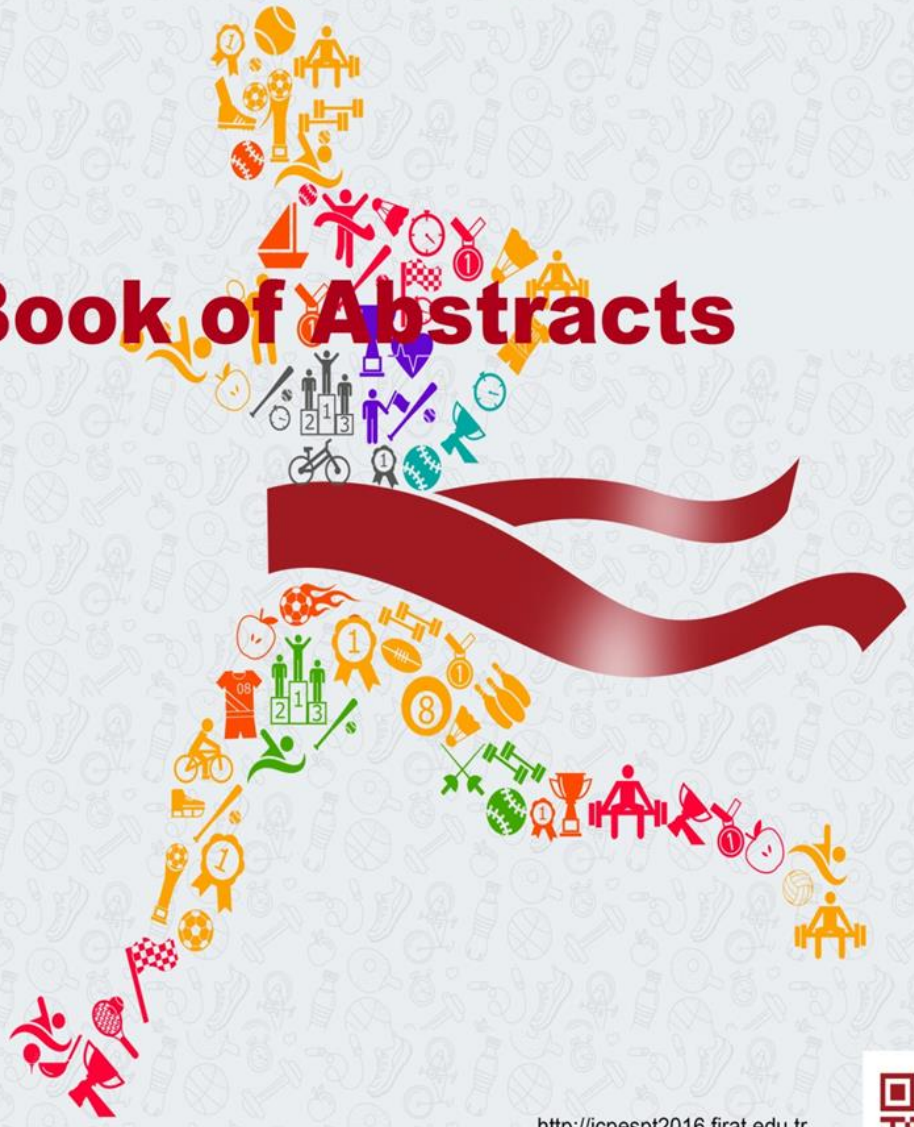
FACULTATEA DE EDUCAȚIE FIZICĂ ȘI SPORT IAȘI

UNIVERSITATEA „ALEXANDRU IOAN CUZA" din IAȘI

# THE 10TH INTERNATIONAL CONFERENCE IN PHYSICAL EDUCATION, SPORTS AND PHYSICAL THERAPY

## NOVEMBER 18-20, 2016
## FIRAT UNIVERSITY, FACULTY OF SPORT SCIENCES, ELAZIG, TURKEY



# Book of Abstracts

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**THE 10TH INTERNATIONAL CONFERENCE IN PHYSICAL EDUCATION, SPORTS AND PHYSICAL THERAPY**

**"ICPESPT2016"**

**"Physical Education, Sports and Health For Sustainable Development Goals"**

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As a guarantee for the scientific event's quality, we wish to put in evidence the fact that the 10th International Conference in Physical Education, Sports and Physical Therapy (ICPESPT) is organized, for the first time, by four Romanian Universities "**Alexandru Ioan Cuza"** University of Iași, ERASMUS partnership with "**Firat University**" of Elazig, Turkey since 2010

