



**Spor Bilimleri
Fakültesi**



FACULTY OF SPORTS SCIENCES

E-BULLETIN

Future of Sports, Center of Success Istanbul Gelisim University

July 2026

SPORBİLİMLERİ.GELİSİM.EDU.TR

IGU FACULTY OF SPORTS SCIENCES

Move Today, Shape Tomorrow!

We provide scientifically supported education, academically strong infrastructure and practice-oriented learning opportunities to train individuals who are sports leaders, health-conscious and valuable members of society.



OUR DEPARTMENTS



COACHING EDUCATION

Provides coaching knowledge and skills in sports, and educates ethical, leading and competent coaches.



SPORTS MANAGEMENT

Educates competent managers in sports organizations in the fields of management, marketing, finance and legal processes.



RECREATION

Develops individuals' leisure quality by improving their free time, social, cultural and sporting recreation programs.



EXERCISE AND SPORTS SCIENCES

Educates experts who analyze exercise physiology, training science and performance to improve healthy living and high performance.



EXERCISE AND SPORTS SCIENCES IN DISABILITY

Educates experts who increase the physical activity participation and quality of life of individuals with disabilities by designing special programs.



CAREER OPPORTUNITIES



Sports Clubs and
Federations



Municipalities
and Public
Institutions



Private Sports
Centers and
Facilities



Schools and
Universities



Health and
Rehabilitation
Centers



Event and
Sports
Organizations



Media, Communication
and Sports
Marketing



Entrepreneurship
and Career
Development

Graduates can find career opportunities as coaches, managers, instructors, instructors, recreation specialists, sports analysts, project coordinators and in many other fields.

— WHY CHOOSE IGU FACULTY OF SPORTS SCIENCES? —

PRACTICE-ORIENTED EDUCATION



Modern laboratories
and application areas
integrate theory with
practice.

EXPERT AND EXPERIENCED ACADEMIC STAFF



Learn from expert
academicians with
strong academic
backgrounds.

TECHNOLOGY AND INNOVATION



Benefit from performance
analysis, sports
technologies and digital
applications.

SOCIAL AND SPORTS ACTIVITIES



Enhance your personal
development through
dynamic student clubs,
events and tournaments.

INTERNATIONAL OPPORTUNITIES



Take part in exchange
programs and gain
a global perspective
for your future.

**MOVE
TODAY,
SHAPE
TOMORROW!**



İSTANBUL
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FACULTY OF
SPORT SCIENCES

FROM OUR FACULTY MEMBERS

ASSOC. PROF. DR. YUNUS ŞAHİNLER

HAS BEEN AWARDED THE TITLE OF
ASSOCIATE PROFESSOR!

— *Congratulations!* —



We are delighted and proud to announce that **Assoc. Prof. Dr. Yunus ŞAHİNLER**, a faculty member of the Department of Sports Management, has been awarded the title of **Associate Professor** in recognition of his academic studies and scientific expertise.



We wholeheartedly **congratulate** him on this valuable achievement and wish that his dedicated efforts in academic studies, scientific productivity, and contributions to our faculty continue to increase.



We sincerely believe that this important academic achievement will make **valuable contributions** to both his academic career and the educational and scientific development of our Faculty of Sport Sciences.



We wish Assoc. Prof. Dr. Yunus ŞAHİNLER **good health, success, and continued excellence** in his academic life and in all his future scientific studies.



PROF. DR. ALİ KIZILET
DEAN

Istanbul Gelişim University
Faculty of Sport Sciences



MOVE FOR DEVELOPMENT!



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FROM OUR FACULTY INSTRUCTORS

DR. TEKMİL SEZEN SOYAL

HAS BEEN AWARDED THE TITLE OF
DOCTOR (DR.)

Congratulations!



We are delighted and proud to announce that Ms. **Tekmil Sezen SOYAL**, one of our faculty instructors in the Department of Sports Management at the Faculty of Sport Sciences, has been awarded the academic title of **Doctor (Dr.)**, a significant indicator of her academic work and scientific expertise.



