

## CURRICULUM VITAE

### PERSONAL DATA

**First Name** : IHSAN

**Last Name** : SARI

**Address** : Sakarya University of Applied Sciences, Faculty of Sports Sciences 54187  
Sakarya-Turkey

**Mobile Phone:**

**Email 1** : sarihsan@yahoo.com

**Email 2:** isari@subu.edu.tr

**Marital Status** : Single

**Date of Birth** : 14/June/1985

**Gender** : Male

**Country of Origin:** Turkey

**Languages and Fluency Level:** Turkish (Mother Tongue), English (Fluent, IELTS=6.5), Spanish (Beginner)

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### EDUCATION

2010-2013 PhD, Sports Sciences, Kocaeli University, Kocaeli, Turkey

2008-2009 MSc, Sports Coaching Science, Kingston University, London, UK

2003-2007 Undergraduate, Physical Education and Sports, Sakarya University, Turkey (with distinction)

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### WORK HISTORY

2018-Current: Associate Professor. Dr. Sakarya University of Applied Sciences, Faculty of Sport Sciences

2017- 2018: Associate Professor. Dr. Sakarya University Faculty of Sport Sciences

2014-2017: Asst. Prof. Dr, Sakarya University School of Physical Education and Sports,  
Department of Physical Education and Sports Teaching

2010-2014: Lecturer Sakarya University School of Physical Education and Sports, Department of  
Sports Management

2004-2007: Wrestling Coach, Erenler Sports Club, Sakarya

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### MEMBERSHIP

Exercise and Sports Psychology Association, Turkey

Society of Sports Sciences, Turkey

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### SPORTS COACHING/ INSTRUCTOR

Level 2 Wrestling Coach

REPs Level 2 Gym Instructor (UK)

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## **ACADEMIC ACTIVITIES, COURSES, SEMINARS**

- Turkish Football Federation, Psychological Performance Counselling Course, 3rd Level, 20-22 February 2015, İstanbul.
  - Turkish Football Federation, Psychological Performance Counselling Course, 2nd Level, 28-30 November 2014.
  - Psychological applications in individual and team sports, 21-22 Jun 2014, Exercise and Sports Psychology Association, İstanbul
  - Turkish Football Federation, Psychological Performance Counselling Course, 1st Level, 20-22 May 2014, İstanbul.
  - Meta-Analysis & CMA Course, 7-8 February 2014, Ankara.
  - 2011-2012 Erasmus teaching staff mobility program, 23-28 May 2012, Rzeszow University, Rzeszow, Poland.
  - LISREL Structural Equation Modelling Seminar Anı Publishing Education and Counselling, 21-22 January 2012, Ankara.
  - Applied Sport Psychology Seminar, 6-8 January 2012, Exercise and Sports Psychology Association, İstanbul
  - Sport-Summer Seminars II, 27 June- 8 July 2011, Basic and Advanced Applied Statistics in Sports Sciences, Pamukkale University, Denizli.
  - 2006-2007 Educational Year, Erasmus Exchange Program, KATHO University, Belgium.
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## **SOFTWARES THAT I USE**

SPSS

AMOS (Confirmatory factor analysis, Structural equation modelling and Mediation analysis)

NVIVO 11 Pro

CMA Comprehensive Meta-Analysis V3

Microsoft Office

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## **COURSES TAUGHT**

Exercise and Sports Psychology (Undergraduate and Post-graduate)

Research Methods for Social Science (Post-graduate)

Quantitative Research Methods (Post-graduate)

Qualitative Research Methods (Post-graduate)

Data Analysis and Statistical Packages (Post-graduate)

Wrestling (Undergraduate)

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## **PEER-REVIEWED JOURNAL ARTICLES**

- Çelik, E. **Sari, İ.**, (Accepted). What do we know about biofeedback? Which logic is it based on? How it increases performance? *Turkiye Klinikleri Journal of Sports Sciences*.

