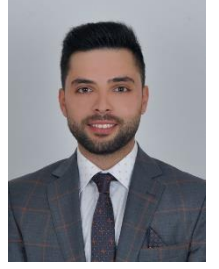


CV



- 1. Name Surname** : Mustafa Can KOÇ
- 2. Date of Birth** : 09.16.1989
- 3. Title** : Associate Professor
- 4. State of Education** : PhD
- 5. Current Institution** : Istanbul Gelisim University, School of Physical Education and Sports, Department of Recreation.

Degree	Department	University	Date
Bachelor's Degree	Physical education and sports teaching	Kastamonu University	2012
Master's Degree	Department of physical education and sport	Erciyes University	2014
PhD	Department of physical education and sport	Dumlupinar University	2017

5. Academic Appointments

Lecturer-Istanbul Gelisim University	:2016-2017
Assistant Professor-Mersin University	:2018-2020
Associate Professor-Mersin University	:2021-2022
Associate Professor- Istanbul Gelisim University	:2022-
Professor (Date)	:

6. Supervised master's and doctoral theses

- 6.1.** Participated in Recreational Activities Faculty of Sports Science Students Determining the Difference in Environmental Sensitivity Levels (Nigde City Example)-**2020**
- 6.2.** The Relationship Between Leisure Barriers and Leisure Management Levels of Physical Education Teachers-**2022**
- 6.3.** Examination of The Relationship Between Leisure Satisfaction and Satisfaction with Life of Athletes Playing Active Volleyball-**2022**
- 6.4.** The Relationship of Leisure Time Barriers and Physical Activity Self-Worth: An Application On Housewives-**2022**
- 6.5.** Investigation of The Levels of Sports Driving and Exercise Addiction of Individuals Who Recreative Kick Boxing Sports With Kick Boxing Athletes-**2022**
- 6.6.** The relationship between leisure satisfaction and mental wellness of individuals' member of sports centers-**2022**

7. Publications

7.1. Articles Published In Internationally Refereed Journals (SCI,SSCI,Arts and Humanities)

The Meaning Of Leisure and Life Satisfaction for Health Maintenance In Adults (2023). Demirel, M., **Koç, M.C.**,Harmandar-Demirel, D.,Serdar E. PONTE, Vol.79, Iss.9, pp.54-67, (AHCI)

Examination of The Eating Behaviours and Depression States of The University Students Who Stay at Home During The Coronavirus Pandemic In Terms of Different Variables (2020). Serin, E.,**KoçM.C.** Progress in Nutrition, Vol.22, pp.33-43, (SCI-Expanded)

7.2. Articles Published in Other National and Internationally Refereed Journals

Investigation of The Environmental Interest of StudentsWho Spend Their Leisure in The School Gardens (2023). Selçuk, D., **Koç, M.C.**, Ekinci, N. E., Tolukan, E. Yalova University Journal of Sports Sciences, Vol.2, Iss.2, pp.45-54, (International Index).

Investigation of Recreational Sport Well-Being Levels of Kick Boxing Athletes (2023). Gümüşay, M., **Koç, M.C.**, Turhan, M. International Sport Science Student Studies, Vol.5, Iss.1, pp. 46-59, (International Index).

Exploring the Relationship Between Nutrition Knowledge and Mental Well-Being: Research on Master Athletes Participating in Recreational Marathons (2023). Çetin,A. ,Akyüz, O., **Koç, M.C.**, Demir, A., Pekel, A. Journal of Population Therapeutics and Clinical Pharmacology, Vol.30, Iss.12, pp.16-22, (International Index).

The perceived organizational leisure support scale (POLSS): A turkish validity and reliability study (2023). **Koç, M.C.**, Pekel, A. Journal of Physical Education and Sport, vol.23, Iss.4, pp.944-949, (Scopus)

Recreational Sports Well-Being Scale(Rswbs) Turkish Version: Validity and Reliability Study (2022). **KOÇ, M.C.** Journal of Recreation and Tourism Research (JRTR), Vol.9, Iss.4, pp.86-97, (International Index).

