

Spor Bilimleri Fakültesi

## FACULT O SPORTS SCIENCES E - BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

#### **APRIL 2025**

SPORBILIMLERI.GELISIM.EDU.TR

#### 6.2 MAGNITUDE EARTHQUAKE IN ISTANBUL! Res. Asst. Fikret KAYHALAK



The 6.2 magnitude earthquake that occurred in Istanbul at 15:42 on Wednesday, 23 April was felt in a wide area, especially around the university. In the aftermath of the earthquake, Istanbul Gelisim University took the precautionary measure of suspending educational activities at the Faculty of Sports Sciences on the 24th, 25th and 26th of April, with a primary focus on ensuring the safety and well-being of students and academic staff.

As reported by the Disaster and Emergency Management Presidency (AFAD), four additional aftershocks occurred in the region between 20:21 and 21:06 on Friday evening, 25 April. The most significant of these tremors registered at a magnitude of 4.3 and occurred at a depth of 7 kilometres.

Despite the absence of fatalities and significant destruction, a considerable number of Istanbul residents opted to spend the night outdoors, anticipating the potential for aftershocks following the primary seismic event on 23 April. Istanbul Gelisim University Faculty of Sports Sciences wishes all students and staff a speedy recovery.

#### 1 st Level Coaching Courses in May 2025 Res. Asst. Fikret KAYHALAK

CITY	DATE	FEDERATION	COURSE	
KONYA	19.05.2025 - 23.05.2025	Sports for All Yoga 1st Level Assistant Trainer Training Co		
ĸilis	19.05.2025 - 23.05.2025	Sports for All Wellness 1st Level Assistant Trainer Train		
ANKARA	19.05.2025 - 23.05.2025	Sports for All	Wellness 1st Level Assistant Trainer Training Course	
ANTALYA	13.05.2025 - 18.05.2025	Body Building and Fitness	1st Level Assistant Coach Training Course	
İZMİR	12.05.2025 - 16.05.2025	Sports for All	Wellness 1st Level Assistant Trainer Training Course	
YOZGAT	12.05.2025 - 16.05.2025	Sports for All	Wellness 1st Level Assistant Trainer Training Course	
BURSA	12.05.2025 - 16.05.2025	Sports for All	Yoga 1st Level Assistant Trainer Training Course	
İZMİR	12.05.2025 - 17.05.2025	gymnastics Pilates 1st Level Assistant Trainer Trainin		
ANTALYA	12.05.2025 - 17.05.2025	gymnastics Pilates 1st Level Assistant Trainer Train		
ÇANAKKALE	12.05.2025 - 19.05.2025	Basketball	1st Level (E) Coach Course	
ESKİŞEHİR	12.05.2025 - 17.05.2025	Disabled Athletes Sports Federation of Türkiye	Atletizm 1st Level Assistant Coach Training Course	
MERSİN	12.05.2025 - 17.05.2025	Gymnastics	Pilates 1st Level Assistant Trainer Training Course	
İSTANBUL	12.05.2025 - 17.05.2025	Gymnastics EMS System Exercises 1st Level Assis Training Course		
İSTANBUL	12.05.2025 - 17.05.2025	Gymnastics	Pilates 1st Level Assistant Trainer Training Course	
İSTANBUL	10.05.2025 - 16.05.2025	Gymnastics	Artistic Gymnastics 1st Level Assistant Coach Training Course	
SAMSUN	09.05.2025 - 13.05.2025	Chess	1st Level Assistant Coach Training Course	
DENİZLİ	09.05.2025 - 13.05.2025	Chess	1st Level Assistant Coach Training Course	
ADANA	09.05.2025 - 13.05.2025	Chess	1st Level Assistant Coach Training Course	
İSTANBUL	09.05.2025 - 13.05.2025	Chess	1st Level Assistant Coach Training Course	
ANKARA	08.05.2025 - 13.05.2025	Body Building and Fitness	1st Level Assistant Coach Training Course	
ANKARA	07.05.2025 - 11.05.2025	Wushu	Aikido 1st Level Assistant Coach Training Course	
ANKARA	07.05.2025 - 14.05.2025	Tennis	1st Level Assistant Coach Training Course 2. Group	
ANKARA	07.05.2025 - 11.05.2025	Wushu	Wing Chun 1st Level Assistant Coach Training Course	
AKSARAY	04.05.2025 - 09.05.2025	Disabled Athletes Sports Federation of Türkiye	Table Tennis 1st Level Assistant Coach Training Course	