Attending a conference is Academics, Researchers. Expertes Person; Physical Education, Sport, Physical Terapy, Health, Social, Education, Technolgoy ectc also (Master and Doctoral students and graduates MA-PhD students)

## 2016 SPECIAL THEME

**"Sustainable Development Goals For Physical Education, Sports and Health"**

| TOPICS | |
|---|---|
| Physical Educaytion and Sports | Sports Sociology |
| Sport Management | Sports Nutrition |
| Recreation | Sports Economics |
| Exercise and Training Sciences | Sports Marketing |
| Sports and Health | Sports History |
| Physical Therapy and Rehabilitation | Sports and Discrimination |
| Physical Activity and Health | Sports Philosophy |
| Physical Education and Sports for Disabled | Traditional Sports and Games |
| Sports for All and and Olympism | Innovation and Sports |
| Sports Technology | Global Goals and Sports |
| Sports Biomechanics | Sports Tourism |
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## Full Texts Journals

| TOPICS | JOURNALS |
|---|---|
| Sports for All and Olympism<br>Sports Management<br>Recreation<br>Sports Technology<br>Sports Tourism<br>Sports Economics<br>Sports Marketing<br>Sports History<br>Sports Sociology<br>Sports Psychology<br>Sports and Discrimination<br>Traditional Sports and Games<br>Innovation and Sports<br>Global Goals and Sports | Sport and Society, Interdisciplinary Journal of Physical Education and Sports<br>**http://www.sportsisocietate.ro/en/requests**<br>( Romania )<br>Romanian and English (only for Romanian and Moldavian authors).<br>Other foreign authors must submit their manuscript only in English. |
| Physical Education and Sports<br>Sports Philosophy | Turkish Journal of Education (TURJE)<br>**www.turje.org**<br>Turkish ve English |
| Sports and Health<br>Physical Therapy and Rehabilitation<br>Physical Activity and Health<br>Sports Nutrition<br>Sports Physiology | Fırat Universitesi Sağlık Bilimleri Tıp Dergisi<br>**http://tip.fusabil.org/index.php3**<br>Turkish-English |
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## Acknowledgement

"This study was presented as a Oral/Poster at the The 10th International Conference In Physical Education, Sports And Physical Therapy- Firat University, Elazig, Turkey, 18-20 November, 2016"



Dear Sports Scientists

*The 10th International Conference In Physical Education, Sports And Physical Therapy-Icpespt-2016* will be held on November 18-20, 2016 at FIrat University Faculty of Sports Sciences, together with Alexandru Ioan Cuza" University of Iași Faculty of Physical Education and Sports Sciences in Romain wich is the ERASMUS partner of Fırat University Faculty of Sports Sciences. The congress will be held 10th times this year with the theme of **"***Physical Education, Sports and Health For Sustainable Development Goals***",** and it's aim is; to improve ideas about research trends and to create a change and criticism discussion platform based on sport science and physical therapy.

I think the Congress will contribute young academicians by bringing them together with scientists, who taken as model in Turkey and the World, sharing the latest scientific developments and changes along with participants from different sports disciplines and congress will contribute to transfer knowledge in the field. With this purpose I would like to share that, we are aware of the responsibility on our University, Faculty and the organization team causes from *"The 10th International Conference in Physical Education, Sports and Physical Therapy"* and I would like to share our hospitality request with Elazig's tourism, natural beauty and unique hospitality. Harput, the first settlement of Elazig and an ancient city dating back to the BC 20th century will attract the attention of esteemed participants with its museum, castle, mosques, churches and cave freezer.

I want to underline that we are happy to entertain you esteemed participants at the congress will be held in our university campus, with student volunteers and organizing committee of our faculty. With the hope to contribute to our core work area of sports sciences, to honor us with your participation to "*The 10th International Conference in Physical Education, Sports and Physical Therapy*". We will happy to see you with us.

