Spor Bilimleri
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FACULTY OF SPORTS SCIENCES

E-BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

APRIL 2025

SPORBİLİMLERİ.GELİSİM.EDU.TR

18 Mart **1915**

Bastığın yerleri "toprak" diyerek geçme, tanı, Düşün altındaki binlerce
kefensiz yatanı. Sen şehit oğlusun, incitme, yazıktır atanı,
Verme, dünyaları alsan da bu cennet vatanı.

ÇANAKKALE *Zaferi*

KUTLU OLSUN



İSTANBUL GELİŞİM ÜNİVERSİTESİ
2008

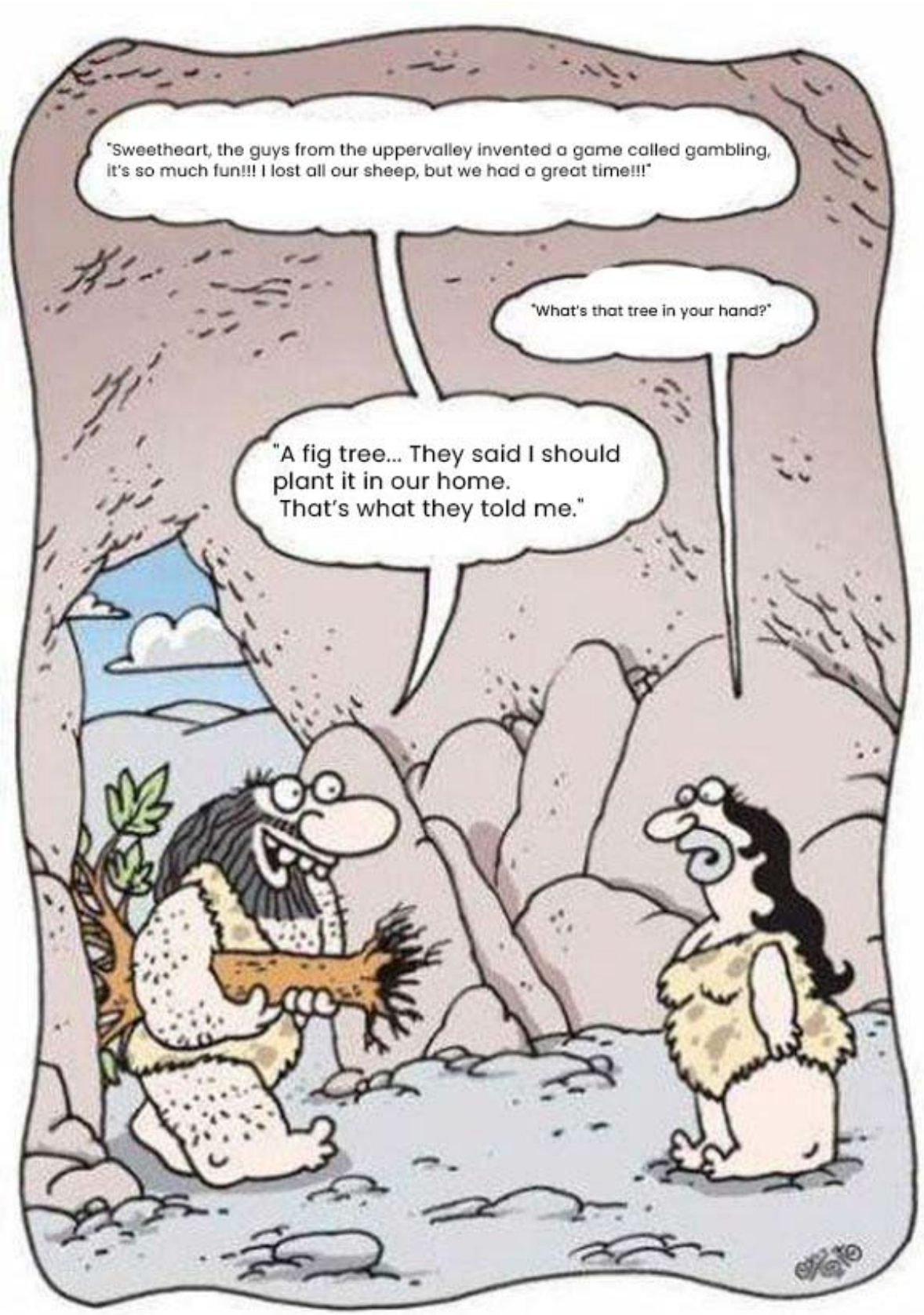
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Our Faculty's Mar. Issue of the Sci. Journal Has Been Published Res. Asst. Fikret KAYHALAK



Gambling doesn't make you win;

it steals from your life.



Assoc. Prof. Dr. Mustafa Can Koç Appointed as Vice Dean of the Faculty of Sport Sciences

Res. Asst. Fikret KAYHALAK



Assoc. Prof. Dr. Mustafa Can Koç, Head of the Department of Recreation at our faculty, has been appointed as Vice Dean of the Faculty of Sport Sciences. Having carried out his academic work at our faculty for many years, Assoc. Prof. Dr. Koç is particularly known for his expertise in the field of recreation, as well as his strong communication with students and academic staff. In his new role, he will continue to contribute to the academic advancement and administrative structuring of our faculty.

We would like to express our satisfaction with the appointment of Assoc. Prof. Dr. Mustafa Can Koç, who also serves as the Head of the Department of Recreation at our faculty, to this important position. We extend our best wishes for success in his new role and hope that this appointment will be beneficial on behalf of our faculty.

