



**Spor Bilimleri
Fakültesi**



FACULTY OF SPORTS SCIENCES

E-BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

MAY 2025

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Happy 19th May Youth and Sports Day



Spor Bilimleri
Fakültesi



19 MAYIS

ATATÜRK'Ü ANMA GENÇLİK VE SPOR BAYRAMI

Kutlu Olsun

HYROX: A New Running-Based Phenomenon in the World of Metcon

Res. Asst. Ayşe Demet KARADAĞ

One of the most attention-grabbing competition formats in the world of functional training in recent years, Hyrox stands out with its unique structure that combines conditioning, strength, and mental endurance under one roof. Developed as an alternative to HIIT and metcon training models, this system subjects athletes to a comprehensive stress load through 8 different workout stations, each following a 1-kilometer run. Hyrox's Standout Feature: Run-Based Load Compared to classic metcon structures, Hyrox imposes a higher aerobic demand. The fixed-distance runs following each workout block emphasize endurance as a core component. A study by Brandt et al. (2023) revealed that Hyrox places significant physiological demands on the endurance profile of athletes. Compared to CrossFit While CrossFit offers more flexible programming and sport-specific adaptations, Hyrox—with its standardized race format and repetitive structure—places greater emphasis on pacing, strategic planning, and recovery management.



This also requires coaches to account for a wider range of variables when planning performance strategies.

A Scientific Note for Coaches

Success in the Hyrox system demands more than just high effort—it requires careful analysis of physiological parameters such as lactate tolerance, running mechanics, adaptation to intensity shifts, and appropriate recovery periods. Brandt et al. (2023) emphasize that this system involves “a far more complex science of loading” compared to traditional metcons. Hyrox is not just a passing trend; it is a unique training and competition model with a solid scientific foundation. Coaches who incorporate this system must be well-versed in program design and physiological adaptation processes, which will not only enhance athletic performance but also help minimize the risk of injury.

References

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Istanbul Gelisim University Showed Strong Representation at the ICONSR & ICONST 2025 Congress

Res. Asst. FİKRET KAYHALAK



As part of the Türkiye & Hungary Year of Science and Innovation events, the ICONSR & ICONST International Scientific Congress was successfully held with high-level academic participation and scientific excellence from May 28–30, 2025, hosted by Óbuda University. We are honored to have participated in this prestigious event as a stakeholder on behalf of Istanbul Gelisim University. Faculty members and students from our Faculty of Sports Sciences represented us at the congress.

Istanbul Gelisim University Showed Strong Representation at the ICONSR & ICONST 2025 Congress

Res. Asst. FİKRET KAYHALAK

Academic staff representing our faculty at the congress:

Prof. Dr. Kubilay Çimen – Dean

Prof. Dr. Fehmi Tuncel

Assoc. Prof. Dr. Mustafa Can Koç – Vice Dean

Dr. Mahmut Ulukan – Head of the Recreation Department

Dr. Yunus Şahinler

Dr. Okan Kılıçkaya

Our students who contributed to this distinguished event with oral presentations: Sedef Sarı, Sude Aman, Senanur Yaşlı, Busegül Peker, Ömer Efe Aydoğdu, Batuhan Kılıç, Doğukan Ardiç. Students who contributed through online presentations: Tuğrul Menemenci, Cahit Keskin, Abdurrezzak Simra, Hamza Suphi Vahab, Mehmet Ali Gülşen, Hayat Süngü, Recep Emre Karaca, Gülşen Günal, Hatice Sultan Akkaya, Samet Efe Çinibulak

Out of the 245 total presentations delivered at the congress, 85 were in the field of “Medical and Sports Sciences.” As the Faculty of Sports Sciences at Istanbul Gelisim University, we take great pride in having made a significant contribution to this field with over 15 original presentations. We extend our sincere thanks to all the academics and students who contributed to this international congress, organized in collaboration between Istanbul Gelisim University and the Kutbilge Association of Academics, and we wish them continued success in their scientific endeavors.



