

HIGH SCHOOL OF PHYSICAL EDUCATION AND SPORTS



School of
Physical Education
and Sports

RESEARCH HIGHLIGHTS

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ASSOCIATE PROFESSOR MEHMET SOYAL

Dear students and candidates;

Mustafa Kemal Atatürk punctuates the importance and value of sport by saying: "Just like youth deprived of engagement in sports will not be effective in the course of defending the fatherland, the creature named man whose intellectual development may be advanced in a strong degree will not be able to carry forth that intellect if his physical development is wanting and incomplete!" He is not only emphasizing the importance and value of the sport, but also underlines how important sport is for the individual in terms of intellectual and physical aspects and for the benefit of the country.

As School of Physical Education and Sport of Istanbul Gelisim University, we embrace the importance and the value attributed to sport by Atatürk's and we contribute through our world class education-training programs, to the continuity of sport and athletes as an indispensable part of human's life.

Since the first day we are founded as a School, we are providing distingue academic environment, as dreamed by all of our students, under the frame of our education oriented on internationalized targets for all our departments and through the international accreditation assurance we have obtained in education. While we equip our students conceptually in their domains by the infrastructure and enriched class curriculums we provide, we enable our students to get knowledge about business world by our partnerships with re4al sector and universities and we provide them with necessary qualifications to perform their profession like an expert when they are graduated.

We are now reputed as an institution that is following international education literature closely, providing not only sport education but also education-training programs along with several related disciplines, having credentials with European and Turkish higher education certificates, operating in harmony with its targets and strategies, ranking on an assertive position among international educational institutions, and a respected position in the sector. We have crowned our success by our graduates who are experts of their professions, believing in universal values, respecting individual differences, defending freedom of thought and expression and scientific freedom, adopting living together in harmony and tolerance, respecting all living creatures' right to live as a principle, who are able in critical thinking, who questions and who provide ecologic, economic, socio-cultural sustainability.

We would like to have you, our candidates, among our students, so that we can teach and train you as per our targets and reintegrate you into the society. I wish for all our students a continuous success.



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ABOUT US

Article 59 of the Constitution of the Republic of Turkey stipulates "The State shall take measures to develop the physical and mental health of Turkish citizens of all ages and encourage the spread of sports among the masses. The State shall protect successful athletes". Public establishments being in the first place, all establishments and institutions of our country bear the duty and the responsibility in achieving this aim. The place and the importance of our establishment which is situated in Istanbul, where one out of five person of our country lives and where "three biggest sport clubs" are located, thus being the sport capital of our country, is much more remarkable.

Under the scope of this context, School of Physical Education and Sports, composed of four departments as coaching education, sport management and recreation and exercise have been founded in 2013 within the core of Istanbul Gelisim University, to educate coaches, sport managers, recreation leaders and sport scientists who will serve to the education, sport sciences and performance sport, being able to create education-training services as per the necessities of the time, who are dynamic, contemporary, self-confident, healthy, having high life quality and responsible.

Our School opened its doors for the academic year 2016-2017 accepting students for all four departments. This year, we are honored to have our first graduates.

Our biggest wish is that our School and its departments, together with our graduates, be serviceable for our University, our province and our country.

Our students and our academicians as well as our whole staff had recorded considerable success under limited conditions and means at various sport branches. Some of these successes are as follows:

VISION



To educate sports people who are aware of sportive facts in the world, respecting universal values, maintaining lifelong learning as a part of continuous development of life quality, participative and solution oriented, in dynamic communication with internal and external partners, open to social and cultural development and representing the values of corporate culture.

MISSION

To bring in sport world professional individuals who are the pioneers in spreading sport culture based on scientific grounds, raise awareness in terms of public service applications, capable of establishing coordination between sectors, who adopt innovative, unique, participative and solidarist in team work.



