

Assoc. Prof. MUSTAFA SÖĞÜT

Personal Information

Office Phone: [+90 312 210 4024](tel:+903122104024)

Email: msogut@metu.edu.tr

Web: <https://avesis.metu.edu.tr/msogut>

International Researcher IDs

ScholarID: R80fzXEAAAAJ

ORCID: 0000-0003-1826-8235

Publons / Web Of Science ResearcherID: S-4740-2017

ScopusID: 35724448900

Yoksis Researcher ID: 56368

Education Information

Doctorate, Middle East Technical University, Graduate School of Social Sciences, Physical Education and Sports, Turkey
2005 - 2009

Postgraduate, Ankara University, Institute Of Health Sciences, Physical Education and Sports, Turkey 2002 - 2004

Undergraduate, Middle East Technical University, Faculty of Education, Physical Education and Sports, Turkey 1996 -
2002

Certificates, Courses and Trainings

Vocational Training, Level 1 Certificate in Strength and Conditioning, IUSCA (International Universities Strength and
Conditioning Association), 2024

Vocational Training, TFF Grassroots Gönüllü Liderlik Antrenör Lisansı, Turkish Football Federation, 2023

Vocational Training, Introduction to Talent Identification in Football, England Football Association, 2023

Vocational Training, Introduction to Futsal, England Football Association, 2023

Vocational Training, EE Playmaker by England Football, England Football Association, 2023

Vocational Training, Level 4 Head Coach Certification, Turkish Tennis Federation, 2012

Dissertations

Doctorate, The effects of rhythm training on tennis performance, Middle East Technical University, Graduate School of
Social Sciences, 2009

Postgraduate, Farklı kategorilerdeki genç erkek tenis oyuncularının antropometrik somatotip özelliklerinin incelenmesi,
Ankara University, Institute Of Health Sciences, 2004

Research Areas

Physical Education and Sports

Academic Titles / Tasks

Associate Professor, Middle East Technical University, Faculty of Education, Department of Physical Education and Sports, 2020 - Continues

Academic and Administrative Experience

Deputy Head of Department, Middle East Technical University, Faculty of Education, Department of Physical Education and Sports, 2021 - Continues

Courses

THEORY AND METHODOLOGY OF SPORTS TRAINING, Postgraduate, 2023 - 2024

PHYSIOLOGY OF EXERCISE, Postgraduate, 2021 - 2022

SCIENTIFIC WRITING AND PUBLISHING IN SPORT SCIENCE, Postgraduate, 2021 - 2022

Advising Theses

Özkan Yıldırım S., Söğüt M., Optimizing football lineup selection using machine learning, Postgraduate, Y.TAYLAN(Student), 2023

Söğüt M., Comparison of match-play characteristics of junior and professional tennis players, Postgraduate, İ.TARIK(Student), 2023

Söğüt M., Growth and maturity status of medal-winning young table tennis players, Postgraduate, H.ÖDEMİŞ(Student), 2023

Söğüt M., The effects of COVID-19 induced mobility restrictions on physical fitness in young soccer players at different maturity and training status, Doctorate, G.ÜNLÜ(Student), 2022

Söğüt M., Variations in physical and technical performance parameters of professional soccer players according to match outcome, team quality, and quality of opposition, Postgraduate, K.BİBER(Student), 2022

Söğüt M., 10-13 yaş arası çocuklarda motor koordinasyon ve beden kitle indeksi (BKI) arasındaki ilişki, Postgraduate, A.CEYHAN(Student), 2020

Söğüt M., Farklı yaş gruplarındaki genç futbolcuların motor koordinasyon seviyelerinin incelenmesi, Postgraduate, H.BATUHAN(Student), 2020

Söğüt M., Farklı zeminlerde oynanan profesyonel tenis maçlarında yaşın, cinsiyetin ve boy uzunluğunun kat edilen mesafe üzerindeki etkileri, Postgraduate, S.DAĞDELEN(Student), 2019