ISTANBUL GELISIM UNIVERSITY
EST. 2008

Faculty of
Sport Sciences

Turkey's Largest Gym
MACFit Has Been Sold

Res. Asst. Fikret KAYHALAK

MacFit, Turkey’s leading fitness chain, has been acquired by Poland-based Benefit Systems in a deal worth $420 million. Founded in 2007 under Mars Sportif, MacFit quickly became one of Turkey’s largest gym chains. The company’s rapid growth was supported by key investors including Esas Holding, owned by the Sabancı family, and Actera Group.The completion of the sale is subject to approval by the Turkish Competition Authority. Once approved, the MacFit brand will no longer be under the control of the Sabancı family. With this acquisition, Benefit Systems aims to make a strong entry into the Turkish market and expand its operations by opening new branches. The company plans to launch a total of 48 new branches across Turkey in 2025 and 2026.For the time being, no changes are expected in MacFit’s current operations in Turkey, including membership agreements and gym pricing. Under the new management, MacFit is expected to maintain its leadership in Turkey’s fitness industry.



Retired SAT Commando, Turkey's Record-Breaking Man: Namık EKİN

Res. Asst. Fikret KAYHALAK



Born in Üsküdar, Istanbul, Namık Ekin has secured his place in history as one of Turkey's most vibrant sports figures. Born in 1943, Ekin began his journey at the age of 12 by enrolling in military school, embarking on a path marked by discipline and rigorous training. In 1961, he became a non-commissioned officer, and by 1963, he was serving as a Naval Commando Instructor within the Turkish Naval Forces. Simultaneously, he garnered widespread recognition for his achievements in various sports disciplines across Turkey.

Namık Ekin has achieved success in a wide range of disciplines, from underwater sports and parachute jumping to gymnastics and weightlifting. He is especially renowned for his accomplishments and world records in underwater disciplines. In 2004, he set a world record by swimming 57 kilometers from Mersin to the Turkish Republic of Northern Cyprus in 28 hours. Additionally, in 2005, he remained at the bottom of a pool in Istanbul's Beylikdüzü district for 121 hours and 35 minutes, setting the record for the longest time spent underwater.Ekin's achievements extend beyond the water. On land, he has claimed titles such as the Turkish Acrobatic Gymnastics Championship, the Istanbul Weightlifting Championship, and the Open Weight Judo Gold Belt Championship three times. Furthermore, he distinguished himself in military sports, securing fourth place in the Armed Forces Championship of the Military Pentathlon.



Namık Ekin's sports career, marked by determination and discipline, continues to serve as a source of inspiration for young athletes. Still actively involved in training and mentoring the youth, Ekin holds a significant place in the history of Turkish sports. Known as Turkey's "Man of Records," his life and achievements make him not only a remarkable athlete but also a national hero.

A New Approach to Injury Prevention: Performance Analysis with Tensiomyography (TMG) and Functional Movement Screening (FMS) Res. Asst. Ayşe Demet KARADAĞ



In sports sciences, enhancing performance and minimizing the risk of injury are among the primary goals of modern training programs. Increased training loads on the musculoskeletal system can lead to changes in the biomechanical properties of muscles and may cause imbalances. Therefore, there is a growing need for objective methods to assess muscle function and movement quality in athletes. Tensiomyography (TMG) and Functional Movement Screening (FMS) help analyze muscle responses and movement patterns, supporting the development of individualized training programs (Murphy, Čular & Bagchi, 2025).

Tensiomyography (TMG): Evaluating Muscle Contraction Dynamics

Tensiomyography (TMG) is a method that analyzes the mechanical responses of muscles and provides objective data on muscle performance. It is used to assess parameters such as muscle fiber type composition, contraction speed, muscle stiffness, and fatigue, helping to determine how an athlete's muscles respond to training.By comparing the contraction time of fast-twitch type II fibers with the endurance of slow-twitch type I fibers, TMG can analyze the muscle fiber composition of athletes. This analysis allows for tailoring training programs based on the athlete's anaerobic or aerobic capacity (Murphy et al., 2025).TMG also determines muscle stiffness, helping to identify imbalances and detect potential injuries caused by overloading. These measurements are especially important in muscle groups responsible for knee and ankle stabilization.

Functional Movement Screening (FMS): Analyzing Movement QualityFunctional Movement Screening (FMS) evaluates the body's biomechanical alignment by analyzing fundamental movement patterns. The FMS test assesses elements such as balance, mobility, and stability to ensure the optimal function of the musculoskeletal system.The balance between joint mobility and stability during movement is crucial. FMS helps improve movement efficiency by identifying imbalances, particularly in the knee and hip joints. An athlete's ability to maintain core stability during movement is directly related to dynamic balance and muscle control. FMS assessments reveal asymmetries between body segments and provide corrective exercises to address postural imbalances.

Application Areas and Injury Prevention Mechanisms: TMG and FMS are widely used in high-intensity and contact sports such as football, basketball, and volleyball. TMG helps optimize training loads by identifying muscle condition and fatigue levels, while FMS detects postural asymmetries and movement limitations, offering preventative strategies to reduce injury risks (Murphy et al., 2025).Prevention of Achilles tendinitis, patellofemoral pain syndrome, and hamstring injuries: TMG helps reduce injury risk by analyzing muscle fatigue and preventing muscle overload.Improving knee and ankle stability: FMS identifies improper load distribution and supports the development of exercises that enhance balance and stability.Tensiomyography (TMG) and Functional Movement Screening (FMS) provide scientifically grounded approaches to enhancing athletic performance and supporting long-term physical resilience.