#### **2nd Level Coaching Courses In May**

#### **Res. Asst. Fikret KAYHALAK**

CITY	DATE	FEDERATION	COURSES
İZMİR	19.05.2025 - 24.05.2025	Sports for All	Yoga 2nd Level Basic Trainer Training Course
ANKARA	12.05.2025 - 18.05.2025	Shooting	Shooting 2nd Level Basic Trainer Training Course
ΗΑΤΑΥ	12.05.2025 - 17.05.2025	Sports for All	Wellness 2nd Level Basic Trainer Training Course
KONYA	12.05.2025 - 18.05.2025	Shooting	Shooting 2nd Level Basic Trainer Training Course
ANKARA	12.05.2025 - 16.05.2025	Equestrian	2nd Level Basic Trainer Training Course
ANKARA	12.05.2025 - 17.05.2025	Gymnastics	Pilates 2nd Level Basic Trainer Training Course
MERSIN	12.05.2025 - 17.05.2025	Gymnastics	Pilates 2nd Level Basic Trainer Training Course
ANKARA	10.05.2025 - 16.05.2025	Gymnastics	Artistic Gymnastics 2nd Level Basic Trainer Training Course
ANKARA	06.05.2025 - 11.05.2025	Wushu	Aikido 2nd Level Basic Trainer Training Course

#### **3rd Level Coaching Courses In May**

COURSE	FEDERATION	DATE	CITY
Wellness 3rd Level Senior Trainer Training Course	Sports for All	12.05.2025 - 18.05.2025	ANKARA
3rd Level Senior Coach Training Course	Judo	10.05.2025 - 17.05.2025	TRABZON

## KÖKBÖRÜ: THE PRIDE OF BOZKUR, THE ART OF MOUNTED WARFARE Res. Asst. Fikret KAYHALAK

Kökbörü (or Kokpar) is a sport that originated in the ancient lands of Central Asia, where courage, horsemanship and team spirit have been kept alive for centuries. The game's moniker, 'Sky Wolf', is indicative of its philosophy, which emphasises the values of agility, strength, and freedom, akin to that of a wolf. In the traditional sport of Kökbörü, competitors engage in a strenuous contest on horseback. The objective of the game is to retrieve the hide (which is traditionally that of a goat) from the ground and to transport it expeditiously to one's teammates or to the opponent's castle. The equestrian displays both a failure to dismount and an absence of deceleration; each manoeuvre is a stratagem, each struggle an epic. The activity demands not only physical strength, but also agility, intelligence, endurance and a harmonious integration with the horse. It is evident that every Kökbörü athlete, when participating in the traditional nomadic equestrian practices of the steppe, establishes a profound connection with ancestral traditions, the natural environment, and historical legacies.



Game Rules: Kökbörü is usually played with two teams. Players try to grab the hide left in the centre of the playing field and carry it to the target area of their team.

The other team tries to stop the athlete carrying the hide, but can only intervene on the horse. Matches usually consist of three halves and the team with the most points at the end of each half has the advantage. It is forbidden to land on the ground during the game; endurance, strategy and horse control are the decisive factors.

Kökbörü is not just a game; it is a living heritage of honour, courage and common struggle. Today, Kökbörü, which is still kept alive with big tournaments in Kazakhstan, Kyrgyzstan and other Turkic world countries, is a sport that reminds us of our roots.

## Immobility is a Silent Enemy!



# Subsequent to a Legend: An examination of the inspirational life of Naim Süleymanoğlu Res. Asst. Fikret KAYHALAK

Naim Süleymanoğlu, regarded as one of the strongest men in the world, is commemorated as a legendary figure not only for the medals he won, but also for his combative spirit, his dedication to his country and the value he contributed to sports.

The subject's life commenced under challenging circumstances, yet ultimately culminated in a series of significant accomplishments.

Born in 1976 in Bulgaria to a family of Turkish origin, Süleymanoğlu was introduced to weightlifting at a young age. It is evident that the subject attracted significant attention at a remarkably early age, specifically when he achieved the world record at the age of 15. Naim, who underwent training in challenging circumstances, evolved into a prominent figure in the resistance against assimilation policies in Bulgaria. During the 1986 World Weightlifting Championship in Australia, he sought refuge in the Turkish Embassy and subsequently defected to Türkiye. Subsequent to that moment, he commenced the display of the Turkish flag with great pride in the international arena.

He is inscribed in the annals of the Olympic Games in golden letters.

Naim Süleymanoğlu is widely regarded as one of the most significant athletes in the history of the Olympic Games. At the 1988 Seoul Olympics, he set a world record on three occasions and set a new record at the Olympic level on six occasions. He is widely regarded as one of the most significant figures in the history of weightlifting, having achieved three Olympic gold medals, seven world championship titles, and 46 world records.

Pocket Hercules: This athlete is not merely a physical specimen; rather, they embody a profound inspirational quality that extends beyond their sporting prowess.

Süleymanoğlu, who gained legendary status by lifting three times his own weight, became a role model for millions not only through his physical strength, but also through his faith, courage and determination. The sobriquet 'Pocket Hercules', which was bestowed upon him, became a symbol of the remarkable achievements he accomplished despite his diminutive stature. Naim Süleymanoğlu, who passed away in 2017, is remembered for his remarkable achievements in the field of weightlifting, which have been enshrined in the annals of sports history. His life story is also an inspiration, offering a testament to the power of resilience and the pursuit of excellence.