Cognitive-to-Muscular Power Transfer: Performance Enhancement via Motor Imagery Training

Res. Asst. Ayşe Demet KARADAĞ

Neuromuscular Gains Through Mental Imagery Practice

Traditionally, muscle development is associated with resistance training. However, research has shown that mental repetitions—known as Motor Imagery Training (MIT)—can also have significant effects on muscle strength and performance. This technique involves mentally visualizing movements, which neurologically stimulates the muscles and strengthens the mind-muscle connection (neuromuscular link).

How Does the Brain Stimulate Muscles?

During mental training, brain regions such as the motor cortex become activated and send signals to the muscles. Although no physical movement occurs, this process increases the muscles' electrical activity, creating a foundation for stronger muscle contractions.

Improvements in Muscular Strength and Athletic Performance

MMIT not only enhances neuromuscular coordination but also contributes to:

The activation of a greater number of muscle fibers,

Faster acquisition of new motor skills, Increases in strength and hypertrophy. According to research, individuals who engage solely in mental training can experience strength gains of up to 10–20%.

Applications of Motor Imagery Training

Strength Training: Mental rehearsal before exercise helps muscles function more effectively.

Rehabilitation: Prevents muscle loss during injury recovery periods.

Sports Disciplines: Accelerates the learning process in skill-based sports such as gymnastics, basketball, and football. Mental training is not merely a supplementary tool—it is a powerful method that directly impacts performance. It stands out as an effective approach for both healthy individuals and those undergoing rehabilitation.

Reference:

Piveteau, É., Guillot, A., & Di Rienzo, F. (2025). *New insights on mind-muscle connection: Motor imagery concomitant to actual resistance training enhances force performance*. Journal of Science and Medicine in Sport.



EXERCISE AND SPORT SCIENCES RESEARCH ASSISTANT BİLAL GÖK PARTICIPATED IN THE ERASMUS+ STAFF MOBILITY PROGRAM. **Res. Asst. Bilal GÖK**

Between May 5–9, 2025, within the scope of the Erasmus+ Staff Mobility Program, Bilal GÖK, Research Assistant at the Department of Exercise and Sport Sciences, Faculty of Sports Sciences, Istanbul Gelisim University, visited Dunarea de Jos University of Galati. During the mobility program, guided by Prof. Laurentiu-Gabriel Talaghir, who was assigned by the host university, he visited the Faculty of Physical Education and Sports and met with the academic staff. Additionally, our faculty member also visited the National University of Bucharest, where he had the opportunity to meet the Dean of the Faculty of Physical Education and Sports and, under the Dean's guidance, explored the university's sports facilities.



VOLLEYBALL NATIONS LEAGUE (VNL) SECOND WEEK MATCHES TO BE HELD IN ISTANBUL

Res. Asst. Bilal GÖK

According to the announcement made by the Turkish Volleyball Federation, the national team will kick off its 2025 season in the Volleyball Nations League (VNL), organized by the International Volleyball Federation (FIVB). The "Sultans of the Net" will compete in the tournament, which consists of three legs, playing four matches each week. In the first week of VNL, the national team will play in China from June 4–8, 2025; in the second week, they will compete in Istanbul from June 18–22, 2025; and in the third week, they will take to the court in the Netherlands from July 9–13, 2025. In the VNL, 16 teams will compete, and after three weeks, the top eight teams in the standings will qualify for the final round. Turkey's 2025 FIVB VNL opponents by week are as follows:

Week 1 (Beijing, China): China, Poland, Belgium, Thailand, France

Week 2 (Istanbul, Turkey): Brazil, Canada, Dominican Republic, Belgium, South Korea

Week 3 (Apeldoorn, Netherlands): Netherlands, Italy, Serbia, Belgium, Czech Republic



Istanbul Gelisim University Shines in Wrestling: Reaching the Top Both as a Team and Individually!

Res. Asst. Bilgehan PEPE

Istanbul Gelisim University (IGU) achieved remarkable success at the Interuniversity Wrestling Championship organized by the Turkish University Sports Federation, held in Karaman from May 12–17, 2025. The championship hosted athletes from 58 universities, and IGU's wrestling team—composed of students from the Faculty of Sports Sciences—captured attention with outstanding performances in both Greco-Roman and Freestyle categories, securing a total of 7 medals.

