

## Lect. PhD MUSTAFA ALTUNSOY

### Personal Information

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### International Researcher IDs

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### Education Information

Doctorate, Gazi University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (Dr), Turkey 2011 - Continues

Postgraduate, University of Essex, Department Of Biological Sciences, United Kingdom 1996 - 1997

Undergraduate, Hacettepe University, Sağlık Bilimleri Fakültesi, Fizik Tedavi Ve Rehabilitasyon Pr., Turkey 1989 - 1993

### Dissertations

Postgraduate, Anaerobic Capacity Measurement Methods and Effect of PNF Stretretching, University of Essex, Department Of Biological Sciences, 1997

### Research Areas

Sports Health Sciences, Physical therapy and rehabilitation

### Academic Titles / Tasks

Lecturer PhD, Gazi University, Spor Bilimleri Fakültesi, Beden Eğitimi Ve Spor Eğitimi, 2016 - Continues

Lecturer, Gazi University, Beden Eğitimi Ve Spor Yüksekokulu, Beden Eğitimi Ve Spor Eğitimi, 2014 - 2016

Research Assistant, Gazi University, Beden Eğitimi Ve Spor Yüksekokulu, Beden Eğitimi Ve Spor Eğitimi, 2007 - 2011

### Academic and Administrative Experience

Gazi University, Spor Bilimleri Fakültesi, 2016 - Continues

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

- I. **Low-Load Resistance Exercise with Blood Flow Restriction Versus High-Load Resistance Exercise on Hamstring Muscle Adaptations in Recreationally Trained Men**  
Kamış O., Grses V. V., ŞENDUR H. N., ALTUNSOY M., PEKEL H. A., Yildirim E., AYDOS L.  
Journal of Strength and Conditioning Research, 2024 (SCI-Expanded)
- II. **Effect of exercise mode on blood lactate accumulation and clearance**

## Articles Published in Other Journals

- I. **Development and Integration of Health Literacy Education with Innovative Methods in Medical Curricula Across Europe**  
ÖZKAN S., gershuni o., ŞİRİN H., ÖZCEBE L. H., Joaquin G., ÜNER S., Igor V., TURAN S., ALTUNSOY M., HASDE M., et al.  
Türkiye Sağlık Okuryazarlığı Dergisi, pp.62-68, 2023 (Peer-Reviewed Journal)
- II. **Dropout and compliance to physical exercise in menopausal osteopenic women: the European “happy bones” project**  
Grazioli E., Cerulli C., Tranchita E., Moretti E., Mauri C., Broccatelli M., De Bellonia S., Abalásei B., Dumitru I., Moraru C., et al.  
Frontiers in Sports and Active Living, vol.5, 2023 (ESCI)
- III. **Physical activity level of medical students: Is there a family effect**  
Dikmen A., Altunsoy M., Koç A. K., Koç E., Özkan S.  
Archives of Current medical Research, vol.3, no.2, pp.68-73, 2022 (Peer-Reviewed Journal)
- IV. **THE INVESTIGATION OF APPROACH RUN IN TERMS OF AGE, GENDER, BIO-MOTOR AND TECHNICAL COMPONENTS ON VAULTING TABLE**  
Bayraktar I., ÖRS B. S., BAĞCI E., ALTUNSOY M., PEKEL H. A.  
SCIENCE OF GYMNASTICS JOURNAL, vol.13, no.2, pp.275-285, 2021 (ESCI)
- V. **THE COMPARISON BETWEEN THE SUCCESS TURKISH ELITEATHLETES OBTAINED IN SENIOR CLASS AND THEIRRETROSPECTIVE SUCCESS**  
PEKEL H. A., ALTUNSOY M., AYDOS L., YAMAN M., IŞIK B., UZUN A.  
The Online Journal of Recreation and Sport, vol.4, no.2, pp.24-34, 2015 (Peer-Reviewed Journal)
- VI. **The Comparison Between the Success Turkish Elite Athletes Obtained in Senior Class and Their Retrospective Success**  
PEKEL H. A., ALTUNSOY M., AYDOS L., YAMAN M., BAYRAKTAR I., UZUN A.  
The Online Journal of Recreation and Sport, vol.4, no.2, pp.24-34, 2015 (Peer-Reviewed Journal)
- VII. **Kadın sporcu üçlemesi Tanımı tarihi ve bileşenleri**  
BİLGİN Ü., ORHAN Ö., ÇETİN E., ALTUNSOY M., ÖZ E., YARIM İ.  
Atatürk Üniversitesi Beden Eğitimi ve Spor Yüksekokulu Beden Eğitimi ve Spor Bilimleri Dergisi, vol.16, no.4, pp.47-63, 2014 (Peer-Reviewed Journal)
- VIII. **Comparison of Turkish national kickboxers on motoric parameters in weight categories and performance level**  
Bilgin Ü., Orhan Ö., Çetin E., Altunsoy M., Öz E., Yarım İ.  
Niğde University Journal of Physical Education and Sport Sciences, vol.8, no.1, pp.11-18, 2014 (Peer-Reviewed Journal)
- IX. **Comparison of Turkish National Kickboxers on Motoric Parameters in Weight Categories and Performance Level**  
BİLGİN Ü., ORHAN Ö., ÇETİN E., ÖZ E., YARIM İ., ALTUNSOY M.  
Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.8, no.1, pp.11-18, 2014 (Peer-Reviewed Journal)
- X. **Comparison of Turkish National Kickboxers on Motoric Parameters in Weight Categories and Performance Level**  
Bilgin U., Orhan Ö., Çetin E., Altunsoy M., Cengizel E., Yarım İ.  
Beden Egitimi ve Spor Bilimleri Dergisi, vol.8, no.1, pp.11-18, 2014 (Peer-Reviewed Journal)
- XI. **Comparison of Turkish national kickboxer on motoric parameters in weight categories and performance level**  
Bilgin Ü., Orhan Ö., Çetin E., Öz E., Yarım İ., Altunsoy M.  
Niğde University Journal of Physical Education and Sports Sciences, vol.8, no.1, pp.11-18, 2014 (Peer-Reviewed)