![](_page_6_Picture_8.jpeg)

![](_page_6_Picture_9.jpeg)

#### The Ordinary General Assembly Of The Council Of Deans Of Faculties Of Sport Sciences Was Convened In Ankara. **Res. Asst. Fikret KAYHALAK**

The Ordinary General Assembly Meeting of the Council of Deans of Faculties of Sports Sciences held in Ankara on 21-22 April 2025 was held with the participation of deans of faculties of sports sciences of many universities across Türkiye. Prof. Dr. Kubilay Çimen, Dean of Istanbul Gelisim University Faculty of Sports Sciences, also attended the meeting.

![](_page_7_Picture_2.jpeg)

In the General Assembly, deliberations were held on contemporary academic developments, prevailing practices and recent regulations in higher education, which are closely related to the faculties of sport sciences. In particular, an examination commission was established for the purpose of evaluating the studies that are to be conducted in relation to the Special Talent Examination (ÖZYES) system. Following the voting process conducted during the meeting, Prof. Dr. Kubilay Çimen was elected as a member of this significant examination commission. The execution of this task will represent a contribution to the process of establishing scientific, fair and common criteria for special talent exams to be applied in sports sciences faculties across Türkiye. The Faculty of Sports Sciences at Istanbul Gelisim University congratulates Professor Dr. Kubilay Çimen on his significant undertaking. We extend our best wishes for his ongoing success in the national-level studies he is undertaking.

![](_page_7_Picture_4.jpeg)

—**芬** Spor Bilimleri Fakültesi

## The 19th FIEPS European Congress was held in Antalya, with a high level of participation. Res. Asst. Fikret KAYHALAK

The 19th FIEPS European Congress, held in Antalya between 24-27 April 2025 in cooperation with the Sports Sciences Association and ASDER, was completed rich scientific and academic with a programme. The congress, in which Istanbul Gelisim University Faculty of Sports Sciences Vice Dean Assoc. Prof. Dr. Mustafa Can Koc participated in the organising committee, was attended by 42 different 270 participants from countries.

![](_page_8_Picture_2.jpeg)

In the context of the Congress, The event will comprise 26 oral presentation sessions. The event will comprise two poster sessions. The first symposium is to be held.

A total of seven invited speakers participated in the event.

The participants shared information on a wide range of subjects, including current issues in sports science, application examples, education policies and multidisciplinary research. The congress is notable for its enhancement of international interaction and cooperation, its substantial contributions to the academic community, and its establishment of a productive and inspiring platform for participants.

![](_page_8_Picture_6.jpeg)

— 🎢 Spor Bilimleri Fakültesi The Faculty of Sport Sciences at IGU has successfully achieved ISO 9001:2015 and ISO 10002:2018 audit certification, a significant accomplishment that attests to its commitment to quality and operational excellence.

Lecturer Tekmil Sezen SOYAL

Istanbul Gelisim University Faculty of Sports Sciences successfully completed the periodic audit of 2025 within the scope of ISO 9001: 2015 Quality Management System and ISO 10002: 2018 Customer Satisfaction Management System certificates, which it was entitled to receive in 2019 (Anon., 2025).

![](_page_9_Picture_3.jpeg)

The audit process is overseen by the Faculty Dean, Professor Dr. Kubilay Çimen, and the Vice Dean, Dr. Lecturer. The member in question is Mr Okan Kiliçkaya, who serves as the Unit Quality Representative Lecturer. The role of Assistant is to provide support and assistance to the relevant parties. This success is indicative of the quality-oriented management approach adopted by the faculty, emphasising the importance placed on student satisfaction. It is imperative to express our profound gratitude to all members of the academic and administrative staff who play a pivotal role in ensuring the efficacy of our processes.

## The Power of Codes of Ethics for Businesses and Athletes:Trust, Reputation and Sustainable SuccessLecturer Tekmil Sezen SOYAL1/2