Greco-Roman Triumph: Third Place Nationwide as a Team
The IGU wrestling team proudly secured 3rd place in Turkey in the Greco-Roman team ranking and stood out with several individual podium finishes:

- Arya Namjouy (87 kg): 1st Place in Turkey – Gold Medal
- Berat Keskin (63 kg): 2nd Place in Turkey – Silver Medal
- Mustafa Emre Demir (130 kg): 3rd Place in Turkey – Bronze Medal
- Muharrem Kavak (77 kg): 3rd Place in Turkey – Bronze Medal
- Enes Cankılıç (97 kg): 3rd Place in Turkey – Bronze Medal

Freestyle Success: Another Gold Medal
IGU athletes competing in the Freestyle category also added to the medal tally:

- Eyüp Çetin (92 kg): 1st Place in Turkey – Gold Medal
- Kerem Dede (97 kg): 3rd Place in Turkey – Bronze Medal

Full-Squad Achievement from the Faculty of Sports Sciences
All participating athletes being students of IGU's Faculty of Sports Sciences highlights the strong integration of academic excellence and athletic discipline. Supported by the university administration, coaching staff, and faculty members, the IGU wrestling team represented the university with determination, discipline, and a high level of competitiveness throughout the championship.

A Proud Moment for Gelisim University's Faculty of Sports Sciences: Our Student Ahmet Yağın Wins Gold at the U20 Champions Wrestling Tournament!

Res. Asst. Bilgehan PEPE

Ahmet Yağın, a 2nd-year student in the Department of Exercise and Sport Sciences at Istanbul Gelisim University's Faculty of Sports Sciences and a member of the national wrestling team, has achieved yet another significant international success.



Ahmet Yağın Wins Gold in 86 kg Freestyle at the Wrestling Tournament, Making Both His Country and University Proud! Competing in the 86 kg freestyle category, Ahmet Yağın claimed the gold medal, bringing pride to both Turkey and Istanbul Gelisim University. His victory in this prestigious event highlights his dominance and rising trajectory in the world of wrestling. Top of the Podium in a Prestigious Tournament Featuring 700 Athletes The tournament, held in Kemer, Antalya, brought together approximately 700 athletes from numerous countries. Recognized as a key platform for emerging young wrestlers to shine on the global stage, the 27th International U20 Champions Wrestling Tournament saw Yağın outclass all his opponents with determination, skill, and strategic excellence to take first place. A Legacy of Success: Bronze Medal at the 2024 U20 World Championships Ahmet had already proven his potential on the international stage by winning a bronze medal at the 2024 U20 World Wrestling Championships held in Spain. His gold medal performance this year demonstrates his steady and promising growth as a national athlete. Blending Academic and Athletic Excellence As a dedicated student in the Faculty of Sports Sciences, Ahmet Yağın continues to excel not only in competition but also in his academic pursuits. His training, grounded in scientific principles, combined with his high-level performance on the mat, paints the picture of an exemplary student-athlete. Ahmet's journey is a testament to the success of Istanbul Gelisim University in nurturing well-rounded, high-achieving individuals in both academics and elite sports.

Fan Engagement Through Gamification: A New Era in the World of Sports

Res. Asst. Mustafa Demir

The sports industry has increasingly begun to adopt gamification practices to enhance fan engagement and strengthen loyalty, leveraging the opportunities offered by digitalization. Recent analyses reveal that this approach provides significant contributions in terms of both revenue growth and fan loyalty.

Sporda Oyunlařtırma Stratejileri

Gamification is not merely about creating games; it stands out as a strategy aimed at providing users with interactive, rewarding, and purpose-driven experiences.

4 Prominent Gamification Methods in Fan Engagement

Interaction Through Team Apps: Clubs enhance engagement by offering fans exclusive content, polls, and mini-games through their official mobile applications. For instance, Chelsea FC achieved a striking success in digital interaction by reaching over 70,000 virtual viewers during a single match through its mobile app.

