

CURRICULUM VITA OF

Nihat AYÇEMAN, M.Sc



PERSONAL INFORMATION

Birthdate: September 1, 1974
Birthplace: Bingöl, TURKEY
Address: Akdeniz University, School of Physical Education and Sport, 07058, Antalya/TURKEY
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EDUCATION

Graduate:
Akdeniz University, Institute of Health Sciences, Antalya, M.Sc. Department of Physical Education and Sport Sciences, 2002
Undergraduate:
Akdeniz University, Antalya, B.S. School of Physical Education and Sport, 1998 Vocational School of Health Services, 1994

EXPERIENCES AND APPOINTMENTS

Current Position-Academic Experience
Instructor/Lecturer, Department of Sport and Health, School of Physical Education and Sport, The University of Akdeniz (2000-...)
Past Appointments:
<ul style="list-style-type: none">Swimming Teacher, Swimming Club, Antalya (1996-98)Teaching and Working in Health Centers (SPA & Wellness) (1995...)Massage Therapist, Health Centers and Spa Centers (1995...)Fitness Trainer, School of Physical Education and Sport, Akdeniz University (2002-03)Exercise Guide, Exercise for Older People, School of Physical Education and Sport, Antalya (2001-2003)Medical Laborant, Akdeniz University, Faculty of Medicine and Hospital (1993-95..)

COURSES TAUGHT

Undergraduate:
<ul style="list-style-type: none">Sport MassageBandaging and Taping TechniquesMassage and Body CareWomen and SportYogaTai Chi ChuanFunctional AnatomyFirst Aid in Sport

• Sport Physiology
• Physical Education and Fitness
• Swimming
• Tennis

CERTIFICATIONS

1. Chi Kung, Kherliang Universal Healing Arts Center. Chiangmai, 2009
2. Yoga and Meditation, Agama Yoga. Changmai, 2009
3. Authentic Thai Traditional Healing Massage, Nerve Touch. Thailand, 2009
4. Teaching, International Training Massage School. Chiangmai, Thailand, 2008
5. Thai Chi Chuan. Kherliang Universal Healing Arts Center. Chiangmai, Thailand. 2007
6. Shiatsu, The School of Natural Health Sciences. London. 2007
7. Aromatherapy, The School of Natural Health Sciences. London. 2007
8. Ayurvedic Medicine Training. Ayurveda Integrated Medicine Clinic. Thailand.2005
9. Thai Massage (Teacher Training), International Training Massage School. Chiangmai, Thailand. 2004
10. Tai Chi Chuan, Qi Gong and Meditation. Tai Chi Thailand. 2004
11. Individual and Managerial Development. Managemant Centre Turkey, Antalya 2004
12. Thai Sen Therapy, International Training Massage School. Chiangmai, Thailand. 2002
13. Thai Massage (Teacher Training), International Training Massage, Institute of Thai Massage, Chiangmai, Thailand, 2002
14. Thai Yoga Massage, International Training Massage, Institute of Thai Massage, Chiangmai, Thailand, 2002
15. Foot Reflexology, International Training Massage, Institute of Thai Massage, Chiangmai, Thailand, 2002
16. First Aid and Rehabilitation in Sport Injuries, Association of Sport Science, Antalya 2002
17. Massage Education Certificate, Shool of Physical Education and Sport, Akdeniz University, Antalya, 2001-2002
18. Experimental Animals Course (Laboratory Study), Department of Physiology, Faculty of Medicine, Akdeniz University, Antalya, 2001
19. Physical Fitness Course, Shool of Physical Education and Sport, Akdeniz University, Antalya, 2001
20. Swimming Teacher Certificate, TR Prime Ministry of Youth and Sport General Management 1996

