

**Spor Bilimleri
Fakültesi**



FACULTY OF SPORTS SCIENCES

E - BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

August 2026

SPORBİLİMLERİ.GELİSİM.EDU.TR

CONGRESSES & SCIENTIFIC EVENTS

CALL FOR ABSTRACTS: 2027 FEMALE ATHLETE CONFERENCE

JUNE 16–18, 2027 • BOSTON



Research and clinical work advancing female athlete health, well-being and performance will be accepted. Submissions may include symposia, panels, oral sessions and original research posters.

Deadline: October 1, 2026

News Source: ACSM (2026)

Author: Res. Asst. Ayşe Demet KARADAĞ

COACHING EDUCATION DEPARTMENT

SCIENTIFIC STUDIES

GLP-1 USE IN ELITE SPORT



114
PHYSICIANS

93
SPORTS

38
COUNTRIES



In the Loughborough University-led study, 10% of physicians knew of non-medical use among athletes, while 44% supported a WADA ban. GLP-1 drugs are not currently prohibited; their use is being monitored by WADA.



News Source: Running Magazine and USADA (2026)



Author: Res. Asst. Ayşe Demet KARADAĞ

COACHING EDUCATION DEPARTMENT



İSTANBUL
GELİŞİM
UNIVERSITY
FACULTY OF SPORT SCIENCES

*"With discipline,
success becomes possible."*
Semih Sayginer

HEALTHIER
STRONGER
FURTHER
TOGETHER

IGU FACULTY OF SPORT SCIENCES AUGUST NEWSLETTER

One Topic, One Sport

LEGENDARY ATHLETES SEMIH SAYGINER

Semih Sayginer is one of the most recognized and influential figures in the world of billiards. Renowned for his exceptional three-cushion technique, creativity and competitive success, he has brought Turkish sport to a prominent place on the global stage. His discipline, vision and passion for sport serve as a great source of inspiration for the new generation of athletes.



*Strategy
Focus
Consistency
Tactics*

3 CUSHIONS
ONE ART
A LIFETIME
OF PASSION

KEY CHARACTERISTICS



- Mastery of three-cushion billiards
- High concentration
- Strategic game intelligence
- International success
- An inspiring career

*"Billiards is life...
Every shot is a choice."*

WHO IS HE?

Semih Sayginer is a world-renowned Turkish billiards player. He is especially famous for his mastery of three-cushion billiards and is regarded as one of the sport's iconic figures.

KEY TAKEAWAYS

Technical skill, strategic thinking, focus, patience and a creative understanding of the game stand out as the core elements of his success.

CONTRIBUTION TO SPORT

Sayginer has represented our country successfully on international platforms, inspiring a wider audience to take up billiards and contributing to the growth of the sport in Türkiye.



TECHNIQUE
Mastery



FOCUS
Concentration



STRATEGY
Game Intelligence



SUCCESS
International



LEGACY
Inspiration

IGU Faculty of Sport Sciences continues to showcase the inspiring values of sport and exemplary athlete profiles.

