

**LIST OF PUBLICATIONS (Research Articles):**

**Grand Total = 66**

1. **Butt, Z. I.**, Akhtar, T., Rashid, K., Saeed, N., & Adnan, M. A. J. (2015). Role of vitamin D<sub>3</sub> supplement as an ergogenic aid for bone and muscle health of powerlifters from Punjab, Pakistan. *Science International* 27(3),2189-2193 (**Impact Factor=0.75**) (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=50> ISSN 1013-5316
2. **Butt, Z. I.**, Akhtar, T., Adnan, M. A. J., & Saeed, N. (2015). Synergetic effect of vitamin D<sub>3</sub> supplementation for muscle health of weightlifters in Pakistan. *Science International* 27(4),3311-3317 (**Impact Factor=0.75**) (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=53> ISSN 1013-5316
3. **Butt, Z. I.**, Rashid, K., Saeed, N., Adnan, M. A. J., & Shah, A. J. (2015) Effect of anxiety on athlete's performance (A case study). *Science International* 27(5),4177-4180 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=57> ISSN 1013-5316
4. Khalil, U., **Butt, Z. I.**, Haider, S., Naweed, N., & Khan, A. (2015). Quality of teaching & learning at the directorate of staff development (DSD) in the Punjab province: Practices and problems. *Science International* 27(5),4763-4766 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=58> ISSN 1013-5316
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6. Rashid, K., **Butt, Z. I.**, Khalid, N., Saeed, N., Adnan, M. A. J., Butt, R. H. & Mansoor, N. (2015). A study of teaching and displaying ethics by the teachers. *Science International* 27(6),6413-6422 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=60> ISSN 1013-5316
7. Rashid, K., **Butt, Z. I.**, Amin, Q., Saeed, N., Adnan, M. A. J., & Butt, R. H. (2015). Investigation of pedagogical beliefs of secondary school English teachers working at public schools of Lahore and Kasur. *Science International* 27(6),6319-6325 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=60> ISSN 1013-5316
8. **Butt, Z. I.**, Rashid, K., Mansoor, N., Akhtar, T., Saeed, N., & Adnan, M. A. J. (2016). Effects of sports on the social behaviour of university students. *Science International* 28(2),1525-1529 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=65> ISSN 1013-5316
9. **Butt, Z. I.**, Rashid, K., Mahanoor, Akhtar, T., Saeed, N., Adnan, M. A. J., & Hashmi, S. (2016). Relationship between psychological wellbeing and exercise. *Science International* 28(2),1569-1574 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=65> ISSN 1013-5316
10. Malik, A., **Butt, Z. I.**, Rashid, K., Saeed, N., Adnan, M. A. J., & Butt, R. H. (2016). Identification of leadership styles traits and competencies of secondary school heads. *Science International* 28(2),1597-1601 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=65> ISSN 1013-5316
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  13. **Butt, Z. I.**, Din, B. M. U., Adnan, M. A. J., Munir, I., Mughal, A. W., Saeed, N., Nazeer, M. T. (2016). Comparative study of physical variables between Greco-roman and freestyle wrestlers of Punjab, Pakistan. *Science International* 28(4),131-142 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=73> ISSN 1013-5316
  14. Malik, A., **Butt, Z. I.**, Baig, I. A., Rashid, K., Saeed, N., Adnan, M. A. J. (2016). Higher secondary level students' perceptions about the education system of Pakistan. *Science International* 28(3),2545-2550 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=68> ISSN 1013-5316
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  16. **Butt, Z. I.**, Adnan, M. A. J. (2016). Effect of iron bisglycinate on muscle strength in weightlifting. *International Journal of Science Culture and Sport* 4(4),422-430 (**Impact Factor=0.22**) <https://dergipark.org.tr/en/pub/intjscs/issue/28254> ISSN 2148-1148
  17. Saeed, N., **Butt, Z. I.**, Rashid, K., Baig, I. A., Adnan, M. A. J., Mansoor, N. (2016). Neoliberalism and sports: Role of universities of Lahore. *Science International* 28(4),207-211 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=73> ISSN 1013-5316
  18. **Butt, Z. I.**, Asghar, E., Butt, R. H., Saeed, N., Adnan, M. A. J., Munir, I., Fozia, T. (2016). Special children and sports: Barriers and breakthroughs. *Science International* 28(4),4249-4253 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=72> ISSN 1013-5316
  19. **Butt, Z.I.**, Mughal A.W., Adnan M.A.J., Saeed, N. (2016). Sports and Social Well-being: Perception of Universities' players. *The SPARK* 1(1), 23-42. (**HEC Recognised Journal Z Category**) <https://journal.suit.edu.pk/index.php/spark/issue/view/10> ISSN 2520-7814
  20. **Butt, Z.I.**, Mughal A.W., Adnan M.A.J., Saeed, N. (2017). Self-efficacy and Sports: Perception of Punjab University Athletes. *The SPARK* 2(1), 72-81. (**HEC Recognised Journal Z Category**) <https://journal.suit.edu.pk/index.php/spark/issue/view/11> ISSN 2520-7814
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  22. Adnan, M.A.J., **Butt, Z.I.**, Mughal, A.W., Saeed, N., Butt, R. H., Fozia, T. & Suhail, M. U. (2018). Relationship Between Social Control and Sports. *The SPARK* 3(1), 80-

