

**Spor Bilimleri
Fakültesi**



FACULTY OF SPORTS SCIENCES

E - BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

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SPORBİLİMLERİ.GELİSİM.EDU.TR

Our New Vice Dean

Prof. Dr. Yusuf CAN

Res. Asst. Fikret KAYHALAK

Istanbul Gelişim University Faculty of Sports Sciences continues to strengthen its academic and administrative structure. Prof. Dr. Yusuf CAN, an experienced and respected academic in his field, has been appointed to the vacant position of Vice Dean at our faculty.

Prof. Dr. Yusuf CAN is a valued faculty member known for his long-standing academic work in the field of sports sciences, his managerial experience, and the students he has mentored.



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Pickleball'da Tarihi Başarı

Res. Asst.Fikret KAYHALAK

Our Coaching Education Department student, Duru Bekaroğlu, demonstrated outstanding performance at the Pickleball National Team Selection Tournament organised by the Turkish Tennis Federation on 19-20 August, earning her selection for the National Team. Following this significant achievement, our student, who was part of the National Team roster at the 2025 European Pickleball Championship held in Rome, Italy, from 18-21 September 2025, achieved a historic success.



At the Pre-EPC Open: In the mixed doubles category, our student Duru Bekaroğlu, together with her partner Çağatay Sami Söke, made history by winning a bronze medal, bringing great pride to our country. We wholeheartedly congratulate our student and our National Team, and wish them continued success.

Thanks to a simple blood test, it is possible to predict diseases in advance!

Res. Asst.Onur TOPUZ

A simple blood test predicts liver disease years before symptoms appear

Thanks to the new CORE model prediction tool, it is possible to predict the risk of liver disease using only routine blood tests and patient information. This model, which has been proven to be more accurate than current methods, is already accessible via a web-based calculator. New research from the Karolinska Institutet, published in The BMJ, shows how a simple blood test can predict the risk of developing serious liver disease. With this new method, it is expected to be implemented in primary healthcare to enable earlier diagnosis of cirrhosis and liver cancer.

<https://www.sciencedaily.com/releases/2025/09/250929054911.html>



Our e-Football National Team has secured its place in the FIFA eWorld Cup Finals

Res. Asst.Onur TOPUZ

Our e-Football Console e-National Team has qualified for the FIFAE World Cup after finishing as runners-up in Europe. Our e-Football Console e-National Team finished second in the European qualifiers, earning the right to compete in the FIFAE World Cup Finals for the second consecutive time.



Under the management of Technical Director Tolga Atalay and his assistant Kerem Korkmaz, our squad consisting of Arda Yıldız and MÜCAHİT Sevimli faced the Czech Republic, England, Iceland, Kazakhstan, Malta, Norway and San Marino in Group A, where they were placed in the first stage of the qualifiers. Finishing top of the group, the Turkish team defeated Luxembourg 6-1 in the last 16 to advance to the quarter-finals.

In the quarter-finals, our national team overcame Greece, the Netherlands, Israel, Ukraine and Poland to reach the final. In the final, our team lost 3-2 to Italy in a closely contested match, finishing the tournament as European runners-up.

With this achievement, our e-National Team will represent our country for the second consecutive time at the 2025 FIFAE World Cup Finals to be held in Riyadh, the capital of Saudi Arabia.

<https://www.tff.org/default.aspx?pageID=628&ftxtID=48550>

ACSM: Top Fitness Trends for 2025 Revealed

Res. Asst. Muhammed Ali GÖKÇE

The American College of Sports Medicine (ACSM) has published its list of global fitness trends for 2025.

Wearable Technology has been identified as this year's number one trend.

- Mobile Exercise Apps
- Exercise programmes for older adults
- Exercise for weight loss
- Traditional strength training
- High-intensity interval training (HIIT)
- Data-driven training technology
- Exercise for mental health
- Functional fitness training
- Health/wellness coaching

This list serves as a guide for both sports scientists and industry professionals, highlighting the importance of technology integration, data-driven approaches, and personalised exercise plans.