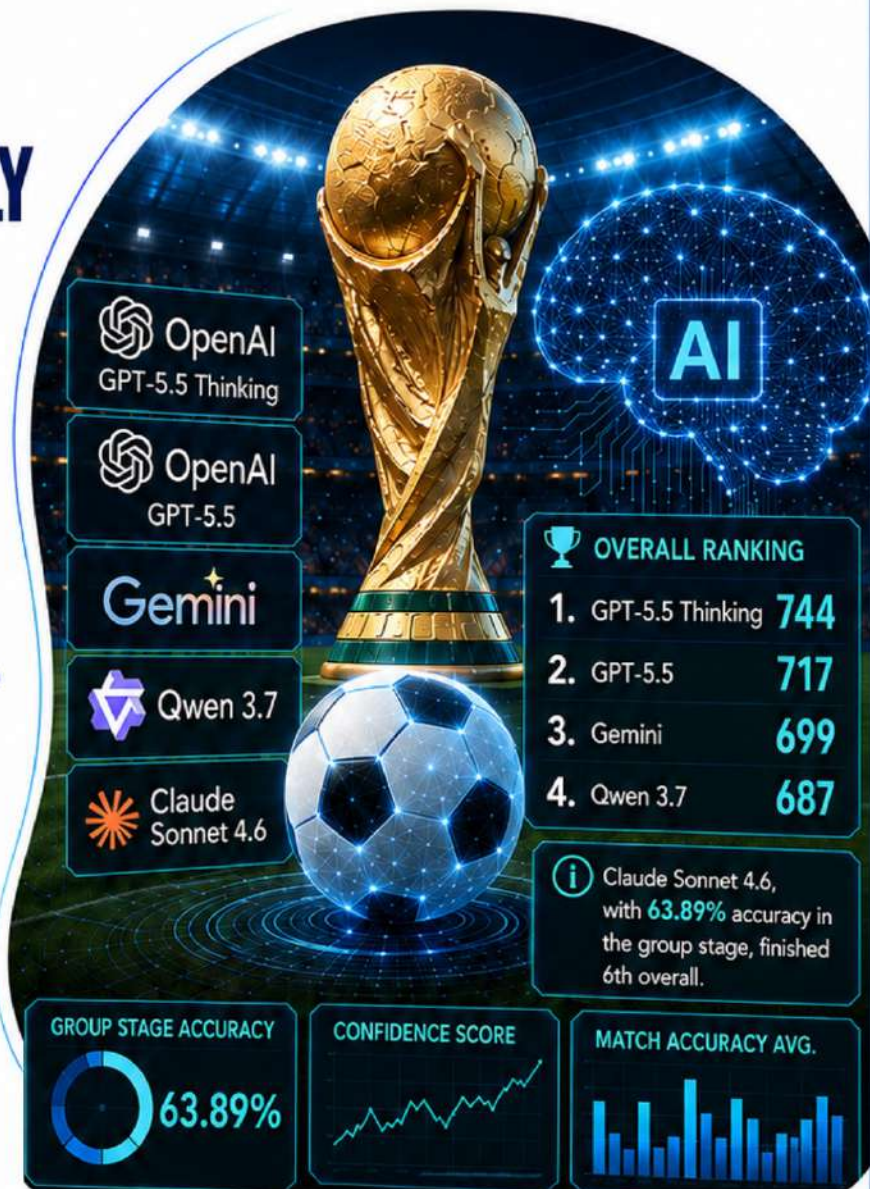


HOW ACCURATELY DID AI PREDICT THE 2026 FIFA WORLD CUP?

Ten different AI models predicted the entire tournament before the 2026 FIFA World Cup began. The study revealed not only the predictive power of AI in football, but also how the way predictions are evaluated can affect the results.

SCOPE OF THE STUDY

- 1 Models were asked to predict group matches, knockout pairings, and the final standings before the tournament began.
- 2 After all 104 matches, the models were scored and ranked.
- 3 GPT-5.5 Thinking achieved the highest score and was the only model to predict Spain as the champion before the tournament.
- 4 The study showed that being accurate in individual matches does not guarantee overall success.



OVERALL RANKING

1. GPT-5.5 Thinking **744**
2. GPT-5.5 **717**
3. Gemini **699**
4. Qwen 3.7 **687**

i Claude Sonnet 4.6, with **63.89%** accuracy in the group stage, finished 6th overall.

GROUP STAGE ACCURACY



CONFIDENCE SCORE



MATCH ACCURACY AVG.



KEY FINDINGS

- GPT-5.5 Thinking ranked first overall.
- Gemini and Qwen 3.7 ranked second and third.
- Claude Sonnet 4.6, despite having the highest match accuracy in the group stage, finished 6th overall.

THE STUDY'S MESSAGE

High confidence does not always mean high accuracy. Predicting the entire tournament requires more than just accuracy in individual matches.



SCIENTIFIC PUBLICATION SUCCESS

Sex-Related Biological Variation and Mental Toughness in Soccer

The Relationship Between 2D:4D Digit Ratio, Playing Position and Mental Toughness

A study co-authored by Res. Asst. Görkem AÇAIR from the Faculty of Sports Sciences at Istanbul Gelisim University was published in the internationally peer-reviewed journal **Frontiers in Behavioral Neuroscience**.



The study examined the 2D:4D digit ratio, playing position and mental toughness levels of 270 licensed amateur soccer players aged 13–35 years.



270 SOCCER PLAYERS

241 male and 29 female athletes were evaluated.



TYPE B STOOD OUT

Type B players had higher mental toughness scores than Type A and Type C players.



POSITIONAL DIFFERENCE

Defenders showed higher mental toughness scores than goalkeepers.



INTERDISCIPLINARY CONTRIBUTION

The study integrates sport psychology, behavioral neuroscience and performance science.



We congratulate our researchers on their international scientific contribution and wish them continued success.