Best regards

**Prof. Dr. Cengiz ARSLAN**
**Faculty of Sports Science Dean**
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Dr. Yonca Süreyya BİÇER, Fırat University, Elazığ / TURKEY
Dr. Yunus Emre KARAKAYA, Fırat University, Elazığ / TURKEY
Dr. Yunus YILDIRIM, Mustafa Kemal University, Hatay/TURKEY
Dr. Yusuf KÖKLÜ, Pamukkale University, Denizli/TURKEY
Dr. Yücel OCAK, Afyon Kocatepe University. Afyonkarahisar/TURKEY
Dr. Yüksel SAVUCU, Fırat University, Elazığ / TURKEY
Dr. Zafer ÇİMEN, Gazi University, Ankara/TURKEY
Dr. Zekai PEHLİVAN-Mersin University, Mersin/TURKEY
Dr. Zekeriya GÖKTAŞ, Balıkesir University, Balıkesir/TURKEY
Dr. Zeki ÇOŞKUNER, Fırat University, Elazığ / TURKEY
Dr. Zinnur GEREK, Atatürk University, Erzurum/ TURKEY
Dr. Ziya BAHADIR, Erciyes University, Kayseri/TURKEY
Lecturer. Selahattin KOÇ, Gaziantep University, Gaziantep/TURKEY

**KEYNOTE SPEAKERS**

Prof. Dr. Eyüp Günay İSBİR

Prof. Dr. Güner EKENCİ

Professor Ergün YURDADÖN

**INVITED SPEAKERS**

Prof. Dr. Alfonso Valero VALENZUELA

Prof. Dr. Arslan KALKAVAN

Prof. Dr. Bekir YÜKTAŞIR

Prof.Dr. Hayri ERTAN

Prof.Dr. Hülya AŞÇI

Prof. Dr. M. Akif ZİYAGİL

Prof.Dr. Mark WILLEMS

Prof. Dr. Osman İMAMOĞLU

Assoc. Prof. Emine ÇAĞLAR

Assoc. Prof. Ahmet TALİMCİLER

Assoc. Prof. Hakan SUNAY

Assist. Prof. Mürsel AKDENK

Antonio ROBUSTELLI

Burak ÖZTÜRK

Devena HAGGIS

Dr. Gülay Yasemin ALDEMİR

Lilamani de SOYSA

Yuko UEDA

# PROGRAMME

**Opening Programme / Açılış Programı**

Opening Programme and Opening Speeches /Açılış Programı ve Açılış Konuşmaları
Ataturk Cultural Center / Atatürk Kültür Merkezi

**Opening / Açılış**

Homage and National Anthem / Saygı Duruşu ve İstiklal Marşı

Speech of Congress Chairman **Prof. Dr. Cengiz ARSLAN**

Speech of Alexandru Ioan CUZA University, Iaşi, Romain Delegate PhD. **Iacob Mihai RADU**

Speech Of Rector of Fırat Üniversitesi **Prof. Dr. Kutbeddin DEMİRDAĞ**

Speeches of Honor Guests / Onur Konuklarının Konuşması
(In Case of Insistence)

Piano Concert / Piyano Dinletisi
**Fritz KAAS**
Elazığ Folk Dance Show / Elazığ Halkoyunları Gösterisi

**OPENING PANEL**

**Physical Education, Sports and Health For Sustainable Development Goals"**
"Sürdürülebilir Kalkınma Hedefleri İçin Beden Eğitimi, Spor ve Sağlık"

Moderatör

**Prof. Dr. Eyüp Günay İSBİR**

PANELİSTLER / INVITED SPEAKERS

**Prof. Dr. Gazanfer DOĞU**

Sport Management and Sustainability in Turkey" / "Türkiye'de Spor Yönetimi ve Sürdürülebilirliği /

**Prof. Dr. Güner EKENCİ**

An Assessment on the Preparation and Presentation of Sports Services" / "Sportif Hizmetlerinin Hazırlanıp Sunulması Üzerine Bir Değerlendirme

**Professor Ergün YURDADÖN**

"Psychoanalys is of Global Sports Ethics Epic Woes Politics and Corruption of WADA by US Led WASP Nations" / Global Spor Etiğinin Psikoanalizi; Amerika öncülüğündeki WASP Koalisyonunun WADA aracılığ ile küresel spor üzerinde oluşturdukları Hegomanya

# PANELS

**PANEL I**

**Issues in Sport Performance Nutrition, Muscle Activity and Learning**
Spor Performansı, Beslenmesi, Kas Aktivitesi Ve Öğrenmedeki Sorunlar