Journal)

- XII. **Comparison of some pulmonary function different national wrestlers**  
BİLGİN Ü., ORHAN Ö., ÇETİN E., ALTUNSOY M., ÖZ E., YARIM İ.  
Ovidius University Annals, series Physical Education and Sport/SCIENCE MOVEMENT AND HEALTH, vol.13, no.1, pp.46-50, 2013 (Peer-Reviewed Journal)
- XIII. **Anthropometric features and balance among elite handball players**  
GÜRKAN A. C., ALTUNSOY M., DEMİRHAN B., SEVER O., ÖZCAN M., GÖKDEMİR K.  
OVIDIUS UNIVERSITY ANNALS, SERIES PHYSICAL EDUCATION AND SPORT SCIENCE, MOVEMENT AND HEALTH, vol.29, pp.23, 2012 (Peer-Reviewed Journal)
- XIV. **The Effects of 4 Month Volleyball Training on Flexibility, Jump, Speed and Agility in Preadolescent Girls**  
Öz E., Pekel H. A., Altunsoy M., Öz E., Pekel A. Ö.  
Science, Movement and Health, vol.10, no.2, pp.558-560, 2010 (Peer-Reviewed Journal)
- XV. **Comparison of Some Performance Variables According to Age Group of 10-13 Year Old Children Selected with Talent Searching Method in Athletics**  
Öz E., Pekel H. A., Altunsoy M., Şahin T.  
Science, Movement and Health, vol.10, no.2, pp.561-565, 2010 (Peer-Reviewed Journal)
- XVI. **Comparison of Some Performance Variables According to Age Group of 10-13 Year Old Children Selected with Talent Searching Method in Athletics**  
Pekel H. A., Cengizel E., Pekel A. Ö., Altunsoy M.  
Science Movement and Health, vol.10, no.2, pp.561-565, 2010 (Peer-Reviewed Journal)
- XVII. **Adli bilimler ve spor**  
BİLGİN Ü., ORHAN Ö., ÇETİN E., ALTUNSOY M., ÖZ E., YARIM İ.  
Adli Bilimler Dergisi, vol.9, no.1, pp.51-55, 2009 (Peer-Reviewed Journal)
- XVIII. **Atletizm yapan çocukların performansla ilgili fiziksel ve uygunluk test sonuçlarının ve bazı antropometrik özelliklerinin değerlendirilmesi**  
BİLGİN Ü., ORHAN Ö., ÇETİN E., ALTUNSOY M., ÖZ E., YARIM İ.  
Kastamonu Üniversitesi Kastamonu Eğitim Dergisi, vol.15, no.1, 2007 (Peer-Reviewed Journal)

