

## Lect. BEKİR TOKAY

### Personal Information

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### International Researcher IDs

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Publons / Web Of Science ResearcherID: AAR-9745-2020

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### Education Information

Doctorate, Selcuk University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Eğitimi (Dr), Turkey 2016 - 2022

Postgraduate, Selcuk University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (YI) (Tezli), Turkey 2013 - 2016

Undergraduate, Selcuk University, Beden Eğitimi Ve Spor Yüksekokulu, Beden Eğitimi Ve Spor Bölümü, Turkey 2009 - 2013

### Dissertations

Doctorate, GENÇ HALTERCİLERE UYGULANAN FARKLI KUVVET ANTRENMANLARININ KOPARMA ve SİLKME PERFORMANSLARI ile BAZI HORMON DÜZEYLERİNE ETKİSİ, Selcuk University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Eğitimi (Dr), 2022

Postgraduate, Farklı Tip egzersizlerin quadriceps ve hamstring kaslarının izokinetik kuvveti üzerine etkisi, Selcuk University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (YI) (Tezli), 2016

### Academic Titles / Tasks

Lecturer PhD, Usak University, SPOR BİLİMLERİ FAKÜLTESİ, Beden Eğitimi ve Spor Bölümü, 2017 - Continues

### Academic and Administrative Experience

Usak University, 2022 - Continues

### Courses

EGZERSİZ ve BESLENME, Undergraduate, 2023 - 2024

YAŞAM BOYU SPOR, Undergraduate, 2023 - 2024, 2017 - 2018

FİZİKSEL UYGUNLUK, Undergraduate, 2022 - 2023, 2017 - 2018

OKUL DIŞI ÖĞRENME ORTAMLARI, Undergraduate, 2022 - 2023

HALTER, Undergraduate, 2022 - 2023, 2020 - 2021, 2018 - 2019, 2017 - 2018

ÖĞRETMENLİK UYGULAMASI, Undergraduate, 2022 - 2023

SERBEST ZAMAN EĞİTİMİ, Undergraduate, 2022 - 2023

Okul Deneyimi, Undergraduate, 2017 - 2018

Araştırma Projesi, Undergraduate, 2017 - 2018  
Beden Eğitimi, Undergraduate, 2017 - 2018  
Genel Cimnastik, Undergraduate, 2017 - 2018  
Sporda Rehberlik, Undergraduate, 2017 - 2018  
Yetenek Seçim İlkeleri, Undergraduate, 2017 - 2018  
Artistik Cimnastik, Undergraduate, 2017 - 2018  
Topluma Hizmet Uygulamaları, Undergraduate, 2017 - 2018

## Articles Published in Other Journals

- I. **The effects of three different type of exercises on aerobic and anaerobic power**  
TOKAY B., GÖRÜCÜ A.  
PHYSICAL EDUCATION OF STUDENTS, vol.21, no.4, pp.0-157, 2017 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **Haltere Özgü Fiziksel Uygunluk**  
TOKAY B.  
in: Sporun Kavramsal Temelleri-8: Fiziksel Uygunluk, Özen, Gökmen, Editor, Efe akademik Yayıncılık, pp.261-282, 2023
- II. **BEDEN EĞİTİMİ VE SPORDA MESLEK ALANLARININ GELECEĞİ**  
TOKAY B.  
in: Tüm Spor Bilimleri Programları İçin BEDEN EĞİTİMİ VE SPORUN TEMELLERİNE GÜNCEL BAKIŞ, Beyazoğlu Gamze, Editor, Gazi Kitabevi, pp.215-248, 2022

## Refereed Congress / Symposium Publications in Proceedings

- I. **THE EFFECT OF GAMIFYING PHYSICAL EDUCATION CLASSES ON CHILDREN'S ACADEMIC MOTIVATION**  
AKIL M., TOKAY B.  
ASES INTERNATIONAL BANDIRMA SCIENTIFIC STUDIES CONFERENCE, BALIKESİR/BANDIRMA, Turkey, 27 - 29 October 2023, pp.740-745
- II. **THE COLLABORATIVE LEARNING INTERVENTION APPLIED IN PHYSICAL EDUCATION CLASSES AFFECTS VISUAL-MOTOR INTEGRATION and SELECTIVE ATTENTION**  
AKIL M., TOKAY B.  
ASES INTERNATIONAL BANDIRMA SCIENTIFIC STUDIES CONFERENCE, BALIKESİR/BANDIRMA, Turkey, 27 - 29 October 2023, pp.735-739
- III. **THE EFFECT OF CREATIVE DANCE AND FOOTBALL EDUCATION ADDED TO THE PHYSICAL EDUCATION CURRICULUM ON BALANCE AND ATTENTION LEVELS**  
TOKAY B., AKIL M., TOP E.  
4. International Antalya Scientific Research and Innovative Studies Congress, Antalya, Turkey, 09 May 2023, pp.132-140
- IV. **DEVELOPING METACOGNITIVE BEHAVIOUR IN SECONDARY SCHOOL STUDENTS WITH TACTICAL GAME APPROACHES IN PHYSICAL EDUCATION LESSONS**  
AKIL M., TOKAY B.  
4. International Antalya Scientific Research and Innovative Studies Congress, Antalya, Turkey, 09 May 2023, pp.141-146
- V. **BEDEN EĞİTİMİ DERS MÜFREDATINA EKLENEN YARATICI DANS VE FUTBOL EĞİTİMİNİN DENGE VE**

## **DİKKAT DÜZEYLERİNE ETKİSİ**

TOKAY B., AKIL M., TOP E.

4. INTERNATIONAL ANTALYA SCIENTIFIC RESEARCH AND INNOVATIVE STUDIES CONGRESS, Antalya, Turkey, 09 May 2023, vol.1, pp.132-140

## **VI. ORTAOKUL ÖĞRENCİLERİNDE BEDEN EĞİTİMİ DERSLERİNDEKİ TAKTİK OYUN YAKLAŞIMLARI İLE ÜST BİLİŞSEL DAVRANIŞIN GELİŞTİRİLMESİ**

AKIL M., TOKAY B.

4. INTERNATIONAL ANTALYA SCIENTIFIC RESEARCH AND INNOVATIVE STUDIES CONGRESS, Antalya, Turkey, 09 May 2023, vol.1, pp.141-145

## **VII. DO FOLK DANCE PRACTICES BASED ON DIFFERENT MEASURES AFFECT CHILDREN'S INDEPENDENT LEARNING SKILLS?**

TOP E., AKIL M., TOKAY B.

Ahi Evran III - International Conference on Scientific Research, Baku, Azerbaijan, 03 May 2023, pp.7-12

## **VIII. DOES THE PRACTICE OF FOLK DANCES BASED ON SLOW AND FAST SCALE GAMES AFFECT CHILDREN'S DECISION-MAKING SKILLS?**

TOKAY B., AKIL M., TOP E.

Ahi Evran III - International Conference on Scientific Research, Baku, Azerbaijan, 03 May 2023, pp.1-6

## **IX. Comparison of Time Management of Licensed Swimmers and Non-Sports Adolescents.**

YILMAZ T., TOKAY B.

International Asian Congress On Contemporary Sciences- VII, 9-11 December ,Olongapo- FİLİPİNLER, Olongapo, Philippines, 9 - 11 December 2022

## **Metrics**

Publication: 12

## **Non Academic Experience**

Aski Spor Kulübü