



**Spor Bilimleri
Fakültesi**



FACULTY OF SPORTS SCIENCES

E-BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

MAY 2026

SPORBİLİMLERİ.GELİSİM.EDU.TR



Faculty of
Sport Sciences

19 MAY

COMMEMORATION OF
ATATÜRK,
YOUTH AND
SPORTS DAY

Happy Holidays!



The vision and leadership of
Gazi Mustafa Kemal Atatürk continue to enlighten
our path to a brighter future on this
**19 May Commemoration of Atatürk,
Youth and Sports Day.**



On this meaningful day, we wish all our youth
and our nation a Happy Commemoration of
Atatürk, Youth and Sports Day!



Prof. Dr. Ali KIZILET
Dean, Faculty of Sport Sciences

Department of Sports Management and Coaching Education

“ Examination of the Relationship Between University Students’ Use of Sports Technologies and Digital Entrepreneurship Intentions ”



Advisor

Lecturer Tekmil Sezen SOYAL



Researcher

Eda Nur Kurtuluş



Researcher

Eylül Zararsız



**TÜBİTAK
2209/A**
Success!

We congratulate our students and advisor on their success and wish them continued achievements.





2209-A

UNDERGRADUATE RESEARCH
PROJECTS SUPPORT PROGRAM



İSTANBUL
GELİŞİM
UNIVERSITY

WE ARE PROUD TO ANNOUNCE THAT

Our Projects Have Been Approved!

Within the scope of the TÜBİTAK 2209-A Undergraduate Research Projects Support Program, our projects have been granted support.



Investigation of the Effect of a Sports-Based Support Program on the Psychological Well-Being of Women Victims of Violence

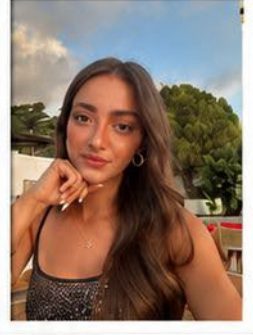
 Advisor
Asst. Prof. Mahmut Ulukan

 Researcher / Project Lead
Sedef Sari

The Effect of a Breathing Exercise Based Psychological Preparation Program on Self-Control, Focus, and Performance Levels of Tennis Players Aged 14-16

 Advisor
Asst. Prof. Mahmut Ulukan

 Researcher / Project Lead
Beren Ünal



The Effect of an 8-Week Desk Exercise Program on Neck and Shoulder Pain, Posture Awareness, and Academic Motivation Among University Students

 Advisor
Asst. Prof. Mahmut Ulukan

 Researcher / Project Lead
Merve Karanfil

The Effect of Digital Recreation Participation on Self-Control, Digital Health Literacy, and Quality of Life Among Middle School Students

 Advisor
Asst. Prof. Mahmut Ulukan

 Researcher / Project Lead
Esmagül Gülsun



With a culture of scientific production,
we shape the future.



İSTANBUL GELİŞİM ÜNİVERSİTESİ
FACULTY OF SPORTS SCIENCES
DEPARTMENT OF RECREATION





TÜBİTAK

TÜBİTAK 2209/A SUCCESS!



Asst. Prof. Dr.
Yunus ŞAHİNLER

ADVISOR

ISTANBUL GELİŞİM UNIVERSITY
FACULTY OF SPORT SCIENCES
DEPARTMENT OF RECREATION
AND SPORTS SCIENCES
FOR INDIVIDUALS WITH DISABILITIES

“Participation of Individuals
with Disabilities in Campus Life:
A Desktop-Based Study on Sustainability
in the Context of Engagement”



Buruk Elmira
PALABIYIK

RESEARCHER



ISTANBUL
GELİŞİM
UNIVERSITY

*We congratulate our student and advisor
on their success and wish them
continued achievements.*



Faculty of
Sport Sciences

As the Faculty of Sport Sciences,
we are proud to host the

17th INTERNATIONAL SPORT SCIENCES STUDENT CONGRESS



WITH 18 STUDIES,

we are contributing to scientific production
and proudly representing **our faculty.**



We congratulate our students and faculty members
on their **academic achievements**
and wish them continued success.