Application Areas and Injury Prevention MechanismsTMG and FMS are widely used in high-intensity and contact sports such as football, basketball, and volleyball. TMG helps optimize training loads by identifying muscle condition and fatigue levels, while FMS detects postural asymmetries and movement limitations, offering preventative strategies to reduce injury risks (Murphy et al., 2025).Prevention of Achilles tendinitis, patellofemoral pain syndrome, and hamstring injuries: TMG helps reduce injury risk by analyzing muscle fatigue and preventing muscle overload.Improving knee and ankle stability: FMS identifies improper load distribution and supports the development of exercises that enhance balance and stability.Tensiomyography (TMG) and Functional Movement Screening (FMS) provide scientifically grounded approaches to enhancing athletic performance and supporting long-term physical resilience.

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Murphy, M., Čular, D., & Bagchi, A. (2025). *Tensiomyography functional movement screen and counter movement jump for the assessment of injury risk in sport: A systematic review of original studies of diagnostic tests.* ResearchGate.

Peak Performance in the Digital Arena: Physical Endurance and Heart Rate Training in Esports Athletes

Res. Asst. Ayşe Demet KARADAĞ



Esports continues to evolve as a competitive discipline where physical and mental endurance are becoming increasingly important. Players must engage in both mental and physical training to sustain high levels of focus, quick decision-making, and precise motor skills over extended periods. Recent research has shown that physiological metrics such as heart rate variability (HRV) can help players manage stress levels and optimize their performance (Wu, Lee & Tu, 2025).

Heart Rate Variability (HRV) and Cognitive Performance

Heart Rate Variability (HRV) is a physiological parameter measured by the variation in time intervals between consecutive heartbeats. It reflects the functioning of the autonomic nervous system (ANS) and provides insight into an individual's stress levels, recovery capacity, and mental focus.Parasympathetic and Sympathetic Balance: HRV measures the balance between the sympathetic nervous system ("fight or flight" response) and the parasympathetic nervous system ("rest and digest" response), helping determine how a player responds to mental stress.Low HRV and Performance Decline: Low HRV is associated with high stress and insufficient recovery, which can negatively impact critical performance factors such as reaction time, motor skill precision, and decision-making speed (Wu et al., 2025).

Physical and Cognitive Preparation in Esports Training

To optimize performance in esports, HRV-based training techniques are being developed. By integrating physical and cognitive training, players can enhance focus duration, stress management, and overall performance.Breathing Techniques and Meditation: These practices help increase HRV levels, thereby enhancing cognitive stability during gameplay. By boosting parasympathetic activity, they reduce stress levels.Low-Intensity Cardiovascular Exercise: Increases blood flow to the brain, promoting improved cognitive functioning. It also maintains autonomic nervous system balance, helping delay mental fatigue during prolonged gaming sessions.Reactive Speed and Sensory-Motor Training: Improves hand-eye coordination and reduces in-game reaction times. Enhances neuromuscular connectivity, leading to improved fine motor skills.HRV-based training not only benefits esports athletes but can also enhance the performance of individuals engaged in strategic games requiring mental endurance, such as chess and poker. Studies on professional gamers have shown that HRV-regulating training increases stress tolerance and enables more consistent and sustained focus (Wu et al., 2025).Although the physical dimension of esports is often overlooked, biological indicators such as heart rate variability offer critical insights for improving player performance. HRV-based training enhances stress management, cognitive function, and reaction time, enabling superior performance in the digital arena.

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Bocce, Darts, and Bowling: The Intersection of Traditional and Modern Sports

Lecturer Tekmil Sezen SOYAL

Department of Exercise and Sports Sciences for Individuals with Disabilities

Throughout history, sport has been a vital element in uniting communities and shaping cultural identities. Bocce, darts, and bowling are sports that originated in different parts of the world and have evolved over time, maintaining their presence in both traditional and modern formats.

Bocce: From Antiquity to the PresentBocce traces its roots back to ancient Roman and Greek civilizations and is now a widely practiced sport in many countries. Originally played with stone or wooden balls, the game gradually adopted standardized rules and developed into an internationally recognized sport. Modern bocce is especially popular across Europe and the Americas, supported by official tournaments and organized competitions.

Darts: From Military Drill to Recreational SportDarts originated in medieval Europe as a form of military training. Played by throwing small arrows at a target board, darts evolved into a popular pastime, especially in pub culture. Today, it is a significant industry supported by professional tournaments. The advent of electronic dartboards has made the game more accessible and allowed it to benefit from the innovations of the digital age.

Bowling: From Ancient Rolling Games to a Modern Sports IndustryBowling has a rich history dating back to ancient civilizations such as Egypt and Mesopotamia. It gained widespread popularity in the 19th century in the United States, where it became a standardized and commercialized sport. Technological advancements have modernized bowling alleys, with innovations like automatic scoring systems enhancing the appeal of the game.

The Convergence of Traditional and Modern Sports: Bocce, darts, and bowling have successfully preserved their traditional roots while becoming integral parts of the modern sports landscape. The integration of technology, digital scoring systems, international tournaments, and media coverage has helped blend the traditional and contemporary aspects of these sports. Their social and competitive nature also contributes to their popularity among a wide range of participants.

Global Events and Tournaments: Each of these sports is supported by major tournaments and championships organized worldwide, further solidifying their place in both the traditional and modern realms of sport.

Bocce, Darts, and Bowling: The Intersection of Traditional and Modern Sports

Lecturer Tekmil Sezen SOYAL

Bocce: The World Bocce Championship, the European Bocce Championship, and various local leagues contribute to the continued development of this sport on the international stage.

Darts: The World Darts Championship and the World Cup of Darts, organized by the Professional Darts Corporation (PDC), are among the most prestigious events in the sport.

Bowling: The World Bowling Championship, Professional Bowlers Association (PBA) tournaments, and initiatives toward Olympic inclusion have significantly contributed to the global expansion of bowling.