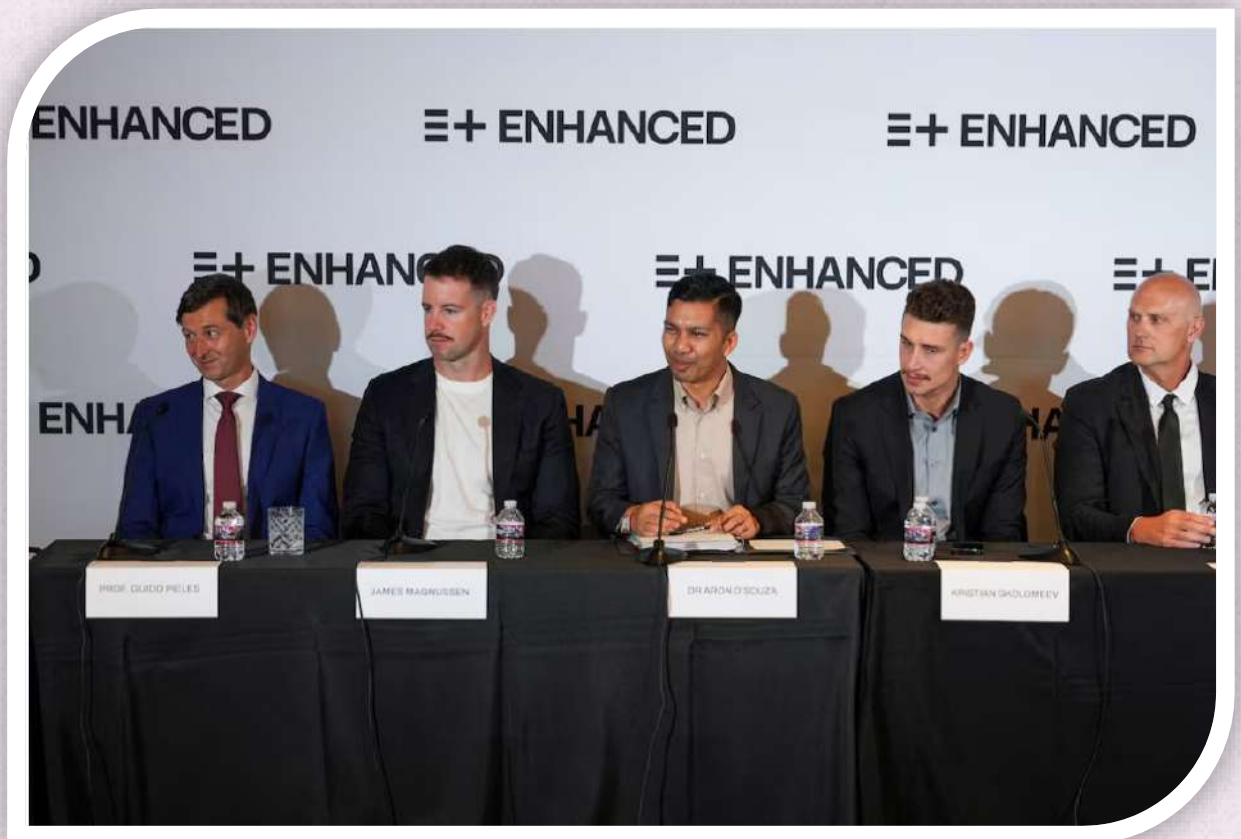
<https://acsm.org/top-fitness-trends-2025>



Enhanced Games: Performance Enhancers in Sports Experience Debates Make Headlines

Res. Asst. Muhammed Ali GÖKÇE

The new and controversial sports organisation called 'Enhanced Games' is an event planned to commence in 2026; its notable aspect is that it permits the use of performance-enhancing substances. This proposal challenges traditional anti-doping norms and has reignited numerous debates concerning sports ethics, sports health, and the risks of performance-enhancing substances.



National Swimmer Defne Kurt Wins 5th World Championship

Res. Asst. Muhammed Ali GÖKÇE

Defne, who had previously won world championships in the 50-metre and 100-metre freestyle, 100-metre backstroke, 100-metre butterfly and 200-metre individual medley at the Singapore event, made history in Turkish sport by winning her fifth gold medal.