MODERATÖR
**Prof. Dr. Bekir YÜKTAŞIR**

PANELİSTLER / INVITED SPEAKERS

**Prof.Dr. Mark WILLEMS**
"Functional Foods for Exercise And Recovery / Egzersiz ve Toparlanmada Fonksiyonel Gıdalar"

**Prof.Dr. Hayri ERTAN**
"Muscular Activation Strategies and Sportive Performance: From Theory To Practice / Kas Aktivite Stratejileri ve Sportif Performans : Teoriden Pratiğe "

**Prof. Dr. Alfonso Valero VALENZUELA (Skype)**

"Teaching Through Physical Activity and Sport for Suitable Learning and Performance / Uygun Öğrenme ve Performans için Fiziksel Aktivite ve Spor ile Öğretim"

**PANEL II**

"Türkiye'de Antrenörlük Mesleğinin Geleceği ve Vizyoner Yaklaşımlar / The Future of Coaching Profession in Turkey and Visionary Approaches"

MODERATÖR

**Prof. Dr. Cengiz ARSLAN**

PANELİSTLER

**Prof. Dr. Arslan KALKAVAN**

Türkiye'deki Antrenörlük Bölümlerinin Ders Programlarının Değerlendirilimesi
"Evaluation of Course Programs of Coaching Departments in Turkey"

**Prof. Dr. Osman İMAMOĞLU**

Türkiye'deki Antrenörlük Bölümlerinin Mevcut Eğitim Koşullarının Değerlendirilmesi
"Evaluation of Current Training Conditions of Coaching Departments in Turkey"

**Prof. Dr. M. Akif ZİYAGİL**

Antrenörlükte Avrupa Birliğine Uyum
"Adaptation to European Union in Coaching"

**PANEL III**

"Tükiye'de Sporun Sosyal Etkileşimi ve Sorunlar " "Social Interaction and Issues in Sport in Turkey"

MODERATÖR

**Assoc. Prof. Hakan SUNAY**

PANELİSTLER

**Assoc. Prof. Ahmet TALİMCİLER**

"Sürdürülebilir Kalkınma Perspektifinden Türkiye'de Sporun Gelecekteki Olası Sorunları ve Çözüm Yolları Neler Olabilir ? / From the Perspective of Sustainable Development, What Possible Future Problems and Solutions Could Be to The Sport in Turkey ?"

**Professor Ergün YURDADÖN**

Doping Kültürü
Doping Culture

**Assist. Prof. Mürsel AKDENK (Skype)**

"Gençlik Ve Spor Liderlerinin Özel Yetiştirilmesi / Special Training of Youth and Sports Leaders"

**SEMİNER / SEMINAR**

"Bilimsel Makale Yazma ve Yayımlama Semineri / Seminar on Writing and Publishing Scientific Articles**"**

**Prof.Dr. Hülya AŞÇI**

**Assoc. Prof. Emine ÇAĞLAR**

**WORKSHOP**

**Lilamani de SOYSA, Yuko UEDA, Devena HAGGIS**

Tsukuba International Academy for Sport Studies (TIAS)

"Sport for Tomorrow / Yarın İçin Spor"
"Tokyo Olympic and Paralympic Games in 2020"

"TIAS Masters Programme in Sport and Olympic Studies / Spor ve Olimpik Çalışmalarda TIAS Master Programı"

**Antonio ROBUSTELLI**

Sports Performance Manager

Performance Monitoring Consultant

Speed/Power/Strength Development Consultant

B.Sc., CSCS, RTS, CSAC

"Biometric Periodization" A Novel Concept In Training Periodization Based on The Use of Technologies for

Monitoring Neuromuscular, Biochemical and Biomechanical Properties In Order to Adjust Training Load in A Sort of "Biometric Regulatory-Feedback"

**Burak ÖZTÜRK**

Spor Eğitim Uzmanı ve Hemsball Antrenörü

(Milli Sporumuz Hemsball)

Our National Sport of Hemsball

**Dr. Gülay Yasemin ALDEMİR**

"Hareket Eğitiminde Yaratıcı Sanat Terapisi:

Dans/Hareket Terapisinin Önemi / Creative Arts Therapy In Motion Training: The Importance Of Dance / Motion Therapy"