MAY 12–14,
2025



YOZGAT BOZOK
UNIVERSITY



CONTRIBUTING TO
SCIENTIFIC PRODUCTION

VENUS WILLIAMS

SUPPORTS WOMEN IN SPORTS SCIENCE:

THE “BODY OF SCIENCE” INITIATIVE LAUNCHED



Tennis icon **Venus Williams** has launched Gatorade's first initiative, “**Body of Science**”, which aims to empower women in sports science by investigating their hydration and nutrition needs across all life stages.



THE GOAL OF THE INITIATIVE

Gatorade's “Body of Science” initiative aims to address the lack of adequate representation of women in sports science research.



WHAT DOES THE PROGRAM AIM TO DO?

The program investigates hydration and nutrition needs across menstrual cycles, pregnancy, perimenopause, and other life stages. These studies aim to develop science-based solutions that support women athletes.



FIRST-EVER ATHLETE PARTNER: VENUS WILLIAMS

According to Gatorade's announcement, early research includes 500 women, with Venus Williams serving as the initiative's first athlete partner.



“Women athletes are not just small men, and the scientific and social contributions they've made can be incredibly impactful.”

– **Venus Williams**

Venus Williams' involvement in this initiative highlights that female athletes are not just smaller versions of male athletes — their scientific and social contributions can be highly impactful. Researching women's unique physiological needs more thoroughly — through studies on hormonal cycles, training planning, recovery, performance nutrition, and overall health — is critically important. Therefore, Gatorade's “Body of Science” represents a meaningful and timely step toward addressing the gaps in **women-centered research in sports science**.



SOURCE:

Gatorade. “Body of Science”: PepsiCo, “Gatorade Unveils 'Body of Science' – a Multi-Year Research Commitment to Help Women's Hydration Science Across Life Stages”. May 2026.



Prepared by: **Ayşe Demet KARADAĞ**
Researcher

ACSM RELEASES UPDATED RESISTANCE TRAINING GUIDELINES AFTER 17 YEARS



The American College of Sports Medicine has published a new position statement on resistance training for healthy adults. The first comprehensive update since 2009 emphasizes the importance of progressive overload, individualized programming, and consistent participation.

Published in March 2026, the new position statement from the American College of Sports Medicine on resistance training highlights the benefits of resistance exercise on muscle strength, hypertrophy, strength, and physical performance. According to ACSM, 137 systematic reviews and data from more than 30,000 participants were analyzed to evaluate the evidence. This new approach provides one of the most comprehensive, evidence-based resources for resistance training to date.



KEY MESSAGE FROM THE GUIDELINES

Unlike previous guidelines, the updated position statement emphasizes a “comprehensive program” approach to resistance training, promoting structured and sustainable participation. ACSM highlights the importance of load progression, adequate volume, and proper exercise selection to maximize strength, hypertrophy, and power gains. The guidelines also support individual goal setting, adherence, and long-term planning. Furthermore, they emphasize that resistance training is essential not only for athletic performance but also for maintaining physical function and quality of life.



COMPREHENSIVE UPDATE AFTER 17 YEARS

The first comprehensive update since 2009 reinforces the importance of resistance training for overall health and performance.



STRONG SCIENTIFIC FOUNDATION

Based on 137 systematic reviews and data from more than 30,000 participants, the evidence was thoroughly analyzed.



INDIVIDUALIZED GOALS AT THE CENTER

The guidelines promote goal-directed programs focused on strength, hypertrophy, and power, tailored to individual needs and preferences, and aligned with life stages.



SUSTAINABILITY AND LONG-TERM ADHERENCE

Structured and sustainable participation is key to long-term success and improved health outcomes.



ACSM's updated guidelines provide a scientifically rigorous foundation for resistance training, performance enhancement, and public health—empowering individuals to improve quality of life through safe, effective, and sustainable training practices.



Source:

American College of Sports Medicine. “ACSM Unveils Landmark 2026 Resistance Training Guidelines – First Update in 17 Years”. 17 March 2026.