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MEHMET SOYAL
DIRECTOR



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EDUCATIONAL COORDINATOR
SPORTS SCIENCES APPLICATION AND RESEARCH
CENTER ASSOCIATE DIRECTOR



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TANER ATASOY
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ATILLA İBRAHİM YÜCE



ASST. PROF.
ÜYESİ MEHMET BEYAZ



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ÜYESİ RÜŞTÜ ŞAHİN



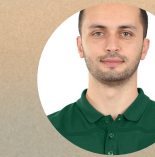
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ASST. PROF.
SEVİNÇ SERİN YAMAN



ASST. PROF.
AHMET ÖZDER



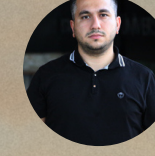
ASST. PROF.
GÖKHAN KANDEMİR



ASST. PROF.
TANER ATASOY



ASST. PROF.
ASAĞ ÖZKARA



ASST. PROF.
OKAN KILIÇKAYA



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HARUN AYAR



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ALİ ASKER KURMAK



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DENİZ DEMİR BOLÇAY



LECTURER
DENİZ ŞENTÜRK



LECTURER
İZEL KARTAL



LECTURER
ÖZGÜR DOĞAN



RESEARCH ASSISTANT
İNCİNUR HANIK



RESEARCH ASSISTANT
BİLGEHAN PEPE



RESEARCH ASSISTANT
BİLAL GÖK



RESEARCH ASSISTANT
SINAN DEMİRCİ



RESEARCH ASSISTANT
ÖMER AKSOY



RESEARCH ASSISTANT
YALÇIN MARAŞLI



RESEARCH ASSISTANT
SELİM AKMAN



RESEARCH ASSISTANT
ALİ KAYA



RESEARCH ASSISTANT
HALİS EGEMEN MERDAN



RESEARCH ASSISTANT
MUSTAFA DEMİR



RESEARCH ASSISTANT
AYŞE DEMET KARADAĞ

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ER, Y., & KOÇ, M. C. (2020). INVESTIGATION OF THE RELATIONSHIP BETWEEN THE LEADERSHIP CHARACTERISTICS AND SPORTSMANSHIP ORIENTATIONS OF AMATEUR FOOTBALL PLAYERS. INTERNATIONAL JOURNAL OF APPLIED EXERCISE PHYSIOLOGY, 9(5), 123-132.

KOÇ, M. C., & DEMİREL, M. (2020). THE RELATIONSHIP BETWEEN SERIOUS AND CASUAL LEISURE AND LEISURE MANAGEMENT AND ITS EDUCATION: A RESEARCH ON GENERATION Y. AFRICAN EDUCATIONAL RESEARCH JOURNAL, 8(2), 210-220.

ER, Y., KOÇ, M. C., DEMİREL, M., & ÇUHADAR, A. (2019). THE MEANING OF LEISURE AND LIFE SATISFACTION: THE SAMPLE OF UNIVERSITY STUDENTS. INTERNATIONAL JOURNAL OF CULTURE AND HISTORY, 6(2), 1-16.

SERİN, E., & KOÇ, M. C. (2020). EXAMINATION OF THE EATING BEHAVIOURS AND DEPRESSION STATES OF THE UNIVERSITY STUDENTS WHO STAY AT HOME DURING THE CORONAVIRUS PANDEMIC IN TERMS OF DIFFERENT VARIABLES. PROGRESS IN NUTRITION, 22(1), 3-43.

Harun, A. The Effect of Workplace Recreation on Organizational Citizenship and Organizational Commitment Levels. Kilis 7 Aralik University Journal of Physical Education and Sport Sciences, 5(2), 171-179.

AYAR, H. (2019). EVALUATION OF THE VIEWS OF THE LOCAL PEOPLE IN THE RECREATIONAL USE OF PARKS. EUROPEAN JOURNAL OF PHYSICAL EDUCATION AND SPORT SCIENCE.

RESEARCH AND STUDIES



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RESEARCH AND STUDIES



PEPE, B. (2022) EVALUATION OF THE SPORTS TRAININGS PERFORMED AT THE YOUTH AND SPORTS PROVINCIAL DIRECTORATES IN THE COVID-19 PANDEMIC PROCESS IN TERMS OF TRAINERS (ISPARTA PROVINCE EXAMPLE)

SOYAL, M., ERYILMAZ, S., POLAT, M., & AYDOGAN, S. (2017). COMPARISON OF MAXIMAL OXYGEN UPTAKE AND ANAEROBIC THRESHOLD IN SOCCER AND HANDBALL PLAYERS. PHYSICAL EDUCATION OF STUDENTS, 21(4).

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OSMAN, P., PEKEL, A., TURAN, M., & BAHADIR, Z. (2015). THE RELATIONSHIP WITH LIFE SATISFACTION BETWEEN HEALTH PROMOTING BEHAVIOURS OF SPECIAL EDUCATION TEACHERS (KAYSERİ CITY SAMPLE). INTERNATIONAL JOURNAL OF SPORT CULTURE AND SCIENCE, 3(SPECIAL ISSUE 3), 125-132.

