

# CV

## 1. GENERAL

<b>First name</b>	Muhammed Mustafa	
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## 2. EDUCATION

Education	Degree	University	Area
2008 - 2012	B. Sc.	Selçuk University, Faculty of Sports Science	Sports management and physical education
2012 - 2014	M. Sc.	Dumlupınar University, School of Physical Education and Sports	Sports management
2014 - 2020	Ph. D.	Hacettepe University, Faculty of Sports Science	Exercise physiology, energy metabolism, physical activity

## 3. ACADEMIC EXPERIENCE

Period	Degree	University	Departure
2013 - 2014	Res Asst.	Dumlupınar University	School of Physical Education and Sports
3/2013 - 9/2013	Res Asst.	Middle East Technical University	School of Foreign Languages
2014 - 2020	Res Asst.	Hacettepe University	Faculty of Sport Sciences
2018 - 2019	Visiting International Researcher	Victoria University Melbourne, Australia	Institute for Health & Sport
2020 - present	Postdoctoral researcher	Hacettepe University	Faculty of Sport Sciences

#### 4. CONFERENCE PRESENTATIONS

1. Yasemin Güzel, **Muhammed Mustafa ATAKAN**, Bulut S, Kosar SN, Turnagol HH (2015) Body Composition and Physical Activity in Turkish Adolescents, Conference Paper, Health-Enhancing Physical Activity (HEPA).
2. **Muhammed M. ATAKAN**, Karavelioglu, MB; Harmancı, H; Bulut, S (2015) The effects of short-term creatine loading on exercise performance in female futsal players, International Journal of Sport Nutrition and Exercise Metabolism Conference, Newcastle, United Kingdom.
3. Tuğal D, İlhan M, Cinemre A, Ünver E, **Muhammed M. ATAKAN**, Demirci N, Turnagöl H (2016) Assesment of Blood Iron Marker with Wingate Test and Swimming Performance, International Balkan Conference in Sport Sciences, 21<sup>st</sup> – 23<sup>rd</sup> May, Bursa, Turkey.
4. İlhan M, Tuğal D, **Muhammed M. ATAKAN**, Ünver E, Demirci N, Cinemre A, Turnagöl HH (2016) Assesment of Acid and Alkaline Nutrition Conditions (PRAL) of Adolescent and Investigation of the Relationship with Body Composition, International Balkan Conference in Sport Sciences, 21<sup>st</sup> – 23<sup>rd</sup> May, Bursa, Turkey.
5. Onur Çoban, **Muhammed M. ATAKAN**, Yasemin Güzel, Hüseyin Hüsrev Turnagöl (2016) Investigation of Body Composition and Sport Performance Parameters in Young Male Volleyball Players International Balkan Conference in Sport Sciences, 21<sup>st</sup> – 23<sup>rd</sup> May, Bursa, Turkey.
6. Masoumeh Alizadeh OSALOU, Yasemin GÜZEL, **Muhammed M. ATAKAN**, Şükran Nazan KOŞAR (2016). The Effects of High Intensity Interval Training on Leptin, Adiponectin, Osteocalcin and CTX in Obese Women, International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, Antalya, Turkey.
7. **Muhammed M. ATAKAN**, Necip DEMİRCİ, Şükran Nazan KOŞAR (2016) Associations of Body Composition Components with Whole Body Bone Mineral Density in Young Swimmers, International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, Antalya, Turkey.
8. Süleyman BULUT, **Muhammed M. ATAKAN**, Yasemin GÜZEL, Şükran Nazan KOŞAR (2016) Effect of Liquid Food-Water Intake on DXA Body Composition Measurement, International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, Antalya, Turkey.
9. Yasemin GÜZEL, Süleyman BULUT, **Muhammed M. ATAKAN**, Tahir HAZIR, Hüsrev TURNAGÖL, Şükran Nazan KOŞAR (2016) Comparison of Various Methods and Predictive Equations in Estimating Resting Metabolic Rate with Reference to Indirect Calorimetry in Postmenopausal Obese Women, International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, Antalya, Turkey.
10. Ceren Işıl ATABEY, Süleyman BULUT, **Muhammed M. ATAKAN**, Yasemin GÜZEL, Şükran Nazan KOŞAR, Hüseyin Hüsrev TURNAGÖL (2016) Assessment of Total and Segmental Body Composition of National Level A Chess Players, International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, Antalya, Turkey.
11. Yasemin GÜZEL, Süleyman BULUT, **Muhammed M. ATAKAN**, Tahir HAZIR, Hüsrev TURNAGÖL, Şükran Nazan KOŞAR (2017) The Effects of 10 Weeks Aerobic Exercise Training on Serum Osteocalcin, Adipocytokines and Glucose Homeostasis in Postmenopausal Obese Women, International Sport Sciences Conference, 15<sup>th</sup> - 18<sup>th</sup> November, Antalya, Turkey.
12. **Muhammed M. ATAKAN**, Yasemin Güzel, Evrim Ünver, Hüseyin Hüsrev Turnagöl (2017) Determining Relationship Among Body Composition, Muscle Strength, Balance and Jumping Performance in Capoeira Athletes, International Sport Sciences Conference, 15<sup>th</sup> - 18<sup>th</sup> November, Antalya, Turkey.