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Psychophysiological effects of menstrual cycle in flag football players**
Aksu M., Yıldız Z. E., Fındık G., Söğüt M.
BIOLOGICAL RHYTHM RESEARCH, vol.1, no.1, pp.1-8, 2024 (SCI-Expanded)
- II. **The effects of time of day on technical and physical performances in female tennis players**
Söğüt M., Ödemiş H., Biber K.
BIOLOGICAL RHYTHM RESEARCH, vol.55, no.7-8, pp.398-407, 2024 (SCI-Expanded)
- III. **Influence of relative age effect (RAE) on motor performance of preschool children: a systematic review**
Macun A., Söğüt M.
EARLY CHILD DEVELOPMENT AND CARE, vol.194, no.3, pp.382-397, 2024 (SSCI)
- IV. **Relative age effect in young competitive tennis players**

Söğüt M., Biber K., Ödemiş H., Durmuş D., Ulusoy İ. T.

KINESIOLOGY, vol.55, no.1, pp.120-127, 2023 (SCI-Expanded)

- V. **The Effects of Exercise Order on the Psychophysiological Responses, Physical and Technical Performances of Young Soccer Players: Combined Small-Sided Games and High-Intensity Interval Training**
Arslan E., Kilit B., Clemente F. M., Soylu Y., Söğüt M., Badicu G., Akça F., Gokkaya M., Murawska-Cialowicz E.
BIOLOGY-BASEL, vol.10, no.11, 2021 (SCI-Expanded)
- VI. **Wearable inertial measurement unit to accelerometer-based training monotony and strain during a soccer season: A within-group study for starters and non-starters**
Nobari H., Söğüt M., Oliveira R., Pérez-Gómez J., Suzuki K., Zouhal H.
International Journal of Environmental Research and Public Health, vol.18, no.15, 2021 (SCI-Expanded)
- VII. **Chronological age, somatic maturation and anthropometric measures: Association with physical performance of young male judo athletes**
Giudicelli B. B., Luz L. G. O., Söğüt M., Sarmiento H., Massart A. G., Júnior A. C., Field A., Figueiredo A. J.
International Journal of Environmental Research and Public Health, vol.18, no.12, 2021 (SCI-Expanded)
- VIII. **Effects of self-paced high-intensity interval training and moderate- intensity continuous training on the physical performance and psychophysiological responses in recreationally active young adults**
Soylu Y., Arslan E., Söğüt M., Kilit B., Clemente F.
BIOLOGY OF SPORT, vol.38, no.4, pp.555-562, 2021 (SCI-Expanded)
- IX. **Variations of estimated maximal aerobic speed in children soccer players and its associations with the accumulated training load: Comparisons between non, low and high responders**
Clemente F. M., Silva A. F., Alves A. R., Nikolaidis P. T., Ramirez-Campillo R., Lima R., SÖĞÜT M., Rosemann T., Knechtle B.
PHYSIOLOGY & BEHAVIOR, vol.224, 2020 (SCI-Expanded)
- X. **Bio-banding in judo: The mediation role of anthropometric variables on the maturation effect**
Giudicelli B. B., Luz L. G. O., Sogut M., Massart A. G., Júnior A. C., Figueiredo A. J.
International Journal of Environmental Research and Public Health, vol.17, no.1, 2020 (SCI-Expanded)
- XI. **Variations in Central Adiposity, Cardiovascular Fitness, and Objectively Measured Physical Activity According to Weight Status in Children (9-11 Years)**
Sogut M., Clemente F. M., Clark C. C. T., Nikolaidis P. T., Rosemann T., Knechtle B.
FRONTIERS IN PHYSIOLOGY, vol.10, 2019 (SCI-Expanded)
- XII. **Age- and Maturity-Related Variations in Morphology, Body Composition, and Motor Fitness among Young Female Tennis Players**
Sogut M., Luz L. G. O., Kaya O. B., Altunsoy K., Dogan A. A., KIRAZCI S., Clemente F. M., Nikolaidis P. T., Rosemann T., Knechtle B.
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.16, no.13, 2019 (SCI-Expanded)
- XIII. **Stature: Does it really make a difference in match-play outcomes among professional tennis players?**
Sogut M.
INTERNATIONAL JOURNAL OF PERFORMANCE ANALYSIS IN SPORT, vol.18, no.2, pp.255-261, 2018 (SCI-Expanded)
- XIV. **A Comparison of Serve Speed and Motor Coordination between Elite and Club Level Tennis Players**
Sogut M.
JOURNAL OF HUMAN KINETICS, vol.55, no.1, pp.171-176, 2017 (SCI-Expanded)
- XV. **Gross motor coordination in junior tennis players**
Sogut M.
JOURNAL OF SPORTS SCIENCES, vol.34, no.22, pp.2149-2152, 2016 (SCI-Expanded)
- XVI. **The Effects of Rhythm Training on Tennis Performance**
Sogut M., KIRAZCI S., Korkusuz F.
JOURNAL OF HUMAN KINETICS, vol.33, pp.123-132, 2012 (SCI-Expanded)
- XVII. **Joint angles during successful and unsuccessful tennis serves kinematics of tennis serve Başarili ve**

