



**Spor Bilimleri
Fakültesi**

FACULTY OF SPORTS SCIENCES

E - BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

JULY 2025

SPORBİLİMLERİ.GELİSİM.EDU.TR

Within the Scope of 2025-YKS, Applications for the Special Talent Exam (ÖZYES) for Sports Sciences Are Now Open **Res. Asst. Fikret AYHALAK**



İSTANBUL
GELİŞİM
ÜNİVERSİTESİ

2025-YKS Kapsamında Spor Bilimleri İçin Özel Yetenek Sınavı (ÖZYES): Başvurularının Alınması

Başvuru Tarihleri:

23 Temmuz-28 Temmuz 2025

Geç Başvuru Günü:

30 Temmuz 2025-23:59

Sınav Tarihi:

13 Ağustos 2025-17 Ağustos 2025

Sonuç Tarihi:

12 Eylül 2025

SPOR
BİLİMLERİ



IGU Preference and Promotion Days Have Begun: The Faculty of Sports Sciences Is Also Meeting with Students **Res. Asst. Fikret KAYHALAK**

Istanbul Gelisim University (IGU) is guiding prospective students during the Preference and Promotion Days, held between July 21 and August 11. Within this scope, candidates have the opportunity to both experience the university atmosphere firsthand and meet with academic staff. The Faculty of Sports Sciences Has Also Taken Its Place at the Promotion Days. The Faculty of Sports Sciences at Istanbul Gelisim University is participating in the promotion area to help guide prospective students toward their career goals in the field of sports. Representing the faculty, Dr. Onur Yıldırım, Dr. Burak Taş, and Lecturer Tekmil Sezen Soyal are meeting with candidates one-on-one, providing detailed information about the programs and supporting their career planning.



With the announcement of YKS results, an exciting preference period awaits university candidates. Istanbul Gelisim University (IGU) is guiding prospective students through the Preference and Promotion Days organized between July 21 and August 11. Within this scope, candidates have the opportunity to both experience the university atmosphere firsthand and meet with academics. The Faculty of Sports Sciences Also Took Its Place at the Promotion Days. Istanbul Gelisim University Faculty of Sports Sciences took its place in the promotion area to guide prospective students toward their career goals in the field of sports. On behalf of the faculty, Dr. Onur Yıldırım, Dr. Burak Taş, and Lecturer Tekmil Sezen Soyal are holding one-on-one meetings with candidates, providing information about the department and supporting their career planning.

Shot Analysis with Smart Basketball

Res. Asst. Ayşe Demet KARADAĞ

A new smart basketball, thanks to its ultra-light sensor inside, records data such as shooting angle, spin, release time, and ball control. This system, which was secretly tested in about half of the games during the 2025 NBA Summer League, analyzes player performance while barely altering the texture of the ball. Used by players like Duncan Robinson, this ball has the potential to support referee decisions and enhance both broadcast quality and fan experience.



A new technology tested during the 2025 NBA Summer League is redefining the point where basketball meets data. The newly developed smart basketball measures the ball's speed, rotation, angles, and release time during a shot using internal micro-sensors. This technology, which is unnoticeable on the ball's surface, enables real-time analysis of players.

This ball, which provides a detailed analysis of NBA players' shooting performance, supports coaches in their decision-making processes and offers rich data to broadcasters. The developer company states that this technology may even assist in referee decisions in the near future. As NBA teams show increasing interest, the ball is also expected to revolutionize the development of young players. This approach, which combines traditional game equipment with high technology, could signal major changes not only at the professional level but also in college and youth leagues. By recording every shot, the smart ball makes tracking individual development much more precise and effective, opening a new door in basketball monitoring and load tracking.

Artificial Intelligence on the Field: A Digital Revolution in Sports Science from the University of Pittsburgh

Res. Asst. Ayşe Demet KARADAĞ

Sports analytics is no longer just about statistics — it's now in the hands of artificial intelligence! The University of Pittsburgh in the United States has initiated a data-driven transformation in sports through the launch of the Open Cloud Innovation Center for Health



Sciences and Sports Analytics, in partnership with Amazon Web Services (AWS). At this newly established center, athletes' performance can be analyzed in real time during training sessions.