I wholeheartedly **congratulate** her on this valuable achievement and wish that her academic studies, conducted with dedication and diligence, as well as her scientific productivity and contributions to our faculty, continue to grow.



I firmly believe that this important academic achievement will make **valuable contributions** both to her academic career and to the educational, scientific, and overall development of our Faculty of Sport Sciences.

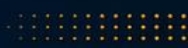


I wish Ms. Dr. Tekmil Sezen SOYAL **good health, success, and outstanding achievements** in her academic life and in all her future scientific studies.



PROF. DR. ALİ KIZILET
DEAN

Istanbul Gelişim University
Faculty of Sport Sciences



MOVE FOR DEVELOPMENT!





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FROM OUR FACULTY INSTRUCTORS

DR. HALİS EGEMEN MERDAN

HAS BEEN AWARDED THE TITLE OF
DOCTOR (DR.)

— Congratulations! —



We are delighted and proud to announce that **Mr. Halis Egemen MERDAN**, one of our faculty instructors in the Department of Sports Management at the Faculty of Sport Sciences, has been awarded the academic title of **Doctor (Dr.)**, a significant indicator of his academic work and scientific expertise.



I wholeheartedly **congratulate** him on this valuable achievement and wish that his academic studies, conducted with dedication and diligence, as well as his scientific productivity and contributions to our faculty, continue to grow.



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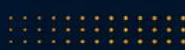


I wish Mr. Dr. Halis Egemen MERDAN **good health, success, and outstanding achievements** in his academic life and in all his future scientific studies.



PROF. DR. ALİ KIZILET
DEAN

Istanbul Gelisim University
Faculty of Sport Sciences



MOVE FOR DEVELOPMENT!





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FROM OUR FACULTY INSTRUCTOR

DR. ONUR ŞENGÖL

HAS BEEN AWARDED THE TITLE OF
DOCTOR (DR.)

— Congratulations! —



We are delighted and proud to announce that **Mr. Onur ŞENGÖL**, an instructor in the Department of Coaching Education at the Faculty of Sport Sciences, has been awarded the academic title of **Doctor (Dr.)**, a significant indicator of his academic work and scientific expertise.



I wholeheartedly **congratulate** him on this valuable achievement and wish that his academic studies, carried out with dedication and diligence, as well as his scientific productivity and contributions to our faculty, continue to grow.



I firmly believe that this important academic achievement will make **valuable contributions** both to his academic career and to the educational, scientific, and overall development of our Faculty of Sport Sciences.



I wish Mr. Onur ŞENGÖL **good health, success, and outstanding achievements** in his academic life and in all his future scientific studies.



PROF. DR. ALİ KIZILET
DEAN

Istanbul Gelişim University
Faculty of Sport Sciences



MOVE FOR DEVELOPMENT!





ONE TOPIC, ONE SPORT

HEAT STRESS AND FOOTBALL

- 1 Hot and humid conditions can affect football performance by increasing body temperature, fluid loss, and cardiovascular strain.
- 2 This may reduce running distance, sprint frequency, decision-making, reaction time, and technical skill quality.
- 3 Ahead of the 2026 FIFA World Cup, heat stress has become a prominent topic in sports science.
- 4 Hydration, cooling strategies, sleep, nutrition, and recovery planning play a critical role in performance management.

KEY MESSAGE

Monitoring environmental conditions is essential for athlete health and sustained performance.



Source: Climate Central; World Weather Attribution; Reuters



Res. Asst. Ayşe Demet KARADAĞ





LEGENDARY ATHLETES

CRISTIANO RONALDO

AND PERFORMANCE TECHNOLOGIES

- 1 Ronaldo's long career is associated with consistent training, nutritional discipline, recovery habits, and performance monitoring.
- 2 In elite sport today, performance is supported not only by coach observation but also by data from wearable technologies.
- 3 The 2026 partnership between WHOOP and Al Nassr FC highlighted the importance of data-driven athlete monitoring in clubs.
- 4 Sleep, recovery, workload, and readiness data become meaningful when evaluated together with athlete feedback.