- **Sarı, İ.**, Aşçı, F.H. (In review). Measuring coaches' interpersonal behaviours: Validity and reliability study.
- **Sarı, İ.**, Urfa, O., Ersöz, G., Ascı, F.H. (In review). Psychometric properties of Turkish version of Psychological Need States in Sport-Scale (PNSS-S).
- Çakmak, G., Alp, A.A., **Sarı, İ.** (In Review). A demonstration of the real life: cyberbullying in e-sports.
- **Sarı, İ.**, Bulut, Y. (In preparation). Psychological effects of rapid weight loss on combat sports athletes.
- Çelik, E., **Sarı, İ.** (In preparation). An Intervention development for problematic mobile phone use.
- **Sarı, İ.**, Sağ, S. (In preparation). Sports coaches' aggressive behaviours: Proposing a new model.
- **Sarı, İ.**, Sağ, S. (2021). Sport Motivation Research in Turkey: A Systematic Review *Gazi Journal of Physical Education and Sports*. 26(3), 373-405.
- **Sarı, İ.**, Şahin, D. (2021). Is athlete's parent harmful like a tick or safe like a castle? Metaphoric perceptions of sports coaches. *Turkish Clinics Journal of Sports Sciences*. doi: 10.5336/sportsci.2020-79430.
- Çağlar, E., **Sarı, İ.**, Aşçı, F. H., Eklund, R. C., & Jackson, S. A. (2020). Short versions of turkish flow scales: Reliability and validity study. *Studia Psychologica*, 62(3), 179-197.
- **Sarı, İ.**, Köleli, N.Y. (2020). The relationship of coach-created motivational climate to athletes' burnout and moral decision-making. *Hacettepe Journal of Sports Sciences*. 31(2), 69-82.
- Salman, U., **Sarı, İ.** (2020). Health-related physical fitness report card from the perspectives of physical education teachers, students and parents: a new practice. *Spormetre The Journal of Physical Education and Sport Sciences*, 18(2), 77-103.
- Günbay, Ş., **Sarı, İ.** (2020). Investigation of sportsmanship behaviour and sports attitude of middle school students according to their attendance in physical education and sports courses and students views on this application. *Kastamonu Education Journal*. 28(2): 910-930.
- Yenilmez, M.İ. Ersöz, G. Çınarlı, S., **Sarı, İ.** (2020). Examination of the psychometric properties of the sport interest inventory in a sample of turkish football spectators. *Managing Sport and Leisure*. DOI: 10.1080/23750472.2019.1708208
- **Sarı, İ.**, Derhayanoğlu, G., (2019). The relationship of athletes' moral disengagement to perceived motivational climate and valued goals. *Spormetre the Journal of Physical Education and Sport Sciences*. 17(4),91-104.
- **Sarı, İ.**, Bulut, Y. (2020). Attitudes towards sports coaching profession scale: Validity and reliability study for university students. *Turkish Clinics Journal of Sports Sciences*. 12(1):65-76.
- **Sarı, İ.** (2019). The relationship between perceived autonomy support from the coach and athletes' autonomous motivation: a meta-analytic research. *Spormetre the Journal of Physical Education and Sport Sciences*. 17(2), 110-125.
- Özyıldırım, M., **Sarı, İ.** (2018). Metaphoric perception of coaches regarding the concept of sport psychology. *International Refereed Academic Journal of Sports, Health And Medical Sciences*.29, 177-194.