In today's sports industry, adherence to ethical principles is a key factor not only on the field but also off the field, shaping the path to success. For both sports organizations and athletes, ethical codes are not merely a set of rules; they are the foundation of trust, reputation, and sustainable success. An ethical code is a written document that clearly outlines the values, responsibilities, and standards of behavior of an organization. For sports organizations, ethical codes: Shape corporate culture, Enhance reputation and brand value, Reduce legal risks, Build trust among stakeholders. Especially in areas like sports, where competition is intense, media attention is high, and fan pressure is constant, ethical codes directly influence the credibility and long-term success of an organization.So, where does the importance of ethical codes in the sports ecosystem stem from, and why are they indispensable?An ethical code defines the behavioral rules, values, and responsibilities that an organization or individual is expected to follow. For sports organizations and athletes, ethical codes encompass principles such as fair play, honesty, transparency, and social responsibility. The Importance of Ethical Codes for Sports OrganizationsBuilding TrustSports organizations constantly interact with fans. sponsors, media, and society. Trust is the foundation of this interaction. Through ethical codes, organizations demonstrate a transparent and honest management approach, gaining the trust of their stakeholders. UEFA's Financial Fair Play (FFP) regulations aim to increase financial transparency among clubs and foster a climate of trust.Reputation ManagementThe most valuable asset of a sports organization is its brand reputation. Unethical behavior (such as match-fixing or doping scandals) can damage a club's or athlete's reputation and result in the cancellation of sponsorship deals. The Calciopoli scandal (2006) involving Juventus severely damaged the club's reputation and led to its relegation. This incident clearly illustrates the financial and reputational consequences of unethical conduct.Sustainable SuccessA management approach based on ethical codes ensures not only shortterm gains but also long-term institutional sustainability. By adhering to ethical principles, sports organizations contribute to social responsibility projects and increase fan loyalty. FC Barcelona's sponsorship agreement with UNICEF (2006-2011) reflected the club's commitment to social responsibility and enhanced its global brand value. The Importance of Ethical Codes for AthletesFair Play and the Spirit of CompetitionAt the heart of ethical codes for athletes lies fair play—respect for opponents and the rules of the game. The ethical codes of WADA (World Anti-Doping Agency) ensure that athletes compete in a fair environment.

The Power of Codes of Ethics for Businesses and Athletes:Trust, Reputation and Sustainable SuccessLecturer Tekmil Sezen SOYAL2/2

#### Digital Representation and Social Media Ethical Codes

Athletes also carry responsibilities in the digital realm. Statements made on social media impact not only their personal reputation but also that of the institutions they represent. The termination of Nike's partnership with Kyrie Irving following his social media posts is concrete example of the а unethical of consequences behavior in digital spaces.

#### ETIK KODLARIN GÜCU: GÜVEN, İTİBAR VE SÜRDÜRÜLEBİLİR BAŞARI

![](_page_11_Figure_4.jpeg)

#### **Implementation of Ethical Codes:**

- A Roadmap for Sports Organizations Development of the Ethical Code
- It should be prepared with the participation of stakeholders
- .• It must comply with national and international standards.

#### **Education and Awareness**

- Employees and athletes should undergo regular ethics training. Monitoring and Sanctions
- Independent auditing mechanisms should be established to address ethical violations.
- Clear sanction policies must be in place.

## IGU Women's Futsal Team Reaches the Quarter-Finals Res. Asst. Bilal GÖK

In the initial match of the Istanbul qualifiers for the 2024-2025 season, Istanbul Gelisim University's Women's Futsal Team emerged victorious over Istanbul University with a score of 7-0. They subsequently secured another triumph, this time against IUE, also with a score of 7-0, in the second match.

In the final match of the group stage, the team emerged victorious over Istanbul Technical University with a score of 7-1 and subsequently overcame Koç University with a score of 5-4. This triumph secured their position at the top of their group, amassing a total of 9 points from 3 consecutive victories. It is appropriate to extend congratulations to all members of the technical team and athletes who contributed to this success.

![](_page_12_Picture_3.jpeg)

## IGÜ WOMEN'S VOLLEYBALL TEAM IN THE QUARTER-FINALS ! Res. Asst. Bilal GÖK

The Istanbul Gelisim University Women's Volleyball Team successfully advanced to the quarter-finals of the 2024-2025 season in the Istanbul qualifiers. This achievement was attained by the team's decisive victories in the first match against Istanbul Arel University with a score of 3-1, and in the second match against Istanbul University with a score of 3-0. The team's overall performance, irrespective of the outcome of the final match in the group against Topkapi University, ensured their progression to the subsequent stage of the competition.

It is appropriate to extend congratulations to all members of the technical team and athletes who contributed to this success.

![](_page_13_Picture_3.jpeg)

#### Early Specialization in Sport:Pathway to Excellence or Developmental Risk? Res. Asst. Ayşe Demet KARADAĞ

In contemporary society, the practice of directing children to specialise in a single sport at an early age has become a fundamental component of the performanceoriented elite athlete development model. However, this approach frequently eclipses the physical, psychological and social development processes of children (Malina, 2010).

The notion of early specialisation pertains to the practice of children, from a young age, dedicating their attention exclusively to a particular sport, engaging in yearround training, and pursuing specialisation in that particular domain (Jelaska, Hraste, & Clark, 2023).