KEY MESSAGE

Data alone does not make decisions; it gains value when combined with coaching expertise.



Source: Inside World Football; The Sun



Res. Asst. Ayşe Demet KARADAĞ





SCIENTIFIC STUDIES

THERE IS NO SINGLE PATH TO SUCCESS FOR YOUNG ATHLETES

1

A study synthesizing 60 systematic reviews showed that talent development cannot be reduced to a single model.

2

Reaching elite level cannot be explained solely by intensive training at an early age; individual development and environmental support also matter.

3

Early success or intensive specialization does not always guarantee elite adult performance.

4

Healthy development, psychological well-being, sport adherence, and a supportive environment should be considered together.

KEY MESSAGE

An approach that allows potential to develop over time stands out.



Source: Journal of Sports Sciences; Phys.org



Res. Asst. Ayşe Demet KARADAĞ



SPORTS SCIENCES FACULTY ACADEMICIANS' Q1 ARTICLE PUBLISHED IN BMC SPORTS SCIENCE, MEDICINE AND REHABILITATION

A scientific study titled '**Does the static Q angle reflect dynamic landing mechanics?**', co-authored by Dr. Burak TAŞ and Dr. Onur YILDIRIM from the Department of Coaching Education of the Faculty of Sports Sciences at Istanbul Gelişim University, and Res. Asst. Şevval ÖZKAN from the Department of Exercise and Sport Sciences, was published in the Q1 journal BMC Sports Science, Medicine and Rehabilitation.

The study focused on whether the static Q angle reflects dynamic landing mechanics, examining its relationship with lower extremity biomechanics, knee valgus, and landing performance.

The study is important in that it provides a scientific contribution to the evaluation of injury risk and movement analysis processes in athletes. Published in an internationally respected journal, this research contributes to biomechanically based studies in sports sciences while presenting current findings on the role of static measurements in evaluating dynamic movement performance.

As the Faculty of Sports Sciences of Istanbul Gelişim University, we congratulate **Dr. Burak TAŞ, Dr. Onur YILDIRIM, and Res. Asst. Şevval ÖZKAN** on this important academic achievement and wish them continued success in their national and international scientific studies.



BMC Sports Sci Med Rehabil

<https://doi.org/10.1186/s13102-026-01886-4>

Article in Press

Does the static Q angle reflect dynamic landing mechanics?

GAME CHANGERS EMEA GRAND FINAL RETURNS TO ISTANBUL

*The excitement of esports will come to
ESA Esports Arena on Sunday, August 30*

The excitement of Game Changers EMEA is returning to Istanbul. The grand final, which will bring together the best Game Changers teams from Europe, the Middle East, and Africa, will be played on Sunday, August 30 at ESA Esports Arena.



WHERE AND WHEN IS THE FINAL?

The Game Changers EMEA Stage 3 Grand Final will take place on Sunday, August 30 at ESA Esports Arena. The organization will bring together the region's strongest teams in Istanbul.



WHY IS IT IMPORTANT?

The grand final is of critical importance in determining the teams that will represent the EMEA region at the VALORANT Game Changers Championship, which will be held in November.



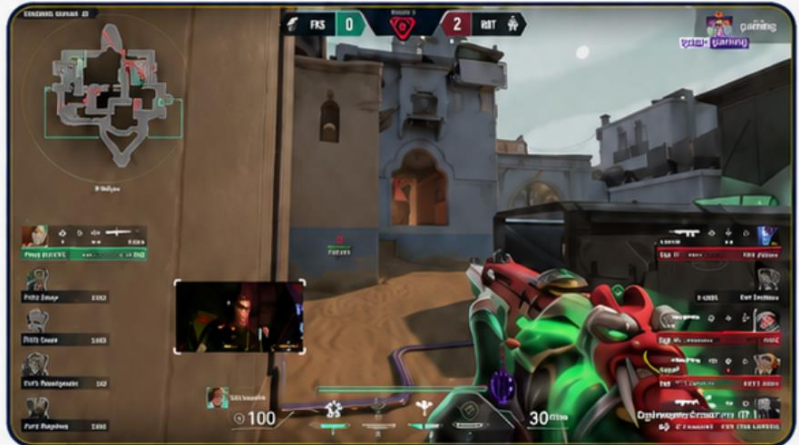
WHAT AWAITS THE FANS?