- Kolayış, H. **Sarı, İ.**, Çelik, N. (2017). Parent-initiated motivational climate and self-determined motivation in youth sport: how should parents behave to keep their child in sport? *Kinesiology*, 49(2): 217-224.
- **Sarı, İ.** Bayazıt, B. (2017). The Relationship between perceived coaching behaviors, motivation and self-efficacy in wrestlers. *Journal of Human Kinetics* volume 57, 239-251 DOI: 10.1515/hukin-2017-0065
- Eskiler, E., Ekici, S., Soyer, F., **Sarı, İ.** (2016). The relationship between organizational culture and innovative work behavior for sports services in tourism enterprises. *Physical Culture and Sport. Studies and Research*. 69(1): 53-64.
- Özşakar, M., **Sarı, İ.**, Omrak, H., (2016). The importance of the quality of coach–athlete relationship for athletes’ motivation. *Journal of Human Sciences*. 13(2): 3122-3129.
- Kolayış, H., **Sarı, İ.**, Çelik, N. (2016). Comparing social physique anxiety and physical self-perception of university students regarding exercise participation. *International Refereed Academic Journal of Sports, Health and Medical Sciences*. 21, 52-62.
- **Sarı, İ.** Kaya, E. (2016). Does leisure satisfaction increase school achievement? Examining the relationship between leisure satisfaction and grade point average in university students. *Inonu University, Journal of Physical Education and Sport Sciences*, 3(2), 11-17.
- Soyer, F., Koç, M., Şar, AH., **Sarı, İ.**, Eskiler, E., Kurtiç, N. (2015). The effect of psycho-social oriented recreative activities on the symptoms experienced after trauma (7-13 Age). *Anthropologist*, 19(2): 361-371.
- Eskiyecek, CG. Bayazıt, B. **Sarı, İ.** (2015) The investigation in terms of age gender and sports of coach leadership behaviours preferred in athletes (the sample of Diyarbakır). *International Refereed Academic Journal of Sports, Health and Medical Sciences*. 5(15): 27-42.
- **Sarı, İ.** (2015). An investigation of imagery, intrinsic motivation, self-efficacy and performance in athletes. *Anthropologist*, 20(3): 675-688 (2015).
- **Sarı, İ.**, Ekici, S., Soyer, F., Eskiler, E. (2015). Does self-confidence link to motivation? A study in field hockey athletes. *Journal of Human Sports and Exercise*. 10(1): 24-35. Doi: 10.14198/jhse.2015.101.03.
- **Sarı, İ.** (2015). Does Goal orientation matter for trait anxiety, self-efficacy and performance? an investigation in university athletes. *Education*. 136(2): 169-178.
- **Sarı, İ.** (2015). Satisfaction of basic psychological needs and goal orientation in young athletes: A test of basic psychological needs theory. *Kinesiology*. 47(2): 159-168.
- **Sarı, İ.**, Ilić, J., Ljubojević, M. (2013). The comparison of task and ego orientation and general self-esteem of Turkish and Montenegrin young basketball players. *Kinesiology*, 45(2): 203-212.
- Kolayış, H., **Sarı, İ.**, (2011). Anxiety, self-esteem and competition ranking of judokas. *Archives of Budo*. Vol 7, Issue 1, 11-15
- **Sarı, İ.**, Yenigün, Ö., Altıncı, E.E., Öztürk, A. (2011). Effect of satisfaction of the basic psychological needs on general self-efficacy and trait anxiety (example of Sakarya University Department of Sport Management). *Spormetre, Journal of Physical Education and Sport Science*, 9(4), 149-156.

- Eskiler, E., **Sarı, İ.**, Soyer F., (2011). Validity and reliability study of Turkish version of the psychological commitment to team scale. *International Journal of Human Sciences*, Vol: 8, No 1, 1428-1440.
  - Sarı, İ.**, Eskiler, E., Soyer F., (2011). Does psychological commitment to team enhance self-esteem? an easy way to raise self-esteem. *International Journal of Humanities and Social Science*. 1 (19),187-196.
  - Sarı, İ.**, Soyer, F., Yiğiter, K., (2012). The relationship among sports coaches' perceived leadership behaviours, athletes' communication skills and satisfaction of the basic psychological needs. *International Journal of Academic Research*, 4(1): 112-119.
  - Yiğiter, K., **Sarı, İ.**, Ulusoy, YÖ., Soyer, F., (2011). Examining the effect of recreational activities on university students' self-esteem. *Sport Scientific and Practical Aspects*, 8(2): 15-19.
  - Sarı İ.**, Soyer F., (2010). The scope, development and the characteristics of expertise in sports coaching context", *International Journal of Human Sciences*, Vol: 7, No 2, 748-760.
  - Kolayış, H., **Sarı, İ.**, Soyer, F., Gürhan, L., (2010). Effect of the physical activities on orphans' anxiety and self-esteem", *Sport Scientific and Practical Aspects Sport*. 7(2): 17-20
  - Sarı, İ** (2010). Anabolic androgenic steroids and dependence. *Journal of Physical Education and Sport*, 29(4), 68-74.
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#### **PAPERS PRESENTED AT INTERNATIONAL SCIENTIFIC MEETINGS**