Prepared by:

Ayşe Demet KARADAĞ, MSc

✦ A FIRST IN TURKISH MODERN PENTATHLON HISTORY ✦

TURKISH MODERN PENTATHLON MAKES HISTORY!



National pentathlete **İlke Özyüksel Mihrioğlu** won a gold medal at the Modern Pentathlon World Cup held in Bulgaria, marking an important achievement in Turkish sports history.



MINISTRY OF YOUTH AND SPORTS

In a statement made on May 17, 2026, the Ministry of Youth and Sports announced that İlke Özyüksel Mihrioğlu won a gold medal at the Modern Pentathlon World Cup held in Bulgaria and achieved a first for Türkiye in the modern pentathlon discipline.

National pentathlete İlke Özyüksel Mihrioğlu won a gold medal at the Modern Pentathlon World Cup held in Bulgaria, marking an important achievement in Turkish sports history.

In a statement made on May 17, 2026, by the Ministry of Youth and Sports, it was announced that İlke Özyüksel Mihrioğlu won a gold medal at the Modern Pentathlon World Cup held in Bulgaria and achieved a first for Türkiye in the modern pentathlon discipline.

Modern pentathlon, which combines fencing, swimming, show jumping, and laser run (running-shooting), is a highly challenging Olympic discipline. Therefore, athletes must equally develop skills such as endurance, speed, coordination, technical proficiency, decision-making, and mental resilience.

This success is not only an individual athletic achievement but also a significant indicator of the development of highly disciplined sports branches in Türkiye. It is also important in terms of identifying talented athletes from different sports disciplines by the Department of Exercise and Sports Sciences and monitoring the analysis of performance components and the applications of current sports science.



MODERN PENTATHLON

Modern pentathlon, which combines fencing, swimming, show jumping, and laser run (running-shooting), is a highly challenging Olympic discipline. Athletes must equally develop skills such as endurance, speed, coordination, technical proficiency, decision-making, and mental resilience.



A SIGNIFICANT ACHIEVEMENT

This success is not only an individual athletic achievement but also a significant indicator of the development of highly disciplined sports branches in Türkiye.



DEPARTMENT OF EXERCISE AND SPORTS SCIENCES

This type of success highlights the importance of identifying athletes from different sports disciplines, analyzing performance components, and monitoring the applications of current sports science in the Department of Exercise and Sports Sciences.



Source:

<https://gsb.gov.tr/tr/haber-detay/299740-balkan-baltan-ilke-ozyuksel-mihrioglu-icin-tebrik-mesaji>



Res. Asst. Bilgehan PEPE

TÜRKİYE SHINES AT THE EUROPEAN TAEKWONDO AND PARA TAEKWONDO CHAMPIONSHIPS



Türkiye added a new chapter to its international sporting successes by winning a total of 22 medals, including 6 gold, 4 silver, and 12 bronze, at the 2026 European Taekwondo and Para Taekwondo Championships held in May.



HISTORIC ACHIEVEMENT IN EUROPE

Between May 11–14, 2026, in Munich, Germany, our national athletes achieved a remarkable success at the European Taekwondo and Para Taekwondo Championships.



22 MEDALS FROM OUR NATIONAL ATHLETES

Türkiye's delegation completed the championships with a total of 22 medals: 6 gold, 4 silver, and 12 bronze. A total of 36 national athletes competed in the championships, including 16 taekwondo and 20 para taekwondo athletes.



14 MEDALS IN PARA TAEKWONDO

Our para taekwondo athletes won 3 gold, 2 silver, and 9 bronze medals, for a total of 14 medals. Mahmut Bozteke, Yusuf Yünaçtı, and Gamze Özcan placed first in their respective weight categories.



A SUCCESS SIGNED ON THE INTERNATIONAL STAGE

Competing as both women and men's teams in para taekwondo, Türkiye made an important mark on the European championship stage.

Türkiye added a new chapter to its international sporting successes by winning medals at the 2026 European Taekwondo and Para Taekwondo Championships held in May.

Between May 11–14, 2026, in Munich, Germany, our national athletes achieved a remarkable success at the European Taekwondo and Para Taekwondo Championships. Our delegation completed the championships with a total of 22 medals, including 6 gold, 4 silver, and 12 bronze. A total of 36 national athletes competed in the championships, including 16 taekwondo and 20 para taekwondo athletes.