Continuity Through Fantasy Leagues: Platforms like Fantasy Premier League offer fans a virtual management experience while keeping their interest in the sport alive throughout the season. This model has become an effective tool for spreading interest in sports, particularly in developing countries.

Digital Competition via eSports: Traditional sports organizations are forming eSports teams to connect with younger, digitally focused audiences. The French league's e-Ligue 1 serves as a strong example of successful integration between football and the digital world.

Gamified Betting Systems: Interactive prediction games and gamified betting systems attract user attention while also strengthening their connection with brands. **Interaction Not Just on Match Day, But Every Day** Gamification strategies are not limited to match day; they aim to offer a 360° fan experience that includes pre- and post-match engagement. This approach allows clubs and sports brands to remain active year-round and to foster a sustainable loyalty environment.

A Meaningful Visit from Kazakhstan's Shymkent University: International Collaboration and Exchange Programs in Sports Sciences Discussed

Res. Asst. Onur TOPUZ

Our university hosted an important meeting within the framework of international academic relations. The delegation from Shymkent University, one of Kazakhstan's well-established educational institutions, visited our Faculty of Sports Sciences and held productive discussions on potential academic collaborations and student exchange programs between the two universities.



As part of the visit, representatives from the Faculty of Sports Sciences at Shymkent University reached a mutual agreement with our university on a memorandum of understanding regarding joint research projects, academic publication collaborations, and the organization of joint symposiums.

In addition, discussions were held on initiating student and academic staff exchange programs between the two institutions. Within this scope, the goal is to enable undergraduate and graduate students to study at the partner university for specific periods, thereby fostering a scientific perspective enriched by different cultural experiences. The visit took place in a warm and friendly atmosphere that supported mutual cultural exchange. Following the meetings, the Shymkent University delegation toured our university's sports facilities and received detailed information about the educational processes of our students.

Clubs Awarded UEFA and National Club Licenses Announced

Res. Asst. Onur TOPUZ

The TFF Club Licensing Board, in its recent meeting, evaluated the application files submitted by clubs according to the criteria outlined in the Club Licensing and Financial Sustainability Regulation and the UEFA Women's Champions League Club Licensing Regulation. The evaluations were based on legal, sporting, infrastructure, personnel-administrative, social, environmental sustainability, and financial criteria. Following the review, the clubs eligible to receive UEFA and National Club Licenses for the 2025–2026 season were determined.✓ Clubs Granted UEFA Licenses:

From the Trendyol Süper Lig:BeşiktaşÇaykur RizesporFenerbahçeGalatasarayGöztepeİstanbulsporFrom the Trendyol 1. Lig:İstanbulsporFrom the Turkcell Women's Football Super League:Ankara FomgetBeşiktaş Women's TeamFenerbahçe Women's TeamGalatasaray Women's TeamTrabzonspor Women's Team 8 Clubs Granted National Licenses:From the Süper Lig:Sipay Bodrum FKFrom the 1. Lig:Ahlacı Çorum FKİğdir FKManisa FKAnkara KeçiörengücüFrom the 2. Lig:Beyoğlu Yeni ÇarşıAnkara DemirsporAltınorduAdana 01 FKAdditionally, 55 clubs have been granted an extension to address deficiencies in their applications. We congratulate all clubs that have successfully obtained their UEFA and National Club Licenses!



TFF

Türkiye Futbol Federasyonu

Turkish Football Federation

May 19 Enthusiasm: A Visual Show from Our Students Befitting the Spirit of the Holiday

Res. Asst. Selim AKMAN

Students from the Department of Exercise and Sport Sciences for the Disabled at Istanbul Gelisim University's Faculty of Sports Sciences delivered an unforgettable performance as part of the May 19 Commemoration of Atatürk, Youth and Sports Day celebrations. Dressed in red and white themed outfits, our students took the stage and showcased both their team spirit and physical skills through human pyramid formations. The Turkish flag unfurled at the top of the pyramid drew enthusiastic applause for both its symbolic meaning and its powerful visual impact.