Fans who want to experience the excitement of esports on site will not only be able to watch the matches throughout the day; they will also be able to meet Game Changers players, connect with content creators, and take part in various activities featuring surprise prizes.



WEEKEND EXPERIENCE

Since the event will take place at the same time as the VALORANT Champions Tour EMEA Stage 2 Final in Barcelona that weekend, an official VCT EMEA watch party will also be held in the arena after the grand final.



“

Over the last two years, Istanbul has hosted some of the most unforgettable moments in Game Changers EMEA history and has become a true home for VALORANT fans across the region.

— Tomek, VALORANT Esports Product Manager

”



TECHNOLOGY RESHAPED REFEREE DECISIONS AT THE 2026 FIFA WORLD CUP

Artificial intelligence, sensors, and advanced imaging systems launched a more fair and transparent era in football.



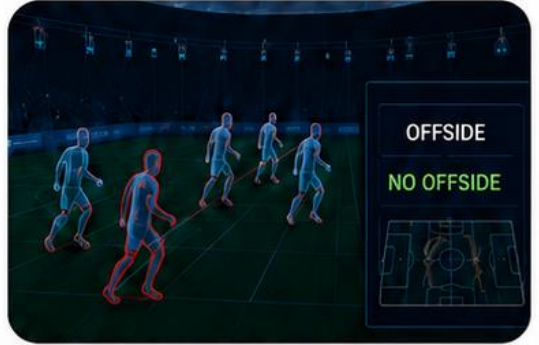
REFEREE CAMERA

Thanks to small cameras placed near the referees' ears, matches were also shown to viewers from the referee's perspective. AI-supported image stabilization technology reduced motion blur and provided clearer footage.



SEMI-AUTOMATED OFFSIDE SYSTEM

With at least 10 cameras positioned in the upper sections of stadiums, players' positions and body movements were tracked. Models created from the 3D scans of 1,248 players allowed the AI system to identify offside situations more precisely and send rapid alerts to referees.



SENSOR-ENABLED MATCH BALL

The ball equipped with Connected Ball Technology determined the exact moment of contact. By detecting whether the ball touched a player or another object, it provided referees with accurate data in critical situations such as offside and determining the last player to touch the ball.



GOAL-LINE TECHNOLOGY

High-speed cameras determined whether the whole ball had crossed the goal line. The result was transmitted to the referee's watch in less than one second.



“

The technologies used at the 2026 FIFA World Cup demonstrated how football is becoming increasingly integrated with artificial intelligence, data analysis, and advanced imaging systems. These applications helped evaluate controversial positions more reliably while also giving viewers the opportunity to follow matches from different perspectives.





OUR STUDENT EYYÜP ÇETİN BECOMES EUROPEAN RUNNER-UP!



Eyyüp Çetin, a 3rd-year student in the Coaching Education Department at the Faculty of Sport Sciences, competed in the 92 kg category at the U20 European Wrestling Championship held in Skopje, the capital of North Macedonia, and won the silver medal, becoming the European runner-up.

Our national athlete started the championship by defeating his Swiss opponent Jacek Adam Fudalej 4-1, then beat Bulgarian Grigor Chernakov with a technical superiority 10-0 in the quarterfinals, and defeated Romanian Darius Adrian Sas 10-3 in the semifinals to advance to the final.