Defne Kurt's achievement marked a first in Turkish sporting history. As the first Turkish para swimmer to win world championships in five different disciplines at the same championship, Kurt brought great pride to both her country and the Paralympic sporting community.



IOC Establishes New Working Group to Protect Women's Sport

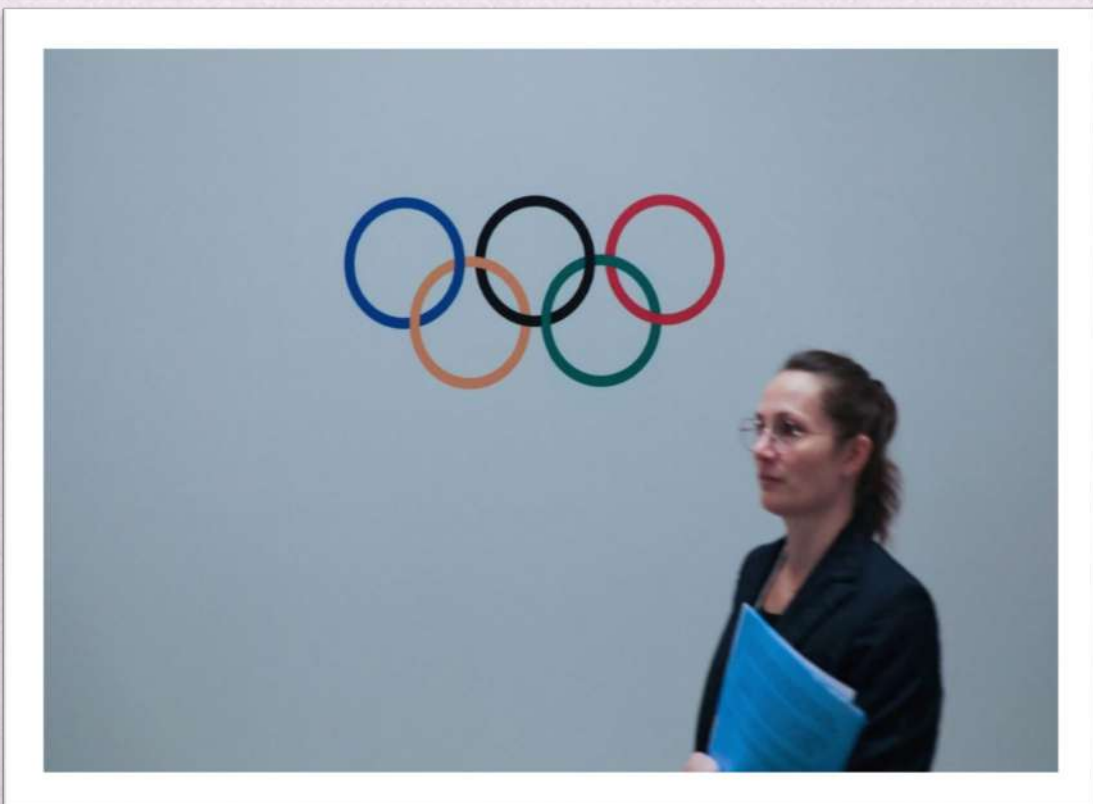
Res. Asst. Bilgehan PEPE

The International Olympic Committee (IOC) announced on 5 September 2025 that it had established a new working group to protect women's sports.

The working group's task will be to develop roadmaps that balance both the integrity of women's sport and inclusivity in participation, in collaboration with sports federations and stakeholders. IOC President Thomas Bach said, 'Protecting the opportunities and achievements of female athletes is our priority. This group will work in line with scientific data, ethical principles and the universal values of sport.'

The IOC also established working groups for three other areas during the same process: commercial opportunities for athletes, the integration of artificial intelligence technology into sport, and sustainability practices. This aims to achieve a more comprehensive strategic approach to both performance and equality in sport.

References: Reuters — IOC sets up working group to protect female sports



Amazon Launches Live Data Era for Champions League Broadcasts

Res. Asst. Bilgehan PEPE

Amazon Prime Video will offer football fans a new experience as the official broadcaster of the UEFA Champions League from the 2025/26 season onwards. Thanks to its advanced broadcasting technology, dubbed Prime Vision, the company plans to provide viewers with real-time updates on what is happening on the pitch, not only visually but also statistically.