- 13. Muhammed M. ATAKAN**, Osalou M.A., Güzel Y., Tartibian B., Koşar Ş.N. (2017) High Intensity Interval Training Decreases Inflammatory Cytokines and Improves Bone Turnover Markers in Obese Women, 22. European College of Sport Science Congress, 5<sup>th</sup> - 8<sup>th</sup> July, MetropolisRuhr, Germany.
- 14.** Koşar Ş.N., Güzel Y., Bulut S., **Muhammed M. ATAKAN**, Hazır T., Turnagöl H.H. (2017) One Metabolic Equivalent in Postmenopausal Obese Women is not Equal to the Traditionally Accepted Resting Oxygen Consumption Value, 22. European College of Sport Science Congress, 5<sup>th</sup> - 8<sup>th</sup> July, MetropolisRuhr, Germany.
- 15.** Bulut S., **Muhammed M. ATAKAN**, Güzel Y., Koşar Ş.N., Turnagöl HH. (2017) Changes in Body Composition After Liquid Food-Water Intake in Young Health Males, 22. European College of Sport Science Congress, 5<sup>th</sup> - 8<sup>th</sup> July, MetropolisRuhr, Germany.
- 16.** Naile Faideci Keskin, Şükran Nazan Koşar, Yasemin Güzel, **Muhammed M. ATAKAN**, Süleyman Bulut, Tahir Hazır, Hüseyin Hüsrev Turnagöl (2018) The Impact of Diet and Exercise on Irisin, Lipasin and Glucose Metabolism in Obese Males with Insulin Resistance, 16<sup>th</sup> International Sport Sciences Conference, 31<sup>st</sup> October- 3<sup>rd</sup> November, Antalya, Turkey.
- 17. Muhammed M. ATAKAN**, Yasemin Güzel, Süleyman Bulut, Şükran Nazan Koşar, Hüseyin Hüsrev Turnagöl (2018) Effects of High Intensity Interval Exercise on VO<sub>2max</sub>, Endurance Capacity and Fat Oxidation; "Double" HIIT versus "Single" HIIT, International Sports Exercise and Nutrition Conference, 17<sup>th</sup> - 20<sup>th</sup> December, Newcastle, United Kingdom.
- 18. Muhammed M. ATAKAN**, Süleyman Bulut, Yasemin Güzel, Şükran Nazan Koşar, Hüseyin Hüsrev Turnagöl (2018) Effect of Short-term High Intensity Interval Training on Resting Metabolic Rate, Substrate Oxidation and Body Composition, International Sports Exercise and Nutrition Conference, 18<sup>th</sup> - 20<sup>th</sup> December, Newcastle, United Kingdom.