Data such as speed, power output, fatigue level, and movement patterns are monitored through AI-supported systems, providing coaches with instant feedback. Artificial intelligence not only evaluates performance but also predicts injury risks. AI-based analyses can preemptively report potential injuries by detecting balance issues, workload levels, and movement deficiencies in athletes. This enables training programs to be individually optimized. The center is also strong in terms of education — students work directly with cloud computing, big data, and AI systems. This hands-on experience allows them to put theoretical knowledge into practice and graduate as industry-ready professionals. Another striking aspect of the center is that it provides effective solutions not only in sports but also in healthcare. As part of a \$10 million project in collaboration with Leidos, the University of Pittsburgh is also using AI systems for cancer screening and early diagnosis of cardiovascular diseases. This center demonstrates that in sports science, digital competence is becoming just as important as physical capability. This development serves as a major source of inspiration for both students and coaches — and stands as a strong model for sports faculties in our country in the near future.

DİLEK KOÇAK BECOMES THE EUROPEAN CHAMPION!

Res. Asst. Bilal GÖK

National athlete Dilek Koçak won the gold medal at the European U23 Athletics Championships held in Norway. According to the Turkish Athletics Federation, Dilek Koçak claimed the gold medal in the women's 1500 meters event in Bergen with a time of 4:08.79. The Women's 4x100 Meter Relay Team — consisting of national athletes Büşra Akay, Sıla Koloğlu, Simay Özçiftçi, and Beyzanur Seylan — broke the previous U23 Turkish record of 45.31 and the senior record of 44.49 with a time of 44.42. Meanwhile, the Men's 4x100 Meter Relay Team — made up of Hüseyin Mutlu Korkmaz, Berkay Canbolat, Hasan Beyazal, and Orçun Duran — set a new U23 Turkish record with a time of 39.97, surpassing the previous record of 40.12. They are now the new holders of Turkish national records.



HOW MUCH EXERCISE DO YOU NEED IF YOU HAVE A SEDENTARY JOB?

Res. Asst. Bilal GÖK

We know that prolonged sitting throughout the day is harmful to our health. But how much exercise do we need to counterbalance these negative effects? The scientific community has provided an answer to this question.



According to research, about 30–40 minutes of exercise at a sweat-inducing intensity per day may be enough to offset the harms of prolonged sitting. A recent study suggests that up to 40 minutes of “moderate to vigorous” physical activity each day can counteract the effects of 10 hours of sedentary sitting. However, regardless of the amount of exercise, even simply standing up provides some benefit. These findings are based on a meta-analysis published in 2020, which examined nine different studies involving a total of 44,370 people from four different countries. In the study, participants used fitness tracking devices. The analysis revealed that in individuals with a sedentary lifestyle, the risk of death increased as the time spent in moderate to vigorous physical activity decreased. One advantage of this study is that the results are based on objective data collected from wearable devices, rather than self-reported information. The study was published alongside the World Health Organization’s (WHO) 2020 guidelines on physical activity and sedentary behavior. The WHO recommends 150–300 minutes of moderate-intensity or 75–150 minutes of vigorous-intensity exercise per week. Researchers emphasize that even simple activities — such as taking the stairs instead of the elevator, playing with children or pets, doing yoga, or dancing — can help reduce the harms of inactivity. For those who can’t immediately commit to 30–40 minutes of exercise, gradually increasing activity time with small steps is a good approach. While it’s difficult to make universal recommendations for every age and body type, the 40-minute exercise guideline aligns with previous research.

Paralympic Games Increased Awareness, But Failed to Change Real Life

Res. Asst. Bilgehan PEPE

The Paris 2024 Paralympic Games significantly increased the visibility of individuals with disabilities, both in sports and society. Widely covered in international media, the competitions succeeded in creating a positive awareness across broad segments of the public. However, a new analysis published by Le Monde questions how — or whether — these games have truly impacted daily life beyond media attention and perception.