This feature will display players' running distance, maximum speed, pass angles, shot power and expected goals (xG) data on screen in real time. This means fans will not only experience the excitement of the match, but also be able to see the details of the performance on the pitch in depth.

Amazon officials stated that this innovation will create a 'gamified broadcast experience,' particularly for young viewers and tech-savvy football fans. Football economists, meanwhile, view this step as the beginning of a new era in sports broadcasting. Football is no longer just a spectator sport; it is also becoming an area of analysis and interaction shaped by data.

If this move proves successful, it is anticipated that similar broadcasting technologies could be adopted in other popular sports such as basketball and tennis. Consequently, the global spectator experience of sport will evolve from a traditional broadcasting model to a fully digital-focused structure.

References : The Guardian
— Amazon to offer
Champions League viewers
new immersive in-game
data



World Athletics Sustainability Report: Environmentally Friendly Standards in Sports Organisations

Res. Asst. Bilgehan PEPE

.World Athletics published its first annual sustainability report in July 2025. Prepared in accordance with the 'Athletics for a Better World' standard, the report analyses the environmental, social and economic impacts of athletics events.

According to the report, organisations were assessed based on criteria such as reducing carbon emissions, using renewable energy, waste management and contributing to local communities. Their success levels were rated as platinum, gold, silver, bronze and recognised. This system aims to encourage event organisers to produce more environmentally friendly solutions.

World Athletics President Sebastian Coe said, 'Sport is not just about competition, it also carries a responsibility towards our planet and communities. This report provides a roadmap in the field of sustainability.' This initiative could make environmental awareness a priority for many sporting events in the future, from the Olympics to local organisations.

References: Reuters — World Athletics releases annual sustainability report for events



WORLD ATHLETICS

TM

Sanal Gerçeklik ile Rehabilitasyonda Yeni Ufuklar: Teknoloji ve Sağlık Buluşuyor

Res. Asst.Mustafa Demir

Günümüzde sağlık hizmetlerinde teknoloji entegrasyonunun hız kazanmasıyla birlikte, sanal gerçeklik (VR) temelli yaklaşımlar, fizyoterapi ve rehabilitasyon süreçlerinde dikkat çekici bir potansiyel sergilemektedir. VR sistemleri, geleneksel terapötik uygulamaları daha çekici, motive edici ve bireyselleştirilebilir hâle getirerek iyileşme yolculuğuna destek olma rolü benimsemektedir.

Temel Yararlar

- Hasta Katılımının Artırılması: Egzersizler, oyunlaştırılmış simülasyonlarla daha ilgi çekici hâle getirilerek, hastaların motivasyonu ve devamlılığı artırılabilir.
- Program Özelleştirme: Terapistler, hastanın performansına bağlı olarak zorluk seviyesini dinamik şekilde düzenleyebilir.
- Nörolojik Rehabilitasyon: VR uygulamaları hem motor hem bilişsel becerileri eşzamanlı çalıştırarak sinirsel iyileşme süreçlerini destekleyebilir.
- Erişilebilirlik: Ev ortamında VR kullanımı, ulaşım zorluklarını azaltarak rehabilitasyona erişimi kolaylaştırabilir.
- Psikolojik Destek: Sistemli bir şekilde uygulandığında motivasyon artışı, moral desteği ve stres azalması sağlayabilir.

Geleceğe Yönelik Beklentiler

VR teknolojisinin:

- Daha hassas hareket takibi,
 - Giyilebilir cihazlarla entegrasyonu,
 - Ev tabanlı rehabilitasyon modelleriyle yaygınlaşması,
- yönünde gelişmeler göstermesi beklenmektedir. Ayrıca, fiziksel terapi ile bilişsel ve psikolojik yaklaşımları birleştiren bütüncül programların geliştirilmesi büyük bir potansiyele işaret etmektedir. Bu paradigma, rehabilitasyon süreçlerinde hasta merkezli yaklaşımı kuvvetlendirerek, tedaviyi yalnızca etkili değil aynı zamanda kullanıcı dostu bir deneyim hâline getirmeyi hedeflemektedir.