Engaging Video Content: Short videos that highlight the entertaining and competitive aspects of these sports can be produced and shared across dynamic platforms such as TikTok, Instagram Reels, and YouTube Shorts.

Live Streaming and Esports Integration: witch, YouTube, and Facebook, expanding accessibility and engagement.

Collaborations with Influencers and Athletes: Partnering with popular social media influencers and athletes can help generate content that raises awareness and popularity of these sports

.Fun Challenges: Viral challenges such as #BocceChallenge or #BowlingMaster can be launched to encourage user interaction and participation across social platforms.Mobile Experience Zones: Bocce, darts, and bowling experience booths can be set up in high-traffic locations such as shopping malls, festivals, and coastal areas, offering interactive opportunities for new participants.

AR/VR Experiences: Interactive applications using Augmented Reality (AR) and Virtual Reality (VR) technologies can be developed to allow users to experience these sports in innovative and immersive ways.

Free Trial Days: Organizing free trial events on specific days can serve as an effective way to introduce these sports to new audiences and encourage long-term engagement.

Bocce, Darts, and Bowling: The Intersection of Traditional and Modern Sports

Lecturer Tekmil Sezen SOYAL

Bocce, darts, and bowling have preserved their traditional roots while also becoming integral parts of the modern sports world. The integration of technology, digital scoring systems, international tournaments, and media support has blended both traditional and modern aspects of these sports. Moreover, their social and competitive dimensions allow them to appeal to a wide range of participants.By examining the historical development and current status of bocce, darts, and bowling, this analysis highlights how traditional and modern sports intersect. These sports not only keep traditional practices alive but also evolve through modern technologies and processes of professionalization, thus serving as significant examples of the evolution of sport and cultural continuity.

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Res. Asst. Bilal GÖK
Completed His Ph.D.
Res. Asst. Fikret KAYHALAK

Bilal GÖK, a Research Assistant in the Department of Exercise and Sport Sciences, has successfully defended his doctoral dissertation titled "The Effects of Manipulations Applied in Small-Sided Games on Neuromuscular Fatigue, Physiological, Physical, and Technical Parameters in Female Football Players."In his research, GÖK conducted a comprehensive analysis of how various manipulations in small-sided games affect female football players in terms of neuromuscular fatigue, physiological responses, physical performance, and technical skills. His study revealed significant findings and offers original contributions to the field, enriching the literature of sports sciences.

We extend our sincere congratulations to him and wish continued success in his academic and scientific endeavors.



The Importance of REM Sleep

Res. Asst. Bilal GÖK

REM sleep, short for Rapid Eye Movement, is the fourth stage of sleep that typically begins around 90 minutes after falling asleep. It is the phase in which dreams most commonly occur and is also known as the stage of fast eye movement, paradoxical sleep, or dream sleep. Human sleep consists of four stages that cycle throughout the night, and REM sleep plays a critical role in both physical rest and the restoration of brain functions.

Characteristics of REM Sleep

During REM sleep, eye movements continue while the rest of the body experiences a temporary paralysis, and the brain becomes highly active—almost as if the person were awake. Most dreams that are remembered upon waking occur during this phase. As the fourth stage of sleep, REM is associated with fluctuating brain waves, rapid eye movements, irregular heartbeat, and muscle paralysis

.One of the most significant features of REM sleep is that brain activity during this stage can match or even exceed levels seen during wakefulness. REM sleep accounts for approximately 25% of total sleep time. The first REM cycle is usually brief, lasting around 10 minutes, while subsequent cycles may extend up to an hour.

Physiological Changes During REM

SleepThe eyes move rapidly under closed eyelids
Breathing becomes faster and irregular
Body temperature fluctuates
Blood pressure increases
Brain activity changes significantly
Sexual arousal may occur
Twitching in the face or limbs may be observed



Additionally, the brain sends signals to the spinal cord to inhibit movement in the arms and legs, leading to a temporary state of paralysis. This mechanism, often referred to as sleep paralysis, is commonly associated with the phenomenon known as “nightmare paralysis” or “karabasan” in Turkish folklore.

Semih Saygıner Crowned Champion in the Turkish Derby in South Korea

Res. Asst. Bilal GÖK

Turkish national billiards player Semih Saygıner emerged victorious in the final of the Professional Billiards League (PBA) World Championship held in South Korea, defeating fellow Turkish player Lütfi Çenet to claim the title.

The final match of the PBA Championship, which features the top 32 ranked players of the season, took place on Jeju Island.

For the first time in history, two masters of Turkish billiards faced each other in the final of an international championship abroad.

In the tournament where each set was played to 15 points, Semih Saygıner defeated Lütfi Çenet with a 4-1 score, securing his championship.



Miguel Ángel Navarro: A Swimming Story Beyond Barriers

Res. Asst. Bilgehan PEPE



Miguel Ángel Navarro is an athlete who has achieved remarkable success through his passion for swimming and unwavering determination, despite being born with a congenital muscle disorder. Born in Madrid in 2004, Navarro has a 93% disability rate due to a rare condition known as congenital muscle disease (amyoplasia).

When he was born, Miguel Ángel Navarro could move only his eyes, and doctors gave him little chance of survival. However, with the unwavering support of his family and coaches, swimming—initially a part of his rehabilitation—soon became his way of life.

Over the years, Navarro gradually increased his physical capacity and reached an elite level in swimming. Following the pandemic, he began training alongside legendary swimmer Teresa Perales. During the summer months, he improved his endurance by spending hours swimming in the sea off the coast of Tavernes de la Valldigna in Valencia.

