

Lect. ELİF ŞAHİN

Personal Information

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Education Information

Doctorate, Hacettepe University, Sağlık Bilimleri Enstitüsü, Kardiyopulmoner Rehabilitasyon, Turkey 2016 - Continues

Postgraduate, Karadeniz Technical University, -, Fizyoloji, Turkey 2014 - 2016

Undergraduate, Hacettepe University, Faculty Of Physical Therapy And Rehabilitation, Fizik Tedavi Ve Rehabilitasyon Bölümü, Turkey 2005 - 2010

Foreign Languages

English, C1 Advanced

Certificates, Courses and Trainings

Health&Medicine, Craniosacral osteopati, Osteopathie Schule Deutschland (OSD),Torstein LIEM, 2018

Health&Medicine, NONİNVAZİV MEKANİK VENTİLASYON, TÜRK TORAKS DERNEĞİ, 2017

Health&Medicine, RESPIRATORY ASSESSMENT AND MONITORING IN THE CRITICALLY ILL, EUROPEAN RESPIRATORY SOCIETY, 2017

Health&Medicine, İNVAZİV MEKANİK VENTİLASYON KURSU, TÜRK TORAKS DERNEĞİ, 2016

Health&Medicine, KOMPLEKS BOŞALTICI FİZYOTERAPİ, ACADEMY OF LYMPHATIC STUDİES, İSTANBUL, 2016

Health&Medicine, İLK YARDIMCI SERTİFİKASI, TÜRK KIZILAYI, 2016

Health&Medicine, KRANİOSAKRAL TERAPİ, UPLEDGER ENSTİTÜ-İSTANBUL, 2015

Health&Medicine, Serebral Palside Muayene ve Tedavi Sempozyumu, Türkiye Fiziksel Tıp ve Rehabilitasyon Derneği, 2015

Education Management and Planning, Sağlık Bilimleri Alanında Proje Hazırlama Eğitimi, TÜBİTAK, Trabzon, 2015

Health&Medicine, West Acupuncture, AC-OMT OSTEOPATHIC MANUEL THERAPY, İstanbul, 2014

Health&Medicine, CUPPING AND HIRUDOTHERAPY, Dura osteopati derneği, İSTANBUL, 2014

Health&Medicine, Kineziyotaping, Kinesiotaping Association International, 2012

Health&Medicine, KAS İSKELET SİSTEMİ PROBLEMLERİNDE RADYOLOJİK GÖRÜNTÜLEME EĞİTİMİ, İSTANBUL, 2012

Health&Medicine, Fonksiyonel Osteopati, Dura Osteopati Derneği, 2010

Health&Medicine, Protez ve Ortezde Güncel Yaklaşımlar, Hacettepe Üniversitesi, 2010

Research Areas

Health Sciences, Physical therapy and rehabilitation

Academic Titles / Tasks

Lecturer, Recep Tayyip Erdogan University, Güneysu Fizik Tedavi ve Rehabilitasyon Yüksekokulu, Fizyoterapi ve Rehabilitasyon Bölümü, 2015 - Continues

Academic and Administrative Experience

Recep Tayyip Erdogan University, 2017 - Continues

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Effect of Progressive Resistance Exercise, Targeting Muscles with High Type 1 Fiber, on Aerobic Capacity of Young Sedentary Individuals**
Sahini E., AYAR A.
ACTA PHYSIOLOGICA, vol.221, pp.146-148, 2017 (SCI-Expanded)

Articles Published in Other Journals

- I. **KRONİK AKCİĞER HASTALIKLARINDA KAN AKIMI KISITLAMALI EGZERSİZ**
Şahin E., Sağlam M.
Türkiye Klinikleri Özel Konular, no.2023, pp.41-48, 2023 (Peer-Reviewed Journal)

Books & Book Chapters

- I. **Tip 2 diyabetes mellitus**
Şahin E., Sağlam M.
in: Fizyoterapi ve Rehabilitasyonda Olgu Çözümlenmeleri, Prof. Dr. Kılıçhan Bayar, Editor, Hipokrat yayıncılık, Ankara, pp.899-907, 2023
- II. **Tip 2 Diyabet & Spor**
ŞAHİN E.
in: Sporun Kavramsal Temelleri 5 -Spor & Sağlık, Gökmen Özen , Tamer Civil, Editor, Efeakademi, pp.217-246, 2020

Refereed Congress / Symposium Publications in Proceedings

- I. **COVID -19 Geçirmiş Kadın ve Erkek Bireylerde Egzersiz Testine Verilen Cevapların Karşılaştırılması**
Şahin E., Şahin Ü., Özçelik N., Yıldırım M., Sağlam M.
Türk Toraks Derneği 25. Yıllık Kongresi, Antalya, Turkey, 24 - 28 May 2022, pp.309-310
- II. **Effects of Progressive Resistance Training Targeting Muscles Rich in Type One Fibers on Ventilatory Efficiency**
ŞAHİN E., AYAR A.
Physiology 2019, Aberdeen, United Kingdom, 8 - 10 June 2019, pp.1
- III. **Effects of progressive resistance training targeting skeletal muscles rich in type 1 fibers on fat oxidation rate in young sedentary individuals**
ŞAHİN E., AYAR A.
Europhysiology 2018, Londrina, Brazil, 14 - 16 September 2018, vol.1, pp.369
- IV. **Comparison of the effect of progressive resistance exercises, targeting type 1 fiber weighted**

muscles, and walking exercises on heart rate recovery in young sedentary individuals

ŞAHİN E., AYAR A.

33. Turkish Cardiology Congress With International Participation, Antalya, Turkey, 5 - 08 October 2017, vol.18, pp.1-109

V. Effect of Progressive Resistance Exercise, Targeting Muscles with High Type 1 Fiber, on Aerobic Capacity of Young Sedentary Individuals

ŞAHİN E., AYAR A.

FEPS 2017-Joint Meeting of the Federation of European Physiological Societies and the Austrian Physiological Society with Participation of the Czech, French, Italian, Slovak, Slovenian, Swiss and Turkish Physiological Societies, Viyana, Austria, 13 - 15 September 2017, vol.221, pp.147-148

Supported Projects

Şahin E., Ayaz T., Sağlam M., TÜBİTAK Project, "Tip 2 Diyabetes Mellitus" lu Bireylerde Kan Akımı Kısıtlamalı Aerobik Egzersizin Kardiyorespiratuar Uygunluk ve Kan Glukozu Üzerine Etkisinin İncelenmesi, 2021 - 2022

Şahin E., Ayar A., Project Supported by Higher Education Institutions, Genç sedanter bireylerde Tip 1 lif oranı yüksek kaslara yönelik yapılan ilerleyici dirençli egzersizin aerobik kapasiteye etkisinin incelenmesi, 2016 - 2016

Metrics

Publication: 9

Awards

ŞAHİN E., 33. Uluslararası Kardiyoloji Kongresi Günün Poster Ödülü, Türk Kardiyoloji Derneği, October 2017

Non Academic Experience

Business Establishment Private, İmperial Hastanesi

Business Establishment Private, Özel Yıldızlı Güven Hastanesi

Other, Alkış Özel Eğitim Ve Rehabilitasyon Kurumu