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Personal Information

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International Researcher IDs

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Education Information

Doctorate, Sakarya University Of Applied Sciences, Lisansüstü Eğitim Enstitüsü, Beden Eğitimi Ve Spor Öğretmenliği (Dr), Turkey 2014 - 2018

Postgraduate, Pristine Üniversitesi, Kosovo 2010 - 2013

Undergraduate, Pristine Üniversitesi, Kosovo 2007 - 2010

Dissertations

Doctorate, Kosova'da 11-17 yaş öğrencilerin fiziksel ve biyomotorik gelişmelerinin değerlendirmesinde norm değerlerin belirlenmesi, Sakarya University Of Applied Sciences, Lisansüstü Eğitim Enstitüsü, Beden Eğitimi Ve Spor Öğretmenliği (Dr), 2018

Courses

Artistik Cimnastik, Undergraduate, 2021 - 2022

GENEL CİMNASTİK, Undergraduate, 2020 - 2021

ARTİSTİK CİMNASTİK I, Undergraduate, 2020 - 2021, 2019 - 2020

ARTİSTİK CİMNASTİK II, Undergraduate, 2020 - 2021, 2019 - 2020

SPORTİF PERFORMANSI ÖLÇME DEĞERLENDİRME, Undergraduate, 2020 - 2021, 2019 - 2020

SPORDA DOPİNG VE ERGOJENİK YARDIM, Doctorate, 2020 - 2021

SPORDA YAŞ VE CİNSİYET FAKTÖRÜ, Postgraduate, 2019 - 2020

GENEL ANTRENMAN BİLGİSİ II, Undergraduate, 2019 - 2020

KONDİSYON ANTRENMANLARI VE METODOLOJİSİ, Doctorate, 2019 - 2020

SPOR KONDİSYONERLİĞİ, Undergraduate, 2019 - 2020

GENEL ANTRENMAN BİLGİSİ I, Undergraduate, 2019 - 2020

ATLETİK PERFORMANSTA ÖLÇME, DEĞERLENDİRME VE RAPOR YAZMA TEKNİKLERİ, Doctorate, 2019 - 2020

BİTİRME TEZİ, Undergraduate, 2019 - 2020

SPORDA YETENEK SEÇİMİ VE İLKELERİ, Undergraduate, 2019 - 2020

Fiziksel ve Fizyolojik Performansın Geliştirilmesi - I, Undergraduate, 2018 - 2019

Fiziksel ve Fizyolojik Performansın Geliştirilmesi - II, Undergraduate, 2018 - 2019

Beden Eğitimi ve Oyun Öğretimi, Undergraduate, 2018 - 2019

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **The effect of plyometric training on the power-related factors of children aged 16 years-old**
Thaqi A., Berisha M., Hoxha S.
Progress in Nutrition, vol.22, 2020 (SCI-Expanded)

Articles Published in Other Journals

- I. **A biomechanical analysis of differences between natural and clinical angle degrees and correlations to performance in road cycling**
Büyükerğün A., Berisha M.
Pedagogy of Physical Culture and Sports, vol.26, no.3, pp.144-150, 2022 (ESCI)
- II. **A biomechanical examination of the inclusion of active flexibility in artistic gymnastic movements requiring mobility**
Berisha M.
Pedagogy of Physical Culture and Sports, vol.25, no.5, pp.267-274, 2021 (ESCI)
- III. **Normative values for physical and psychomotor characteristics in children aged 4-7 in Turkey (Sakarya)**
Berisha M.
Human Sport Medicine, vol.21, no.1, pp.94-101, 2021 (ESCI)
- IV. **The effect of plyometric training on performance levels of the shot put technique and its related motor abilities**
Thaqi A., Berisha M., Asllani I.
Pedagogy of Physical Culture and Sports, vol.25, no.3, pp.144-151, 2021 (ESCI)