Front. Behav. Neurosci. (2026) • doi: 10.3389/fnbeh.2026.1934922



ACADEMIC
EXCELLENCE



SCIENCE
IN SPORTS



TECHNOLOGY
FOR HEALTH



INNOVATION &
ENTREPRENEURSHIP



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Prepared by: Res. Asst. Görkem AÇAIR



SCIENTIFIC PUBLICATION ACHIEVEMENT

Psychological Flexibility: An Investigation of Soccer Players' Playing Position, Academic Level, and Sport Age

An Investigation of Soccer Players' Playing Position,
Academic Level, and Sport Age on Psychological Flexibility

A study conducted by **Assist. Prof. Dr. İrfan KARA**, faculty member at İstanbul Gelişim University, Faculty of Sport Sciences, has been published in the internationally peer-reviewed journal **Frontiers in Psychology**.



This study aimed to examine differences in psychological flexibility among soccer players according to playing position, academic level, and sport age.



**755
PLAYERS**

A total of 755 male soccer players from the 1st, 2nd, and 3rd leagues in Türkiye participated in the study.



**PSYCHOLOGICAL
FLEXIBILITY**

Psychological flexibility was assessed in terms of experiential avoidance, cognitive fusion, staying in the present, self-as-context, and values-based actions.



**PLAYING
POSITION**

Meaningful differences in psychological flexibility scores were found among offensive and defensive positions.



**ACADEMIC LEVEL
AND SPORT AGE**

Psychological flexibility scores were significantly higher with increasing academic level and sport age.



These findings highlight the *importance* of developing players' psychological flexibility levels in terms of performance, player development strategies, and overall well-being.



Front. Psychol. (2026) • doi: 10.3389/fpsyg.2026.1870752



ACADEMIC
EXCELLENCE



SCIENCE IN
SPORTS



TECHNOLOGY FOR
HEALTH



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Prepared by: Assist. Prof. Görkem AÇAR



Record Participation in Para Athletics at Glasgow 2026



The para athletics programme at the Glasgow 2026 Commonwealth Games stands out as the most comprehensive para athletics programme in the history of the Games. The competitions, which began on 27 July 2026, feature a total of 16 medal events—eight for women and eight for men.

The event brings together Paralympic champions and athletes with outstanding international achievements. Notably, independent competitions in the T20 classification for athletes with intellectual impairments are included in the programme for the first time. This development is important for expanding the representation of para athletes in major international events and increasing sporting participation opportunities for different impairment groups.

Since para athletics was fully integrated into the Commonwealth Games programme for the first time at the 2002 Manchester Games, the sport has continued to grow. This reflects the increasing visibility of inclusive sport in international events. The extensive programme at Glasgow 2026 is considered a significant step forward in the development of para sports and in supporting the participation of individuals with disabilities at the elite sporting level.

Reference

World Para Athletics. (2026, July 24). *Glasgow 2026 preview: Multi-medallists headline record Para athletics programme*. International Paralympic Committee.

Key Highlights



Glasgow 2026 para athletics programme is the most comprehensive in Games history



A total of 16 medal events—eight for women and eight for men



Independent competitions in the T20 classification included for the first time



Paralympic champions and internationally successful athletes competing



Programme growth since 2002 Manchester Games further strengthens the inclusive sport movement



Prepared by:
Res. Asst. Bilgehan PEPE



Source:
<https://www.paralympic.org/news/glasgow-2026-preview-multi-medallists-headline-record-para-athletics-programme>



More Than 40 Iconic Landmarks Around the World Lit Up in Red for Inclusion



Key Highlights



Global Inclusion Week took place from 20–26 July 2026



Through the 'Light Up for Inclusion' initiative, more than 40 landmarks were illuminated in red



The event highlighted equal participation for individuals with intellectual disabilities



Special Olympics emphasized sport's power for social inclusion and equality



The movement reaches millions of athletes across more than 200 countries and regions

As part of Global Inclusion Week, held from 20–26 July 2026, Special Olympics carried out a striking awareness initiative around the world. Through the 'Light Up for Inclusion' campaign, launched on 20 July, more than 40 iconic landmarks and monuments were illuminated in red to draw attention to the equal participation of individuals with intellectual disabilities in society.

The initiative was organized on a global scale to promote acceptance of differences, reduce discrimination, and strengthen the visibility of individuals with intellectual disabilities within society. Special Olympics emphasized that sport is not limited to physical performance alone; it is also a powerful tool for advancing social participation, equality, and inclusion.

Active in more than 200 countries and regions worldwide, the Special Olympics movement brings together millions of athletes and Unified Sports partners. This awareness initiative, organized as part of Global Inclusion Week, stood out as an important effort to support the more active participation of individuals with disabilities in sport, education, health, and social life.

Reference

Special Olympics. (2026, July 20). Special Olympics to 'Light Up' the Globeto Celebrate Unity and Inclusion.