His discipline and determination led him to the 2024 Paris Paralympic Games, where he competed in the S1 category 50-meter backstroke final. Navarro delivered an impressive performance, finishing in seventh place. The S1 category includes athletes with the most severe physical impairments, making his achievement even more meaningful. During the event, he received overwhelming support from the crowd at Paris' La Défense Arena, where enthusiastic cheers filled the stands.

Navarro is also pursuing a dual degree in Law and Journalism at CEU University in Madrid. Beyond his accomplishments in sport, he is an outspoken advocate for social awareness and inclusion. His resilience and drive continue to serve as a powerful example of how barriers can be overcome—both in and out of the pool.

New Zealand Teen Becomes Youngest Athlete to Run a Sub-Four-Minute Mile

Res. Asst. Bilgehan PEPE

At just 15 years old, New Zealand's Sam Ruthe has become the youngest person in history to run a mile in under four minutes. The middle-distance prodigy clocked a remarkable time of 3:58.35 on a wet track at Auckland's Mount Smart Stadium. Pacemakers Sam Tanner (3:58.29) and Ben Wall (3:59.00) also broke the iconic four-minute barrier in the same race. Ruthe has been on a record-breaking streak throughout 2025. In February, he won the 3,000 meters, setting another world record for his age group and becoming the youngest national champion in New Zealand's history. In March, he shared the senior 1500-meter title with Olympic champion Sam Tanner.

Following his historic run, Ruthe stated:"This was probably my favorite goal I've ever achieved."



Students of Exercise and Sport Sciences for Individuals with Disabilities Continue Their Field Practice Activities Res. Asst. Bilgehan PEPE

Students from the Department of Exercise and Sport Sciences for Individuals with Disabilities at Istanbul Gelişim University are gaining valuable hands-on experience in the field as part of their field practice course. This program offers them the opportunity to apply their theoretical knowledge in real-world settings, allowing for direct interaction with individuals with disabilities and fostering a deeper understanding of the social significance of sport and exercise. Throughout the course, students design and implement exercise programs tailored to the physical, psychological, and social needs of individuals with disabilities. This hands-on approach not only enhances their academic development but also provides them with essential real-life experience. Promoting sports activities for individuals with disabilities is a crucial step toward increasing social participation and improving physical health. The students are able to test and reinforce their theoretical knowledge through direct engagement in the field. Through this practical experience, students not only develop professional skills but also cultivate a strong sense of social awareness. The program prepares them to better understand the diverse needs of individuals with disabilities, equipping them with the practical tools necessary for their future careers.





Sports Arena to Host the European Aquatic Diving Championship

Res. Asst. Muhammed Ali GÖKÇE



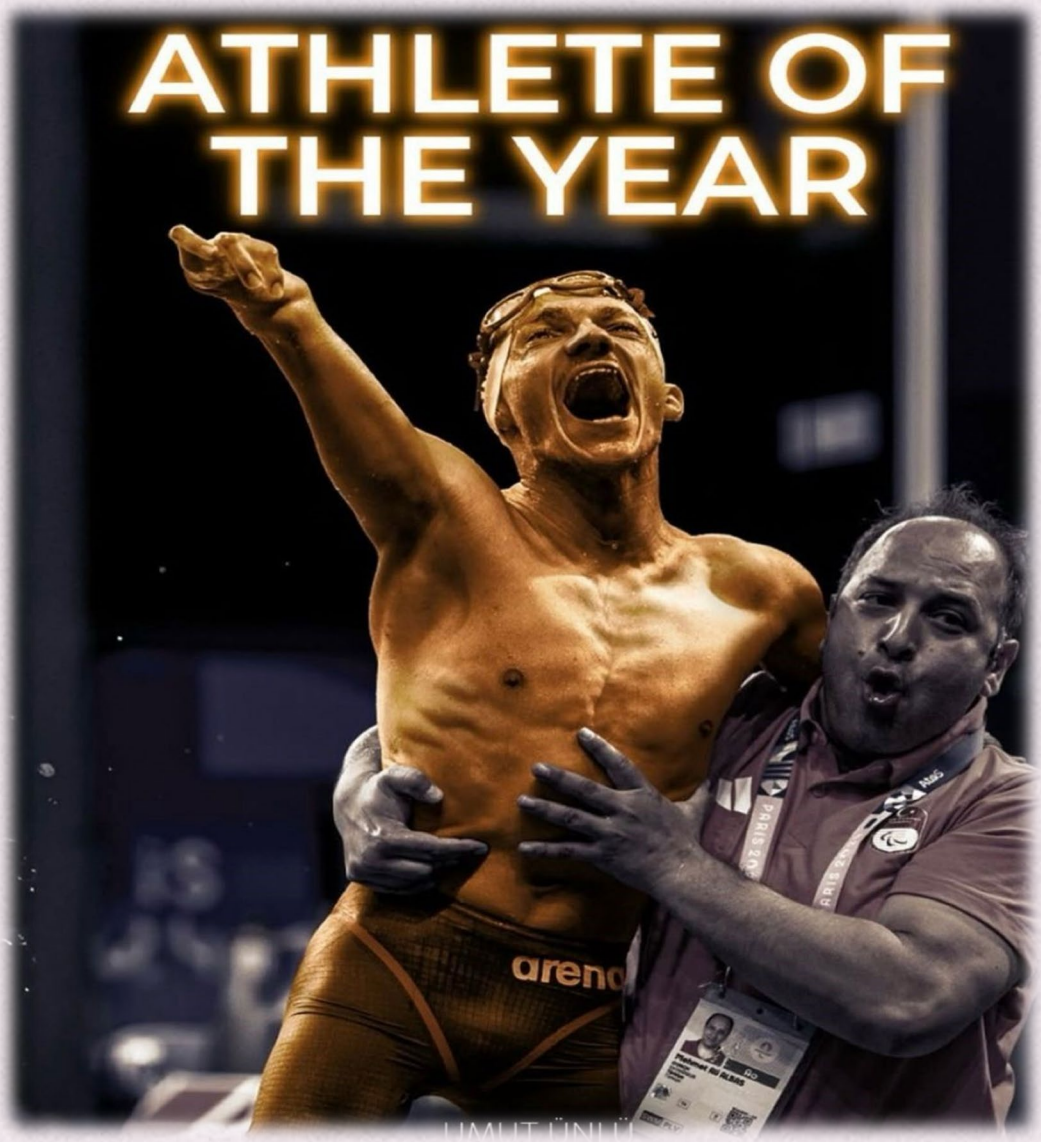
European Aquatics has officially announced that the 2025 European Aquatics Diving Championship will be held from May 22 to 28 at the stunning Gloria Sports Arena in Antalya.President of European Aquatics, Antonio Silva, expressed his enthusiasm by stating, "We are very pleased to bring the European Diving Championship to Antalya."The Turkish Swimming Federation also shared its pride in hosting the event. Event President Erkan Yalçın stated, "We are proud and excited to organize the 2025 European Aquatics Diving Championship at Gloria Sports Arena in Antalya, Turkey."