başarisiz tenis servisleri sirasindaki eklem açilari: Tenis servislerinin kinematiği

Göktepe A., Ak E., Söğüt M., Karabörk H., Korkusuz F.

Eklem Hastalıkları ve Cerrahisi, vol.20, pp.156-160, 2009 (SCI-Expanded)

Articles Published in Other Journals

- I. **Comparison of match-play characteristics of junior and professional tennis players**
Ulusoy İ. T., Söğüt M.
JOURNAL OF HUMAN SPORT AND EXERCISE, vol.20, no.1, pp.67-78, 2024 (ESCI)
- II. **Physiological and performance effects of high-intensity interval training in tennis players: a systematic review**
Durmuş D., Ödemiş H., Söğüt M.
ITF Coaching & Sport Science Review, vol.31, no.89, pp.42-50, 2023 (Peer-Reviewed Journal)
- III. **Growth and maturity status of young elite and sub-elite tennis players**
Söğüt M., Ödemiş H., Durmuş D.
ITF Coaching & Sport Science Review, vol.31, no.89, pp.21-26, 2023 (Peer-Reviewed Journal)
- IV. **Characteristics of Articles Published in Different Quartiles: A Bibliometric Analysis of Sport and Exercise Psychology Journals**
Taş H., Mikhaylova A., Ödemiş H., Uçar E. Ç., Söğüt M.
BALTIC JOURNAL OF SPORT & HEALTH SCIENCES, vol.4, no.123, pp.35-44, 2021 (Peer-Reviewed Journal)
- V. **10-13 yaş arası çocuklarda motor yeterlik ve beden kitle indeksi arasındaki ilişki**
Ceyhan A., Söğüt M.
Türkiye Klinikleri Spor Bilimleri Dergisi, vol.13, no.2, pp.278-283, 2021 (Peer-Reviewed Journal)
- VI. **Genç futbolcularda yaşa bağlı motor koordinasyon farklılıkları**
Dirik H. B., Söğüt M.
Türkiye Klinikleri Spor Bilimleri Dergisi, vol.13, no.1, pp.41-45, 2021 (Peer-Reviewed Journal)
- VII. **EFFECTS OF AGE, GENDER AND STATURE ON DISTANCE COVERED IN PROFESSIONAL TENNIS MATCHES PLAYED ON DIFFERENT SURFACES**
Dağdelen S., Söğüt M.
Spormetre, vol.18, no.3, pp.98-107, 2020 (Peer-Reviewed Journal)
- VIII. **Ranking in young tennis players-a study to determine possible correlates**
Sogut M., Luz L. G. O., Kaya O. B., Altunsoy K.
GERMAN JOURNAL OF EXERCISE AND SPORT RESEARCH, vol.49, no.3, pp.325-331, 2019 (ESCI)
- IX. **Height- and surface-related variations in match-play outcomes and rankings in professional men's tennis**
Sogut M.
GERMAN JOURNAL OF EXERCISE AND SPORT RESEARCH, vol.49, no.3, pp.332-338, 2019 (ESCI)
- X. **Sporda Biyo-Gruplama**
SÖĞÜT M.
Spor Hekimliği Dergisi, 2018 (Peer-Reviewed Journal)
- XI. **Türk genç milli tenis oyuncularının fiziksel ve morfolojik özelliklerinin servis hızı ile ilişkisi.**
Söğüt M., Altunsoy K.
Spor Hekimliği Dergisi, vol.54, no.1, pp.64-70, 2018 (Peer-Reviewed Journal)
- XII. **Associations between anthropometric indicators of adiposity and body fat percentage in normal weight young adults**
Söğüt M., Altunsoy K., Varela-Silva I.
Anthropological Review, vol.81, no.2, pp.174-181, 2018 (Scopus)
- XIII. **Acute Effects of Customizing a Tennis Racket on Serve Speed**
Söğüt M.
Baltic Journal of Sport Health Sciences, vol.1, no.104, pp.44-46, 2017 (Peer-Reviewed Journal)