This meaningful performance, which truly reflected the spirit of the holiday, offered an emotional experience for the audience and once again demonstrated our students' deep commitment to both sports and national values. As the Department of Exercise and Sport Sciences for the Disabled, inspired by Gazi Mustafa Kemal Atatürk's words: "O rising new generation! The future is yours. We established the Republic; you are the ones who will elevate and sustain it," we proudly celebrate May 19, the Commemoration of Atatürk, Youth and Sports Day, on behalf of all youth.

Community Engagement and Academic Development Hand in Hand

Res. Asst. Selim AKMAN

Students from the Department of Exercise and Sport Sciences for the Disabled at Istanbul Gelisim University's Faculty of Sports Sciences took on a meaningful responsibility by volunteering at the 8th Traditional Sports and Entertainment Festival for Individuals with Disabilities, organized in collaboration with Fatih Municipality and the Ministry of Youth and Sports.



As part of Disability Awareness Week, the event was held at the Fatih Municipality Canoe and Rowing Sports Center, bringing together individuals with special needs, their families, educators, and volunteers, while highlighting the unifying power of sports. Throughout the event, our students actively participated in various sports stations, coordination exercises, educational games, and performance areas—contributing to the physical, social, and emotional development of individuals with special needs. The event received strong public support with the attendance of Minister of Youth and Sports Mr. Osman Aşkın Bak, Mayor of Fatih Mr. M. Ergün Turan, and Fatih District Governor Mr. Cafer Sarılı. During the official speeches, emphasis on the inclusiveness of sports and the active participation of individuals with disabilities in social life further strengthened our students' professional motivation. Throughout the organization, IGU students did not only serve as volunteers, but also exemplified a model of youth-led social responsibility. This meaningful experience played a vital role in reinforcing their professional competencies in the field and in developing empathy-based connections with individuals with special needs. We sincerely thank all our students who took part in this event centered around social awareness and accessible living, and we proudly share that their contributions—guided by a sense of social responsibility—are truly inspiring.

Practical Training Support from the Department of Exercise and Sport Sciences for the Disabled

Res. Asst. Selim AKMAN

As part of Disability Awareness Week, a seminar was held during the Spring Semester of the 2024–2025 Academic Year at Istanbul Gelisim University. The event was attended by 3rd-year students from the Department of Exercise and Sport Sciences for the Disabled. The sign language training provided students with the opportunity to develop effective communication skills with individuals with hearing impairments. It enabled them to recognize basic concepts, use common expressions in sign language, and practice communication through hands-on examples.



The event not only provided theoretical knowledge but also allowed students to reinforce their competencies through hands-on practice. Community Contribution and Academic Development Together Aimed at helping students in the field of sports sciences become more inclusive individuals in the communities they will serve in the future, the seminar focused on key themes such as social awareness, inclusivity, and accessible communication. Lecturer Tekmil Sezen Soyal emphasized the broader scope of accessibility in her closing remarks: “Accessibility must be addressed not only physically but also at the level of communication. Raising our students with this awareness will shape them into more qualified and empathetic sports professionals.” Betül Aleyna Hanbaba, an alumna of our university, expressed her joy in voluntarily leading the seminar, highlighting the importance of expanding the use of sign language. A Strong Contribution to Accessibility from Our University. It was noted that such practical trainings not only build academic competence but also foster a strong sense of social responsibility. At Istanbul Gelisim University, we continue our efforts to create an accessible educational and sports environment for all.

Max Manow's "Infinite Skydive" Triumph Over the Grand Canyon

Res. Asst. Sinan DEMİRCİ

German skydiver Max Manow opened a new chapter in the world of extreme sports with a unique performance at the Grand Canyon on November 11, 2024. Sponsored by Red Bull, this daring feat began with Manow jumping from a helicopter at an altitude of 3,048 meters, freefalling into Hell Hole Bend Canyon. He then grabbed onto a specially equipped Cessna 182 piloted by Luke Aikins mid-air, ascended again, and performed a second freefall. This show, dubbed the "infinite skydive," may pave the way for new safety standards in wingsuit flying.