Investigation of The Theory of Broken Windows In Sports Organizations (2022). Yavuz-Eroğlu, S., **Koç, M.C.**,Eroğlu, E. International Journal of Eurasia Social Sciences, Vol.13, Iss.49, pp.1145-1151, (International Index).

Investigation of University Students' Leisure Time Constraints and Social Media Addictions During The Covid-19 Pandemic Period (2022). Yüzgenç, A. A., **Koç, M.C.** International Journal of Eurasian Education and Culture, Vol.7, Iss.18, pp.2028-2042, (H.W.Wilson Index).

Investigation of University Students' Participation In Leisure Activities and Their Leisure motivation During The Covid-19 Pandemic Period (2022). Yüzgenç, A.A., **Koç, M.C.** International Journal of Education Technology and ScientificResearches, Vol.7, Iss.19, pp.1938-1951, (H.W.Wilson Index).

Amateur, Professional, and Recreational Kick Boxing Sport (2022). Gümüşay, M., **Koç, M.C.** International Sport Science Student Studies, Vol.4, Iss.4, pp.8-14, (International index).

Examination of Turkish Football Fans' Brand Evangelism (Evangelism) Levels and Intention to Purchase (2022). Yüzgenç, A.A., Doğan, H., **Koç, M.C.** Pakistan Journal of Medical and Health Sciences, Vol.16, Iss.2, pp.453-455, (ESCI)

The Relationship between Leisure Satisfaction and Mental Wellness of Individuals Member of Sports Centers (2022). Turhan, M., **Koç, M.C.** Journal of Pharmaceutical Negative Results, Vol.13, pp.6303-6308, (ESCI)

The Relationship of Organizational Support and Social Capital In Sports Enterprises (2022) Pekel, A., **Koç, M.C.** International Journal of Eurasian Education and Culture, Vol.7, Iss.16, pp.21-43, (H.W.Wilson Index).

Examination of Sports motivation and Exercise Addiction Levels of Kickboxing Athletes and Individuals who Do Kickboxing As Recreational Activity (2022). Gümüşay, M., **Koç M.C.** Journal Of Pharmaceutical Negative Results, Vol.13, pp.1821-1833, (ESCI)

Examination of Recreational Areas: The Case of Şanlıurfa (2021). Kutlu, B., **Koç, M.C.** International Sport Science Student Studies, Vol.3, Iss.2, pp.21-31, (International Index).

Determination of Involvement and Life Satisfaction Levels for Recreational Activities of Individuals who are Members of Fitness Centers (2021). **Koç, M.C.**, Yüzgenç, A.A. Pakistan Journal of Medical and Health Sciences, Vol.15, Iss.9, pp.412-420, 2021 (ESCI)

Investigation of The Recreation Benefit Levels and Covid-19 Phobias of University Students In Terms of Different Variables (2021). Er, Y., Karadağ, T.F., **Koç, M.C.**, Eroğlu, O., Çuhadar, A. International Journal of Education Technology and Scientific Researches, Vol.6, Iss.15, pp.1470-1495, (H.W.Wilson Index).

Comparison of Internet Addiction Level of Sports Science Faculty Students in Accordance with Some Variables (2021). Dindar, M.D., **Koç, M.C.** Pakistan Journal of Medical and Health Sciences, Vol.15, Iss.6, pp. 1669-1672, (ESCI)

The Role of Course-Leisure Conflict On Happiness (2020). Honça, A.A., **Koç, M.C.** International Journal of Education Technology and Scientific Researches, Vol.5, Iss.13, pp.1421-1444, (H.W.Wilson Index).

Range Archery in The Ottoman State (2020). Karagülle, E., **Koç, M.C.** (WOJHENS World Journal of Health Natural Sciences), Vol.2020, Iss.2, pp.80-106, (International Index).