## 5. PUBLISHED PAPERS

- 1. Muhammed M. Atakan**, Mihri Barış Karavelioğlu, Halit Harmancı, Suleyman BULUT (2016) Short Term Creatine Loading Without Weight Gain Improves Sprint, Agility and Leg Strength Performance in Female Futsal Players, **International Journal of Sport Nutrition and Exercise Metabolism**, 26, S1 -S15.  
**Abstracts Paper.**
- 2. Muhammed M. Atakan**, Evrim UNVER, Necip DEMIRCI, Alpan CINEMRE, Suleyman BULUT, Huseyin Husrev TURNAGOL (2017) Effect of Body Composition on Fitness Performance in Young Male Football Players, **Turkish Journal of Sport and Exercise**, 19 (1), 54-59.
- 3. Muhammed M. Atakan**, Mihri Barış Karavelioğlu, Halit Harmancı, Suleyman BULUT (2019) Short Term Creatine Loading Without Weight Gain Improves Sprint, Agility and Leg Strength Performance in Female Futsal Players, **Science&Sports**, doi.org/10.1016/j.scispo.2018.11.003
- 4.** Jia Li, Yanchun Li, **Muhammed M. Atakan**, Jujiao Kuang, Yang Hu, David J. Bishop and Xu Yan (2020) The Molecular Adaptive Responses of Skeletal Muscle to High-Intensity Exercise/Training and Hypoxia, **Antioxidants**, 9, 656; doi:10.3390/antiox9080656
- 5. Muhammed M. Atakan**, Yasemin Güzel, Süleyman Bulut, Nazan Ş. Koşar, Glenn K. McConell, Hüseyin H. Turnagöl. (2021) Six high-intensity interval training sessions over 5 days increases maximal oxygen uptake, endurance capacity and sub-maximal exercise fat oxidation as much as 6 high-intensity interval training sessions over 2 weeks, **Journal of Sport and Health Science**. doi.org/10.1016/j.jshs.2020.06.008.
- 6.** Zhenhuan Wang, **Muhammed M. Atakan**, Xu Yan, Hüsrev H. Turnagol, Honglei Duan, Li Peng. (2021) Graded exercise test with or without load carriage similarly measures maximal oxygen uptake in young males and females. **PLOS ONE** 16 (2), e0246303.

7. **Muhammed M. Atakan**, Selin Aktitiz, Mert Kayhan (2021) COVID-19 versus physical inactivity – a self-reported questionnaire study. **Turkish Journal of Sports Medicine**. doi.org/10.47447/tjsm.0506
8. **Muhammed M. Atakan**, ŞN Koşar, Y Güzel, HT Tin, X Yan (2021) The Role of Exercise, Diet, and Cytokines in Preventing Obesity and Improving Adipose Tissue. **Nutrients** 13 (5), 1459.
9. **Muhammed M. Atakan**, Yanchun Li, Şükran N. Koşar, Hüseyin H. Turnagöl, and Xu Yan. (2021) Evidence-Based Effects of High-Intensity Interval Training on Exercise Capacity and Health: A Review with Historical Perspective. **International Journal of Environmental Research and Public Health**.
10. Hüseyin Hüsrev Turnagöl, Şükran Nazan Koşar, Yasemin Güzel, Selin Aktitiz, **Muhammed M. Atakan** (2022) Nutritional considerations for injury prevention and recovery in combat sports. **Nutrients**, 14(1), 53.
11. Yanchun Li, Jia Li, **Muhammed M Atakan**, Zhenhuan Wang, Yang Hu, Mostafa Nazif, Navabeh Zarekookandeh, Henry Zhihong Ye, Jujiao Kuang, Alessandra Ferri, Aaron Petersen, Andrew Garnham, David J Bishop, Olivier Girard, Yaru Huang, Xu Yan. (2022) Prescription of a single session of high-intensity interval exercise in hypoxia based on peak power output and blood lactate threshold – A pilot study. **Journal of Exercise Science & Fitness**.
12. Koşar Ş.N., Güzel Y., Bulut S., **Muhammed M. Atakan**, Hazır T., Turnagöl H.H. (2022) Metabolic equivalent of task and the accuracy of resting metabolic rate prediction equations in inactive, healthy postmenopausal women with overweight and obesity. **Science & Sports**.
13. Yasemin Güzel, **Muhammed M. Atakan**, Bulut S, Kosar SN, Turnagol HH., (2022) Body Composition and Physical Activity in Turkish Adolescents. **Turkish journal of sports medicine**.
14. **Muhammed M. Atakan**, Koşar ŞN, Turnagöl HH. Six sessions of low-volume high-intensity interval exercise improves resting fat oxidation. (2022) **International Journal of Sports Medicine**. DOI: 10.1055/a-1905-7985.
15. **Muhammed M. Atakan**, Guzel Y, Shrestha N, Kosar SN, Grgic J, Astorino TA, Turnagol HH, Pedisic Z. (2022) Effects of high-intensity interval training (HIIT) and sprint interval training (SIT) on fat oxidation during exercise: a systematic review and meta-analysis. **British Journal of Sports Medicine**. bjsports-2021-105181. DOI: 10.1136/bjsports-2021-105181.
16. Türkel İ, Özerkliğ B, **Muhammed M. Atakan**, Aktitiz S, Koşar ŞN, Yazgan B. (2022) Exercise and Metabolic Health: The Emerging Roles of Novel Exerkines. **Current Protein & Peptide Science**. DOI: 10.2174/1389203723666220629163524.
17. **Muhammed M Atakan**, Demirci, N. , Güzel, Y. & Koşar, N. (2022). Whole body composition and bone mineral density measured by Dual-Energy X-Ray Absorptiometry in young swimmers. **SPORMETRE The Journal of Physical Education and Sport Sciences**, 20 (2), 1-15 . DOI: 10.33689/spormetre.1012472
18. Selin Aktitiz, **Muhammed M. Atakan**, Hüseyin H. Turnagöl, Şükran N. Koşar. (2022) Interleukin-6, brain-derived neurotrophic factor, and undercarboxylated osteocalcin responses to single and repeated sessions of high intensity interval exercise. **Peptides**. <https://doi.org/10.1016/j.peptides.2022.170864>
19. Yasemin Güzel, **Muhammed M Atakan**, Jose L Areta, Hüseyin H Turnagöl, Şükran N Koşar. (2022) Ten weeks of low-volume walking training improve cardiometabolic health and body composition in sedentary postmenopausal women with obesity without affecting markers of bone metabolism. **Research in Sports Medicine**. DOI: 10.1080/15438627.2022.2113877
20. **Muhammed M Atakan**, Evrim Ünver, Yasemin Güzel, Selin Aktitiz, & H Hüseyin H Turnagöl. (2022) Association of body composition with muscle strength, drop jump and balance ability in capoeira athletes: pilot study. **SPORMETRE The Journal of Physical Education and Sport Sciences**, 20 (3), 118-127 . DOI: 10.33689/spormetre.1093293