Research indicates that children who specialize in a single sport at a very early age are at higher risk of experiencing sport dropout, burnout, and overuse injuries later in life (Ayache, Biabani, & Chalah, 2022; Fraser-Thomas, Côté, & Deakin, 2005). On the other hand, athletes such as Simone Biles and Rafael Nadal achieved remarkable success through early specialization (Aoki & Ishii, 2025). This suggests that while early specialization may provide advantages in certain sports—such as gymnastics and swimming—it may hinder long-term development in others (Ryder, 2022).Côté's Developmental Model of Sport Participation (DMSP) advocates for sampling multiple sports in childhood before moving toward specialization in adolescence. Similarly, the Long-Term Athlete Development (LTAD) model, developed in Canada, emphasizes age-appropriate training that supports both performance goals and lifelong physical activity (Balyi, Way, & Higgs, 2013).Focusing on a single sport at an early age may exacerbate inequities caused by differences in children's physical maturity (Barnsley et al., 1985). In addition, early specialization can lead to negative outcomes such as social isolation, loss of play-based development, and reduced self-efficacy (Tóth Enikő, 2024). Early specialization is not the right path for every child. Allowing children to explore different sports helps them discover their physical and mental potential, encouraging long-term engagement with sport and supporting healthy development. Educators, coaches, and parents should approach this process with awareness, flexibility, and a child-centered perspective.

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#### The Use of Decision Trees in Sports Science: The Dawn of Al-Supported Training Models Res. Asst. Ayşe Demet KARADAĞ

The field of sports science is evolving, with coaches' observations complementing and being increasingly supplemented by data-driven decisions.

The following aspects are of particular relevance in the field of sports science: the prediction of athletic performance, the assessment of injury risk, and the identification of the most suitable sport discipline for an athlete.

The responses to these inquiries are now found in machine learning algorithms, such as decision trees. Decision trees represent a class of algorithms that are both intuitive and powerful. They are capable of classifying outcomes such as "high/moderate/low risk" by analysing variables such as age, body composition and jump height (Witten et al., 2016).

Its greatest advantage lies in its simplicity-decision trees operate in a way that even coaches can easily interpret. Machine learning is now shaping the future of sports. From injury risk analysis and sport specialization guidance to training load classification and behavioral predictions, data has become the "invisible coach" (Han et al., 2011).Decision trees are one of the machine learning (ML) algorithms, a subfield of artificial intelligence. These systems learn from historical data to make predictions about future outcomes.In sports science, they are effectively used in areas such as:√ Injury risk analysis√ Talent identification and sport selection√ Training load classification√ Player behavior prediction(Han, Pei, & Kamber, 2011)Different algorithms offer different advantages. While decision trees and random forest excel in athlete selection, K-nearest neighbors (KNN) and naive Bayes are often preferred in behavioral analytics. Support vector machines (SVM) and logistic regression are frequently used in psychological and medical outcome prediction (Breiman, 2001; Brownlee, 2020). The performance of these models is evaluated using metrics such as accuracy, recall, F1-score, and AUC-ROC.For example, one model can predict an athlete's injury risk with 80% accuracy using heart rate and sprint data (Powers, 2011).Data is leaving no room for chance.lt is artificial intelligence that now determines who should train, how, when, and how much. The future of sport is being written by those who can interpret data and bring algorithms to the field.

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## Türkiye Wrestling Champion from Istanbul Gelisim University Faculty of Sport Sciences Res. Asst. Bilgehan PEPE

Istanbul Gelisim University, Faculty of Sport Sciences, has once again been distinguished by a significant academic accomplishment. The Faculty of Sport Sciences has once again achieved a remarkable success. A student from the Department of Exercise and Sport Sciences participated in the U20 Turkish Freestyle Wrestling Championship, which took place at the Çorum Indoor Sports Hall from 13–15 April 2025. Demonstrating superior prowess in the 86 kg category, he secured the esteemed title of Türkiye Champion. It is with great pleasure that we extend our sincerest congratulations to our athlete, who has brought distinction to both our faculty and our university through this extraordinary accomplishment. It is the considered opinion of the Faculty of Sport Sciences that the success of our students should continue to increase both nationally and internationally. It is with great pleasure that we extend our most sincere congratulations to our inspiring student and the dedicated coaches who contributed to this significant accomplishment.

![](_page_16_Picture_2.jpeg)

## Kerem Kamal Wins Gold Medal at the European Wrestling Championship

#### **Res. Asst. Bilgehan PEPE**

Kerem Kamal was triumphant in his gold-medal winning performance at the 2025 European Wrestling Championship. Kerem Kamal's triumph in the 63 kg category at the 2025 European Wrestling Championship is indicative of his prowess in the sport, thus solidifying his position as the champion. The championship was held in Bratislava, Slovakia, where Kamal defeated his Armenian opponent Karen Aslanyan 7–2 in the Greco-Roman final, thereby securing the gold medal. In his path to the ultimate showdown, Kamal vanguished his opponents in a series of rigorous competitions. He triumphed over Finland's Tino Tapio Ojala in the qualifying round, overcame Moldova's Vitalie Eriomenco in the quarter-finals, and ultimately secured a decisive victory against Azerbaijan's Murad Mammadov in the semi-finals. This triumph signifies Kamal's second European title at the senior level. Prior to this, he had secured the gold medal in the 60 kg category at the 2022 European Championship, which was held in Hungary. Türkiye's Minister of Youth and Sports, Mehmet Muharrem Kasapoğlu, extended congratulations to Kamal, stating: It is asserted that the organisation is proud of its athletes and wishes them continued success. It is evident that Kerem Kamal's recent accomplishment has further elevated his status as a prominent figure in the realm of Turkish wrestling, thereby reinforcing his reputation on the global stage.