Investigation of Stay-at-Home-Related Metaphors and in-Home Activities: A Research on Academicians (2020). **Koç, M.C.**, Uzun, M. International Journal of Applied Exercise Physiology (IJAEP), Vol.9, Iss.6, pp.243-249, (ESCI).

The Role of Leisure Motivation On Socialization (2020). **Koç, M.C.** IJOEEC (International Journal of Eurasian Education and Culture), Vol.5, Iss.9, pp.862-887, 2020 (H.W.Wilson Index).

Leisure satisfaction and job satisfaction: A research on academics (2020). **Koç, M.C.**, Er, Y. African Educational Research Journal, Vol.8, Iss.2, pp.329-341, (ESCI).

The relationship between serious and casual leisure and leisure management and its education: A Research on Generation Y (2020). **Koç, M.C.**, Demirel, M. African Educational Research Journal, Vol.8, Iss.2, pp.210-220, (International Index).

Investigation of the Relationship between the Leadership Characteristics and Sportsmanship Orientations of Amateur Football Players (2020). Er, Y., **Koç, M.C.** International Journal of Applied Exercise Physiology (IJAEP), Vol.9, Iss.5, pp.123-132,(ESCI)

Leisure Motivation and Leisure Satisfaction: A practice on Open Water Swimming Competitions (2019). **Koç, M.C.**, Ayar, H., Gümüş, H.,Çimen, K. OPUS Journal of Society Research, Vol.13, Iss.19, pp.1914-1929, (International Index).

The Meaning of Leisure and Life Satisfaction: The Sample of University Students (2019). Er, Y., **Koç, M.C.**, Demirel, M., Çuhadar, A. International Journal of Culture and History, Vol.6, Iss.2, pp.1-16,2019 (International Index).

The Analysis of The Postgraduate Theses Written On The Field of Recreation In Turkey From 1980 to 2018 (2018). Ayar, H., **Koç, M.C.** Sportive View: Journal of Sports and Educational Sciences, Vol.5, pp.96-107, (International Index).

The Effect of Massage on Some Recovery Parameters (2017). Baydil, B.,Gürses, V., **Koç, M.C.** Sportive View: Journal of Sports and Educational Sciences, Vol.1, pp.63-69, (International Index).

Examination of The Impact of 8-Week Plyometrictraining Applied on Young Football Playerson Certain Selected Motoric Parameters (2017). **Koç, M.C.**, Özdilek, Ç., Kütük, H. International Journal of development Research, Vol.7, Iss.10, pp.15906-15909,2017 (International Index).

Comparison of High School Students Peer Pressures Who Attend Private and Public High Schools (2017). **Koç, M.C.** International Journal of Current Research, Vol.9, Iss.10, pp.58998-59000, (International Index).

Examining To See Elite Sight-Disabled Athletes According To The Dimensions of The Scale Of motivation In Sport (2017). Mumcu, H.E., Acet, M., Kusan, O., Zambak, Ö., **Koç, M.C.** Journal of Human Sciences, Vol.14, Iss.3, pp.2590-2600, (International Index).

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Analysis of The multiple Intelligence Fields of The School of Physical Education and Sports Students Sample of Çukurova University School of Physical Education and Sports (2016). Ünalı, G., **Koç, M.C.** International Journal of Advanced Research, Vol.4, Iss.11, pp .89-97,2 (International Index).

Examining Nutritional Habits of Soccer Players At Youth development Teams (2016). **Koç, M.C.**, Saritaş, N., Kirbaş, Ş., Bülbül, H. Ovidius University Annals, Series Physical Education and Sport/ Science, Movement and health, Vol.16, Iss.2, pp.576-584, (International Index).

18 Age Period's Effect on Balance, Agility, ReactionTime and Movement Speed on the Hearing Impaired People (2016). Atar, Ö., Tetik, S., **Koç, M.C.**, Koç, H. Advances in Biological Research, Vol.10, Iss.2, pp .101-105, (International Index).