In the para taekwondo category, our national athletes won 3 gold, 2 silver, and 9 bronze medals, for a total of 14 medals. Mahmut Bozteke, Yusuf Yünaçtı, and Gamze Özcan placed first in their respective weight categories. Türkiye, competing as both women and men's teams in para taekwondo, signed an important international success on the European championship stage.

We believe that this success is of great importance in terms of showcasing the development of para sports in Türkiye and the visibility of athletes with disabilities on the international stage. As the Department of Exercise and Sports Sciences, we are proud to contribute to the achievements in para sports through performance analysis, classification systems, and adaptive training applications.

These results achieved by our national athletes on the European stage set a powerful example for individuals with disabilities to reach high performance levels in sports.



Source:

<https://gsb.gov.tr/tr/haber-detay/299740-balkan-baltan-ilke-ozyuksel-mihrioglu-icin-tebrik-mesaji>



Res. Asst. Bilgehan PEPE



CHAIR ASSISTANT OF THE DEPARTMENT OF SPORTS MANAGEMENT

ASST. PROF. DR. YUNUS ŞAHİNLER

INVITED TO THE NATIONAL TEAM DUTY IN ITALY!



Istanbul Gelisim University Faculty of Sport Sciences Department of Sports Management Chair Assistant, Asst. Prof. Dr. Yunus Şahinler, has been invited to an important national duty on the international stage.



WHEELCHAIR TENNIS NATIONAL TEAM COACH

Asst. Prof. Dr. Yunus Şahinler, the wheelchair tennis national team coach, will fulfill duties at the international tournament in Alghero, Italy.



REPRESENTING TÜRKİYE AT THE WORLD CUP QUALIFIERS

Türkiye to be represented at the World Cup Qualifiers in Alghero, Italy by the International Tennis Federation (ITF) and the Turkish Tennis Federation.



PARTICIPATION OF 25 COUNTRIES

A total of 25 countries will participate in the organization to be held between May 4-9, 2026.



GREAT SUCCESS BY THE TÜRKİYE QUAD NATIONAL TEAM

The Türkiye Quad National Team achieved a great success by advancing to the second round in the tournament, one of Europe's most important wheelchair tennis events.

Asst. Prof. Dr. Yunus Şahinler, Chair Assistant of the Department of Sports Management, Istanbul Gelisim University Faculty of Sport Sciences, represented Türkiye at the World Cup Qualifiers in Alghero, Italy as the Wheelchair Tennis National Team Coach.

A total of 25 countries participated in the organization held between May 4-9, 2026, as part of the 2026 activity program of the International Tennis Federation (ITF) and the Turkish Tennis Federation.

In the tournament, which is one of Europe's important wheelchair tennis events, the Türkiye Quad National Team achieved a great success by advancing to the second round. The national athletes, who drew attention with their struggle and team performance, represented Türkiye successfully in the international arena.

As the national team coach, Asst. Prof. Dr. Yunus Şahinler's technical team ranked 7th out of 25 countries, and achieved 2nd, 2nd and 4th place successes in the organization.



Source:

<https://gsb.gov.tr/tr/haber-detay/299740-balkan-baltan-ilke-ozyuksele-mihrioglu-icin-tebrik-mesaji>



Author: Res. Asst. Onur TOPUZ



DEPARTMENT OF SPORTS MANAGEMENT

DEPARTMENT OF SPORTS MANAGEMENT AT THE WORLD CHAMPIONSHIP!



The Büyükler Women's/Men's Epee (Foil) World Cup, jointly organized by the International Fencing Federation (FIE) and the Turkish Fencing Federation, was held at Istanbul Başakşehir Sports Complex between April 30 and May 3, 2026.



DATE

April 30 – May 3, 2026



VENUE

Istanbul Başakşehir Sports Complex



ORGANIZERS

FIE & Turkish Fencing Federation



PARTICIPANTS

Büyükler Women's/Men's Epee (Foil) World Cup

The Büyükler Women's/Men's Epee (Foil) World Cup, jointly organized by the International Fencing Federation (FIE) and the Turkish Fencing Federation, was held at Istanbul Başakşehir Sports Complex between April 30 and May 3, 2026.