![](_page_17_Picture_3.jpeg)

#### National Weightlifter Sets European Record Res. Asst. Muhammed ALİ GÖKÇE

At the championship held in Chişinău, the capital of Moldova, Yusuf Fehmi Genç succeeded in breaking the European record in the clean and jerk discipline of the men's 73 kg category, lifting 194 kg. Genç also secured the silver medal in the snatch with a lift of 154 kg, and subsequently claimed the gold medal in the clean and jerk with his record-breaking performance. The athlete, aged 22, equalled the European record with a weight of 348 kg, consequently claiming the European champion title for the first time in his career. Another national athlete, Muhammet Furkan Özbek, was unsuccessful in all three attempts in the snatch. However, with a clean and jerk lift of 192 kg, he was awarded the silver medal, thereby securing a place on the podium.

![](_page_18_Picture_2.jpeg)

## The Hidden Danger of Rhabdomyolysis in Sports and Exercise

#### Res. Asst. Muhammed ALİ GÖKÇE

The Danger of Rhabdomyolysis: A life-threatening condition that is frequently disregarded.

Rhabdomyolysis is a serious medical condition caused by the breakdown of muscle fibres, which leads to the release of toxic substances into the bloodstream. The toxins can accumulate in the kidneys, potentially resulting in kidney failure and fatal cardiac arrhythmias. It is imperative to acknowledge that inadequate fluid intake constitutes a substantial risk factor for the development of rhabdomyolysis. Gemma Underwood, a fitness enthusiast, experienced this phenomenon firsthand after participating in a karate class. The patient initially attributed her severe muscle pain to routine post-exercise discomfort. However, as the pain intensified, she sought medical attention. Following a series of diagnostic tests, a diagnosis of rhabdomyolysis was made, a condition that can be lifethreatening.Underwood was treated with intensive intravenous fluid therapy and discharged after five days of hospital care. In certain instances, the condition may necessitate dialysis, underscoring the critical importance of early diagnosis and intervention. Underwood (n.d.) emphasises the significance of hydration and asserts that she is meticulously monitoring her fluid intake during the healing process. She is currently recuperating in her residence.

![](_page_19_Picture_4.jpeg)

## China Hosts World's First Marathon Where Humanoid Robots Compete with Humans

#### Res. Asst. Mustafa DEMİR

The People's Republic of China has recently hosted a historic event, which has been hailed as the world's first marathon in which humanoid robots participated alongside human competitors. On 19 April 2025, the capital city of China, Beijing, witnessed a significant technological advancement with the organisation of a marathon event that marked a global first. This event saw humanoid robots compete alongside human runners, thereby highlighting the advancements in robotics and artificial intelligence. The half marathon, which spanned a distance of 13 miles (21 kilometers), attracted 12,000 human participants and 21 humanoid robots, thus making it a historic event.In order to qualify, participating robots were required to meet specific criteria. Firstly, they were required to be unpowered, i.e. they could not have wheels. Secondly, they were required to possess physical characteristics that were similar to human characteristics. Each robot was accompanied by a human operator, with some receiving limited physical assistance. Although a small number of robots encountered difficulties, such as stumbling or colliding with barriers at the commencement of the race, the majority successfully completed the race.Tiangong Ultra is at the forefront of the field.

In the field of robotics, a remarkable performance was demonstrated by Tiangong Ultra, a creation of the Beijing Innovation Centre of Human Robotics. Tiangong Ultra completed the race in a time of 2 hours and 40 minutes, thereby achieving first place among robot competitors. The product in question was notable for its long legs and advanced algorithms that closely mimicked human gait. The robot required only three battery changes throughout the race.

The following section will address the subject of awards and future outlook.

Following the conclusion of the event, awards were presented in categories such as race completion, endurance, and public popularity. The organising committee emphasised that the marathon was not merely a demonstration, but also a powerful reflection of the significant advancements in humanoid robotics, with the aim of raising public awareness and stimulating interest in the field.

![](_page_20_Picture_6.jpeg)

Whistle on the Field, Science in the Classroom: Prof. Dr. Abdullah Bora Özkara — Both Referee and Academic!