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KONTER, E., & NG, J. (2012). DEVELOPMENT OF SPORT COURAGE SCALE. JOURNAL OF HUMAN KINETICS, 33(2012), 163-172.

KONTER, E. (2010). NONVERBAL INTELLIGENCE OF SOCCER PLAYERS ACCORDING TO THEIR LEVEL OF PLAY. PROCEDIA-SOCIAL AND BEHAVIORAL SCIENCES, 2(2), 1114-1120.

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Departments



Coaching Education



Coaching Education (english)



Exercise and Sports Sciences



Exercise And Sports For Disabled



Recreation



Sports Managements

**SCHOOL OF PHYSICAL
EDUCATION**

İSTANBUL GELİŞİM UNIVERSITY

SCHOOL OF PHYSICAL EDUCATION



RESEARCH HIGHLIGHTS

number of students:
428



COACHING EDUCATION

01

PURPOSE OF DEPARTMENT

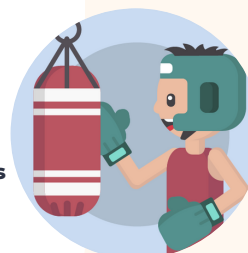
Purpose of Coaching Education Program; To train contemporary coaches equipped with the knowledge, skills and attitudes that can serve in the relevant field of the Sports Coaching profession, assimilating ethical values, aware of the realities of world sports and adopting the importance of lifelong learning.



02

TARGETS

Our department, which was established with an understanding of education at international standards; It aims to train individuals who care about the necessity of change and development, have high equipment and competencies to serve performance sports and mass sports, question, produce, research and lead, as coaches who will increase the quality of life of the society and shape the future.



03

CAREER OPPURTINITIES

Students who graduate from the Coaching Department receive a 3rd level coaching certificate from the federation to which the sports branch they choose as their specialization branch and can work as a trainer in the specialty branch. Students who receive a pedagogical formation certificate can work as physical education and sports teachers in schools affiliated to the Ministry of National Education. They can do master's and doctorate education in fields related to Sports Sciences and can take office in academic staff at universities, provided that they fulfill the necessary conditions.

04

HORIZONTAL TRANSFERS

Provided that the conditions in the relevant legislation are fulfilled, intra-institutional transfers can be made to all faculties and higher schools. There is also the possibility of horizontal transfer to similar programs of other institutions.

05

SOME LESSONS

- FUNCTIONAL ANATOMY
- BIOMECHANIC
- TRAINING PLANNING AND PERIODING

EXERCISE AND SPORTS SCIENCE

NUMBER OF STUDENTS:
360



PURPOSE OF DEPARTMENT

Qualified exercise that can prepare exercise programs by taking into account the differences of individuals, can measure, evaluate and analyze to improve healthy life, physical fitness, performance and condition characteristics, adopt the principle of protecting the health and safety of individuals of all ages within the framework of ethical rules, question and follow scientific and technological developments. and training sports professionals.

TARGET

To train qualified specialists who adopt a life-long understanding of exercise and sports, adopt the principle of spreading sports and exercise activities to large masses, support the development of performance and fitness characteristics, and meet the exercise and health-related needs of different segments of the society.



CAREER OPPURTINITIES

Students who graduate from the department of exercise and sports science can work as wellness specialists. They can get a 2nd level coaching certificate from the federation to which the sports branch they choose as an optional specialization branch and can work as a trainer in the specialization branch. Students who receive a pedagogical formation certificate can work as physical education and sports teachers in schools affiliated to the Ministry of National Education. They can do master's and doctorate education in fields related to Sports Sciences and can take office in academic staff at universities, provided that they fulfill the necessary conditions.

HORIZONTAL TRANSFERS

Intra-institutional transfers can be made to all faculties and colleges, provided that the conditions in the relevant legislation are met. In addition, it is possible to transfer to similar programs of other institutions.



VERTICAL TRANSFERS

It is possible to transfer vertically to the department from associate degree programs related to Exercise and Sport Sciences.