Prepared by:
Res. Asst. Bilgehan PEPE



Source link:
www.specialolympics.org



GPS DATA AND MATCH VIDEO NOW ON ONE PLATFORM

Hudl has now integrated Titan GPS data directly into its platform, bringing physical performance metrics together with match and training video in a single workspace.



SCOPE OF INTEGRATION

- 1 On August 5, 2026, Hudl announced that Titan GPS data is now directly integrated into its platform.
- 2 Data such as sprint, acceleration, total distance, and effort can be analyzed in sync with video footage.
- 3 Coaches can evaluate which moments in the game physical performance occurred—all within a single platform.
- 4 Automatic transfer of GPS data reduces manual data entry and eliminates the need to switch between different apps.



KEY DATA POINTS

- Sprint
- Acceleration
- Total distance
- Effort
- Video synchronization



BENEFITS OF THE SYSTEM

- Combines athlete tracking technologies with video analysis in one system.
- Makes performance analysis more practical, faster, and more comprehensive.



HUDL

TITAN
GPS

SPRINT

27.4 km/h



ACCELERATION

3.2 m/s²

TOTAL DISTANCE

9.83 km



EFFORT

86 %



The Titan GPS and Hudl integration brings together physical load data with game context, giving coaches a more complete and holistic view of performance analysis.



PREPARED BY: Res. Assist. Muhammed Ali GÖKÇE



A NEW DIGITAL ERA IN ATHLETE DISCOVERY: RULE42 PLATFORM LAUNCHED

Founded by former Intel executives, Rule42 Sports Technology Group has launched a new digital platform that helps amateur athletes get discovered more easily by college teams and professional scouts.



HOW IT WORKS?

1 CREATE ATHLETE PROFILE

Athletes create a free digital profile/showcase by uploading their skills, performance data, and videos.



2 SCOUTS SEARCH & FIND

College coaches and professional scouts use the platform to search and filter for potential athletes.



3 DETAILED EVALUATION

Scouts review athletes' videos, statistics, and achievements to evaluate performance and take notes.



4 CONNECT & OPPORTUNITIES

Scouts reach out to athletes, opening doors to tryouts, scholarships, team invitations, and more opportunities.



STARTING SPORTS: BASEBALL & SOFTBALL

The platform initially focuses on baseball and softball, with plans to expand to other sports in the future.



FOCUS ON WOMEN ATHLETES

Rule42 sees improving talent discovery and access to scholarships for women athletes as a key growth area.



WHY IT MATTERS?

Athlete discovery is no longer limited to physical tournaments and scout visits. Rule42 removes barriers and creates access to a wider and more diverse talent pool.



rule

SHOW YOUR TALENT.
THE RIGHT PEOPLE WILL FIND YOU.



FREE DIGITAL
PROFILE



ACCESS FOR
SCOUTS & COACHES



VIDEO & PERFORMANCE
STATISTICS



MORE
OPPORTUNITIES

Launched on August 4, 2026, Rule42 Sports Technology Group's athlete discovery platform provides amateur athletes with a free space to showcase their talents in a digital environment while helping college teams and professional scouts identify promising athletes more easily.



OUR MISSION

To help young athletes reach scouts without the heavy burden of travel and tournament costs. This ensures that talented athletes are not overlooked due to financial limitations or where they live, giving everyone a fair chance to be discovered.



WHO IS IT FOR?

- Amateur athletes
- College coaches
- Professional scouts
- Sports clubs and academies



PSG and Google Launch AI Partnership

Paris Saint-Germain and Google have launched a new partnership that will see Gemini, Google's AI assistant, used as the official AI assistant of the club.



SCOPE OF THE PARTNERSHIP

- 1 PSG and Google have partnered to use Gemini as the club's official AI assistant.
- 2 Google Pixel will be the club's official smartphone and Google will create a dedicated area at Parc des Princes Stadium.
- 3 The partnership will expand the use of AI technologies in professional sports by leveraging data analytics, content production, and fan engagement.
- 4 This collaboration shows that communication, content production, and digital fan experiences are playing an even greater role in the world of sport.



PURPOSE OF THE PARTNERSHIP

This partnership aims to contribute to the digital transformation of the club by enhancing the stadium experience, fan engagement, and the development of data and content ecosystems through AI technologies.



ROLE OF AI TECHNOLOGIES IN SPORTS

- Sports clubs can benefit from AI in areas such as evaluating large data sets, producing digital content, and engaging with fans.
- The partnership between PSG and Google is a key example of how AI in sports goes beyond performance and data analytics to become an important part of communication, content production, and digital fan experience.



This partnership increases the potential of AI's transformation power in professional sports by enhancing fan engagement and broadening data analytics and content production capabilities.



PREPARED BY: Res. Assist. Muhammed Ali GÖKÇE