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An Analysis of Anaerobic Power Values of Basketball Players According To Their League Table Rankings (2013). Tetik, S., **Koç, M.C.**, Atar, Ö., Koç, H. Journal of Sports and Performance Researches, Vol.4, Iss.2, pp.13-19, (International Index).

A Study on Static Balance Performance of Healthy and Hearing - Impaired Football Players (2013). Eliöz, M., Sitti, S., **Koç, M.C.**, Murt, Z., Koç, H. European Journal of Applied Sciences, Vol.5, Iss.1, pp.25-28, (International Index).

An Analysis of The Correlation Between Static Balance Performance and Game Value Scale In Basketball Players (2013). Tetik, S., **Koç, M.C.**,Atar, Ö., KOÇ, H. Turkish Kick Boxing Federation Journal of Sport Science, Vol.6, Iss.1, pp.1309-1336, (International Index).

The Influence of Total and Local Classical Massage On Reaction Time (2011). Koç, H., Akçakoyun, F., **Koç, M.C.**, Çetin, K. Turkish Kick Boxing Federation Journal of Sport Science, Vol.4, Iss.1, pp.1309-1336, (International Index).

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

More leisure less work: 4-day workweek. Bayram, A., Ergüven, A.T., Ekinci, N.E., **Koç, M.C.** ERPA International Congresses on Education, Balıkesir, Türkiye, 8 -10 September 2023

Investigation of Physical Education Teachers' Barriers to Participation in Recreation. Zivaroğlu, M., **Koç, M.C.**, Hanik-Sevim, İ., Karadağ, A.D., Ayar, H., Çuhadar, A. 4th International Recreation and Sport Management Congress, Antalya, Türkiye,17 May 2023

The Relationship Between University Students' Perceptions of Leisure Boredom and Leisure Internet Use. **Koç, M.C.**, Hanik-Sevim, İ., Dokuzoğlu. G., Demirel, M., Zorba, E. International Recreation and Sport Management Congress, Antalya, Türkiye,17 May 2023

The Evaluation of Gastronomic Products as an Attraction Factor in Recreational Tourism: The Case of Ayrancı White Cherry Jam. Akturfan, M., Şen, A., **Koç, M.C.**, Er, Y., Demirel, M. International Recreation and Sport Management Congress, Antalya, Türkiye,17 May 2023

Examination of School Attachment Levels of Adolescents Participating in Book Reading Activity as A Recreational Activity. Bulut, T., **Koç, M.C.**, Stoica, L., Er, Y., El, S., Özdemir, A.S. International Recreation and Sport Management Congress, Antalya, Türkiye,17 May 2023

Examining The Barriers to Participation in Recreation of Individuals Working in Local Governments. Duman, M., **Koç, M.C.**, Talaghir, G.L., Çuhadar, A., Çöpür, H., Pekel, A. International Recreation and Sport Management Congress, Antalya, Türkiye,17 May **2023**

Examination of Recreational Sport Well-Being Levels of Kick Boxing Athletes. Gümüşay, M., **Koç, M.C.**, Turhan, M. International Recreation and Sport Management Congress, Antalya, Türkiye,17 May **2023**

An Investigation of Peer Pressure in High School Students According to Teachers' Views Sözen, I.S., **Koç, M.C.** International Scientific Conference EDUCAXVI I: Diversity as an impulse for pedagogical sciences, Slovakia, 04 May **2023**

Heart Rate Dynamics in Adventure Education Activities. Stoica, L., Jordan, A., **Koç, M.C.** Transilvania University from Brasov Faculty of Physical Education and Mountain Sports International Scientific Conference Youth in the Perspective of The Olympic Movement, Brasov, Romania, 09 March **2023**

Examination of Sports Orientation Levels of Physical Education and Sports School Students According to Department and Class Variables. **Koç, M.C.**, Eroğlu, E., Yavuz-Eroğlu, S. International Azerbaijan Academic Research Congress, Türkiye, 28 May **2022**

Amateur, Professional and Recreational Kick Boxing. Sport Gümüşay, M., **Koç, M.C.** International Scientific Conference” Sports, Education, Culture – Interdisciplinary Approaches in Scientific Research, Galati, Romania, 27 -29 May **2022**