Kaynak: <https://worldhealth.net/news/virtual-reality-in-physical-therapy-rehab/>

A Historic Achievement for Our National Team: Silver Medal at EuroBasket 2025

Res. Asst.Ünal Can GÖKMEN

The Turkish National Basketball Team won hearts with their performance at EuroBasket 2025. The national team, which lost to Germany 88-83 in the final, finished the tournament as European runners-up. Winning the silver medal for the second time since 2001, the Turkish team earned great admiration for the faith, determination and team spirit they displayed. Alperen Şengün shone with 28 points, earning a spot in the 'Tournament's Best Five,' while Cedi Osman also made a significant contribution with 23 points. This historic achievement has become a source of hope and pride for the future of Turkish basketball.



**Türk voleybolu artık sadece Avrupa'da değil,
dünyada da zirveye oynuyor.**

Res. Asst.Ünal Can GÖKMEN

Our National Women's Volleyball Team brought immense pride to all of Turkey with their outstanding performance at the European Championship in September. Throughout the tournament, the 'Queens of the Net' stood out for their fighting spirit, discipline and high motivation against their opponents, and they continued their superior play in the final to become European champions.

The leadership of experienced players who took on the role of captain and the dynamism of young players stood out, while the team's collective spirit left its mark on the court. This victory once again confirmed the strength of Turkish volleyball on the international stage, and the Queens of the Net continued to make our country proud.



The Long-Term Effects of Physical Activity on Health

Res. Asst.Yalçın MARAŞLI

Regular physical activity plays a critical role in extending life expectancy and healthy ageing. Research shows that maintaining physical activity even in middle and old age contributes significantly to preventing chronic diseases, supporting mental health and maintaining quality of life.

The Fundamental Contributions of Regular Activity

Cardiovascular Health: Regular exercise helps regulate blood pressure, lower bad cholesterol (LDL) levels and increase good cholesterol (HDL).

Muscle and Bone Health: Strength training contributes to maintaining muscle mass, increasing bone density and reducing the risk of osteoporosis.

Flexibility and Balance: Balance and flexibility exercises reduce the risk of falls, particularly in older individuals, and support independent mobility.

Mental and Social Benefits: Regular activity helps alleviate symptoms of depression and anxiety, while increasing social interaction and contributing to overall life satisfaction.

Overcoming Obstacles

The most significant barriers to starting physical activity in later life are lack of motivation, mobility limitations and safety concerns. Experts recommend that exercises be adapted to individual capacity, that support be sought from health professionals, and that a regular routine be established by starting with small steps.

Results

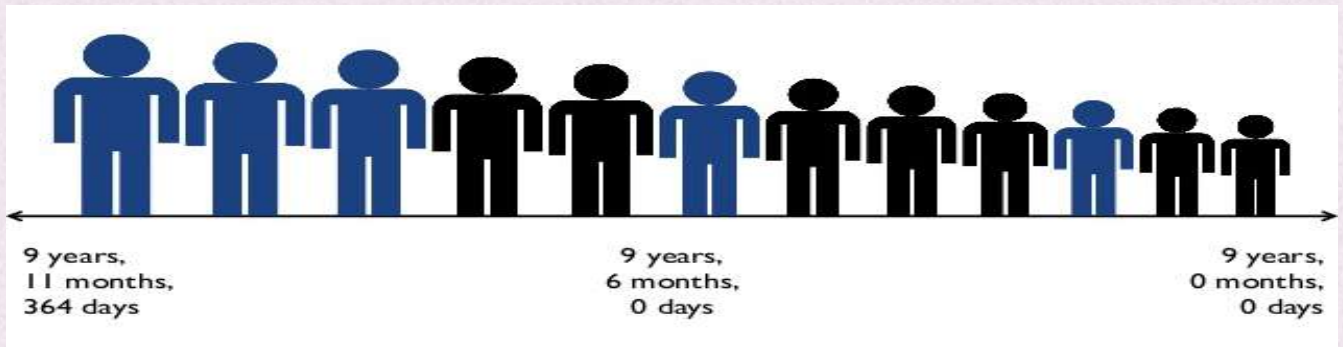
Physical activity is an indispensable element in maintaining health and improving quality of life in all age groups. Regular exercise strengthens not only physical but also mental and social wellbeing. Experts emphasise that incorporating physical activity into one's daily routine, even in small steps, rather than remaining inactive, provides significant long-term benefits.