- XIV. **The Relations between Core Stability and Tennis Related Performance Determinants**
Söğüt M.
Biology of Exercise, vol.12, no.2, pp.35-44, 2016 (Peer-Reviewed Journal)
- XV. **Ball Speed during the Tennis Serve in Relation to Skill Level and Body Height**
Söğüt M.
Pamukkale Spor Bilimleri Dergisi, vol.7, no.2, pp.51-57, 2016 (Peer-Reviewed Journal)
- XVI. **Ritim becerisinde spora katılım ve cinsiyet farkı**
Söğüt M., Kirazcı S.
Spor Bilimleri Dergisi: Hacettepe Üniversitesi, vol.25, no.1, pp.36-41, 2014 (Peer-Reviewed Journal)
- XVII. **d2 dikkat testinin çocuk sporcularda ölçüt geçerliğinin test edilmesi: pilot çalışma**
Çağlar E., Bilge M., Söğüt M.
Gazi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.16, no.4, pp.19-29, 2011 (Peer-Reviewed Journal)
- XVIII. **8-10 yaş grubu tenis oyuncularının sezinleme zamanı**
Söğüt M., Ak E., Koçak M. S.
Spor Bilimleri Dergisi: Hacettepe Üniversitesi, vol.20, no.1, pp.1-5, 2009 (Peer-Reviewed Journal)
- XIX. **Farklı kategorilerdeki genç erkek tenis oyuncularının antropometrik ve somatotip özelliklerinin incelenmesi**
Söğüt M., Müniroğlu R. S., Deliceoğlu G.
Spormetre, vol.2, no.4, pp.155-162, 2004 (Peer-Reviewed Journal)

Refereed Congress / Symposium Publications in Proceedings

- I. **Bütüncül sporcu gelişimi için antrenör yetkinliğinin desteklenmesi**
İnce M. L., Kılıç K., Kirazcı S., Kuru H., Söğüt M., Hürmeriç Altunsöz I.
21. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 11 - 14 November 2023, pp.94
- II. **Influence of situational variables on match performance parameters in professional soccer players.**
Biber K., Altunsöz Ö. S., Söğüt M.
World Congress on Science and Football, Groningen, Netherlands, 24 - 26 May 2023, pp.168
- III. **Health benefits of recreational football in premenopausal women: A systematic review**
Biber K., Tuna I., Grove N. L., Azzouzi M. A., Söğüt M.
World Congress on Science and Football, Groningen, Netherlands, 24 - 26 May 2023, pp.214
- IV. **Somutlaştırılmış 3D Basılı Geri Bildirim Genç Yetişkinlerin Günlük Adım Sayıları ve Fiziksel Aktivite Motivasyonlarına Etkisi**
Alkan L., Dursun Uğraş M., Bumin B., Gümüş K., Söğüt M.
15. ULUSAL SPOR BİLİMLERİ ÖĞRENCİ KONGRESİ, Ankara, Turkey, 8 - 10 May 2023, pp.1
- V. **Physiological effects of high intensity interval training in post-menopausal women: A systematic review**
Ulusoy İ. T., Tuna I., Mubasher Z., Şahin B., Bumin B., Söğüt M.
I. Movement & Training Sciences Congress, İstanbul, Turkey, 27 - 30 October 2022, pp.1
- VI. **A systematic review of the effects of high-intensity interval training in tennis players**
Durmuş D., Ödemiş H., Söğüt M.
I. Movement & Training Sciences Congress, İstanbul, Turkey, 27 - 30 October 2022, pp.1
- VII. **Comparison of peak performance age in racquet sports**
Biber K., Ödemiş H., Durmuş D., Söğüt M.
I. Movement & Training Sciences Congress, İstanbul, Turkey, 27 - 30 October 2022, pp.1
- VIII. **Associations between growth and maturity status and national ranking in young elite female tennis players**
Ödemiş H., Durmuş D., Söğüt M.
I. Movement & Training Sciences Congress, İstanbul, Turkey, 27 - 30 October 2022, pp.1
- IX. **A systematic review of the effect of plyometric training on vertical jump performance in young**