91. (HEC Recognised Journal Z Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/12> ISSN 2520-7814
23. Butt, Z.I., Adnan, M.A.J., Hina, M. (2018), Perception regarding sports participation of females of Gilgit Baltistan. *The Shield-Research Journal of Physical Education & Sports Science* 13 (1), 37-62. (HEC Recognised Journal Y Category) <https://sujo.usindh.edu.pk/index.php/THE-SHIELD/issue/view/19> ISSN 1991-8410
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26. Atta, H., Butt, Z.I., Mushtaq, M., (2019), Gender comparison study of achievement motivation among university-level basketball players of Pakistan. *The SPARK* 4(1), 09-35. (HEC Recognised Journal Z Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/26> ISSN 2520-7814
27. Atta, H., Butt, Z.I., Kamil, B., Mushtaq, M., (2019), A comparison of coaching leadership behaviour preferences between male and female Pakistani intervarsity level basketball players. *The Sky - International Journal of Physical Education and Sports Science* 3(1), 12-20 (HEC Recognised Journal Y Category) <http://ijpess.org/vol-3-2019.php> ISSN: 2523-9368
28. Din, B. M. U., Naseer, A., Butt, Z.I. (2020). An investigation of elite officials' perception regarding referees and general self-efficacy in Pakistan. *The SPARK* 5(1), 71-88. (HEC Recognised Journal Y Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/29> ISSN 2520-7814
29. Butt, Z.I., Adnan, M.A.J., Mughal, Q., (2020), Effect of sports participation on failure in general life: an exploratory study. *The Sky - International Journal of Physical Education and Sports Science* 4(1), 12-20 (HEC Recognised Journal Y Category) <http://ijpess.org/vol-4-2020.php> ISSN: 2523-9368
30. Khan, S., Butt, M. Z. I., & Khan, A. (2020). Relationship of children's awareness with their dietary habits among govt. middle schools of district Bannu KP, Pakistan. *Journal of Physical Education Research* 7(4), 30-37 (Impact Factor = 0.519). <https://www.joper.org/archives-detail.php?period=25> ISSN: Print-2394 4048, Online-2394 4056
31. Tabbassum, Y., Butt, M. Z. I., Roohi, N., (2020). Effect of Playing Venue on Testosterone Level, Psychological State and Territoriality. *Journal of the Research Society of Pakistan* 57(2),184-191 (HEC Recognised Journal Y Category) <http://pu.edu.pk/home/journal/14/Online-Contents.html> ISSN 0034-5431
32. Tabassum, Y., Butt, M. Z. I., Roohi, N., (2020). Influence of Playing Venue on Testosterone and Cortisol Responses in Male Inter-University Volleyball Players. *Global Social Sciences Review* 5(4),93-101 (HEC Recognised Journal Y Category) <https://www.gssrjournal.com/issue/5/4/2020> ISSN (Print): 2520-0348 - ISSN(Online): 2616-793X