Public Perception Is Improving

According to public opinion polls, 94% of the French population believe the Paralympic Games are beneficial and say their perspective on individuals with disabilities has changed positively. Additionally, 76% of participants stated that the Games made them more aware of disability as a concept — more than ever before. Yet these figures reflect only a shift in perception. Whether tangible improvements have occurred in real life is another matter entirely.

Daily Life: Accessibility Still Inadequate

According to Le Monde, public transportation systems, government buildings, schools, and sports facilities in many French cities are still not fully accessible to people with disabilities. A similar picture emerges in the workforce: the employment participation rate of individuals with disabilities remains below 38% — well below the European average. Deficiencies in social service infrastructure, physical accessibility issues in the healthcare system, and a lack of equal opportunities in education suggest that the motivation sparked by sport is not sufficiently reflected in everyday life.

Sport Must Be More Than a Symbol

While the Paralympic Games offer invaluable visibility, public awareness, and inspiration, experts warn that this visibility will not lead to real transformation unless it is integrated into social policies, urban planning, and employment models.

Scottish Sports Tech Startup Theo Health Receives £1.2 Million Investment and Partners with Xander Schauffele

Res. Asst. Bilgehan PEPE

Scotland-based sports technology startup Theo Health is breaking new ground in sports science with its sensor-equipped smart shorts, “Alpha Shorts.” Thanks to this innovative product, the company has secured a £1.2 million investment, marking a significant financial achievement.



One of the most notable supporters of the project is renowned golfer Xander Schauffele. Schauffele joined the project both as a test user and as an investor.

Alpha Shorts are equipped with sensors that monitor athletes’ body movements in real time — particularly knee alignment, hip balance, and overall symmetry. The system provides AI-powered feedback to help detect and prevent potential injuries at an early stage. The product was developed not only for performance enhancement but also for rehabilitation and injury prevention purposes.

Jodie Sinclair, the founder of the startup, draws attention to the injury risks specifically faced by female athletes. Studies show that female athletes are significantly more prone to anterior cruciate ligament (ACL) injuries than male athletes; however, only 5% of sports research is based on data from women. Alpha Shorts aim to fill this data gap and become the first smart sports product tailored to female physiology.

Theo Health will first test the product through a pilot program with a top-tier football club in Europe. The product is expected to become widely available in both professional and amateur sports by 2027.

Another Victory from Toprak Razgatlıoğlu

Res. Asst. Muhammed Ali GÖKÇE



Toprak Razgatlıoğlu claimed first place in the second race of Round 8 of the World Superbike Championship, held in Hungary. The race took place at the 4.1-kilometer Balaton Park Circuit in the town of Balatonfőkajár.

Having already won the 1000th race in championship history — the Superpole Race — Rokit BMW rider Toprak started the main race from pole position and once again crossed the finish line in first place. The Red Bull-backed Toprak secured a clean sweep over the weekend by winning all three races, marking his 9th consecutive win, 15th of the season, and 72nd career victory.

