

## Res. Asst. SELİN AKTİTİZ GÜNGÖR

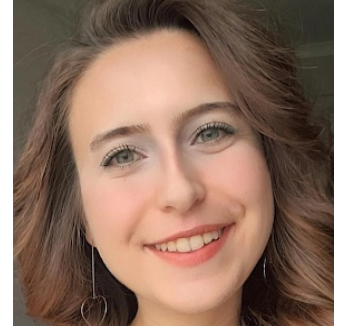
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### International Researcher IDs

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### Education Information

Doctorate, Hacettepe University, Sağlık Bilimleri Enstitüsü, Spor Bilimleri ve Teknolojisi A.B.D., Turkey 2022 - Continues

Postgraduate, Hacettepe University, Sağlık Bilimleri Enstitüsü, Spor Bilimleri ve Teknolojisi A.B.D., Turkey 2018 - 2021

Undergraduate, Hacettepe University, Sağlık Bilimleri Fakültesi, Beslenme ve Diyetetik Bölümü, Turkey 2013 - 2017

### Dissertations

Postgraduate, GÜNDE TEK YA DA ÇİFT YAPILAN AKUT YÜKSEK ŞİDDETLİ ARALIKLI EGZERSİZİN PLAZMA IL-6, BDNF VE OSTEOKALSİN SEVİYELERİNE ETKİSİ, Hacettepe University, Spor Bilimleri Fakültesi, Rekreasyon Bölümü, 2021

### Academic Titles / Tasks

Research Assistant, Hacettepe University, Spor Bilimleri Fakültesi, Rekreasyon Bölümü, 2019 - Continues

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

- Case Study: Nutrition Planning Intake during Norseman Extreme Triathlon in a Recreational Athlete Nutrition Intake for Extreme Triathlon**  
AKTİTİZ GÜNGÖR S.  
CURRENT SPORTS MEDICINE REPORTS, no.10, pp.327-331, 2024 (SCI-Expanded)
- Effects of acute and multi-day low-dose sodium bicarbonate intake on high-intensity endurance exercise performance in male recreational cyclists.**  
Aktitiz S., KOŞAR Ş., TURNAGÖL H. H.  
European journal of applied physiology, vol.124, no.7, pp.2111-2122, 2024 (SCI-Expanded)
- Effect of Pre-exercise Sodium Citrate Ingestion on Repeated Sprint Performance in Soccer Players.**  
Kuru D., Aktitiz S., Atakan M. M., Köse M. G., Turnagöl H. H., Koşar Ş. N.  
Journal of strength and conditioning research, vol.38, no.3, pp.556-562, 2024 (SCI-Expanded)
- Interleukin-6, undercarboxylated osteocalcin, and brain-derived neurotrophic factor responses to**

**single and repeated sessions of high-intensity interval exercise.**

Aktitiz S., Atakan M. M., Turnagöl H. H., Koşar Ş. N.

Peptides, vol.157, pp.170864, 2022 (SCI-Expanded)

**V. Nutritional Considerations for Injury Prevention and Recovery in Combat Sports**

TURNAGÖL H. H., KOŞAR Ş. N., GÜZEL Y., AKTİTİZ S., ATAKAN M. M.

Nutrients, vol.14, no.1, 2022 (SCI-Expanded)

**VI. Exercise and Metabolic Health: The Emerging Roles of Novel Exerkines.**

Türkel İ., Özerkliğ B., Atakan M. M., Aktitiz S., Koşar Ş. N., Yazgan B.

Current protein & peptide science, vol.23, no.7, pp.437-455, 2022 (SCI-Expanded)

## Articles Published in Other Journals

**I. Effects of Curcumin on Post-Exercise Recovery**

AKTİTİZ S., ACAR M., GÖKTEPE N., TURNAGÖL H. H.

Beslenme ve Diyet Dergisi, vol.52, no.2, pp.103-112, 2024 (Peer-Reviewed Journal)

**II. Mücadele Sporlarında Hızlı Kilo Düşme Yöntemlerinin Kullanım Sıklığı: Hızlı Kilo Düşme Anketinin Türkçe Geçerlik ve Güvenirlik Çalışması**

Aktitiz Güngör S., Koşar Ş. N., Turnagöl H.

Spor Bilimleri Dergisi, vol.35, pp.1-18, 2024 (Peer-Reviewed Journal)

**III. Nutritional strategies for single and multi-stage ultra-marathon training and racing: from theory to practice**

Aktitiz Güngör S., Kuru D., Ergün Z., Turnagöl H. H.

Spor Hekimliği Dergisi, no.59, pp.70-87, 2024 (Peer-Reviewed Journal)

**IV. Alternative protein sources in sustainable sports nutrition**

Aktitiz Güngör S., Turnagöl H. H.

Spor Hekimliği Dergisi, no.59, pp.47-54, 2023 (Peer-Reviewed Journal)

**V. Energy balance and energy availability of female basketball players during the preparation period**

Çetiner-Okşın B., GÜZEL Y., Aktitiz S., KOŞAR Ş. N., TURNAGÖL H. H.

Journal of the American Nutrition Association, vol.42, no.8, pp.807-813, 2023 (Scopus)

**VI. ASSOCIATION OF BODY COMPOSITION WITH MUSCLE STRENGTH, DROP JUMP AND BALANCE ABILITY IN CAPOEIRA ATHLETES: PILOT STUDY**

Atakan M., Ünver E., Güzel Y., Aktitiz S., Turnagöl H. H.

SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.20, no.3, pp.118-127, 2022 (Peer-Reviewed Journal)

**VII. A comparison of dietary acid load between team, endurance, and strength sports**

TURNAGÖL H. H., AKTİTİZ GÜNGÖR S., Kuru D., Korur D. C.

REVISTA CHILENA DE NUTRICION, vol.49, no.3, pp.309-317, 2022 (ESCI)

**VIII. COVID-19 versus physical activity – a self-reported questionnaire study**

Atakan M., Aktitiz S., KAYHAN M.

Spor Hekimliği Dergisi, vol.56, no.2, pp.67-72, 2021 (Peer-Reviewed Journal)

**IX. Satranç A Milli Oyuncularının Toplam ve Bölgesel Vücut Kompozisyonu Bileşenleri**

AKTİTİZ S., BULUT S., ATAKAN M. M., GÜZEL Y., Atabey C. I., KOŞAR Ş. N., TURNAGÖL H. H.

Journal of Nutrition and Dietetics, vol.49, no.2, pp.18-27, 2021 (Peer-Reviewed Journal)

**X. Assessment of Professional Ice Hockey Players' Nutritional Status and Energy Balance During Competition Period**

Lökbaş B., Aktitiz S., Koşar Ş. N., Turnagöl H. H.

Spor Bilimleri Dergisi, vol.31, no.3, pp.140-151, 2020 (Peer-Reviewed Journal)

**XI. Consumption of Sports and Energy Drinks in Different Sports Branches and Their Effects on Performance**

Turnagöl H. H., Aktitiz S., Korur D. C., Kuru D.

Spor Bilimleri Dergisi, vol.31, no.3, pp.29-44, 2020 (Peer-Reviewed Journal)

**XII. Nutritional Approach In Treatment of Autism Spectrum Disorders**

Aktitiz S., Yalçın E., Gökteş Z.

Sağlık Akademisi Kastamonu, vol.4, no.2, pp.53-69, 2019 (Peer-Reviewed Journal)

**Metrics**

Publication: 18

Citation (Scopus): 7

H-Index (WoS): 1

H-Index (Scopus): 1