TEACHING/ORGANIZATION EXPERIENCES

Training, Courses-Lecturer/Instructor/Teaching
1. Thai Yoga Massage Course, Masaryk University, Faculty of Sports Studies, Czech Republic (13-25.09.2009)
2. Alternative Massage Techniques. GDYS, (1-2 May, 2009)
3. Sport Massage and Alternative Massage Techniques.GDYS, (25-27 November, 2008)
4. Reflexology Training Massage and Natural Therapies Association (20-30 January, 2008)
5. Shiatsu Training, Massage and Natural Therapies Association (1-30 March, 2008)
6. Sport Massage Courses, General Directorate of Youth and Sport, (2005-2008)
7. Classical Massage Training, Massage and Natural Therapies Association (10 January-11 February, 2008)
8. Spa Management, Massage and Natural Therapies Association (20 January-10 February, 2008)
9. Thai Massage Training, Massage and Natural Therapies Association (20 January-08 February, 2008)
10. Classical Massage Training, Massage and Natural Therapies Association (10-30 January, 2008)
11. Spa Therapist Training, Rixos Royal Spa, Antalya (10- December-2007-10 January, 2008)
12. Thai Massage Training, Massage and Natural Therapies Association. Antalya-Turkey (11-25.11.2007)
13. Aromatherapy and Massage Training, Massage and Natural Therapies Association. Antalya-Turkey (20, 10-02.11.2007)
14. Thai Massage, Massage and Natural Therapies Association. 1-30.09.2007

15. Turkish Hamam Training, Massage and Natural Therapies Association. 20-10, 06, 2007
16. Thai Massage Training, Massage and Natural Therapies Association. Antalya-Turkey (7-30.05.2007)
17. Ayurveda and Shiatsu Course, Coliseum Sportif Life Center, Istanbul, May, 2007
18. Spa Therapist Training, Papillon Hotels, Antalya (1-28 February, 2007)
19. Certificate Programme of Shiatsu, School of Physical Education and Sport, Akdeniz University (05-25.02.2007)
20. Spa Therapist Training, Gloria Golf Hotel, Antalya (10-30 January, 2007)
21. Thai Massage and Sport Massage, Masaryk University, Faculty of Sports Studies, Brno, Czech Republic (06-13.10.2006)
22. Thai Massage, Masaryk University, Faculty of Sports Studies, Brno, Czech Republic (01-09.04.2006)
23. Spa Therapist Training, JOY Group Hotels, Antalya (3-30 June, 2006)
24. Thai Massage Course, Coliseum Sportif Life Center, Istanbul, May, 2006
25. Certificate Programme of Reflexology, School of Physical Education and Sport, Akdeniz University (01-10.03.2006)
26. Certificate Programme of Thai Massage, School of Physical Education and Sport, Akdeniz University (01-15.02.2006)
27. Thai Massage, International Training Massage School. Chiangmai, Thailand (15-30.07.2005)
28. Certificate Programme of Thai Massage, School of Physical Education and Sport, Akdeniz University (14-28.10.2005)
29. Certificate Programme of Reflexology School of Physical Education and Sport, Akdeniz University (1-9.3.2005)
30. Certificate Programme of Thai Massage School of Physical Education and Sport, Akdeniz University (14-28.02.2005)
31. Certificate Programme of Thai Massage School of Physical Education and Sport, Akdeniz University (14-28.02.2005)
32. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (29.01.2005-13.02.2005)
33. Certificate Programme of Thai Massage School of Physical Education and Sport, Akdeniz University (6-19.12.2004)
34. Thai Massage, International Training Massage School. Chiangmai, Thailand.(20.07-11.08.2004)
35. Certificate Programme of Thai Massage School of Physical Education and Sport, Akdeniz University (01-21.03.2004)
36. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (09-29.02.2004)
37. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (17-30.0.2004)
38. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (22.02.2003-15.03.2003)
39. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (18.01.2003-02.02.2003)
40. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (23.03.2002-14.04.2002)
41. Certificate Programme of Classical Massage, School of Physical Education and Sport, Akdeniz University (19.01.2002-03.02.2002)
42. Massage Training for Blinded (Course), School of Physical Education and Sport, Akdeniz University, Antalya (1999)

SPEECHES AND PRESENTATIONS

• Aromatherapy Application Methods. Herbs from Nature to Health Syposium. 29-31.May.2009 Malatya
• SPA Marketing in The World and Turkey. I. International Health Tourism Days. 26-28.Feb..2009. Antalya
• Wellness and Natural Therapies, Antiaging and Aesthetic Medicine Congress, 6-9. Nov. 2008 Antalya-Turkey
• Manipulative and Body Based Treatments for Antiaging. Antiaging and Aesthetic Medicine