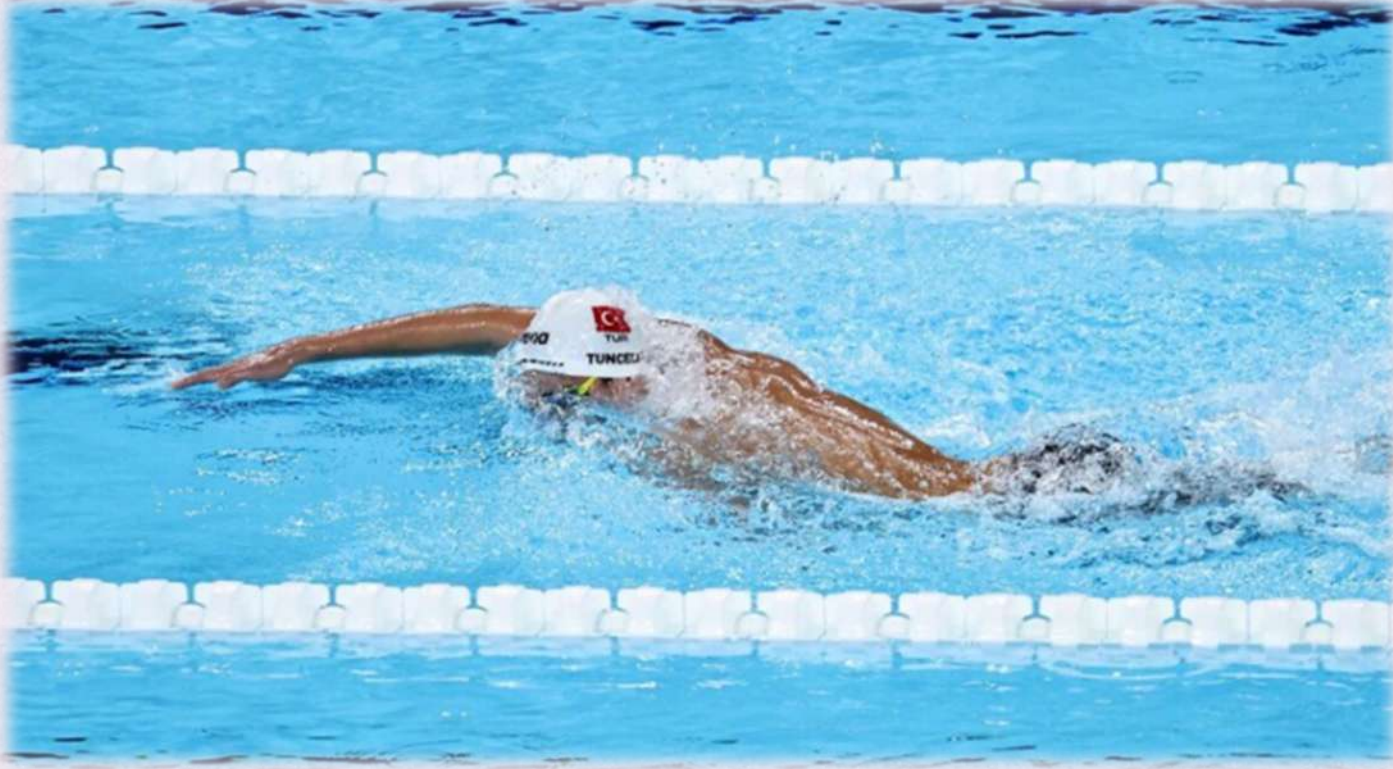
Nicolo Bulega from Aruba Ducati finished second, while Sam Lowes of ELF Marc VDS took third place. Bahattin Sofuoğlu, racing for Yamaha Motoxracing, finished 14th in the Superpole Race and 13th in the second race.

Now leading the riders' standings with 407 points, Toprak extended his lead over closest rival Bulega to 26 points. Round 9 of the Superbike season will be held in France on September 6–7.

Kuzey Tunçelli

Places 6th at the World Aquatics Championships

Res. Asst. Muhammed Ali GÖKÇE



Turkish national swimmer Kuzey Tunçelli finished 6th in the 800-meter freestyle final at the 2025 World Aquatics Championships. Competing in the men's 800-meter final held in Singapore, Kuzey recorded a time of 7:49.09, placing sixth in the world.

Tunisian young swimmer Ahmed Jaouadi won the race. Kuzey had advanced to the final by breaking the Turkish national record in the 800-meter freestyle heats with a time of 7:45.13.T

he national athlete is also scheduled to compete in the 1500-meter freestyle on August 2. Last year, he won gold in the 800 meters and claimed bronze with a world junior record in the 1500 meters at the European Junior Championships.

Learning Through Experience: A New Path in Sports Management Education

Res. Asst. Mustafa DEMİR

Greer, Grindstaff, and Stroop's (2025) study reveals the power of experiential learning in the career development of sports management students. It emphasizes that students who take part in major global sporting events like the Super Bowl not only improve their industry-specific knowledge and skills but also significantly enhance their career opportunities.