This prestigious event, the first European-level diving championship ever held in our country, highlights Turkey's strong sports infrastructure and promises to inspire young athletes. We believe that the stunning beauty and warm hospitality of Antalya will make this an unforgettable experience for all participants. We wish all athletes the best of luck and hope this championship will be filled with friendship, fair play, and exceptional performances. Often referred to as the "Pearl of the Mediterranean," Antalya provides a breathtaking backdrop for the championship. Known for its rich history, stunning beaches, and welcoming atmosphere, the city has long been a favored destination for international sporting events. Competitors and spectators alike will have the chance to enjoy not only world-class diving but also the unique cultural heritage and natural beauty that Antalya has to offer.

Umut Ünlü Named Male Athlete of the Year!

Res. Asst. Muhammed Ali GÖKÇE

At the 2024 Paris Paralympic Games, national para swimmer Umut Ünlü made history by winning gold medals in both the 50-meter and 200-meter freestyle events. With this incredible achievement, Ünlü became the first Turkish athlete to win two gold medals at the Paralympic Games, etching his name into the history of Turkish swimming in golden letters. Recognizing this outstanding performance, the European Paralympic Committee honored his triumph by naming Umut Ünlü the Male Athlete of the Year.



Rıza Kayaalp Receives 4-Year Ban

Res. Asst. Muhammed Ali GÖKÇE

National wrestler Rıza Kayaalp has been handed a four-year suspension for the use of a banned substance. According to a statement by the International Testing Agency (ITA), the Anti-Doping Division of the Court of Arbitration for Sport (CAS) determined that Kayaalp tested positive for the prohibited substance Trimetazidine in a sample collected on May 28, 2024.As per the ruling, Kayaalp is banned from all sports competitions from July 1, 2024, to June 30, 2028. Furthermore, all competitive results obtained by Rıza Kayaalp from May 28, 2024, onward have been annulled.



Anadolu Efes Strength & Conditioning Coach Serhat Güneş Meets with Students at Gelişim University! Res. Asst. Onur TOPUZ



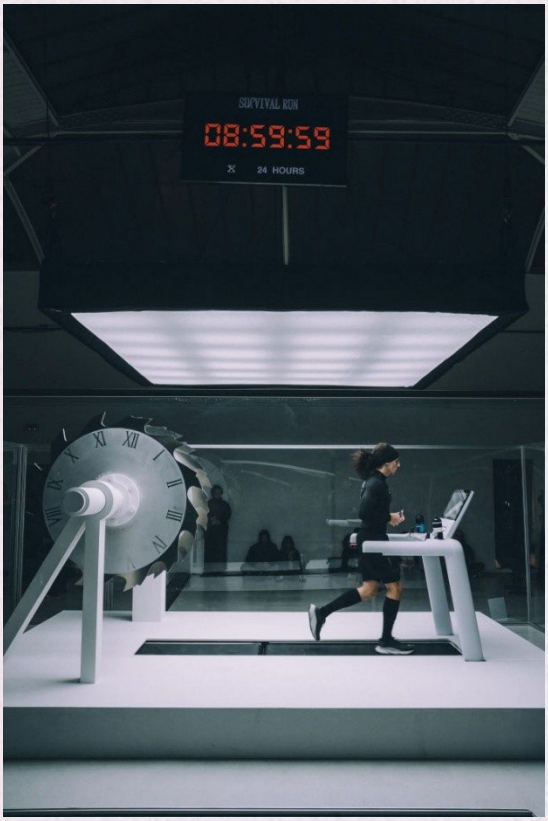
Serhat Güneş, the accomplished strength and conditioning coach of Anadolu Efes, participated in a seminar titled “Career Steps in Athletic Performance,” organized by the Department of Coaching Education at Istanbul Gelişim University. Moderated by Dr. Deniz Şentürk, the event brought Güneş together with students, where he shared valuable insights into career planning in basketball coaching and offered guidance to those aiming for a future in sports.

In his presentation, Güneş introduced the profession of strength and conditioning coaching, outlined its responsibilities, and provided in-depth information about the role. He also shared key steps and strategies for students looking to pursue a career in this field.Emphasizing the importance of discipline and communication on the path to success, Güneş highlighted the need for continuous learning and self-improvement. He also stressed that practical experience on the field is just as crucial as theoretical knowledge in the sports sciences.