- Gürpınar, B., **Sarı, İ.** (2019). Coach-created empowering and disempowering motivational climate and moral behaviour: Mediating role of moral disengagement. 15th Congress of Sport & Exercise Psychology, 15-20 July 2019. Munster, Germany.
- Sarı, İ.**, Gürpınar, B., Köleli, NY. (2019). Satisfaction of the basic psychological needs as a predictor of pro-social and anti-social behaviours in athletes. 15th Congress of Sport & Exercise Psychology, 15-20 July 2019. Munster, Germany.
- Sarı, İ.**, Şahin, D. (2019). Is athlete's parent harmful like a tick or safe like a castle? Metaphoric perceptions of sports coaches. 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.
- Sarı, İ**, Aşçı, FH. (2019). Turkish adaptation of Tripartite Measure of İnterpersonal Behaviors-Coach (TMIB-C). 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.
- Sarı, İ.** Bizan, İ. (2019). The role of parent-initiated motivational climate for athlete engagement and flow. 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.
- Sarı, İ.** Köleli, Y., Güvendi, B. (2019). Parent initiated motivational climates as a motivational factor in athletes and meditating role of the basic psychological needs. 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.
- Sarı, İ.**, Bulut, Y. (2019). "Fatigue, involuntariness and mental breakdown... I've experienced them all because of weight loss": Athletes' weight loss experiences from a psychosocial perspective. 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.

- Seydaoğulları, Ö., **Sarı, İ.**, (2019). Psychological recovery after sports injury by EMDR Approach: A Case Report. 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.
- **Sarı, İ.** Bulut, Ü. (2019). Boxing, Athletes and families from the perspectives of boxing coaches. 17. International Sports Sciences Congress, 13-16 November, Antalya, Turkey.
- **Sarı, İ.** (2018). Motivation and Self-determination theory: From theory to practice. International Conference on Medical Fitness And Corrective Exercise. 28-30 September 2018, Istanbul, Invited Speaker.
- **Sarı, İ.**, Günbay, Ş., (2018). Peer Motivational climate as predictors of young athletes' self-determined motivation. 16. International Congress of Sport Sciences. 31 Oct-3 Nov, Antalya, p:1103-1107.
- **Sarı, İ.**, Yaşar, T.S. (2018). Metaphoric perception of athletes regarding the concept of coach. 16. International Congress of Sport Sciences. 31 Oct-3 Nov, Antalya, p:1108-1116.
- **Sarı, İ.**, Köleli, N.Y. (2018). The relationship of coach-created motivational climate to athletes' burnout and moral decision-making. IV. International sport and exercise psychology congress 13-15 April, İstanbul, p:3.
- Köleli, N.Y., **Sarı, İ.**, (2018). Investigating the basic psychological needs of university students according to the status of their physical activity. IV. International Sport and Exercise Psychology Congress 13-15 April, İstanbul, p:39.
- Altıntaş, A., **Sarı, İ.**, Karaç, Y. (2018). Determinants of moral decision-making attitudes of young athletes: parents, coaches and peers. IV. International Sport and Exercise Psychology Congress, 13-15 April, İstanbul, p:42.
- Özyıldırım, M., **Sarı, İ.** (2017). Male team sports athletes' preferences regarding coaches' features and their reasons. 15. International Congress of Sport Sciences. 15-18 Nov 2017, Antalya, p:1499-1500.
- Özyıldırım, M., **Sarı, İ.** (2017). The effect of the external reward given after a tennis activity on motivation and athletes' perception of entertainment. 15. International Congress of Sport Sciences. 15-18 Nov 2017, Antalya, p: 1505-1506.
- **Sarı, İ.** (2017). Achievement motivation in sports context. 14th World Congress of Sport Psychology. 10-14 July 2017 Sevilla, Spain (Symposia)
- **Sarı, İ.**, Deryahanoğlu, G. (2017). The relationship of athletes' moral disengagement to perceived motivational climate and valued goals. 14th World Congress of Sport Psychology. 10-14 July 2017 Sevilla, Spain (oral presentation in the symposia).
- Aldemir, Y., **Sarı, İ.**, Aşçı, H. (2016). Body related perceptions and perfectionism level of body builders. 14. International Congress of Sport Sciences. 01-04 Nov, p: 617, Antalya.
- **Sarı, İ.** (2016). Evaluation of the researches on the basic psychological needs in terms of gender: a meta analytic review. International Conference of Strategic Research in Social Science and Education (ICoSReSSE), pp:1024-1028, 14-16 Oct, Antalya.
- **Sarı, İ.** (2016). The relationship between perceived autonomy support from the coach and athletes' autonomous motivation: a meta-analytic research. 14. International Congress of Sport Sciences. 01-04 Nov, p: 202, Antalya.