SOME LESSONS

- TALENT SELECTION AND MENTIONING IN SPORTS
- USAGE AND MONITORING OF SPORTS TECHNOLOGIES
- EXERCISE AND SPORTS IN DIFFERENT AGE GROUPS



EXERCISE AND SPORTS FOR DISABLED

PURPOSE OF DEPARTMENT

It has adopted the principle of facilitating the life skills of individuals of all ages and disability groups within the framework of ethical rules, able to prepare exercise programs taking into account the special needs of individuals, to measure, evaluate and analyze to improve motor skills, physical fitness, performance and condition characteristics, to follow scientific and technological developments, and is to train qualified exercise and sports experts who aim to continuously improve themselves.



TARGETS



In addition to providing opportunities for individuals with special needs to socialize through exercise and sports by raising individuals who adopt a life-long understanding of exercise and sports, care about the needs of society, and respect themselves and their environment; To train qualified specialists who aim to spread disabled sports to large masses and who are equipped to support awareness and positive attitude change towards special groups in society.

CAREER OPPURTINITES

Students who graduate from the department of exercise and sports sciences for the disabled can work as healthy living specialists for individuals with different disability diagnoses. They can get a 2nd level coaching certificate from the federation to which the sports branch they choose as an optional specialization branch and can work as a trainer in the specialization branch. They can work as physical education and sports specialists in rehabilitation centers and other institutions that provide education to people with disabilities. Students who receive a pedagogical formation certificate can work as physical education and sports teachers in schools affiliated to the Ministry of National Education. They can do master's and doctorate education in fields related to Sports Sciences and can take office in academic staff at universities, provided that they fulfill the necessary conditions.



HORIZONTAL TRANSFERS



Intra-institutional transfers can be made to all faculties and colleges, provided that the conditions in the relevant legislation are met. In addition, it is possible to transfer to similar programs of other institutions.

NUMBER OF STUDENTS

268



SOME LESSONS

- DISABLED INDIVIDUALS AND SERVICE TO THE COMMUNITY
- EXERCISE AND SPORTS FOR THE PHYSICALLY DISABLED
- MEDICAL TERMINOLOGY AND DISABLED INDIVIDUALS

RECREATION

NUMBER OF STUDENT: 366

FREE TIME- LEISURE TIME



PURPOSE OF DEPARTMENT

the purpose of the recreation program; To train recreation leaders with knowledge, skills and professional ethics who can analyze the needs of the environment and society in the field of recreation, plan and implement recreational programs in line with the expectations of the society, the natural structure, historical and cultural richness of the environment they live in.



TARGETS

Our recreation department; As an indicator of economic and social development in societies, it aims to raise individuals who are at peace with themselves and their environment, productive, who can use their free time efficiently in line with their curiosity and interest, and who will contribute to the formation of a physically and spiritually developed society.

CAREER OPPURTINITIES

Students who receive a pedagogical formation certificate can work as a physical education and sports teacher in schools affiliated to the Ministry of National Education. They can do master's and doctorate education in the fields related to Sports Sciences and take part in academic staff at universities, provided that they fulfill the necessary conditions.



HORIZONTAL TRANSFERS

Intra-institutional transfers can be made to all faculties and colleges, provided that the conditions in the relevant legislation are met. In addition, there is the possibility of horizontal transfer to similar programs of other institutions.



SOME LESSONS:

- Commercial Recreation and Tourism
- Leisure and Recreation Management
- Sports and Leisure Sociology

SPORTS MANAGEMENT

NUMBER OF
STUDENTS:
396



PURPOSE OF DEPARTMENT

Department of Sports Management; to sports-related institutions, schools and universities in the public or private sector, together with organizations within the sports industry; It aims to train managers who can serve with information based on scientific foundations, have the ability to manage and direct, have the ability to solve problems, communicate well and adopt a teamwork approach.

TARGETS

Our department; internalized that management and sports management exist for efficiency and rationality; It aims to train sports managers who can shape the sports industry by adopting an education approach at international standards.



CAREER OPPURTINITIES

"Event management companies", "Sports marketing companies", "Commercial gyms", "Health and wellness units of companies", "Visual and written media organizations", "Companies' Departments related to sponsorship services", "Local Administrations Sports Departments", "Ministry of Youth and Sports and its various units", "Tourism Sector and Hotels", "Sports Clubs with Amateur and Professional Branches", "National and International Sports Federations offer various career opportunities.