In the final match, Eyyüp Çetin faced last year's European champion Russian opponent Artur Togoiev. He completed the championship as the runner-up with a silver medal, bringing great pride to our country.

We sincerely congratulate our student Eyyüp Çetin, who successfully represented our university and our country, and wish him continued and even greater success in the future.



KEY HIGHLIGHTS



Won the silver medal at the U20 European Wrestling Championship in the 92 kg category



Defeated strong opponents from Switzerland, Bulgaria and Romania to reach the final



A proud success for our university and our country



A great role model for our students and young athletes



Showcased Türkiye successfully on the European stage



Prepared by:
Res. Asst. Bilgehan PEPE



Source link:
<https://cms.uww.org/athletes/cetin-eyyup>



The Future of Paralympic Sport Discussed in Bonn



The 2026 Annual Classification Meeting, organized by the International Paralympic Committee (IPC), was held in Bonn, Germany, between 15–18 July 2026. International federations, national Paralympic committees and classification experts attended the meeting.

At the meeting, the focus was on grounding classification systems used to ensure fair competition in Paralympic sport on scientific foundations, integrating new technologies into the system, and improving athlete-centered assessment methods. Studies on the use of artificial intelligence, sensors and wearable technologies in classification processes were also discussed.

IPC also announced in July 2026 that a total of €900,000 in funding was awarded to six scientific projects in the field of Paralympic classification. These developments are important for ensuring that exercise for people with disabilities and adaptive sport practices are conducted in a fairer, more reliable and more scientific manner.

Key Highlights



IPC 2026 Annual Classification Meeting held in Bonn



International federations, Paralympic committees and experts came together



Evidence-based classification and fair competition were emphasized



Artificial intelligence, sensors and wearable technologies were discussed



Support of €900,000 for six scientific projects was announced



Prepared by:
Res. Asst. Bilgehan PEPE



Source link:
<https://www.paralympic.org/news/ipc-grants-six-classification-research-projects>



SUCCESS NEWS

Istanbul Gelişim University Faculty of Sport Sciences

Sport Management Department

Research Assistant Gökrem Acar's

SCI-E Q1 ACHIEVEMENT

WHEY PROTEIN + COLLAGEN STUDY

Published in BMC Sports Science,
Medicine and Rehabilitation

A study co-authored by Research Assistant **Gökrem Acar** from the Sport Management Department, Faculty of Sport Sciences at Istanbul Gelisim University, has been published in **BMC Sports Science, Medicine and Rehabilitation**, one of the prestigious **SCI-E Q1** journals in the field of sport sciences.

The study investigated the effects of whey protein and collagen supplementation on muscle mass, bone mineral density, and strength development in resistance-trained individuals using a randomized controlled trial design. The article was also published online in the journal on **July 9, 2026**.



A total of 40 resistance-trained male athletes were evaluated in four different supplementation groups over eight weeks. The group using whey protein and collagen together achieved the greatest improvements in muscle mass, lumbar spine bone mineral density, squat and bench press strength, and bone metabolism markers.



CONTRIBUTION TO MUSCLE GROWTH

The study showed that the group using whey protein and collagen combination had a significantly greater increase in muscle mass compared to all other groups.



BONE HEALTH

The combined supplementation group achieved significant improvements in lumbar spine bone mineral density.



SCIENTIFIC EVIDENCE

The study has a double-blind, randomized controlled clinical trial design and provides important scientific contributions to the field of sports nutrition.



OUR UNIVERSITY'S SCIENTIFIC SUCCESS

The academics of Istanbul Gelisim University Faculty of Sport Sciences continue to represent our university successfully by producing high-impact research in international top-tier journals.



As the Faculty of Sport Sciences at Istanbul Gelisim University, we congratulate Research Assistant **Gökrem Acar** on this outstanding international publication achievement and wish him continued success in his academic career.

Congratulations!