Congress, 6-9. Nov. 2008 Antalya-Turkey
• Sport Massage Development Seminar, General Directorate of Youth and Sport, 3-5 April, 2008
• Body Care by Egzercise and Fitness, I. National Spa & Wellness Congress, 17-20 January, 2008, Antalya
• Hamam and Massage Technigues, I. National Spa & Wellness Congress, 17-20 January, 2008, Antalya
• Ayurveda Course, Congress of Family Doctors, 2007, Antalya/Turkey
• Tai Chi Chuan for Elder, School of Physical Education and Sport, 2006, Antalya/Turkey
• Thai Yoga Massage, Faculty of Sports Studies, 2006, Brno, Czech Republic

PUBLICATIONS

Sciencific Articles in Professional Journals and Presentations in Congress
1. Ayçeman, N. , Wellness and Natural Therapies, Turkish Clinicals J Med Sci 2008;28(Suppl): S267-S270
2. Ayçeman, N. , Manipulative and Body Based Theatments for Antiaging. Turkish Clinicals J Med Sci 2008;28(Suppl):S230-S233
3. Ayçeman N. , Orhan I., Effects of Hamam on Physiological Parameters and Body Composition, I. National Spa & Wellness Congress, 17-20 January, 2008, Antalya/Turkey
4. Ayçeman N. , Ozdemir O., Evaluation of Ethic Difficulties on Massage Practitioners in Antalya. I. National Spa & Wellness Congress, 17-20 January, 2008, Antalya/Turkey
5. Ayçeman N. , Nalbant O., Evaluation of Ocupational Health Ailments on Massage Practitioner in Antalya, I. National Spa & Wellness Congress, 17-20 January, 2008, Antalya/Turkey
6. Ayçeman, N , Uçar E, Aktop A, Ozdemir O, Nalbant O, Çetinkaya V, Orhan I.; Effect of Massage in Menstruation Period on Galvanic Skin Resistance, EMG and Heart Rate. 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
7. Ozdemir O, Ayçeman N , Artun V, Çetinkaya V , Nalbant O., Evaluation of Sport Injuries according to Timing and Training Extensive in Elite Tae Kwon Do Athletes who Participant Turkish Chiampionship 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
8. Toktaş N, Erman A, Civar S, Özdemir Ö, Ayçeman N , Ramanlı B.; Effect of Creatine Intake on Body Composition, 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
9. Ayçeman, N , Civar S, Özdemir Ö, Kara S, Changes of Body Composition in Different Menstrual Periods on Women Athlets. 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
10. Ayçeman, N. , Relationship on Reaction Time, Agility and Coordination Tests in Boxer. 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/Turkey
11. Akay, S., Çetinkaya, S., Ayçeman, N. , Nalbant, O., Evaluation of Life Style in Women Athletes. 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
12. Nalbant, O., Çetinkaya, V., Tatlısu, N., Ayçeman, N. , Comparison of Tanita and Four Electrode Measurements in Basketbal.Referee. 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
13. Nalbant, Ö, Nalbant, S, Ayçeman,N. ; Evaluation of Physical and Somatotype Parameters in Man- Women Basketbal Referee in Antalya.4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
14. Nalbant, O., Ayçeman, N. , Çetinkaya, V., Ramanlı, B., Ustün, U.; Comparison of Body fat, Reaction time and Motoric Parameters according to position in 12-15 years Basketbal Players. 4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
15. Nalbant, Ö., Nalbant, S., Çetin, E., Çetinkaya, V., Ayçeman, N. , Effect of Footstep Length in Three Feet Jump.4. International Mediterranean Congress. 09-11 November, 2007 Antalya/ Turkey
16. Ayçeman, N. , Toktaş, N., Özdemir, Ö., Orhan, I. Effects of Passive Dehydration on Muscular Strength, 4. Sport and Quality of Life Conference, 9-10.10.2006, Chek Republic
17. Toraman F., Ayçeman N. Nine Weeks of Multicomponent Training in Young-Old and Old People: The Effects of Six Weeks of Detraining on the Retention of Functional Fitness Performance. British Journal of Sports Medicine, 39;565-568, 2005.
18. S. Civar, K.Özer, A.Aktop, E.Tercan, N.Ayçeman ; Validity of Leg-to-Leg Bioelektrical Impedance Measurement in Higly Active Males. Biology of Sport 20(3), 2003