#### **Res. Asst. Onur TOPUZ**

Professor Dr. Abdullah Bora Özkara, a faculty member in the Department of Physiotherapy and Rehabilitation at the Faculty of Health Sciences, Karadeniz Technical University, successfully balances two demanding roles: that of an academic and an assistant referee in Turkey's Süper Lig. In addition to his primary role, he fulfils the function of Vice Dean of the faculty. Moreover, he officiates matches at the international level as a FIFA-certified referee.

Professor Dr. Özkara has accumulated more than two decades of experience in refereeing, a role which he combines with an academic career. In his lectures, he synthesises scientific knowledge with realworld insights from his experience on the football pitch. He frequently shares his practical knowledge with students, integrating theoretical instruction with fieldbased applications.

Özkara (2023) draws parallels between academic life and refereeing, emphasising the significance of swift, impartial and precise decision-making in both domains.

Through the implementation of discipline and decision-making strategies derived from the football field, he has cultivated robust connections with his students and fostered their enthusiasm for sports. Questions concerning the regulations of football that are posed in the aftermath of sporting fixtures frequently serve to render his classes more interactive and inspiring, thereby blending academic rigour with the excitement of the game.

![](_page_21_Picture_6.jpeg)

## A Historic Run: 20th Istanbul Half Marathon Welcomes Record Number of Participants Res. Asst. Sinan DEMİRCİ

On Sunday, April 27, 2025, Istanbul hosted a prestigious event that blended the passion for sports with the city's rich historical atmosphere.Organized by Spor Istanbul. а subsidiary of the Istanbul Metropolitan Municipality, and sponsored by Türkiye İş Bankası, the 20th Istanbul Half Marathon marked a significant milestone with its highest participation rate to date, making it a major success both in terms of organization and for the sports community.This year's race attracted 17,913 runners from 91 different countries. Among them were 1,531 international athletes, adding a global flair to the event. The competition also welcomed 39 elite runners (24 women and 15 men), further elevating the international profile of the race.

![](_page_22_Picture_2.jpeg)

20th Istanbul Half Marathon Blends Sports and History with Record Participation On Sunday, April 27, 2025, Istanbul hosted a prestigious event that brought together a passion for sports and the city's rich historical backdrop. Organized by Spor Istanbul, a subsidiary of the Istanbul Metropolitan Municipality, and sponsored by Türkiye İş Bankası, the 20th Istanbul Half Marathon reached an all-time high in participation, marking a significant achievement for both the organizers and the athletic community. This year's race welcomed 17,913 runners from 91 countries, including 1,531 international athletes. The competition also featured 39 elite runners (24 women, 15 men), adding a strong international dimension to the event. Classified under the prestigious "Gold Label" category by World Athletics, the Istanbul Half Marathon ranks among the world's top-tier half marathons. This recognition highlights the event's importance not only for Turkey but also for the global athletics community.

The race took place in Istanbul's Historic Peninsula, beginning in Yenikapı. Runners followed a scenic route through Kumkapı, Cankurtaran, Sarayburnu, Sirkeci, Galata Bridge, Karaköy, Eminönü, Unkapanı, Cibali, and Ayvansaray, before finishing back at Yenikapı. Thanks to the flat course, many athletes had the opportunity to set personal best times. The 10K run started at 08:00, followed by the 21K race at 09:15. Throughout the event, approximately 500 volunteers and 1,208 staff members from Spor Istanbul ensured flawless execution. Moreover, 1,132 runners took part on behalf of 33 NGOs, adding a meaningful social responsibility dimension to the marathon through charitable fundraising. More than just a competitive race, the event served as a cultural experience—offering athletes the rare opportunity to run through some of Istanbul's most iconic landmarks. For many, the race turned into a memorable journey blending sports with the city's heritage.With its ever-growing scale, increasing number of participants, and rising international prestige, the Istanbul Half Marathon has become a key attraction in the realm of sports tourism.

Following the world record set in 2021 by Kenyan athlete Ruth Chepngetich on the same course in the women's half marathon, this year's race once again witnessed high-level performances. The event reaffirmed both the unifying power of sport and Istanbul's global potential as a host city.

## Exercise as Medicine: The Preventive Role of Physical Activity in Chronic Diseases

#### Res. Asst. Ünal Can GÖKMEN

Exercise Is Medicine: This assertion is supported by empirical evidence, rather than being merely a rhetorical device.

The sedentary lifestyle that is increasingly characteristic of modern life is a significant threat to human health. However, it is important to note that exercise is not only a means of maintaining physical fitness; it is also a potent health intervention that is as effective as medication itself. This assertion is not an exaggeration; it is a scientifically proven fact.

#### The importance of this phenomenon is therefore self-evident.

The 21st-century lifestyle, characterised by its intense busyness, sedentary behaviour, and elevated levels of stress, poses a substantial challenge to both mental and physical health. Prolonged periods of inactivity have been demonstrated to be associated with a multitude of adverse health consequences, including but not limited to insulin resistance, systemic inflammation, and impaired lipid metabolism. It has been demonstrated that, over time, these issues can lead to the development of chronic diseases, with a particular emphasis on metabolic syndrome.