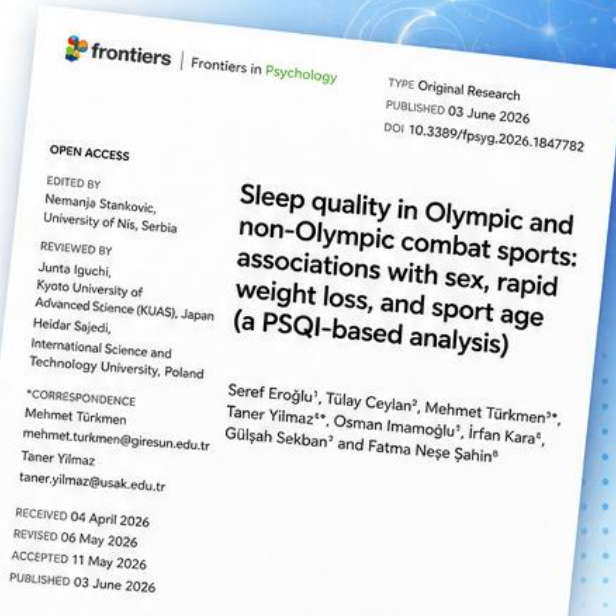


SUCCESS NEWS

Asst. Prof. İrfan KARA's SCI-E Q1 Achievement SLEEP QUALITY STUDY Published in Frontiers in Psychology



The study co-authored by Asst. Prof. İrfan KARA from the Department of Exercise and Sport Sciences for the Disabled, Faculty of Sport Sciences at Istanbul Gelisim University, titled "Sleep quality in Olympic and non-Olympic combat sports: associations with sex, rapid weight loss, and sport age (a PSQI-based analysis)," has been published in **Frontiers in Psychology**, one of the most reputable SCI-E Q1 journals in the field of psychology, on June 3, 2026.



The study comprehensively examined the sleep quality of 498 athletes competing in Olympic and non-Olympic combat sports, in relation to sex, rapid weight loss, and sport age. The findings provide important scientific evidence for athlete health and performance management.



HIGH RATE OF POOR SLEEP QUALITY

65% of the athletes participating in the study were classified as poor sleepers (PSQI > 5), indicating that sleep problems are highly prevalent among combat sport athletes.



RAPID WEIGHT LOSS INCREASES RISK

Athletes who lose more than 4% of their body weight in a short period have a significantly higher risk of poor sleep quality compared to other athletes (OR = 2.70).



SEX AND SPORT TYPE ARE INFLUENTIAL

Male athletes and those competing in Olympic combat sports have a higher risk of poor sleep quality compared to female athletes and non-Olympic counterparts (OR = 1.65 and OR = 1.75).



SCIENTIFIC CONTRIBUTION

This study provides important evidence for protecting sleep quality in combat sport athletes and offers guidance for athlete health, performance management, and training planning.



As the Faculty of Sport Sciences at Istanbul Gelisim University, we congratulate **Asst. Prof. İrfan KARA** on this outstanding international publication achievement and wish him continued success in his academic career.

Congratulations!

ARTIFICIAL INTELLIGENCE LAUNCHES A NEW ERA IN TACTICAL ANALYSIS

Next-generation AI platforms provide technical teams with real-time data support during matches

Next-generation AI platforms analyze player movements and opponent formations in real time during matches and provide tactical suggestions to technical teams. Thus, data analysis is no longer limited to post-match evaluation; it is becoming a strategic tool that supports decision-making while the match is still in progress.



REAL-TIME ANALYSIS

AI systems can evaluate players' positions, passing connections, and opponent formations simultaneously as the match unfolds.



TACTICAL SUPPORT

With instant data, technical staffs can update game plans and receive suggestions on pressing, transition play, and defensive organization.



