title (abstract attached) and Thesis Supervisor(s):

Effect of single dose pollen loading on maximum oxygen consumption and blood parameters in endurance athletes

Doctoral Thesis/Proficiency Study/Medical Specialization Thesis Title (abstract attached) and Supervisor(s):

Examination of the effects of exercise on cortisol circadian rhythm and blood parameters in sedentary men

Position Title	Workplace	Year
Professor Dr.	Balıkesir University	2024-Continues
Associate Professor	Balıkesir University	2013-2024
Assistant Professor	Balıkesir University	2007-2013
Research Assistant	Trakya University	2005-2007
Research Assistant	Marmara University	2003-2005
Lecturer	Trakya University	2000-2003

Administrative Duties:

School Director - Balıkesir University (2014 - 2015)

Head of Department - Balıkesir University (2014 - 2015)

Head of Department - Balıkesir University (2011 - 2013)

Deputy School Director - Balıkesir University (2010 - 2013)  
Head of Department - Balıkesir University (2007 - 2009)

---

Awards:

Hareket ve Antreman alanında Poster Sunum ödülü (2017)

---

## **PUBLICATIONS**

### **A. Articles published in international peer-reviewed journals:**

- A1. "Geleneksel ve Drop-Set Direnç Antrenmanlarının Kas Hasarı Üzerine Etkisi", CBÜ Beden Eğitimi ve Spor Bilimleri Dergisi, 2023.
- A2. "Comparison and Analysis of Isokinetic Strength in Elite Junior Triathletes and Cyclists", Journal for Educators, Teachers and Trainers, 2023.
- A3. "The influence of quadriceps and hamstring strength on balance performance", Physical Education of Students, 2023.

### **C. National/international books written or chapters in books:**

#### **C2. Chapters in national/international books written:**

- C2.1. "Kuvvet Antreman Yöntemleri", Akademisyen Kitapevi, 2022.
- C2.2. "Kuvvet Antreman Yöntemleri", Akademisyen Kitapevi, 2022.

### **D. Articles published in national peer-reviewed journals:**

- D1. "The Relationship between the Level of Physical Activity and the Academic Achievement in High School Students", Journal of Educational Issues, 2023.