## **Books & Book Chapters**

- I. **Dayanıklılık ve Fiziksel Aktivite**  
ALTUNSOY M., UĞRAŞ DİKMEN A.  
in: Toplumsal Dayanıklılık - 2023, Seçil Özkan, Asiye Uğraş Dikmen, Editor, Türkiye Klinikleri, pp.79-89, 2023
- II. **Dayanıklılık ve Fiziksel Aktivite**  
ALTUNSOY M., UĞRAŞ DİKMEN A.  
in: Toplumsal Dayanıklılık ve Sağlık, Özkan Seçil, Uğraş Dikmen Asiye, Editor, Türkiye Klinikleri, Ankara, pp.79-89, 2023
- III. **Çocukluk Çağı Obezitesi ve Fiziksel Aktivite**  
ALTUNSOY M., PEKEL H. A., KILIÇ ALTINIŞIK E.  
in: Her Yönüyle Çocukluk Çağı Obezitesi- Halk Sağlığı Bakış Açısıyla, Prof. Dr. Seçil Özkan, Editor, Türkiye Klinikleri (Ortadoğu Reklam Tanıtım Yayıncılık Turizm Eğitim İnşaat Sanayi ve Ticaret A.Ş.), Ankara, pp.21-25, 2022

## **Refereed Congress / Symposium Publications in Proceedings**

- I. **HEAL EU Adult Education Guideline for Trainers**  
ALTUNSOY M.  
Health Literacy Awareness for Healthy Europe (HEAL EU) 3rd Meeting, Sofya, Bulgaria, 14 - 16 November 2017
- II. **Health Literacy Awareness for Healthy Europe (HEAL-EU)**

ALTUNSOY M., PEKEL H. A., ÖZKAN S., UĞRAŞ DİKMEN A., BARAN AKSAKAL F. N.

ICCH-HARC, Baltimore, United States Of America, 8 - 11 October 2017

- III. **Presentation of the results of HLS-EU and self-efficacy surveys in general**  
ALTUNSOY M.  
Health Literacy Awareness for Health Europe (HEAL EU) Progress Meeting, Perugia, Italy, 16 - 17 May 2017
- IV. **Health Literacy Awareness for Healty Europe Project (HEAL-EU) Project OER Platform Development**  
ALTUNSOY M.  
Health Literacy Awareness for Healty Europe Project (HEAL-EU) Kick off Meeting, Frankfurt, Germany, 17 - 19 January 2017
- V. **Effect of leg strenght on heart rate response during cross country skiing race**  
ÖZ E., ÇETİN E., YARIM İ., ALTUNSOY M.  
6th International Congress on Science and Skiing, 14 - 19 December 2013
- VI. **Effect of eight week roller ski sprint training on anaerobic power and strenght in junior cross country skiers**  
ALTUNSOY M., YARIM İ., ÇETİN E., ÖZ E.  
6th International Congress on Science and Skiing, 14 - 19 December 2012
- VII. **ANTROPOMETRIC FEATURES AND BLANCE AMONG ELITE HANDBALL PLAYERS**  
GÜRKAN A. C., ALTUNSOY M., DEMİRHAN B., SEVER O., ÖZCAN M., GÖKDEMİR K.  
XIth International Scientific Conference Perspectives in physical education and sport, 18 - 19 May 2012
- VIII. **The Effects of Eight-Week Static and Dynamic Stretching on Sprint, Flexibility, and Agility in Child Athletes**  
PEKEL H. A., ALTUNSOY M., CENGİZEL E.  
11th International Sport Sciences Congress, 10 - 12 November 2010, pp.173
- IX. **An Investigaton of Agility in 7-12 Age Group Girls and Boys**  
CENGİZEL E., ÇETİN E., ALTUNSOY M.  
11th International Sport Science Congress, Antalya, Turkey, 10 - 12 November 2010, pp.137
- X. **The Effect of Eight Week Static and Dynamic Stretching on Sprint, Flexibility and Agility in Child Athletes**  
Pekel H. A., Altunsoy M., Cengizel E.  
11. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 10 - 12 November 2010, pp.173
- XI. **Comparison of Some Performance Variables According to Age Group of 10-13 Year Old Children Selected With Talent Searching Method in Athletics**  
ÖZ E., PEKEL H. A., ALTUNSOY M., ŞAHİN T.  
10th International Scientific Conference "Perspectives in Physical Education and Sport", Constanta, Romania, 21 - 23 May 2010, pp.82
- XII. **Some Performance Variables in Children From Different Socio-Economic Backgrounds**  
ALTUNSOY M., PEKEL H. A., ÖZ E., ÇADIRCI H.  
10th International Scientific Conference "Perspectives in Physical Education and Sport", Constanta, Romania, 21 - 23 May 2010, pp.50
- XIII. **The Effects of 4 Month Volleyball Training on Flexibility, Jump, Speed and Agility in Preadolescent Girls**  
ÖZ E., PEKEL H. A., ALTUNSOY M., ÖZ E., PEKEL A. Ö.  
10th International Scientific Conference "Perspectives in Physical Education and Sport", Constanta, Romania, 21 - 23 May 2010, pp.81
- XIV. **The Effects of 4 Months Volleyball Training on Flexibility, Jump, Speed and Agility in Pre-Adolescent Girls**  
Pekel H. A., Cengizel E., Altunsoy M., Pekel A. Ö., Öz E.  
10. Uluslararası Beden Eğitimi ve Sporda Bilim Kongresi, Constanta, Romania, 21 - 23 May 2010, pp.81
- XV. **Some Performance Variables in Children From Differnt Socio-Economic Backgrounds**  
Pekel H. A., Altunsoy M., Cengizel E., Çadirci H.  
10. Uluslararası Beden Eğitimi ve Sporda Bilim Kongresi, Constanta, Romania, 21 - 23 May 2010, pp.50

