

Res. Asst. UTKU GÖNENER

Personal Information

Email: utku.gonener@kocaeli.edu.tr

Web: <https://avesis.kocaeli.edu.tr/utku.gonener>

Certificates, Courses and Trainings

Measurement and Evaluation, Functional Movement Screen Level 1, Functional Movement Systems, 2019

Vocational Course, Milli Hakemlik Kursu, Türkiye Yelken Federasyonu, 2019

Dissertations

Postgraduate, Hareketli ve hareketsiz zeminlerde yapılan denge antrenmanlarının dinamik denge üzerindeki etkisi, Kocaeli University, Sağlık Bilimleri Enstitüsü, 2016

Research Areas

Health Sciences

Academic Titles / Tasks

Research Assistant, Kocaeli University, Sağlık Bilimleri Enstitüsü, Sağlık Bilimleri Enstitüsü, 2017 - Continues

Articles Published in Journals That Entered SCI, SSCI and AHCI Indexes

- I. **The relationships of elite sailors' functional movement screen scores and some of their motoric features with lower extremity pain**
Gönener U., Sertbaş K., Gonener A.
PROGRESS IN NUTRITION, vol.22, 2020 (Journal Indexed in SCI)
- II. **The relationship between dietary habits of late adolescent individuals and the heavy metal accumulation in hair**
GÖNENER A., Karacuha M. E. , Cabar H. D. , YILMAZ M., GÖNENER U.
PROGRESS IN NUTRITION, vol.22, pp.146-155, 2020 (Journal Indexed in SCI)
- III. **How balance training on different types of surfaces effect dynamic balance ability and postural sway of gymnast children?**
GÖNENER U., GÖNENER A.
PROGRESS IN NUTRITION, vol.22, pp.131-137, 2020 (Journal Indexed in SCI)

Articles Published in Other Journals

- I. **YEREL YÖNETİMLERDE FİZİKSEL HAREKETİN SÜRDÜRÜLEBİLİRLİĞİNİ DESTEKLEYEN KOBİS (KOCAELİ BİSİKLETLİ ULAŞIM SİSTEMİ) PROJESİNİN YÖNETİM VE UYGULAMA SÜREÇLERİNİN**

İNCELENMESİ

Altuntaş T., Sertbaş K., Gönener U., Uzuner M. E. , Gönener A., Bahadır T. K.

Sinop Üniversitesi Sosyal Bilimler Dergisi, vol.4, no.1, pp.277-296, 2020 (National Refereed University Journal)

- II. **Investigation of social media usage and sports brand preferences of kocaali university students**
Kocoglu B., Sertbaş K., Gönener U., Uzuner M. E. , Gönener A.
Journal of Physical Education and Sport, vol.20, pp.839-847, 2020 (Refereed Journals of Other Institutions)
- III. **13-15 YAŞ GRUBU ERKEK YÜZÜCÜLERDE 8 HAFTALIK CORE ANTRENMANININ SIRT ÜSTÜ STİLİ 100 METRE PERFORMANSINA ETKİSİ**
GÖNENER A., DEMİRCİ D., GÖNENER U., ÖZER B., YILMAZ O.
Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, no.1, pp.29-37, 2017 (Other Refereed National Journals)
- IV. **The effect of 8-week thera-band exercises on male swimmers' 100 m freestyle swimming performance**
GÖNENER A., GÖNENER U., YILMAZ O., HOROZ T., DEMİRCİ D.
Journal of Human Sciences, vol.14, no.4, pp.1-6, 2017 (Refereed Journals of Other Institutions)
- V. **NEW APPROACHES IN SPORT ENGINEERING EXAMINATION OF UEFA STADIUM CRITERIA**
GÖNENER U., SERTBAŞ K.
SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, vol.21, no.2017, pp.142-146, 2017 (Refereed Journals of Other Institutions)
- VI. **Determination of Physical Self-Perceptions of Turkish National Freestyle Wrestlers**
GÖNENER A., YILMAZ O., GÖNENER U., DAMA Z.
International Journal of Science Culture and Sport, vol.5, no.2, pp.95-101, 2017 (Refereed Journals of Other Institutions)
- VII. **Okul Öncesi Dönemde Motor Gelişime Yönelik Hareket Eğitimi ve Oyun Çalışmalarının İçerik Analizi**
ŞENTÜRK U., YILMAZ A., GÖNENER U.
Spor Yönetimi ve Bilgi Teknolojileri, vol.10, no.2, pp.4-12, 2015 (Other Refereed National Journals)
- VIII. **Sınıf Öğretmenlerinin Oyun ve Fiziki Etkinlikler Dersi İle İlgili Görüş ve Uygulamaları**
ŞENTÜRK U., YILMAZ A., GÖNENER U.
SPOR YÖNETİMİ VE BİLGİ TEKNOLOJİLERİ DERGİSİ, vol.10, no.2, pp.22-30, 2015 (Other Refereed National Journals)