21. Zhenhuan Wang, **Muhammed M. Atakan**, Burak Açar, Rui Xiong, Li Peng. **(2023)** Effects of 4-week low-load resistance training with blood flow restriction on muscle strength and left ventricular function in young swimmers: a pilot randomized trial. **Journal of Human Kinetics**.

22. **Muhammed M. Atakan**, Türkel İ, Özerkliğ B, Koşar ŞN, Dale F. Taylor, Xu Yan, David J. Bishop. **(2024)** Small peptides: could they have a big role in metabolism and the response to exercise? **Journal of Physiology (in press)**.

23. Dilara Kuru, Selin Aktitiz, Muhammed M. Atakan, Mehmet G. Kose, Huseyin H. Turnagöl, S. Nazan. Kosar **(2024)**. Effect of pre-exercise sodium citrate ingestion on repeated sprint performance in soccer players. *J. Strength Cond. Res.* **(in press)**.

## 6. AWARDS RECEIVED

1. **1<sup>st</sup> Prize** in the Oral Sport and Health Theme with the study titled “Effect of Liquid Food-Water Intake on DXA Body Composition Measurement”, The International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, **2016**, Antalya, Turkey.

2. **2<sup>nd</sup> Prize** in the Oral Sport and Health Theme with the study titled “Assesment of Blood Iron Marker with Wingate Test and Swimming Performance”, The International Balkan Conference in Sport Sciences, 21<sup>st</sup> - 23<sup>rd</sup>, May, **2016**, Bursa, Turkey.

3. **1<sup>st</sup> Prize** in the Oral Sport and Health Theme with the study titled “The Effects of 10 Weeks Aerobic Exercise Training on Serum Osteocalcin, Adipocytokines and Glucose Homeostasis in Postmenopausal Obese Women”, The International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, **2017**, Antalya, Turkey.

4. **1<sup>st</sup> Prize** in the Poster Sport and Health Theme with the study titled “Determining Relationship Among Body Composition, Muscle Strength, Balance and Jumping Performance in Capoeira Athletes”, The International Sport Sciences Conference, 1<sup>st</sup> - 4<sup>th</sup> November, **2017**, Antalya, Turkey.

### 5. Young Investigator Award to the PhD study

<https://www.sciencedirect.com/science/article/pii/S2095254620300740>), The International Sports Exercise and Nutrition Conference, 18<sup>th</sup> - 20<sup>th</sup> December, **2018**, Newcastle, United Kingdom.