- XVI. **Effects of Eight Week Track Field Training on Some Physical and Physiological Profiles of Adolescent Athletes**  
PEKEL H. A., ÖZ E., ALTUNSOY M.  
International Conference of Sport and Quality of Life, Bruno, Czech Republic, 5 - 06 November 2009, pp.98
- XVII. **Comparison of turkish kick boxing team s lung capacities between categories**  
BİLGİN Ü., ÇETİN E., ÖZ E., ALTUNSOY M., ORHAN Ö.  
Sport and Quality of Life Congres, 19 - 23 November 2009
- XVIII. **Comparison of turkish kick boxing team s some motoric abilities between categories**  
ÇETİN E., BİLGİN Ü., ALTUNSOY M., ÖZ E., ORHAN Ö.  
Sport and Quality of Life Congress, 16 - 21 November 2009

## Supported Projects

Aydos L., Kamiş O., Pekel H. A., Altunsoy M., Yıldırım E., Gürses V. V., TUBITAK Project, 6 HAFTALIK KAN AKIŞI KISITLAMALI DİRENÇ EGZERSİZİNİN SAĞLIKLI ERKEK BİREYLERDE HAMSTRİNG, KAS KALINLIĞI VE KUVVETİNE ETKİSİ, 2021 - 2023

Uğraş Dikmen A., Altunsoy M., Erasmus Project, Virtual Reality Simulator Against Public Speaking Phobias, 2020 - 2023  
Özkan S., Özbaş C., Uğraş Dikmen A., İlhan M. N., Pekel H. A., Altunsoy M., Özaslan A., DİKMEN K., Erasmus Project, Development and Integration of Health Literacy Education with Innovative Methods in Medical Curricula Across Europe, 2020 - 2023

Pekel H. A., Özkan S., Uğraş Dikmen A., Altunsoy M., Pekel A. Ö., Suveren Erdoğan C., Ceylan A., Yıldız M., Cengizel E., Erasmus Project, Physical Activity in Women in Menopause : A collaborative partnership for active lifestyles for the prevantion and treatment of osteoporosis/Happy Bones, 2020 - 2022

Altunsoy M., Pekel H. A., Özkan S., Uğraş Dikmen A., Erasmus Project, Adult Education for the Protection of the Vector-Borne Diseases in Immigrants in Europe, 2018 - 2022

Pekel H. A., Uğraş Dikmen A., Özkan S., Altunsoy M., Erasmus Project, Improving the Quality of Home Care in Europe, 2017 - 2019

Özkan S., Pekel H. A., Uğraş Dikmen A., Altunsoy M., Erasmus Project, HEALTH LITERACY AWARENESS FOR HEALTHY EUROPE (HEAL-EU) PROJECT, 2016 - 2018

ALTUNSOY M., GÜNAY M., ORHAN Ö., CENGİZEL E., CİCİOĞLU H. İ., Project Supported by Higher Education Institutions, Performans Sporlarında Farklı Branşlarda Postüral Bozuklukların Tespiti, 2010 - 2017

## Metrics

Publication: 45

Citation (WoS): 1

Citation (Scopus): 3

H-Index (WoS): 1

H-Index (Scopus): 1

## Non Academic Experience

SNM IT LTD