19. Toraman F., Şahin G., Ayçeman N. What Effects of Age on Agility and Aerobic Endurance Improvement Related to Training? 1. National Elder Health Congress. 07-11.05. 2004, Antalya
20. Toraman F., Özkaya YŞ G., Ayçeman N. , Özdemir Ö., Çetinkaya V., Ağlamış B., Top. C., Erman A., Kaynak B., The Effects of Two Different Training Programme on The Body Composition of Elder People. 19. National Physical Medicine and Rehabilitation Congress, 04-08.10. 2003, Antalya
21. Özkaya, Y.G., Toraman, F., Aydın, H., Kızılay, F., Şahin, G., Ayçeman, N. , Özdemir, Ö., Ağlamış, B., Top, E.C., Erman, A., Kaynak, B.; The Effects of Strength and Endurance Training on Endogenous Potentials of Elder People. 29. National Physiology Congress. 1-5.09. 2003, GATA, Ankara.
22. Toraman, F., Yaman, H., Şahin, G., Ayçeman, N. , Muratlı, S. The Effect of 9 week Training Programm On The Body Composition of Elderly People. Turkish Journal of Geriatrics 5 (3): 91-96, 2002
23. Toraman, F., Ayçeman, N. ; Detraining: The Effect on Functional Leg and Arm Strength in Older People. 7. International Sport Science Congress, 27-29.10 2002. Antalya.
24. Özdöl Y, Özer K, Aktop A, Orhan I, Şahin G, Ayçeman N. , The Effects of Detraining on Young Soccer and Volleyball Players. 7. International Sport Science Congress, 27-29.10 2002. Antalya.
25. Ayçeman, N. , Toraman, F., Aktop, A., Orhan, I., Şahin, G., Çetinkaya, V., Civar, S.; Comparison of Flexibility Value of Different Age Elder Men, Live in Old Age Asylums. 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY
26. Aktop, A., Toraman, F., Ayçeman, N. , Civar, S., Çetinkaya, V., Şahin, G.; Determination of Functional Flexibility Values of Over 60 years Old Men and Women. 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY.
27. Ayçeman, N. , Toraman, F., Özdöl, Y., Aktop, A., Civar, S., Çetinkaya, V., Şahin, G.; Body Composition And Somatotype Characteristics Over 60 Years Old 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY.
28. Civar, S., Ayçeman, N. , Toraman, F., Özdöl, Y., Aktop, A., Comparison Of Bioelectric Impedance And Antropometric Parameters Over 60 Years Old Men. 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY
29. Şahin, G., Toraman, F., Çam, Ö., Civar, S., Civar, S., Özdöl, Y., Aktop, A., Çetinkaya, V., Ayçeman, N. ; Determination of Physical Activity Level in People Who Live in Old Age Asylums. 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY
30. Ayçeman, N. , Toraman, F., Aktop, A., Orhan, I., Şahin, G., Çetinkaya, V.; Evaluation of Relationship Between Agility/Dynamic Balance, Leg Strength And Leg Flexibility Over 60 Years Old. 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY.
31. Turgut, A., Yalçiner, M., Ayçeman, N. , Özdemir, Ö., Çetinkaya, V.; The Effect of 4 Weeks Intensive Strength Training On Hand -Grip İn Middle Age Men. 3rd International Mediterranean Sport Science Congress. 02-04 November 2001, Antalya-TURKEY
32. Ayçeman, N. , Toraman, F., Shoulder Flexibility and Posture in Junior Tennis Players XI. Balkan Congress of Sports Medicine and VII. Turkish Sports Medicine Congress 26-30 April 1999, Antalya/TURKEY.
33. Yaman, H., Ayçeman, N. , Şentürk, Ü., Özer, K, The Effects of Exercise on Urinary Protein Excretion in Cross-country Runners.VI. National Sports Medicine Congress. 19-20-21/9/1997 İzmir/TURKEY.
Books and Manuals
• Ayçeman, N., Aromatherapy. İnci Press, 2008, Antalya
• Ayçeman, N., Thai Massage. Medya Press, 2004, Antalya,
Posters
• Ayçeman N., Foot Reflexology, 2007, Antalya
• Ayçeman N., Human Body, 2002, Anaya
• Ayçeman N., Reflexology, 2002, Antalya
Articles in Popular Magazines
• Ayçeman, N., Spa and Quality. Spa & Wellness Magazine, 6/08.2008
• Ayçeman, N., Hamam for Health, Beauty and Wellness. Spa & Wellness Magazine, 6/08.2008
• Ayçeman, N., Secrets of Turkish Hamam. Spa & Wellness Magazine, 5/05.2008