- Kolayış, H., **Sarı, İ.**, Çelik, N. (2015). Determination of sport participation motivation of young athletes from different sports. Proceedings of 14th European Congress of Sport Psychology, 311, 14-19 July, Bern, Switzerland. (Poster presentation).
- Kolayış, H., **Sarı, İ.**, Çelik, N. (2015). Flow experience of athletes: Investigating the difference between team and individual sports. Proceedings of 14th European Congress of Sport Psychology, 350, 14-19 July, Bern, Switzerland. (Poster presentation).
- Sarıkabak, M., **Sarı, İ.**, Kolayış, H., Toros, T. (2015) Perfectionism and motivation in athletes: Negative effect of maladaptive perfectionism on motivation. Prague International Conference Proceedings, 27. 6-9 September, Prague, Czech Republic.
- Çağlar, E., **Sarı, İ.**, Aşçı, FH., Jackson, S., Eklund, R. (2015). The short versions of flow scales: reliability and validity study. Proceedings of III. International Exercise and Sport Psychology Congress, pp:48. 23-25 October, İstanbul/Turkey. (Poster presentation).
- **Sarı, İ.**, Kolayış, H., Karakaş, G., Çelik, N. (2014). What do teaching staffs do in their leisure time? An investigation on recreational activity preferences of academic staffs serving for university. 2014 Summer Conference of the Biannual International Conference For Social Sciences Debate. July 17-20, 2014, Oporto, Portugal. Oral Presentation. Conference guide page: 10.
- **Sarı, İ.**, Kolayış, H., Çelik, N. (2014). Motivation and anxiety in professional dancers. 5th International Congress of the French Society of Sport Psychology. 12-14 May 2014, Nice, France. Poster presentation, 110.
- **Sarı, İ.**, Deryahanoğlu, G., Bayazıt, B., Kır, R., (2014). The relationship between kick boxers perception of coaching behaviours and athletes achievement motivation. Proceedings of the 13th International Sports Science Congress, 211, 7-9 November 2014, Konya, Turkey. Oral Presentation.
- Kolayış, H., **Sarı, İ.**, Çelik, N. (2014). How effective to do exercise? Examining the levels of social physique anxiety and physical self-perception of university students regarding exercise participation. Proceedings of the 13th International Sports Science Congress, 434-435, 7-9 November 2014, Konya, Turkey, Poster Presentation.
- Karakaş, G., Kolayış, H., **Sarı, İ.** (2014). The effect of participation to recreational activities on job satisfaction. Proceedings of the 13th International Sports Science Congress, 453-454, 7-9 November 2014, Konya, Turkey, Poster Presentation.
- Özmaden, M., Eskiler, E., **Sarı, İ.** Soyer, F. (2014). A research on psychological commitment to team and behavioural intentions. International Conference on Knowledge, Innovation and Enterprise, 22-25 July, Riga, Latvia.
- **Sarı, İ.** Yüzgenç, AA., Kolayış, H., Özşaker, M. (2013). The relationship of perfectionism with anxiety and self-esteem in athletes. The ISSP (International Society of Sport Psychology) 13th World Congress, Beijing/China Poster presentation, 160.
- Özşaker, M., Vurgun, N., Dorak, RF., **Sarı, İ.** (2013). Body image and health-related physical fitness in adolescents. The ISSP (International Society of Sport Psychology) 13th World Congress, Beijing/China. Poster presentation, 255.