Books & Book Chapters

- I. **Yüzmede Performans Testleri**
GÖNENER A., GÖNENER U.
Akademisyen Kitabevi, 2019
- II. **10-12 YAŞ ERKEK YÜZÜCÜLERE UYGULANAN CORE ANTRENMANLARININ MOTORİK ÖZELLİKLERE VE YÜZME PERFORMANSINA ETKİSİ**
ARDALI E., GÖNENER U.
in: Spor ve Rekreasyon Araştırmaları Kitabı 2, , Editor, Çizgi Kitabevi, pp.203-216, 2019
- III. **THE INVESTIGATION OF THE ACUTE EFFECT OF DIFFERENT FEATURES APPLIED IN THE TENNIS PLAYERS TO FOREHAND AND BACKHAND HITES / TENİS SPORCULARINDA UYGULANAN FARKLI GERDİRMELERİN FOREHAND VE BACKHAND VURUŞLARINA AKUT ETKİSİNİN İNCELENMESİ**
GÖNENER U., GÖNENER A., BAŞARAN B.
in: CASE STUDIES IN BUSINESS SPORTS SCIENCES, ANIL GACAR, ÖZGÜR EKİN SUCU, Editor, IJOPEC YAYINLARI, İstanbul, pp.125-131, 2018
- IV. **INVESTIGATION OF IMPACT LEVELS OF SAILING NATIONAL TEAM SPORTS / YELKEN MİLLİ TAKIMI SPORCULARININ İMGELEME DÜZEYLERİNİN İNCELENMESİ**
GÖNENER U., GÖNENER A., PARÇALI A.
in: CASE STUDIES IN BUSINESS SPORTS SCIENCES, ANIL GACAR, ÖZGÜR EKİN SUCU, Editor, IJOPEC YAYINLARI, İstanbul, pp.119-124, 2018

- V. **Evaluation of Sailing Club Coaches And Sailing National Team Coaches' Behavior By Sailing National Team Athletes**
GÖNENER U., YILMAZ O.
in: CURRENT DEBATES IN EDUCATION VOLUME 5, AKFIRAT, NEJAT O., DONALD, STAUB. F., YAVAŞ GÜRKAN,,
Editor, IJOPEC Yayınları, Londrina, pp.529-538, 2017

Refereed Congress / Symposium Publications in Proceedings

- I. **Investigation Of The Effect Of Social Media Ads On Business Preferences Of Private Sports and Wellness Center Members**
ÖZALP Ö., SERTBAŞ K., GÖNENER U., UZUNER M. E.
The 13th International Scientific Conference: Education, Sport And Health, BÜKREŞ, Romania, 08 May 2020
- II. **Examination Of The Management and Organization Processes Of Bicycle Transportation Systems in Local Governments**
ALTUNTAŞ T., SERTBAŞ K., GÖNENER U., UZUNER M. E. , GÖNENER A.
13th Annual International Scientific Conference "EDUCATION, SPORT AND HEALTH, 08 May 2020
- III. **Yelken Milli Takımı Sporcularının İmgeleme Düzeylerinin İncelenmesi**
GÖNENER U., GÖNENER A., PARÇALI A.
8. INTERNATIONAL CONGRESS ON CURRENT DEBATES IN SOCIAL SCIENCES, 28 - 30 September 2018
- IV. **Tenis Sporcularında Uygulanan Farklı Gerdirmelerin Forehand ve Backhand Vuruşlarına Akut Etkisinin İncelenmesi**
GÖNENER U., GÖNENER A., BAŞARAN B.
8. INTERNATIONAL CONGRESS ON CURRENT DEBATES IN SOCIAL SCIENCES, 28 - 30 September 2018
- V. **The Effect of Plyometric Trainings with Medicine Ball on Some Motor and Anthropometric Features of Basketball Players**
GÖNENER U., GÖNENER A., KONGEL E. E.
5th International Conference on Humanities and Educational Research, 10 - 12 August 2018
- VI. **Evaluation of Sailing Club Coaches and National Team Coaches' Behavior by Sailing National Team Athletes**
GÖNENER U., YILMAZ O.
6. International Congress on Current Debates in Social Sciences, İstanbul, Turkey, 14 - 16 December 2017
- VII. **The effect of regular bodyweight training on freestyle swimming performance**
GÖNENER A., GÖNENER U., AKGÜN S.
10th Annual International Conference: Physical Education, Sport and Health, Pitesti, Pitesti, Romania, 23 - 24 November 2017, vol.21, pp.137-142
- VIII. **Determination of the state anxiety of sailing athletes before the regional Regatta**
GÖNENER A., GÖNENER U., YILMAZ O., KABAKÇIOĞLU Y.
10th Annual International Conference: Physical Education, Sport and Health, Pitesti, Pitesti, Romania, 23 - 24 November 2017, vol.21, pp.146-148
- IX. **The effects of dynamic stretching exercises on the flexibility and vertical jump performance on basketball players**
GÖNENER A., GÖNENER U., GÜMÜŞ A.
10th Annual International Conference: Physical Education, Sport and Health, Pitesti, Pitesti, Romania, 23 - 24 November 2017, vol.21, pp.132-136
- X. **NEW APPROACHES IN SPORT ENGINEERING EXAMINATION OF UEFA STADIUM CRITERIA**
GÖNENER U., SERTBAŞ K.
The International Scientific Conference " 10th. Physical Education, Sport and Health, Pitesti, Romania, 23 - 24 November 2017

Scholarships

National Athlete Scholarship, Other Government Agencies, 2017 - Continues

Awards

Gönener U., Optimist and Olympic Classes Balkan Sailing Championship, Türkiye Yelken Federasyonu, September 2017

Gönener U., Laser 4.7 Youth World Championship, World Sailing- International Laser Class Association, July 2017

Gönener U., Laser 4.7 Youth European Championship, World Sailing- European Laser Class Association, April 2017