Examination of Sportsmanship Tendencies of Sports High School Students. Yavuz-Eroğlu, S., **Koç, M.C.**, Eroğlu, E. 9th International Istanbul Scientific Research Congress, Türkiye, 14 - 15 May **2022**

Examination of Broken Windows Theory in Sport Organisations. Yavuz-Eroğlu, S., **Koç, M.C.**, Eroğlu, E. 6th International Congress On Social Sciences, Bodrum, Türkiye, 13 -14 May **2022**

Effect of Sportive Recreational Activities on Transformational Leadership. Kılıçman, İ., Ekinci, N.E. **Koç, M.C.**, Er, Y. V. International New York Academic Research Congress, Türkiye, 23 -24 April **2022**

Investigation of the Effect of 12 Weeks of Cardio Tennis Activities on Selected Parameters. Gümüş, H., Yildirim, İ., Yildirim, Y., Ersöz, Y., **Koç, M.C.** 5th International Congress of Scientific Studies, Elazığ, Türkiye, 15 March **2021**, pp.324

Examination of Quality of Life Levels of University Students According to Their Participation in Recreational Activities. Yavuz-Eroğlu, S., Demirel, M., Pepe, O., **Koç, M.C.**, Eroğlu, E. International Eurasian Social Sciences Congress, Muğla, Türkiye, 15 -18 October **2020**, pp.306-307

Investigation of Motivation Levels of Individuals Participating in Nature Walks as a Recreational Activity. **Koç, M.C.**, Er, Y. II. International Congress of Physical Education, Sport, Recreation and Dance, İstanbul, Türkiye, 13 -14 June **2020**, pp.144

Barriers to Participation in On-Campus Recreation Areas: The Case of Mersin University **Koç, M.C.** USBIK, 3rd International Social Sciences Congress, Kayseri, Türkiye,29 -31 January **2020**, pp.192

Investigation of the Relationship Between Club Environment Communication Levels and Sport-Specific Achievement Motivation of Competition Athletes. Yavuz-Eroğlu, S., Eroğlu, E., **Koç, M.C** Union of Trakya Universities 3rd International Health Sciences Congress, Çanakkale, Türkiye,24 -26 October **2019**, pp.725-735

The Effect of 8 Weeks of Physical Activity Applied to Obese Individuals on Body Image Perception Level. Kusan, O., Karaman, M., Sever, M., Zambak, Ö., **Koç, M.C.** 4th International Eurasian Conference Sport Education and Society, International Juried Arts Mixed Exhibition on National Cultures, 6 -08 December **2019**, pp.1512

Investigation of Aggression Levels of Students Participating in Physical Activity. **Koç, M.C.** 4th International Gap Social Sciences Congress, Şanlıurfa, Türkiye,29 November -01 December **2019**

Leisure Motivation and Leisure Satisfaction: An Application on Open Water Swimming Competitions. **Koç, M.C.**, Gümüş, H., Ayar, H., Çimen, K. I. International Recreation and Sport Management Congress, Muğla/Bodrum, Türkiye,11 -14 April **2019**, pp. 46-47

Investigation of Social Entrepreneurship Levels of Prospective Teachers Participating in Recreational Activities. **Koç, M.C.**, Yavuz-Eroğlu, S., Eroğlu, E. 2nd International Recreation and Sport Management Congress, Muğla, Türkiye,11 -14 April **2019**, pp.48-49

Investigation of the Factors Preventing Participation in Recreation in Terms of Different Variables. **Koç, M.C.** 6th International Congress on Multidisciplinary Studies (Multicongress Gaziantep), Gaziantep, Türkiye,26 -27April **2019**, pp.195

Recreation Field Preference and Psychological Well-Being. Gümüş, H., **Koç, M.C.** 6th International Congress on Multidisciplinary Studies (Multicongress Gaziantep), Gaziantep, Türkiye,26 -27April **2019**, pp.194