basketball players

Azzouzi M. A., Söğüt M.

15th Conference of Baltic Society of Sport Sciences, Kaunas, Lithuania, 28 - 29 April 2022, pp.54

- X. **The effects of physical activity mobile application usage on physical activity level, perceived health status, and exercise motivation in recreational athletes**
Numanoğlu E., Hürmeriç Altunsöz I., Söğüt M.
18th Turkish Sports Medicine Congress, Ankara, Turkey, 3 - 05 December 2021, pp.52
- XI. **Does size really matter? The influence of cuff width on exercise responses for the blood flow restriction training: A systematic review**
Boyacioglu F. C., Aypar E., Söğüt M.
21st International Symposium: "Hot Topics in Exercise Physiology", Jyvaskyla, Finland, 20 - 22 October 2021
- XII. **The postpartum recovery of athletes: A systematic review**
Mikhaylova A., Panpalli H. G., Söğüt M.
21st International Symposium: "Hot Topics in Exercise Physiology", Jyvaskyla, Finland, 20 - 22 October 2021
- XIII. **Effects of Iyengar yoga interventions on overall well-being in women with breast cancer: A systematic review**
Aslan Ö., Söğüt M.
21st International Symposium: "Hot Topics in Exercise Physiology", Jyvaskyla, Finland, 20 - 22 October 2021
- XIV. **Agreement in estimates of body fat percentage between BIA and BMI based body fat equations in female young adults**
Altunsoy K., Söğüt M., Kaya Ö. B., Clark C. C.
5th International Scientific Conference Exercise and Quality of Life 2019: From Active Childhood to Healthy Aging, Novi-Sad, Serbia, 11 - 13 April 2019, pp.5
- XV. **Variations in adiposity, body fat percentage, and muscular strength, according to physical activity level in young adults**
Kaya Ö. B., Söğüt M., Altunsoy K., Clark C. C.
5th International Scientific Conference Exercise and Quality of Life 2019: From Active Childhood to Healthy Aging, Novi-Sad, Serbia, 11 - 13 April 2019, pp.5
- XVI. **Effects of biological maturation on body composition, muscular strength, and agility in female tennis players**
Söğüt M., Altunsoy K., Kaya Ö. B., Luz L. G.
14th International Scientific Conference of Sport Kinetics 2018, Pula, Croatia, 24 - 27 June 2018, pp.360
- XVII. **Maturity status, morphology and fitness discrepancies between higher and lower ranked prepubertal male tennis players**
Söğüt M., Kaya Ö. B., Altunsoy K., Luz L. G.
14th International Scientific Conference of Sport Kinetics 2018, Pula, Croatia, 24 - 27 June 2018, pp.359
- XVIII. **School Corridors: Indoor Streets for Active Play**
Güneri Söğüt G. D., Söğüt M.
8th Conference of HEPA Europe, Zagreb, Croatia, 15 - 17 November 2017, pp.72
- XIX. **Morphological Characteristics of Top Turkish Junior Female Tennis Players**
Söğüt M.
14th International Scientific Conference of the Montenegrin Sports Academy, Budva, Montenegro, 30 March - 02 April 2017, pp.15-16

Supported Projects

Söğüt M., Project Supported by Higher Education Institutions, Effects of circadian rhythm on technical and physical performance in young female tennis players , 2023 - 2024

Metrics

Publication: 60

Citation (WoS): 102

Citation (Scopus): 135

H-Index (WoS): 6

H-Index (Scopus): 8