33. Khadim, I., Tabassum, Y., **Butt, M. Z. I.**, (2020). Prevalence of Reproductive Disorders in Sportswomen. *Global Educational Studies Review* **5(3)**, 308-314 (**HEC Recognised Journal Y Category**) <https://www.gesrjournal.com/issue/5/3/2020> p-ISSN: 2708-2113 e-ISSN: 2708-3608 L-ISSN: 2708-2113
34. Tabassum, Y., Sattar, S., **Butt, M. Z. I.**, Iqbal, M. A., Tabassum, F., Roohi, N., (2020). Effect of home advantage on stress hormone and pre-competitive state anxiety level of volleyball players. *Elementary Education Online* **19(4)**, 4979-4987 (**HEC Recognised Journal X Category**) <https://ilkogretim-online.org/?iid=2020-19-4.000&&jid=218&lng=> ISSN : 1305-3515
35. Tabassum, Y., Sattar, S., Zara, S. M., Din, B. M. U., **Butt, M. Z. I.**, (2021). Reasons About Burnout Of Athletes At University Level: An Exploratory Study. *Elementary Education Online* **20(1)**, 4804-4819 (**HEC Recognised Journal X Category**) <https://ilkogretim-online.org/?iid=2021-20-1.000&&jid=218&lng=> ISSN : 1305-3515
36. Khan, M., Khan, A., **Butt, M. Z. I.**, Khan, S., Asghar, E., Jamil, M., (2021). Alteration of Serum Liver Enzymes Level Caused by Cetirizine Hydrochloride in Exercise Performers. *Journal of Pharmaceutical Research International* **33(8)**, 23-27 (**HEC Recognised Journal Y Category**) <https://www.journaljpri.com/index.php/JPRI/issue/view/4652> JPRI ISSN 2456-9119
37. Jan, A., A., Khan, A., **Butt, M. Z. I.**, Khan, S., Asghar, E., Jamil, M., Ahmad, A., Muavia, U., (2021). Alteration in Metabolic Cost of Blood Urea, Serum Albumin and Oxidative Stress Induced by Oral Contraceptive Pills (OCP) among Elite Females. *Journal of Pharmaceutical Research International* **33(21B)**, 77-84 (**HEC Recognised Journal Y Category**) <https://www.journaljpri.com/index.php/JPRI/issue/view/4668> JPRI ISSN 2456-9119
38. Khan, M., Khan, A., **Butt, M. Z. I.**, Din, B. M. U., Manan, A., Bhatti, S., Wadiat, F., Jamil, M., (2021). A Randomized Control Trails for the Assessment of Impact of Moderate Intensity Exercise on Blood Serum Creatinine Concentration among the Male Athletes. *Journal of Pharmaceutical Research International* **33(28B)**, 45-51 (**HEC Recognised Journal Y Category**) <https://www.journaljpri.com/index.php/JPRI/issue/view/4682> JPRI ISSN 2456-9119
39. Khan, A., **Butt, M. Z. I.**, Manan, A., Asghar, E., Jamil, M., Khan, S., (2021). Estimation of Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) Irrespective of Dietary Supplementation, Body Mass Index and Nature of Exercise. *Journal of Pharmaceutical Research International* **33(28B)**, 33-44 (**HEC Recognised Journal Y Category**) <https://www.journaljpri.com/index.php/JPRI/issue/view/4682> JPRI ISSN 2456-9119
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41. Khan, A., Khan, A., **Butt, M. Z. I.**, Khan, S., Khan, S., Salamoglu, Z., Jamil, M., Manan, A., (2021). Analysis of Blood Serum Bilirubin Concentration among Moderate Intensity Exercise Performers; A Randomized Control Trials. *Journal of*