Sporting behavior in amateur soccer players. **Koç, M.C.**, Gümüş, H., Çetin, M.Ç., Güngör, İ. 4th Edition of the International Conference SEC-IASR Sports, Education, Culture Interdisciplinary Approaches in Scientific Research, Galati, Romanya,7 -08 June **2019**

Planning, Organisation and Evaluation of the World Record Performance of Lifting 300,814 Kilos in 24 Hours Under Water. Çimen, K., Ekin N., Saçaklı, H., **Koç, M.C.**, Pekel, A., Atasoy, T., Başaran, Y. Caba, U., Kara İ., Basmacı, Y.E. 2nd International Congress on Sport and Welness for All ,Alanya,Türkiye,25 -28 April **2019**, pp.204

Feasibility of Datça Open Sea Quiche Swimming Marathon in Erdemli. **Koç, M.C.**, Gümüş, H., Mumcu, H.E., Ayar, H. International Erdemli Symposium, Erdemli/Mersin, Türkiye,19 -21April **2018**, pp.200

The Place of Sports Tourism In Mersin's Tourism Policies. Yıldırım, Y., Eroğlu, O.,**Koç, M.C.** International Erdemli Symposium,Mersin,Türkiye,19 -21 April **2018**

The Influence of Total Body Massage on Recovery After Exercise. Baydil, B., Gürses, V.V., **Koç, M.C.** I. International Symposium on Multidisciplinary Studies (ISMS, ROMA, İtalya, 18 -21May **2017**

7.4. International Books Published, or Chapters From A Book

An Investigation of Life Satisfaction of Kicks Boxers As A Leisure Activity. Gümüşay, M., **Koç, M.C.** Sports & Science - Efe Academi Publications, İstanbul, pp.335-351, **2023**

Massage Practices in Cardio Tennis. **Koç, M.C.**, LivreDe Lyon, Lyon, pp.34-84, **2021**

Factors Preventing Participation in Recreational Activity Areas. **Koç, M.C.** Academician Bookstore, Ankara, pp.155-164, **2019**

Health Information and First Aid. **Koç, M.C.** OABT **2020** Physical Education Teacher Education, Yargı Publishing House, Ostim/Ankara, pp.539-578, 2019 V.

Recreation Area Preference and Psychological Well-Being. Gümüş, H., **Koç, M.C.** Research and Review in Health Sciences, GECE Publishing, Ankara, pp.289-304, **2019**

The Effect of Play on Basic Motor Skills in Primary School Age. **Koç, M.C.**, Özdilek, Ç. Lap Lambert Academic Publishing, Saarbrücken, **2017**

7.5. Other publications

8. Projects

Koç, M.C., TUBITAK Project, Investigation of the Relationship Between Recreational Sports Well-Being Levels and Flow Experiences of Individuals Using Exercise Equipment in Recreational Parks, **2023 -2024**

Koç, M.C. Cardio Tennis, Higher Education Institutions Supported Project, Type C R&D Research Project (AP4), **2018-2021**

Koç, M.C., TUBITAK Project, (Mersin University Sports Club Children's Gross Motor Skills Evaluation) 2209/A University Students Research Projects Support Programme ,**2018 -2019**

9. Administrative Services

Istanbul Gelişim University, Department Head of Recreation (2022-)

10. Academic Scientific Journals

International Journal of Holistic Health, Sport and Recreation, Editor-in-Chief, (2022-)

11. 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	
2022-2023	Fall	Recreation and Environment	3	0	90
		Recreation and leadership	2	0	80
		Programme Development and Planning in Recreation	2	0	50
	Spring	Recreational Educational Games	1	2	90
		Scientific Research Methods	3	0	150
		Recreation and Urbanisation	2	0	80
2023-2024	Fall	Scientific Publication Analysis	3	0	25
		Therapeutic Recreation	3	0	85
		Athletics(Eng.)	1	2	30
		Recreation for disabled people	2	0	50
	Spring	-			