References: <https://worldhealth.net/list/lifestyle/exercise/>

Birth Month Affects Sporting Success: Relative Age Effect (RAE)

Res. Asst. Ayşe Demet KARADAĞ

The Relative Age Effect (RAE), a topic frequently debated in the world of sport and increasingly highlighted in scientific research in recent years, reveals the impact of birth month on athletic performance. It is noted that children born in the first months of the year may gain significant advantages over their peers in terms of physical and cognitive development within the same age group.



Research indicates that athletes born in the first months of the year (January–March) are more likely to be successful, particularly in sports where selection takes place at an early age. According to data published by Bangsbo (2007), nearly half of professional footballers are born in the first three months of the year. Experts emphasise that this is related to age groups being determined according to the calendar year and early-born athletes appearing more physically mature.

The effect of RAE is particularly noticeable in sports such as football, basketball and ice hockey, where age groups are sharply divided and physical contact is intense. In sports where endurance or technical skills are paramount, this difference may diminish after adolescence.

Experts point out that this situation is not limited to physical development; the advantages gained in the early years boost self-confidence, while athletes born later in the year face more difficulties in the early stages and are at risk of quitting the sport. Therefore, it is recommended that coaches and sports managers take the birth month effect into account in talent selection and athlete guidance processes.

•Bangsbo, J. (2007). Fitness Training in Football – A Scientific Approach.

•Cobley, S., Baker, J., Wattie, N., & McKenna, J. (2009). Annual age-grouping and athlete development: A meta-analytical review of relative age effects in sport. *Sports Medicine*, 39(3), 235–256.

New Hope in Non-Surgical Cartilage Repair: ChondroFiller from Germany

Res. Asst. Ayşe Demet KARADAĞ

Developed in Germany, the collagen-based gel called ChondroFiller is attracting attention in the world of sports medicine and orthopaedics as a non-surgical alternative for treating joint cartilage damage. Developed in collaboration with the Fraunhofer Institute, this gel is injected minimally invasively into the joint with the aim of repairing damaged cartilage tissue and supporting its regeneration.



Although it has been touted as a major 'revolution' on social media in recent years, experts emphasise that the method is still experimental and is used in clinical practice mainly in selected cases. Initial clinical studies reported promising results, particularly in terms of functional improvement and pain reduction in hip and knee joints. For example, a study conducted in Poland found that most patients treated with ChondroFiller achieved good or excellent results after 3–5 years of follow-up (Mazek et al., 2021). A multicentre study on the knee joint also reported a significant increase in functional scores compared to the classic microfracture method (Schneider et al., 2016).

The main advantage of this treatment is that it does not require major surgery or implants. However, the gel application still requires a minor operation and careful patient selection; moreover, risks such as allergic reactions have not been completely eliminated. Scientists are continuing their research into new-generation gels that support cartilage regeneration, are biodegradable, and mimic the natural joint environment. According to experts, these types of biomaterials could change the rules of the game in the coming years, particularly in sports injuries and early cartilage damage, but there is not yet sufficient evidence for daily clinical use. For athletes, this development opens the door to an innovative treatment option that could shorten the time to return to the field after joint injuries and reduce the need for surgery in the future. As a faculty of sports science, closely monitoring the potential effects of such regenerative treatments on performance and rehabilitation processes is of great importance for both academic studies and field applications..

Mazek J. ve ark. (2021). Arthroscopic utilization of ChondroFiller gel in hip cartilage lesions.

Schneider U. ve ark. (2016). Controlled randomized multicenter study comparing ChondroFiller liquid with microfracture in knee cartilage defects.

Perez-Carro L. ve ark. (2021). Hip chondral defects: Arthroscopic treatment with ChondroFiller.