#### The Potential of Physical Activity to Mitigate Health Risk

A substantial body of research has repeatedly demonstrated that regular physical activity significantly reduces the risk of developing cardiovascular diseases, type 2 diabetes, obesity, and even certain types of cancer. While the ability of inactive muscles to regulate blood glucose is limited, active muscles have the capacity to absorb glucose independently of insulin, thereby helping to stabilise blood sugar levels.

The present study will examine the manner in which physical activity exerts its influence on the body's various systems.

The endocrine system is a complex network of glands and hormones that regulate various physiological processes in the body.

Exercise has been demonstrated to enhance glucose uptake and assist in the regulation of blood sugar levels. This is of particular benefit to individuals at risk of developing diabetes.

#### Cardiovascular System:

Engaging in regular physical activities such as walking, cycling, or swimming has been demonstrated to reduce blood pressure, enhance endothelial function, and decrease LDL cholesterol levels. Collectively, these changes have been shown to promote cardiovascular health.

#### In conclusion...

It is important to consider the role of exercise as a complementary medical strategy for the prevention and management of chronic diseases, rather than perceiving it merely as a tool for weight control. In light of the health implications associated with inactivity, the most effective defence may be the adoption of a consistent daily physical activity routine.

It is imperative to bear the following in mind: Exercise should not be a matter of choice; rather, it should be considered an integral component of life.

#### Breakthrough at the University of Tokyo: Muscles May Demonstrate Negative Mechanical Stiffness Res. Asst. Yalçın MARAŞLI

The University of Tokyo has made a groundbreaking discovery. It has been demonstrated that muscles are capable of exhibiting negative stiffness.

Researchers at the University of Tokyo have made a remarkable discovery that challenges conventional understanding of human movement. A recent study made an observation that merits attention. Specifically, the study noted that certain muscle fibres located in the calf shorten rather than lengthen during rapid jumping movements when the force applied is increased. This unanticipated physiological response has been designated "negative stiffness" by the research team.

The present study explores the counterintuitive behaviour of muscles.

In the study, participants were asked to perform controlled jumping motions while keeping their knees straight and minimising ground contact time. During slow jumps, muscle fibres maintained their length; however, during fast jumps, some muscle fibres actively shortened despite the increase in mechanical load (Jones et al., 2022). This behaviour contributes to increased overall leg stiffness, thereby enabling quicker and more efficient movement.

The development of a new measurement system has been undertaken.

The findings were recorded using a sophisticated measurement system developed to facilitate a more comprehensive understanding of muscle-tendon interactions. The system integrates ultrasound imaging, motion capture, and force plates, enabling researchers to synchronise thousands of data points. A meticulous examination of a multitude of images was necessitated to ensure the precise documentation of minimal variations in muscle fibre length – a procedure that demanded exceptional accuracy and temporal rigour.

#### New Horizons for Sports, Rehabilitation, and Robotics

This finding provides a novel perspective on human biomechanics and has significant potential for enhancing athletic performance, improving rehabilitation protocols, and designing more responsive robotic exoskeletons and prosthetics.

The research team's subsequent objective is to extend their findings beyond the confines of the laboratory, by conducting experiments on authentic running tracks and validating this novel movement model across a more extensive population.

#### Strategy on Ice Without Sweeping: What Is Wheelchair Curling and How Is It Played?

#### **Res. Asst. Selim AKMAN**

Wheelchair Curling: Strategy on Ice Without SweepingWheelchair curling is one of the Paralympic winter sports developed to promote the inclusion of individuals with disabilities in sports and to raise public awareness. This unique discipline highlights both physical endurance and strategic intelligence, making it a powerful example of competitive and adaptive sport.While wheelchair curling closely follows the rules of traditional curling, there are a few key differences. Players participate on an icy surface while seated in wheelchairs, and unlike conventional curling, no sweeping is allowed. As a result, the accuracy of each shot depends entirely on the player's ability to deliver the stone with the correct force and angle.Each team consists of four players, and each player delivers two of the eight stones per end. The goal is to place the stones as close as possible to the center of the target area, called the house, at the end of the sheet. The absence of sweeping makes the sport even more strategic, requiring intense focus, precision, and calculation skills.Wheelchair curling contributes not only to physical activity but also to self-confidence, social integration, and cognitive development for individuals with disabilities. In this regard, the sport serves as more than just a medium for personal achievement; it is also recognized as a valuable tool for inclusive public health policy.Now played in many countries as part of the Paralympic Games, wheelchair curling has also been gaining momentum in Turkey in recent years through various federation-led efforts.Wheelchair curling breaks barriers-not on the ice, but in the mind.