

LIST OF PUBLICATIONS (Research Articles): Grand Total = 111

1. **Butt, Z. I.**, Akhtar, T., Rashid, K., Saeed, N., & Adnan, M. A. J. (2015). Role of vitamin D₃ 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 D₃ 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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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
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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
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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**)
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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**)
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<https://www.joper.org/archives-detail.php?period=25> ISSN: Print-2394 4048, Online-2394 4056
31. Tabassum, 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**)
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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 Hormones 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=1> 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=1> ISSN: 1305-3515
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