- Eskiler, E., Ekici, S., **Sari, İ.**, Soyer, F., (2013). The relationship between organizational culture and innovative work behaviour in tourism corporations which market sports services. EBES / Eurasia Business and Economics Society, 11-13.01., 2013, Roma, Italy.
- **Sari, İ.**, Yüzgenç, AA., Aydın, As., Soyer, F. (2012). Examining perfectionism of athletes according to some demographic characteristics (a study in Kastamonu). 12th International Sports Science Congress, Denizli, Turkey, 12-14 December 2012, p: 782-786, (Oral presentation).
- Toros, T., Salman, M., **Sari, İ.** (2012). Comparison of sports coaches leadership behaviours in pre-season, in-season, post-season in terms of sports psychology. 12th International Sports Science Congress, Denizli, Turkey, 12-14 December 2012, p: 698-703.
- Öztürk, A., **Sari, İ.**, Bayazıt, B. (2012). The relationship between goal orientation and perceived motivational climate (the sample of Pamukkale University). 12th International Sports Science Congress, Denizli, Turkey, 12-14 December 2012, p: 1970-1973, (Poster presentation).
- Yüzgenç, AA., **Sari, İ.**, Tarcan, S. (2012). University students' participation recreational activities (Kastamonu University Sample). 12th International Sports Science Congress, Denizli, Turkey, 12-14 December 2012, p: 1863-1866 (Poster presentation).
- Eskiler, E., **Sari, İ.**, Soyer, F. (2011). The effect of the basic psychological needs on self-confidence of university students. 6th International Scientific Conference on Kinesiology. Opatija, Croatia, September 8-11th, p: 407.
- Soyer, F., Yilmaz, M., **Sari, İ.** (2011). Relationship between moral leadership and organizational commitment: A research in provincial and general directorates of youth and sports. 4th Annual International Conference: Physical Education, Sport and Health. Pitești, Romania, November 18 - 19, p: 201-206.
- **Sari, İ.**, Bayansalduz, M., Eskiler, E., Soyer, F. (2011). The relationship among satisfaction of the basic psychological needs, life satisfaction and grade point average of university students. 4th Annual International Conference: Physical Education, Sport and Health. Pitești, Romania, November 18 - 19, p: 191-195.
- **Sari, İ.**, (2010). Effective communication for success in sport. 11. International Sports Science Congress, 10 – 12, November, 2010, Antalya, (Poster presentation).

#### **PAPER PRESENTED AT NATIONAL SCIENTIFIC MEETINGS**

- Köle, Ö. Kolayış, H., **Sari, İ.** (2014). Investigating the relationship among imagery, motivation and anxiety in female athletes from team sports. 7th National Sports Sciences Student Congress, 15-17 May, Karaman (Award for the best oral presentation in Social Aspects of Sports).