Robin Goomes Makes History in the Women's Category at Red Bull Rampage

Res. Asst. Sinan DEMİRCİ

New Zealand freeride mountain biker Robin Goomes achieved a historic milestone on October 10, 2024, at Red Bull Rampage, held in Utah, USA—one of the world's most prestigious extreme biking events. In a groundbreaking year where the competition opened its doors to female athletes for the first time, Goomes claimed the top spot with a daring run that included two backflips and a 12-meter freefall, earning 85 points and the first-place trophy. A First for Women in Extreme Mountain Biking Events like Red Bull Rampage, known for their harsh natural conditions and extreme technical difficulty, have historically seen very limited participation from women. Robin Goomes' performance marks not only a personal victory but also a turning point for female representation in the world of extreme biking. As noted by the event organizers, Goomes' landmark win is expected to inspire an increase in female participation in future editions and prompt a reevaluation of course standards through the lens of gender equality. Her ride wasn't just about winning—it was about reshaping the future of the sport.



What Matters More: Duration or Quality?

Res. Asst. Ünal Can GÖKMEN

Sleep is a fundamental need that directly affects both physical and mental health. But what's more important—how long you sleep or how well you sleep? According to experts, the key issue isn't how many hours you spend sleeping, but rather how rested you feel when you wake up. Sleep expert Dr. Rafael Pelayo from Stanford University describes sleep as “the most natural form of self-care” one can give themselves. He emphasizes sleep quality, noting: “Sleeping for hours and still waking up tired is a sign of poor-quality sleep.” Meanwhile, Dr. Molly Atwood, a behavioral sleep medicine specialist at Johns Hopkins University, states that the ideal sleep duration for most people is between 7 and 9 hours per night. Sleeping less than 6 or more than 9 hours regularly may increase long-term health risks. On average, people cycle through 90-minute sleep phases each night. Deep sleep, which occurs mainly in the first half of the night, is vital for physical recovery, while REM sleep plays a key role in learning and memory. According to Dr. Atwood, children spend about 50% of the night in deep sleep, but this percentage decreases during adolescence—a time when gender-based differences in sleep may also begin to emerge. Regulating sleep habits is especially important for athletes, as it directly impacts performance, focus, and recovery. For this reason, high-quality and sufficient sleep is considered an essential component of a healthy lifestyle.

How Can You Integrate Corrective Exercises into Your Daily Workouts?

Res. Asst. Yalçın MARAŞLI

How to Integrate Corrective Exercises into Daily Workouts Modern lifestyles and physical inactivity have led to an increase in musculoskeletal issues and faulty movement patterns in many individuals. To prevent these problems and enhance performance, corrective exercises—a core component of sports science and exercise physiology—are widely implemented. These structured movements aim to correct muscle imbalances, improve movement quality, and reduce injury risk. When incorporated into pre- and post-training routines, they benefit both everyday function and athletic performance. ✓ What Are Corrective Exercises? Corrective exercises are targeted movements designed to improve: Flexibility Range of motion Muscle control They focus on dynamic stretching, activation drills, and joint mobility to help correct posture issues and inefficient movement mechanics. ♂ What Issues Do They Target? Corrective exercises can address: Hip imbalances Shoulder restrictions Overactive or underactive muscles Poor posture and compensatory movement patterns Through movement assessments (e.g., overhead squat, balance tests), specific dysfunctions can be identified and tailored interventions developed. Benefits of Integration Reduced risk of musculoskeletal injuries Increased range of motion and muscular activation Improved workout efficiency Enhanced functional movement in daily life ♀ Practical Integration Strategies ♦ During Warm-Up: Glute bridges Planks Dynamic stretches ♦ During Cool-Down: Foam rolling Static stretching Posture-corrective drills ♦ In Individual or Group Programs: Personalized based on assessments Easily adapted for various fitness levels Corrective exercises are not just for professional athletes—they are a science-backed approach that can be adopted by anyone to improve movement efficiency and quality of life. When integrated consistently into daily routines, they lay the foundation for a healthier, more balanced, and functional body in the long run.