Although the organization was initially planned to be held in Mexico City, according to the decision of the FIE, the event was awarded to Istanbul. At this point, students of the Department of Sports Management at Istanbul Gelişim University had the opportunity to gain first-hand experience in how large-scale international sports organizations are carried out by taking an active role in the organization.

In this way, students had the opportunity to learn by living through the experience of being part of a prestigious international sports event.



Source:

<https://gsb.gov.tr/tr/haber-detay/299740-balkan-baltan-ilke-ozyuksele-mihrioglu-icin-tebrik-mesaji>



Author: Res. Asst. Onur TOPUZ

10TH ACCESSIBLE SPORTS AND ENTERTAINMENT FESTIVAL A MEANINGFUL GATHERING



The 10th Traditional Accessible Sports and Entertainment Festival, organized within the scope of Disability Week, was held with the collaboration of the Fatih District Directorate of Youth and Sports and Fatih Municipality, with the voluntary participation of Istanbul Gelisim University, Faculty of Sports Sciences students.



We would like to thank all the institutions that contributed to this special event where the unifying power of sports overcame barriers and solidarity, love, and awareness came to the forefront, as well as everyone who took part in the organization and our valuable students who supported it voluntarily.



We sincerely congratulate this meaningful festival, which is one of the finest examples of contributing to social awareness, sharing, and achieving success together; and we take great pride in our students' sensitivity, energy, and sense of volunteerism.



With the hope of coming together in many more wonderful events with the vision of an accessible life, an accessible future, and sports for all...



Stronger together, for a more accessible tomorrow!



Prepared by
RES. ASST. SELİM AKMAN

METE GAZOZ:

THE CHAMPION WHO AIMS FOR GOLD

The Pride of Turkish Archery 



AN INSPIRING JOURNEY

Met Gazoz is one of the most remarkable athletes in Turkish sports. Through his determination, discipline, and historic achievements in archery, he has inspired millions of young people.



EARLY LIFE

Born on June 8, 1999, in Istanbul, Met Gazoz was introduced to archery at an early age by his athletic family. He quickly showed his talent in national competitions and rose to the national team with hard work and dedication.



HISTORIC OLYMPIC SUCCESS

At the Tokyo 2020 Olympic Games, Met Gazoz won the gold medal in the Men's Individual Archery event, bringing Türkiye its first-ever Olympic gold medal in archery. This victory marked a historic milestone for Turkish sports.



CONTINUED ACHIEVEMENTS

After his Olympic success, Met Gazoz continued to shine by winning medals at the World Archery Championships and European Championships, solidifying his place among the world's best archers.



WHAT SETS HIM APART

His calmness, focus, and ability to make right decisions under pressure are his greatest strengths. His disciplined approach to training and strong sportsmanship make him a role model for young athletes.



A ROLE MODEL FOR THE FUTURE

Met Gazoz is not just a champion archer; he is a symbol of perseverance, hard work, and goal-oriented dedication. His story proves that with clear goals and determination, success is inevitable.

ACHIEVEMENTS



2020 Tokyo Olympics
Gold Medal
Men's Individual Archery



World Archery Championships
Medal



European Championships
Medal



Multiple National Records
and Championships



“ Success is focusing on your goal and never giving up. ”

THE JOURNEY OF A CHAMPION



THE BEGINNING

Introduced to archery at a young age and showed great potential.



RISE

Achieved success in national competitions and joined the national team.



BREAKTHROUGH

Won the gold medal at the 2020 Tokyo Olympics and made history.



CONTINUED SUCCESS

Won medals in World and European Championships and kept raising the bar.



FUTURE GOALS

Aiming for greater success to bring more pride to Türkiye and inspire the next generations.



Met Gazoz is a source of pride for Turkish sports and a symbol of determination, dedication, and hard work. He will continue to represent Türkiye on the international stage and **inspire future generations** with his achievements.



PREPARED BY:

Res. Asst. Ünalcan Gökmen