The Power of Experiential Learning

The study highlights that theoretical knowledge gained in the classroom becomes much more permanent and effective when supported by real-world field experience. Students who worked on elements such as logistics, sponsor relations, media management, and fan experience during the Super Bowl had the opportunity to tackle real-world challenges they are likely to face in the industry.

Career Impact

Students involved in the study stated that their Super Bowl experience created a “key distinction” on their résumés and helped them expand their professional networks in the field. According to the findings: 80% of students considered this experience a significant turning point in their career planning. A large number of participants reported receiving internship and job offers after the event.

A New Trend in Sports Management Education

According to Greer and colleagues (2025), experiential learning is becoming an indispensable approach for the future of sports management education. Active field involvement not only contributes to technical knowledge but also fosters the development of soft skills such as leadership, communication, and crisis management.

An Inspirational Model for Universities

This study demonstrates that participating in large-scale events supports both the personal and professional growth of sports management students. Universities can better prepare their graduates for the industry by offering more opportunities like these — helping them enter the professional world experienced, confident, and with strong networks.

Zeynep Sönmez

Makes History at Wimbledon!

Res. Asst. Onur TOPUZ



Sönmez became the first Turkish woman to reach the third round at Wimbledon, and the first Turkish athlete in 75 years to achieve such success in a Grand Slam tournament — earning her place in history in golden letters.

This achievement is more than just a score; it is a powerful symbol of years of disciplined training, a journey built with determination, and dreams turned into reality. Despite her young age, Zeynep Sönmez has drawn attention with her resilience and fighting spirit, becoming one of the strongest representatives of Turkish tennis on the international stage. This historic milestone is not only a personal success but also an inspiring turning point for Turkish sports as a whole.

Zeynep Sönmez, now a source of pride for tennis fans and the entire sports community, offers future generations a powerful source of motivation. Her breakthrough is a testament to the remarkable progress of Turkish female athletes on the global stage.

European Para Youth Games (EPYG 2025) Held in Istanbul

Res. Asst. Selim AKMAN

Istanbul, July 2025 — One of Europe's largest youth sports events, the European Para Youth Games (EPYG), was successfully held in Turkey for the first time this year, hosted by Istanbul. Organized by the European Paralympic Committee, EPYG 2025 took place between July 21–28 and was held at various venues, primarily the Istanbul Cebeci Sports Complex.



Approximately 650 young athletes from 33 countries competed in 9 different disciplines: → Para athletics → Para swimming → Boccia → Goalball → Wheelchair basketball → Table tennis → Para taekwondo → Archery → Para judo

The event was not limited to athletic competition; as part of the Discovery Programme, participants also took part in various educational, cultural, and awareness-raising activities designed for young athletes.

EPYG 2025 aimed to support the development of young athletes with disabilities across Europe and to promote Paralympic values in line with the principles of inclusion, equality, and access to opportunity. In this regard, it was not just a sporting event but also considered a social impact project.

As the host nation, Turkey stood out throughout the event — both in terms of athlete participation and medal achievements. Turkish athletes earned numerous medals in athletics, archery, swimming, and taekwondo, while local youth volunteers gained valuable experience by taking active roles in the organization. EPYG 2025 was regarded as a historic milestone for Turkey in terms of increasing sports participation among people with disabilities and expanding accessible sports infrastructure nationwide.

Record Participation in Outdoor Recreation in Istanbul: 2 Million People Spent Active Time in July

Res. Asst. Sinan DEMİRCİ

More than 2 million people participated in activities held in parks, coastal walking paths, green spaces, and sports facilities across the city — marking a 35% increase compared to July 2024. According to a statement from the IMM Youth and Sports Directorate, the summer program titled “Rekreasyon Aktif 2025” was carried out at full capacity throughout July.

As part of the program, numerous free activities were organized in the early hours of the day, including outdoor yoga, pilates, breath therapy, table tennis tournaments, seaside bike tours, and sports games for children.