The seminar attracted great interest from students, featuring detailed discussions on the requirements of the profession. Güneş answered students' questions and shared personal anecdotes from his own career journey, offering both motivation and practical advice. At the end of the seminar, students expressed their gratitude to Serhat Güneş and shared their appreciation for the event. This inspiring session provided significant takeaways for those aspiring to build a career in strength and conditioning.

Rilès Pushes the Limits: Ran for 24 Hours, Then Performed on Stage!

Res. Asst. Onur TOPUZ



Rilès Kacimi, known by his stage name Rilès, delivered an astonishing feat that tested the limits of both musical creativity and physical endurance. In promotion of his new album “Survival Mode”, Rilès ran non-stop on a treadmill for 24 hours straight in an event he titled “Survival Run.”Held at Espace Commines in Paris, the performance saw Rilès cover a staggering 205.22 kilometers at an average pace of 7:02 min/km. Blending art with athleticism, the event captured the attention of both the music world and running communities. Thousands of fans gathered to cheer him on in person, while millions more tuned in via YouTube and TikTok live streams, watching his endurance unfold in real time.

Set against a backdrop of industrial minimalism—complete with rotating gears, a massive countdown clock, and raw stage design—the space transformed into a living art installation.But the biggest surprise came after the run.Without resting, Rilès immediately stepped onto set and filmed the music video for his single "DEAD OR ALIVE"—nailing the entire performance in a single flawless take, just minutes after finishing his ultra-marathon.With this groundbreaking display, Rilès has redefined the boundaries between music, performance art, and human endurance. His “Survival Run” not only showcased exceptional physical resilience but also left a lasting mark as a bold, genre-defying artistic statement.

TFF Fair Play and Social Responsibility Awards Announced Res. Asst. Onur TOPUZ

The Turkish Football Federation's Fair Play and Social Responsibility Board has announced the winners of the Fair Play and Social Responsibility Awards, an initiative aimed at promoting, expanding, and raising awareness around the values of fair play. These awards highlight efforts to increase sportsmanship, sensitivity, and social responsibility on and off the field. One of this year's most notable award-winning moments came during the UEFA Nations League B encounter between Turkey's Women's National Team and the Republic of Ireland in Dublin. In an inspiring act of kindness, the Turkish players gave their Turkey-branded jackets to the Irish children accompanying them during the pre-match ceremony, as temperatures dropped to as low as 2°C. This heartwarming gesture received widespread praise not only in Turkey but also across European media outlets. The Fair Play and Social Responsibility Awards aim to highlight the unifying power of football and encourage athletes and clubs to take a more active role in community engagement and social responsibility.



Istanbul to Host the 2025 European Para Youth Games

Res. Asst. Selim AKMAN



By maintaining its success in international sports organizations, Turkey will host the 2025 European Para Youth Games between July 21–28, 2025. The event, which will be held at the Cebeci Sports Complex, owned by the Istanbul Metropolitan Municipality, will host approximately 1,500 athletes from 50 countries, making it the largest-ever edition of the European Para Youth Games. Competitions will be organized in the disciplines of athletics, basketball, boccia, goalball, judo, table tennis, archery, taekwondo, and swimming, offering athletes a significant experience. At the previous edition of the European Para Youth Games, held in Lahti, Finland in 2022, 415 athletes from 28 countries had participated.

The event to be held in Istanbul will set a new record with a significant increase in the number of participants. The European Paralympic Committee unanimously approved Istanbul as the host city, once again highlighting Turkey's strength in organizing international sports events. This organization also holds great significance in the context of Istanbul’s bid to host the 2036 Olympic and Paralympic Games. The Games will provide a valuable opportunity to showcase the talents of athletes with disabilities and reflect Turkey’s growing commitment to paralympic sports. For up-to-date information and official announcements regarding the event, you can visit the official event website and follow the Turkish Paralympic Committee’s social media channels.

Sports Trainers Become Personal Brands: The Power of Social Media

Res. Asst. Selim AKMAN



Today, sports trainers are no longer seen solely as individuals who lead workouts—they are increasingly becoming personal brands. The rise of social media has played a major role in this transformation, allowing trainers to reach wider audiences and position their names as recognizable brands. By being active on platforms such as YouTube, Instagram, and TikTok, trainers share their expertise in fitness while also showcasing their unique personal styles, enabling them to build loyal followings.

Especially in the fields of fitness, Pilates, and functional training, prominent trainers are generating income through online classes, personalized training programs, and individual coaching services. Trainers who gain popularity on social media further boost their earnings through brand collaborations, sponsorship deals, and exclusive training packages.

In this process, personal brand management has become a crucial aspect for sports trainers. Success is increasingly defined by the ability to build an effective digital identity, produce high-quality content, and maintain consistent engagement with followers.

In addition to knowledge of sports science, communication skills and marketing strategies also play a vital role in shaping a trainer's success.

The opportunities provided by social media not only allow sports trainers to expand their careers on a global scale, but also enable individuals to access expert-led training more easily and engage in physical activity with professional support.

19th FIEPS European Congress to Be Held in Antalya from April 24–27, 2025

Res. Asst. Selim AKMAN



The 19th FIEPS European Congress, which brings together academics, researchers, and professionals in the field of physical education and sport sciences in Europe, will be held in Antalya from April 24 to 27, 2025. The congress aims to discuss the most recent scientific developments in physical education, sport sciences, training sciences, and physical activity.

The event, to be held with the participation of leading academics and industry professionals, will feature keynote speakers, academic presentations, workshops, and panel discussions.

Participants will have the opportunity to exchange ideas on topics such as innovative approaches in sport sciences, the future of physical education, and the integration of scientific research into sports practice.