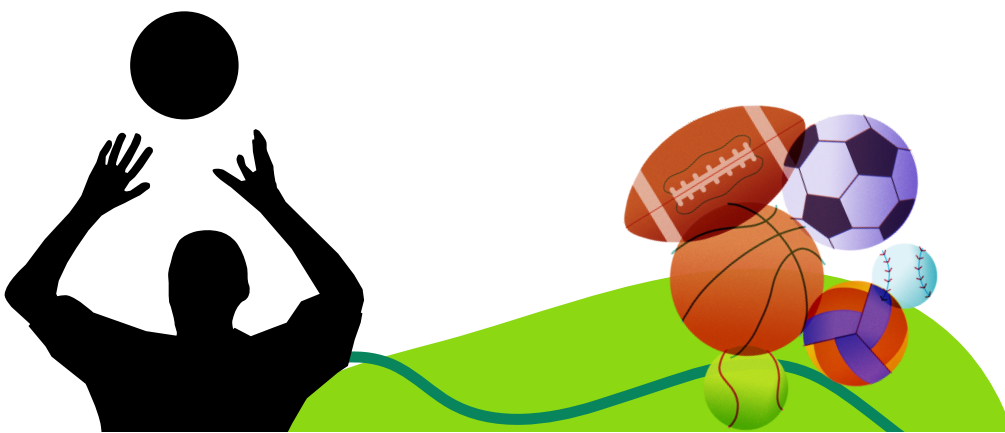
HORIZONTAL TRANSFERS

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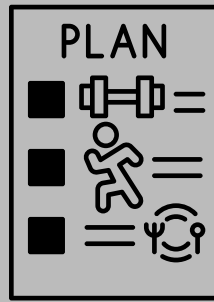
SOME LESSONS:

- NEW MEDIA APPROACHES IN SPORTS
- CORPORATE COMMUNICATION SKILLS IN SPORTS MANAGEMENT
- SPORTS PSYCHOLOGY



COACHING EDUCATION ENGLISH

NUMBER OF STUDENTS: 71



PURPOSE OF DEPARTMENT



Our English Department of Coaching Education, which is the newest department of our college, aims to bring international graduates to sports sciences. Experts such as training techniques, talent selection and orientation in sports are trained in this department. To train individuals who are experts in the field of fitness, which is an important sector in recent years, and to ensure that they are a part of this sector.

TARGETS

In our department, where the lessons are taught 100% in English, it is aimed to ensure the individual development of our students. In addition, foreign language learning, which is an indispensable necessity of today, is provided by our qualified instructors.



CAREER OPPURTINITIES



Our graduates from this department can become coaches and coaches in sports clubs. In addition, other options are career opportunities such as personal trainer, sports psychologist, life coach, academic staff.

SOME LESSONS

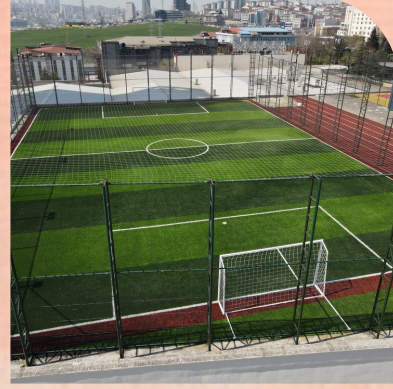
- COACHING PRINCIPLES
- FITNESS
- SPORTS CONDITIONING





School of
Physical Education
and Sports

FACILITIES



EVENTS



İSTANBUL GELİŞİM ÜNİVERSİTESİ

Millî Sporcu
Elif İLDEM
@elifildem

8 Mart DÜNYA KADINLAR GÜNÜ

Fit Sohbetler
İĞÜFITTALKS
8 Mart Dünya Kadınlar Günü

8 Mart 2021
Instagram Canlı Yayın
LIVE

@girisimcsporcular

gelistim.edu.tr

SKS

İSTANBUL GELİŞİM ÜNİVERSİTESİ

Let's Talks Sports
TÜRKİYE'DE ATLETİK PERFORMANS ANTRENÖRLÜĞÜNDE KARİYER

Instagram Canlı Yayın
LIVE

Buse Korkut
Girişimci Sporcular Kulübü
@girisimcsporcular

Doç. Dr. İsa Sağıroğlu
Trakya Üniversitesi S.B.F.
@isaagiroglu

7 MAYIS 2021 21.00

CANVA STORIES

İSTANBUL GELİŞİM ÜNİVERSİTESİ

SOÇİ'DEN GİRESUN'A AÇIK SU YÜZME MARATONU
Dünya Sağlık Çalışanları ve Destluk İçin Kulaçlar Karadeniz'de Atılacak