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42. Tabassum, Y., Iqbal, Y., Aslam, S., **Butt, M. Z. I.**, Khan, S., Sattar, S., Roohi, N., (2021). Relationship Between Testosterone And Territoriality: Home Advantage. *Multicultural Education* **7(8)**, 349-355 (**HEC Recognised Journal X Category**) <http://ijdri.com/me/vol-7-no-8-2021/> ISSN: 1068-3844
  43. Tabassum, Y., Khan, M. H., **Butt, M. Z. I.**, Javeed, Q., Rasheed, A., Usman, M., (2021). Constructive effects of energy drink consumption on players' performance. *PalArch's Journal of Archaeology of Egypt/ Egyptology* **18(8)**, 4099-4107 (**HEC Recognised Journal X Category**) <https://archives.palarch.nl/index.php/jae/issue/view/131> ISSN: 1567-214X
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  45. Tabassum, Y., Sattar, S., Hussein, H., Zafar, N., Adnan, M. A. J., **Butt, M. Z. I.**, Iqbal, M. A., Roohi, N., (2021). Influence Of Playing Venue On Hormonal Responses, Competitive State Anxiety And Perception Of Effort In Inter-University Basketball Players. *LINGUISTICA ANTVERPIENSIA Volume 2021: Issue 3*, 5639-5651 (**HEC Recognised Journal W Category**) <https://hivt.be/linguistica/issue/view/40> ISSN: 0304-2294
  46. Javeed, Q., Tabassum, Y., Burki, M. H. K., **Butt, Z. I.**, Ahmed, A., Muntha, S. T., (2021). Eating Habits Among University Students. *Turkish Online Journal of Qualitative Inquiry (TOJQI)* **12(7)**, 9192-9197 (**HEC Recognised Journal Y Category**) <https://www.tojqi.net/index.php/journal/article/view/5363> e-ISSN: 1309-6591
  47. Adnan, M. A. J., Tabassum, Y., Sattar, S., Hussein, H., **Butt, M. Z. I.**, (2021). Coaching behaviour, motivation and psychological well-being in young athletes. *PalArch's Journal of Archaeology of Egypt/ Egyptology* **18(10)**, 1197-1207 (**HEC Recognised Journal X Category**) <https://archives.palarch.nl/index.php/jae/issue/view/142> ISSN: 1567-214X
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  49. Muhammad, N., Khan, A., **Butt, M. Z. I.**, Khan, S., Nazir, S., Asghar, E., Khan, S., Selumoglu, Z., Jamil, M., Manan, A., (2021). Effect of Moderate Intensity Exercise on Lungs Functions (IRV & ERV) in Young Athletes. *Journal of Pharmaceutical Research International* **33(44A)**, 67-74 (**HEC Recognised Journal Y Category**) <https://www.journaljpri.com/index.php/JPRI/issue/view/4713> JPRI ISSN 2456-9119
  50. Khan, A., **Butt, M. Z. I.**, Khan, S., Nazir, S., Asghar, E., Khan, S., Selumoglu, Z., Jamil, M., Manan, A., (2021). Impact of Low-Intensity Exercise on Liver Enzymes

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<https://sujo.usindh.edu.pk/index.php/THE-SHIELD/article/view/4232> ISSN 1991-8410
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**BOOKS AUTHORED**

**Total: 06**

<b>#</b>	<b>Title of the Book</b>	<b>Year, Publisher</b>
1.	Nutrition for All	2004, Iron Man Publishing
2.	Guideline for Jumpers & Throwers	2004, Iron Man Publishing
3.	How to improve the Speed	2004, Iron Man Publishing
4.	Basics of Weight Training	2009, Iron Man Publishing
5.	Key to Success for Sports Sciences and Physical Education	2017, Final Touch Communication
6.	Assan Sports Sciences and Physical Education (Updated and Solved MCQs)	2022, Umar Graphics & Printing Service