Aiming to foster interaction at an international level, the congress will offer participants the chance to develop academic collaborations. Taking place in the unique natural and historical setting of Antalya, the event promises to be a significant experience both academically and socially.

Record Number of Visitors to National Parks: Growing Interest in Outdoor Recreation

Res. Asst. Sinan DEMİRCİ

The U.S. National Park Service (NPS) announced a new record of 350 million visitors by the end of 2024. Iconic parks like Yellowstone, Grand Canyon, and Yosemite experienced a surge in visitors, driven by the growing interest in outdoor activities in the post-pandemic period.



This strong interest in nature-based recreation also brings significant economic and environmental implications. Visitor spending in national parks is estimated to have exceeded $50 billion, highlighting the substantial economic impact of outdoor tourism.

On the other hand, sustainable tourism policies are being developed to ensure that the heavy flow of visitors does not harm the natural integrity of the parks.

Statements from Officials:

A spokesperson for the National Park Service stated, "This year, we've seen just how important it is for people to spend time in nature. There's a growing interest in outdoor sports and camping," highlighting the increasing public engagement with nature-based recreation.

Cities Are Expanding Sports and Recreation Spaces

Res. Asst. Sinan DEMİRCİ

As part of its new initiative titled “Green Recreation Areas,” the European Commission has announced plans to develop new sports and recreational spaces in 10 major European capitals. The project aims to increase green spaces in urban areas to encourage more physical activity and promote healthier lifestyles.

Target Cities:

Berlin

Paris

Amsterdam

Copenhagen

Madrid

London

Rome

Vienna

Stockholm

Athens



Key goals of the project include expanding bike lanes, building new outdoor sports facilities, and improving infrastructure in city parks to support physical activity.

Statement from the European Commission:

"Urban life is becoming increasingly stressful. Our goal is to create more spaces where people can relax, engage in physical activity, and reconnect with nature.

"Source: European Commission – europa.eu

Japan Expands Urban Recreation with Artificial Beaches in Major Cities

Arş. Gör. Sinan DEMİRCİ

The Japanese government has completed a series of artificial beach projects to provide seaside experiences for residents of major cities. Newly opened urban beaches in Tokyo, Osaka, and Nagoya now offer the public access to water sports and coastal recreation within city limits.

Featured Artificial Beaches:

Tokyo – Odaiba Artificial Beach: Renovated swimming zones, canoe routes, and surfing areas have been made available for visitors.

Osaka – City Beach Project: Safe swimming areas were established using advanced seawater purification systems.

Nagoya – Recreational Water Sports Zone: Facilities for sailing, rowing, and beach volleyball were launched to serve urban water sports enthusiasts.

Statement from Officials: Japan's Minister of Tourism stated, "We have developed these projects so that residents in landlocked metropolitan areas can enjoy the summer season. Our artificial beaches will continue to attract those interested in water sports as well as those looking to enjoy a vacation-like atmosphere.

"Source: Japan Times – japantimes.co.jp



Busenaz Sürmeneli Secures Third Consecutive World Championship Title

Res. Asst. Ünal Can GÖKMEN

Turkish national boxer Busenaz Sürmeneli claimed the gold medal in the 66 kg category at the 2025 Women's World Boxing Championships held in Niš, Serbia, earning her third consecutive world title.In the final bout, Sürmeneli delivered a dominant performance against Uzbekistan’s Navbakhor Khamidova, securing a decisive 5-0 victory. After winning world titles in 2019 and 2022, she now adds 2025 to her list of triumphs, marking a historic achievement in boxing.

The 26-year-old Olympic champion, who also won gold at the Tokyo 2020 Games, holds additional gold medals from the European Championships, European Games, and Mediterranean Games.

Following her victory, Sürmeneli stated:"I’m happy to have made history in boxing. I hope to win even more medals and reach the top of the all-time stats. I thank the Turkish people who watch and support me—I love being watched, and they’ll be seeing me for a long time to come.

"Her coach Cahit Süme added:"Busenaz gave the best response by coming back and becoming world champion once again.

"This outstanding achievement not only brings pride to Turkey but also continues to inspire young athletes through Busenaz Sürmeneli’s determination and success.



Experts Warn: What Matters Is Not Sleep Duration, But Sleep Quality

Res. Asst. Ünal Can GÖKMEN

Is sleep duration or sleep quality more important? According to experts, the key factor is not how many hours you sleep, but how rested you feel upon waking. Dr. Rafael Pelayo, a sleep expert from Stanford University, emphasizes the importance of quality sleep, stating:“Something extraordinary happens when you sleep—it's the most natural form of self-care.”He notes that sleeping for long hours yet waking up tired is often a sign of poor sleep quality.Dr. Molly Atwood, a behavioral sleep medicine specialist at Johns Hopkins University, explains that most people sleep between 7 to 9 hours a night, which is considered the optimal range for health. However, sleeping less than 6 hours or more than 9 may increase health risks.

Sleep Needs Vary by Age

Experts underline that sleep requirements change with age:

Newborns: 14–17 hours

Young adults (16–25): 7–10 hours

Adults (26–64): 7–9 hoursOlder adults: 7–8 hours

Sleep Cycles and Sleep Quality

Humans go through approximately 90-minute sleep cycles each night.

In the first half of the night, deep sleep dominates and plays a crucial role in physical recovery.

In the second half, REM sleep becomes more prominent and is essential for learning and memory.

Dr. Atwood also highlights that children spend about 50% of the night in deep sleep, but this percentage declines during adolescence. During this period, gender-based differences in sleep patterns also begin to emerge.

Ultimately, experts agree: quality over quantity is the guiding principle for a truly restorative night's sleep.