• Ayçeman, N., Stone Therapy. Spa & Wellness Magazine, 3/12.2007
• Ayçeman, N., Natural Health and Natural Therapies. Spa & Wellness Magazine, 2/9.2007
• Ayçeman, N., Thai Yoga Massage. Spa & Wellness Magazine, 1/7.2007
• Ayçeman, N., Wellness. Spa & Wellness Magazine, 1/7.2007
• Ayçeman, N., Geriatric Massage. Over 65 old Life Guide, 2/7.2007

MEMBERSHIPS

• Member, Antiaging and Aesthetic Medicine (2008)
• Member, Complementary Therapist Association (2007)
• Member, International Thai Therapist Association – ITTA (2006)
• Member, Massage and Natural Therapies Association (2005) (Founder member and President))
• Member, International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD) (2002)
• Member, Sport Science Association (2002-)
• Member, Mediteranean Sport Science Association (2002-)
• Member, Health Science Association (2000-)

HONORS AND AWARDS

• Recipient, The Best SPA Training Award, I.National Spa & Wellness Congress (2008)
• International Training Massage Award, Complementary Therapist Association (2007)
• Recipient, Graduation Degree Award, School of Physical Education and Sport (1998)

SERVICE ACTIVITIES

Official Position/function

• Lecturer, Erasmus Exchange Programı, Faculty of Sport Studies, Brno, Chek Republic, September 2008,
• Lecturer, Erasmus Exchange Programı, Faculty of Sport Studies. Brno, Chek Republic, March 2006,
• Lecturer, Erasmus Exchange Programı, Faculty of Sport Studies, Brno, Chek Republic, December 2006,
• Health Service and Sport Massage Therapist, A-National Handball Women Team, 2007 Antalya
• Health Service and Sport Massage Therapist, A-National Handball Women Team, 2007 Izmir
• Health Service and Sport Massage Therapist, A-National Handball Women Team, 2007 Spain

Service to the University/ Research Projects

• Evaluation of Physical Fitness in 40-64 old in Antalya. Akdeniz University (2002.01.0200.006)
• Investigation of Detraining effects in different age groups. Akdeniz University (2002)

Service to The Professional Organizations:

• Consultant and Attachment, Complimentary and Alternative Medicine, I. National Antiaging and Aesthetics Medicine Congress (2008)
• Attachment, Medical Tourizm Congress, (2008)
• Consultant, Spa & Wellness Magazine, (2007-2008)
• Attachment, I. Spa & Wellness Congress, (2008)

Service to Public and Private Agencies, Organizations:

• Consultation/Training, Rixos Royal Spa, Kutlu Tourism, Antalya (2007-2008)
• Consultation/Training, Balbaylar Spa, IC Hotels, Antalya (2007-2008)
• Consultation/Training, Kaan Spa, Joy Group Hotels, Antalya (2000-2008)
• Consultation/Training, Papillon Hotel Spa Centers, Antalya (2007)
• Consultation/Training, Gloria Golf Hotel, Antalya, (2007)
• Consultation/Training, Gloria Verde Hotel, Antalya, (2005-2006)