Mehmet Uygur

Assistant Professor
Health & Exercise Science

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Education:
BS (Physics), Middle East Technical University, Turkey
MS (Exercise Physiology), Middle East Technical University, Turkey
MS (Biomechanics), University of Delaware
PhD (Motor Control), University of Delaware
Postdoctoral (Neurophysiology), University of Delaware

Research Expertise:
Force coordination through object manipulation | Neuromuscular quickness | Effects of exercise on the cognitive and motor functions in clinical populations

My research interests include the assessment of hand function and neuromuscular quickness through object manipulation in healthy and neurological populations. I am developing a non-invasive measurement technique that quantifies both neuromuscular quickness and force coordination simultaneously. I also am interested in the effects of high speed, low resistance exercise on different aspects of cognitive and motor functions in neurological populations including people with schizophrenia and multiple sclerosis.

Honors and Awards:
Young investigator award, European College of Sports Science
Graduate fellow competitive award, University of Delaware

Member of:
Society for Neuroscience (http://www.sfn.org)
Gerontological Society of America (https://www.geron.org)
European College of Sports Science (http://www.sport-science.org)

Recent Publications:

Uygur M, Bellumori M, Knight CA (2017) Effects of a low-resistance, interval bicycling intervention in Parkinson's Diease. Physiother Theory and Pract. Epub ahead of print.

Haberland K, Uygur M (2017) Simultaneous assessment of hand function and neuromuscular quickness through a static object manipulation task in healthy adults. Exp Brain Res. 235:321-329.

Daniel F, Jelaska I, Uygur M, Jaric S. (2017) Effects of unilateral muscle fatigue on performance and force coordination in bimanual tasks. Motor Control 21:26-41.

Bellumori M, Uygur M, Knight CA (2017) High-speed cycling intervention improves rate-dependent mobility in older adults. Med Sci Sports Exerc. 49:106-114.

Uygur M, Bellumori M, LeNoir K, Poole K, Pretzer-Aboff I, Knight CA (2015) Immediate effects of high speed cycling intervals on bradykinesia in Parkinson's disease. Physiother Theory and Pract 31:77-82.

Emge N, Uygur M, Kaminski TW, Royer T, Jaric S (2014) Selective effects of arm proximal and distal arm muscles on force coordination in static manipulation tasks. J Mot Behav 46:259-265.