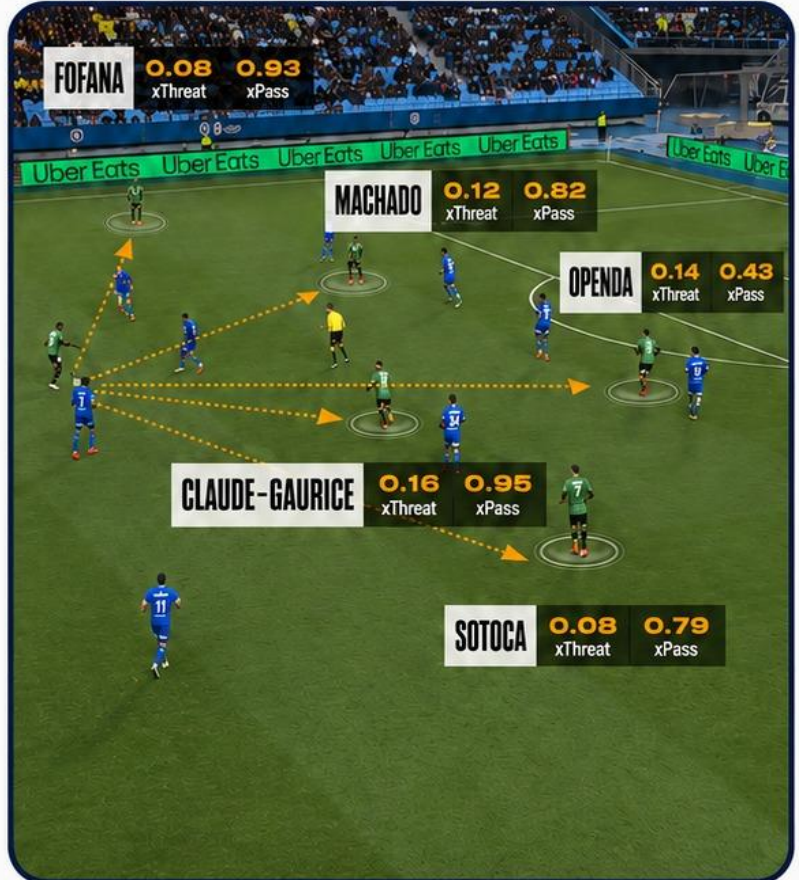
FROM DATA TO DECISIONS

This approach advances post-match reporting and carries data analysis directly into the in-game decision-making process.



A NEW ERA IN SPORTS

AI-powered tactical analysis tools are opening a new era in performance analysis while strengthening coaches' strategic decisions.



“ Artificial intelligence is moving data analysis from post-match evaluation into the heart of the game, creating a new era in coaches' decision-making processes. ”



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Faculty of Sport Sciences

New Research Published in the Field of Adapted Physical Activity

The July 2026 issue of Adapted Physical Activity Quarterly, one of the leading academic journals in the field of adapted physical activity, has been published. Announced by the International Federation of Adapted Physical Activity (IFAPA) on 14 July 2026, the new issue brings together current scientific studies addressing the participation of individuals with disabilities in physical activity and sport from multiple perspectives.



Publication Announcement

Volume 43, Issue 3 of the journal features current research addressing the participation of individuals with disabilities in physical activity in terms of performance, accessibility, education, and inclusion.



Notable Study

An information-transfer approach aimed at increasing the participation of children with intellectual and developmental disabilities in recreational sports stands out as one of the noteworthy studies featured in the issue.



Featured Research



Adapted Physical Activity Quarterly
July 2026 | Volume 43, Issue 3

- Neuromuscular warm-up programs for para taekwondo athletes
- Health-related physical fitness levels of athletes and partners in Special Olympics Unified Sports
- Physical activity experiences of individuals with spinal cord injuries living with chronic pain
- Adapted physical activity practices for autistic youth
- Classification system in World Shooting Para Sport
- Exercise professionals' views on working with individuals with disabilities



Importance for the Field

The findings presented in the July 2026 issue are expected to contribute to the development of evidence-based practices for academics, coaches, exercise professionals, educators, and policy makers.