IMM Sports Director Selin Kaya stated: “For the first time this year, we published a synchronized weekly outdoor activity schedule across all 39 districts. The remarkably high participation shows that Istanbul residents are increasingly interested in sports and active living. Particularly, the participation rate among young women and children has reached impressive levels.” Experts emphasize that increased physical activity in the summer is important not only for physical health but also for mental and social well-being.

Assoc. Prof. Dr. Hakan Tunç, from the Faculty of Sport Sciences at Istanbul University, said: “Recreational activities improve individuals’ ability to cope with stress, strengthen social bonds, and help maintain an active lifestyle. Municipal programs like these should be an integral part of local public health policies.” One of the most popular concepts was “Sunrise Sports,” held in coastal areas each morning and attracting hundreds of participants. One attendee, 38-year-old Gülşen Y., shared: “Doing yoga by the sea at 6 AM relaxes not just my body but also my mind. These events are like therapy for me.

”In addition, Mobile Sports Trucks were deployed to 12 different locations throughout Istanbul in July, introducing children in underprivileged neighborhoods to basic sports skills by providing access to sports equipment.

IMM officials announced that the “Rekreasyon Aktif” program will continue in August and will culminate in a “Public Sports Festival” in September.

7,000 Steps

a Day Reduce the Risk of Early Death by 47%

Res. Asst. Ünal CAN GÖKMEN

According to a new study published in The Lancet Public Health, walking just 7,000 steps a day can reduce the risk of early death by 47%. The research, which analyzed data from over 160,000 adults, revealed that significant health benefits can be achieved even without reaching 10,000 steps.

Notable reductions were also observed in chronic conditions such as heart disease, dementia, depression, and diabetes. Experts emphasize that “a little more movement” can make a big difference for health.

The study's lead author, Prof. Melody Ding, stated that 7,000 steps is a realistic and achievable goal, and health policies could be updated in this direction. Since steps were measured through wearable devices, the findings carry a high level of reliability.



The Mind's Gym: Cognitive-Perceptual Training

Res. Asst. Yalçın MARAŞLI

On July 16, 2025, the FC Barcelona Innovation Hub published its latest article, spotlighting pioneering techniques aimed at enhancing athletes' cognitive skills—going beyond physical performance. In today's modern sports landscape, not only physical endurance but also mental competencies such as attention, decision-making, reflexes, focus, and stress management are considered just as critical as muscle strength. In this context, innovative methods have been developed to systematically improve athletes' mental agility

✦ **Methods and Applications** Virtual Reality (VR): Digital simulations of real match scenarios are used to test players' perception and decision-making mechanisms, offering experiences that closely resemble game tempo. Visual Occlusion: By intentionally ignoring certain visual elements on the field, players are trained to focus solely on the most critical information, thereby enhancing attention control. Dual-Task Drills: These involve executing physical and cognitive tasks simultaneously—such as dribbling while responding to cognitive commands—improving multitasking and decision-making skills. LED Stimulation Techniques: Using visual cues with varying speeds and rhythms, these exercises help improve reaction time and sustained attention. **Effects: A Powerful Transformation in Mind and Performance** Regular implementation of these techniques has shown improvements in: Shorter decision-making times Reduced error rates under pressure

Enhanced neurocognitive functions such as attention, memory, and fast information processing

As a result, athletes become not only physically prepared but also mentally equipped to read the flow of the game, think strategically, and quickly adapt to changing conditions on the field.

⚙️ **From Lab to the Field: Transferability** Although many of these practices are developed in lab settings, their effects translate directly to the field. Players become more capable of solving abstract and complex tasks—positively influencing their in-game decision-making processes.

🏆 **Overall Evaluation** Barcelona Innovation Hub's approach is a prime example of integrating cognitive enhancement into traditional physical training. By applying modern methods such as virtual reality, visual occlusion, and dual-task exercises, athletes can unlock their full mental potential—gaining a competitive edge in dynamic sports like football. These findings make it clear that training programs should not focus solely on physical strength. Mental resilience and cognitive sharpness are essential, especially for athletes performing in high-intensity, high-pressure environments. Players who can stay focused, make the right decisions, and read the game flow effectively are far more likely to succeed.