Mustafa Özer
Organizasyon Komite Başkanı
@mustafaozer

Doç. Dr. Kubilay Çimen
Organizasyon Danışmanı ve Sporcu
@kubilaycimendoc

Prof. Dr. Cengiz Karagozlu
M.U. S.B. Öğretim Üyesi ve Genel Yürütücü
@cengizkaragozlu

6 HAZİRAN 2021
21.00

Instagram Canlı Yayın
LIVE

Öğr. Gör. Tekmil Sazan Göksu
İĞÜ BESYO
@goksumil

SKS

İSTANBUL GELİŞİM ÜNİVERSİTESİ

Şenol Güneş
İnsan Kaynakları Uzmanı
@senolgunes

Fit Sohbetler
İĞÜFITTALKS
"Covid 19 Süreci ve Sonrası Spor Sektöründe Mesleki Dönüşüm"

21 MAYIS 2020 21:20
Instagram Canlı Yayın

Moderatör
Nursena Açıkgöz
Girişimci Sporcular Kulübü Başkanı
@nursenaacikgoz

SKS

İSTANBUL GELİŞİM ÜNİVERSİTESİ

İbrahim Sırrı Onal
S. Kademe Baş Antrenör
Millî Takım Antrenörü
Türkiye ve Dünya Sporcularla Sampiyonu
@ibrahimsirronal

Fit Sohbetler
İĞÜFITTALKS
İbrahim Sırrı Onal ile Spora ve Hayata Dair Her Şey

6 HAZİRAN 2020 19:00
Instagram Canlı Yayın

Moderatör
Özgür Özcanlı
Girişimci Sporcular Kulübü Antrenörlük Eğitimi Bölümü
@ozgurozcanli

SKS

İSTANBUL GELİŞİM ÜNİVERSİTESİ

Dr. Öğr. Üyesi Mehmet Soyak
İstanbul Gelişim Üniversitesi BESYO Müdürü
@mehmetsoyak

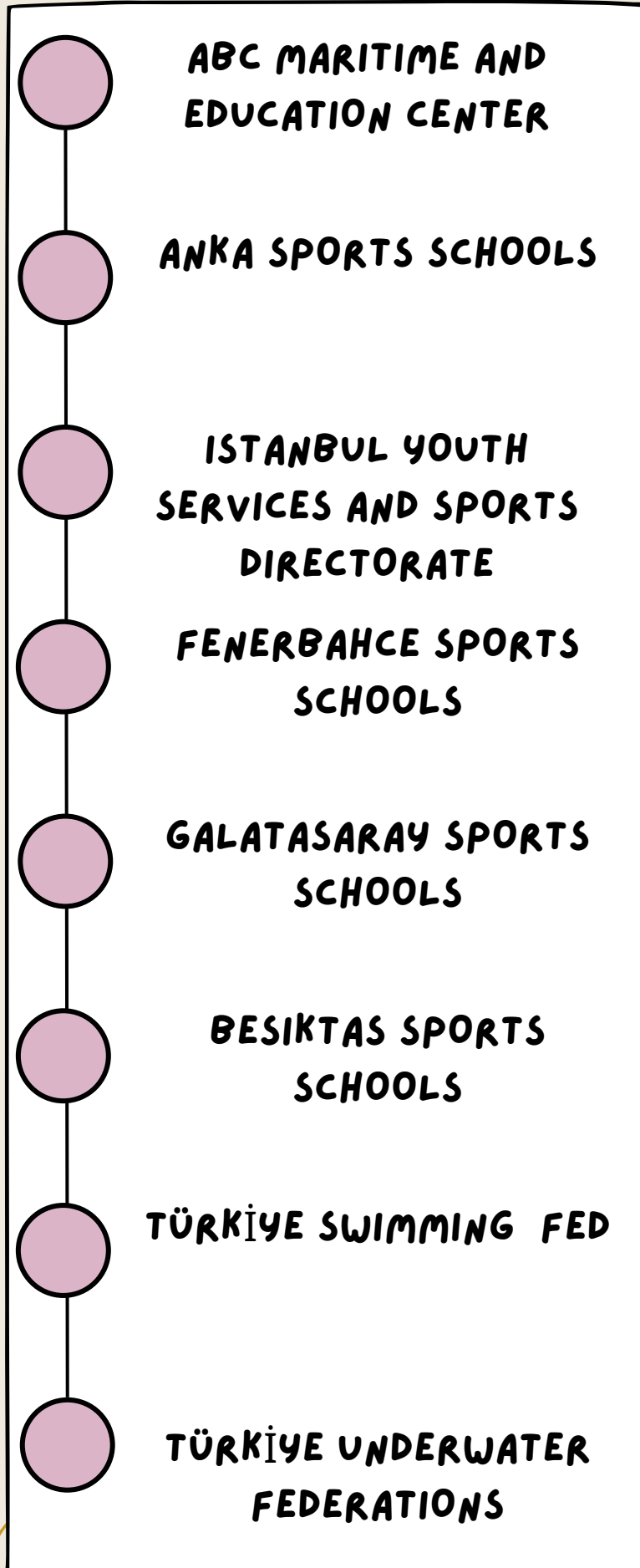
Fit Sohbetler
İĞÜFITTALKS
İĞÜ BESYO Hakkında Her Şey
"Yükseköğretimde Covid 19 Döneminde Online Dersler ve Kazanımları"

