

1. **Name Surname** : Mehmet Akif Sahin
2. **Title** : Dr.
3. **State of Education** : MSc, PhD, SENr.
4. **Current Institution** : Bahcesehir University, Department of Nutrition and Dietetics.

Degree	Department	University	Date
Bachelor's Degree	Nutrition and Dietetics	Hacettepe University	2010
Master's Degree	Nutritional Sciences	Hacettepe University	2014
PhD	Nutrition and Dietetics	Hacettepe University	2019

5. **Publications**

5.1. **Articles published in internationally refereed journals (SCI, SSCI, Arts and Humanities)**

- **Sahin M.A.**, Bilgic P, Montanari S, Willems M.E.T., *Daily and not every-other-day intake of anthocyanin-rich New Zealand blackcurrant extract alters substrate oxidation during moderate-intensity walking in adult males*. Journal of Dietary Supplements. October 2020, p. 1-13.
- **Sahin M.A.**, Bilgic P, Montanari S, Willems M.E.T., *Intake duration of anthocyanin-rich New Zealand blackcurrant extract affects metabolic responses during moderate intensity walking exercise in adult males*. Journal of Dietary Supplements. June 2020, p. 1-12.
- Montanari S, **Sahin M.A.**, Lee B, Blacker S, Willems M.E.T., *No Effects of Different Doses of New Zealand Blackcurrant Extract on Cardiovascular Responses During Rest and Submaximal Exercise Across a Week in Trained Male Cyclists*. International Journal of Sport Nutrition and Exercise Metabolism. Ahead of Print. Pages: 1–7.
- Montanari S, **Sahin M.A.**, Lee B, Blacker S, Willems M.E.T., *No Effects of New Zealand Blackcurrant Extract on Physiological and Performance Responses in Trained Male Cyclists Undertaking Repeated Testing across a Week Period*. Sports 2020, 8(8).

- Karayigit R, **Sahin M.A.**, Sari C, Sisman A, Yildiz H, Buyukcelebi H, Ersöz G., *The effects of low-dose caffeinated coffee ingestion on strength and muscular endurance performance in male athletes*. Progress in Nutrition. 23, 1 (Feb. 2020)
- Willems, M.E.T., **Sahin, M.A.**, Cook, M.D, *Effect of New Zealand blackcurrant extract on substrate oxidation and cycling performance in normobaric hypoxia*, Sports (Basel). 2019 Mar 16;7(3)
- Willems, M.E.T., **Sahin, M.A.**, Cook, M.D, *Matcha green tea drinks enhance fat oxidation during brisk walking in females*. International journal of sport nutrition and exercise metabolism, 2018: p. 1-21.

5.2. Assertions presented in international scientific congresses and published in the proceedings

- **Sahin M.A.**, Bilgic P, Montanari S, Willems M. *Effects of Daily and Intermittent Intake of New Zealand Blackcurrant Extract on Cardiovascular Responses During Moderate Intensity Exercise in Males* (P23-011-19). Oxford University Press; 2019
- Willems M.E.T., Bilgic P, Montanari S, **Sahin M.A.**, *Intake Duration Effects of New Zealand Blackcurrant Extract on Cardiovascular Responses During Moderate Intensity Exercise in Males* (P23-015-19). Oxford University Press; 2019
- **Sahin M.A.**, P Bilgic, S Montanari, Willems M.E.T., *Effects of duration of New Zealand blackcurrant extract intake on whole-body fat oxidation during moderate intensity exercise in males*. International Sports and Exercise Nutrition Conference-2018, Newcastle, 2018.
- **Sahin M.A.**, P Bilgic, S Montanari, Willems M.E.T., *Effects of daily and intermittent intake of New Zealand blackcurrant extract on whole-body fat oxidation during moderate intensity exercise in males*. International Sports and Exercise Nutrition Conference-2018, Newcastle, 2018
- Willems, M.E.T., **Sahin M.A.**, *Effects of New Zealand Blackcurrant Extract Intake on Metabolic and Physiological Responses During Moderate Intensity Exercise in Caucasian and Thai Males*. International Sports and Exercise Nutrition Conference-2018, Newcastle, 2018.
- **Sahin M.A.**, Z. Buyuktuncer. The relationship between diet quality and life quality in adults. Clinical Nutrition. Volume 36, Issue 5, Pages 1187-1456, 2017

5.3. Articles published in national refereed journals

- **Sahin M.A.**, Karayigit R., *Assessment of Effects of Sports and Energy Drinks on Sports Performance and Its Role in Sports Nutrition*. *Turkiye Klinikleri Journal of Sports Sciences*, Accepted on 14.04.2020. Doi: 10.5336/sportsci.2020-74320.
- Aksoy M., **Sahin M.A.**, Seven H., Sengel A.T, Sahin A., *Consumer attitudes to GMOs / J Nutr and Diet* 40(1):9-20/2012

6. Projects

- 'Assessment of effect of Matcha green tea powder on metabolic and physiological responses at moderate intensity exercise'.
- 'Evaluation of effect of New Zealand blackcurrant extract on substrate oxidation and cycling performance in normobaric hypoxia'.
- 'Effect of New Zealand blackcurrant extract on walking-induced whole-body fat oxidation in males' (PhD).
- 'Assessment of effect of New Zealand blackcurrant extract on cardiovascular responses during rest and brisk-walking' (PhD).
- 'Optimising supplementation strategy of New Zealand Blackcurrant extract on physiological and performance responses in trained cyclists'.
- 'The effects of New Zealand Blackcurrant supplementation on postprandial metabolism and fat oxidation during exercise performed following breakfast' (Ongoing).
'Effects of New Zealand blackcurrant extract on working memory performance and cardiovascular responses' (Ongoing).

6. Professional Affiliations

British Dietetic Association (BDA), UK

Sport and Exercise Nutrition Register (SENR), UK

7. Awards and Fundings

AWARDS:

Best Oral Communication and Young Investigator Award. International Sport + Exercise

Nutrition Conference 2018, Newcastle, UK. (Sahin M.A., Bilgic P., Montanari S., MET

Willems M.E.T., *Effects of daily and intermittent intake of New Zealand blackcurrant extract on whole-body fat oxidation during moderate intensity exercise in males*)

FUNDINGS:

Assessment of optimal intake strategies of New Zealand Blackcurrant for metabolic, physiologic and cardiovascular responses, Funding Organisation: Scientific and Technological Research Council of Turkey (TUBITAK)

8. Please fill out the chart below for undergraduate and graduate courses you have given in the last 2 years.

Academic Year	Semester	Course	Weekly Course Hours		Number of Students
			Theoretical	Practical	
2020-2021	Fall	Assessment of Nutritional Status in Society	2	-	14
		Sports Nutrition	2	-	33