These studies show that the participation of individuals with disabilities in sport should be evaluated not only in terms of physical fitness, but also with regard to social participation, accessibility, education, classification, and inclusion.



These current studies published in the field of adapted physical activity once again emphasize the importance of creating more accessible, safe, and inclusive physical activity environments for individuals with disabilities.





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Faculty of Sport Sciences

National Swimmer Baha Mandalı Honored with Achievement Plaque at Graduation Ceremony

At Istanbul Gelisim University's 2026 Graduation Ceremony, Baha Mandalı, a 3rd-year student in the Department of Exercise and Sports Sciences for Individuals with Disabilities and national swimmer, was awarded a plaque in recognition of his national and international achievements.



Honored at the Ceremony

Plaque presented to Baha Mandalı by Abdülkadir Gayretli, Honorary President of Istanbul Gelisim University. The national athlete was congratulated for his outstanding achievements representing our country.



Selection to National Teams

Konya Autism National Team Selections

- ✓ 50 m Backstroke: Gold medal + 2027 Virtus World Games
- ✓ 100 m Backstroke: Gold medal + 2027 Virtus World Games
- ✓ 200 m Backstroke: Gold medal
- ✓ 200 m Freestyle: Gold medal



International Achievements



Sarajevo Open 2024 International Swimming Championship

S14, SB14 and SM14 categories
6 gold medals in 6 individual events

• 50 m Freestyle	29.00
• 50 m Backstroke	33.36
• 50 m Breaststroke	38.99
• 100 m Backstroke.....	1:13.56
• 100 m Breaststroke.....	1:29.16
• 200 m Individual Medley	2:55.76



Sofya 2025 – 7th International Adapted Swimming Tournament

3 gold medals, 2 silver medals



Best Athlete of the Tournament



By achieving remarkable results in national and international organizations, Baha Mandalı sets an inspiring example in terms of effort, discipline, and performance for both Türkiye and Istanbul Gelisim University.



As the Department of Exercise and Sports Sciences for Individuals with Disabilities, we congratulate our national athlete Baha Mandalı and wholeheartedly support the continuation of his success in academic and sporting life.



SÜREYYA AYHAN:

THE NAME THAT MADE HISTORY IN TURKISH ATHLETICS

Pioneer of Middle-Distance Running



Süreyya Ayhan, one of the unforgettable names of Turkish athletics, holds a special place in our sporting history with her international achievements in middle-distance running. Through her discipline, determination, and performance, she made significant contributions to Turkish women's athletics.

Especially noted for her performances in the 1500-meter event, Ayhan increased the international visibility of Turkish athletics and became a source of inspiration for young athletes.



HISTORIC ACHIEVEMENT

By winning the gold medal in the 1500 meters at the 2002 Munich European Athletics Championships, she made an unforgettable mark on Turkish athletics.



EVENT

She stood out in middle-distance running, especially with her performance in the 1500-meter event.



SIGNIFICANCE

Süreyya Ayhan's success accelerated the development of women's athletics in Türkiye and provided important international visibility.



INSPIRING SIDE

With her determination and work ethic, she presented an exemplary success story for young athletes.



ACHIEVEMENTS



- 2002 European Athletics Championships
- 1500 m Gold Medal
- A pioneering success for Turkish women's athletics
- Strong representation on the international stage



START

She drew attention with her talent in middle-distance running.



RISE

She stood out with her performances in national competitions.



HISTORIC VICTORY

She won the gold medal at the 2002 European Championships.



INSPIRATION

She became an important role model for women's athletics.



LASTING IMPACT

Her success continues to inspire young athletes.

“ Success is a lasting mark built through discipline, determination, and belief. ”

Süreyya Ayhan stands out not only for the titles she won, but also as an important athlete remembered for the confidence, visibility, and inspiration she brought to Turkish athletics.

PREPARED BY:

Res. Asst.

Ünal Can GÖKMEN

As one of the pioneering figures of Turkish athletics, Süreyya Ayhan continues to inspire new generations through her achievements.