16 MAYIS 2020 21:00
Instagram Canlı Yayın

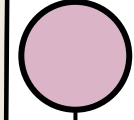
Moderatör
Özgür Özcanlı
Girişimci Sporcular Kulübü Antrenörlük Eğitimi Bölümü
@ozgurozcanli

SKS

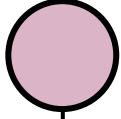
INSTITUTIONS SIGNED PROTOCOL



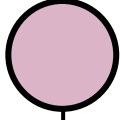
INSTITUTIONS SIGNED PROTOCOL



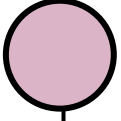
ADVENTURE ACADEMY



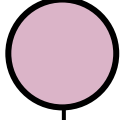
YOUTH TENNIS ACADEMY



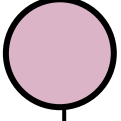
**HOLIDAY GARDEN
TOURISM ENTERPRISE**



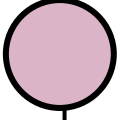
KEMER FOOTBALL CLUB



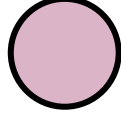
**BEYLİKDÜZÜ SWIMMING
CLUB**



YAKUPLU MARIN



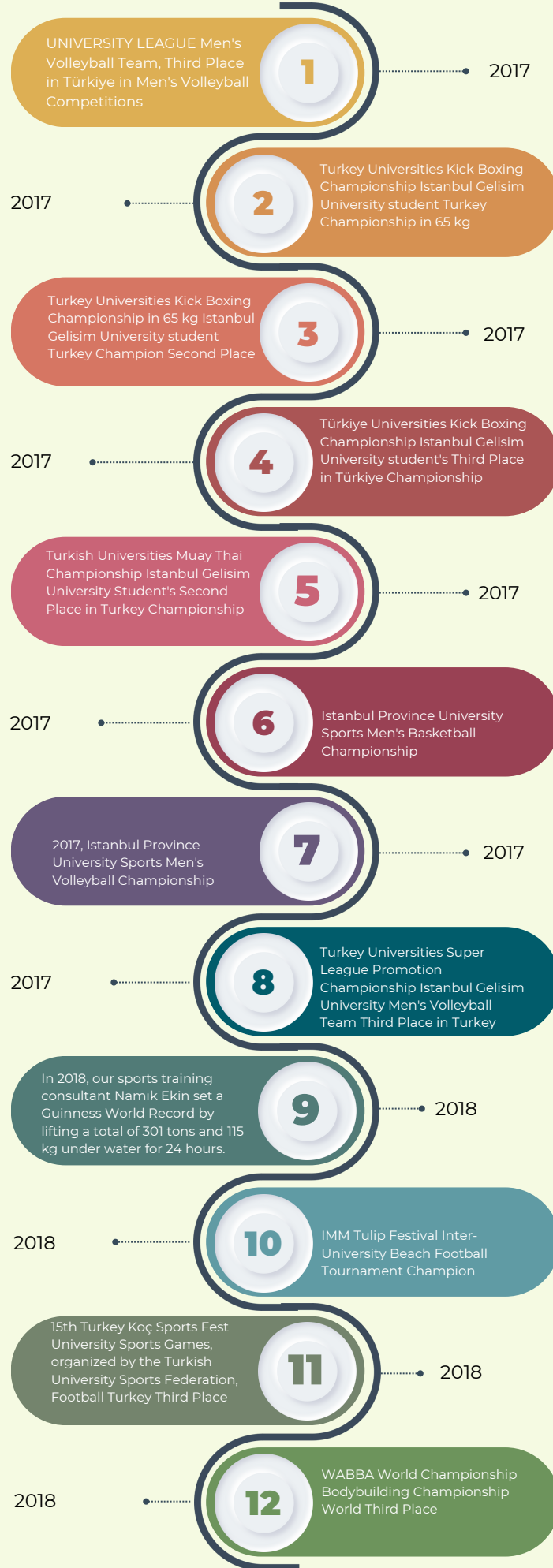
**SPORYUM SPORTS
SCHOOL**



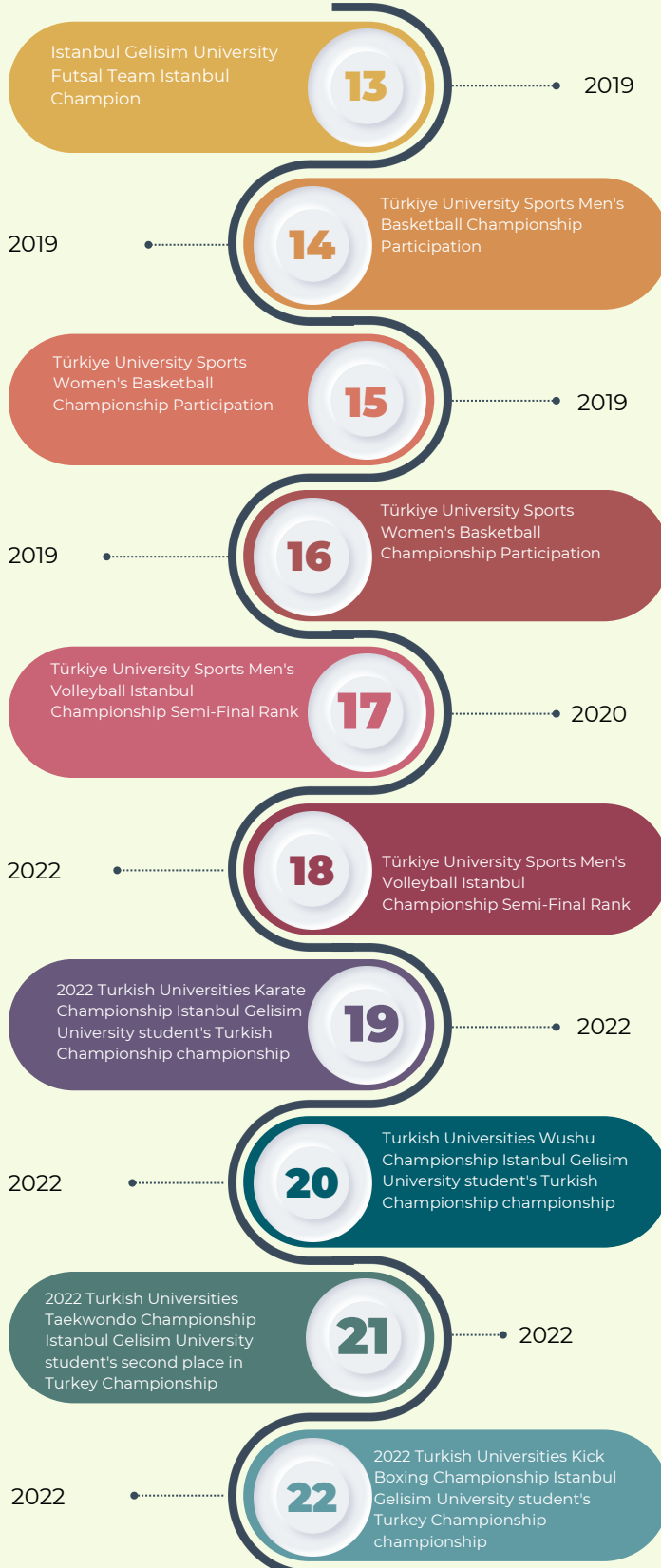
GÖKKUŞAĞI COLLEGE



SPORTIVE ACHIEVEMENTS



SPORTIVE ACHIEVEMENTS



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RESEARCH HIGHLIGHTS

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