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**ORAL PRESENTATION:** 202

**POSTER PRESENTATION :** 88

**TOTAL PRESENTATION :** 290

# SCIENTIFIC PROGRAMME

# INVITED ABSTRACTS

# TEACHING THROUGH PHYSICAL ACTIVITY AND SPORT FOR SUITABLE LEARNING AND PERFORMANCE

**Alfonso Valero VALENZUELA**

Universidad de Murcia. Facultad de Ciencias del Deporte
avalero@um.es

Childhhod and youth are periods of great changes, not only physical but also in their personality and social relationships. Parents, teachers and coaches have a decisive role to build people with suitable behaviours in the society. Every week we have more a more violence casis and disruptive behaviours in teengares (Jaycox, Stein & Wong, 2014). School should promote prosocial values to avoid and prevent these kind of episodes.

Physical activity and sport can also contribuite to create positive values in young people and athletes. But, we should not forget that sport does not educate "per se" (Biesta et al., 2001). Teachers and coaches determine the experience of practicioners and their adherence in the near future. So, teachers and coaches must have a methodologal plan which assures good healthy habits and a completed formation. Remember that human being is much more than the motor area, there are also other very important ones such as cognitive, affective and social domains and we have take all of them into account when we instruct to make them all round individuals and to garantee an optimal learning and performance.

There are different teaching models in physical education and some of them try to improve prosocial values (Delfos, Effort or Peace). One of the most known is Hellison Programme (2011), which started at the end of 1980 to avoid teenagers disruptive and violence behaviours apart from nocive habits such us alcoholism or delinquency. This programme has five different values levels, respect, participation and effort, self-direction, caring about others and transfer. The daily structure of the lesson is based on four parts, awareness talk, physical actigvity plan, group meeting and reflection time.

It has been installed in Primary and Secundary schools in the Murcia Region (Spain), to determine the prediction level of personal and social responsibility in sportsmanship, violence and healthy habits. The sample was 737 students from 12 to 15 years old. Instruments used were Personal and Social Responsibility Questionarie (PSRQ), Multidimensional Sportsmanship Orientation Scale (MSOS), California School Climate Safety Survey (CSCSS), Krece Plus Short Test and Physician-based Assessment and Counseling for Exercise (PACE). Personal and Social responsibility predicted sportsmanship positively and violence negatively. There was a positive relation between responsibility and physical activity level, until 5-6 hours of physical activity per week.

Later, our purpose were determine levels of responsibility, violence and sportsmanship after a Hellison Programme. We took 16 school teachers and 563 participants from 12 to 15 years old. Teacher were trained for 30 hours training course and they implemented the programme for 4 months with on going support sessions every month. The application of the Personal and Social Responsibility Model during physical education classes produced improvements in personal responsibility, social responsibility, commitment toward sport participation, social conventions in sport, concern and respect for rules and officials and concern and respect for one's opponent.

In summary our programme highlighted that physical activity and sport is not only fitness and skills. Students and sport people are more than a motor area (social, affective and cognitive). To get an optimal outcome we need a systematic plan. Only those with a deep knowledge and skills in sport pedagogy are able to get success in Sport. We are continuing with this in our schools and hopefully are developing sportsmanlike young adults.

# MUSCULAR ACTIVATION STRATEGIES AND SPORTIVE PERFORMANCE: FROM THEORY TO PRACTICE

**Hayri ERTAN**

Anadolu University, Faculty of Sport Sciences, Eskisehir/Turkey
hayriertan@gmail.com

To evaluate high-level sportive performance, numerous laboratory tests have been developed. Additional to all other methods, neural procedures during human movement may also be evaluated (1). Kinetic and kinematic variables may also be used in evaluation the human movement besides of neural aspects. Evaluating the motor performance from both neural and biomechanical aspects may supply important clues on the performance sub domains. These two data gathering approach may be combined as Neuro-mechanical evaluation of human performance. This approach may need synchronization of the kinematic and kinetic data gathering procedures and devices. To gather information on muscular activation and deactivation strategies kinesiologic electromyography (EMG) is used. EMG data supplies information on the central control strategies, the propagated electro-potentials through the nerve fibers reaching to neuromuscular junction. As these electro-potentials reach to the muscle itself, coordinated excitation and inhibition of muscle fibers have been organized, which actually causes the complicated motor actions. Alongside these, creation of forces around the joints and creating active movement by applying these forces to bones (2).

The kinesiologic or surface EMG (sEMG) is one of the very useful tools to make further evaluations in the field of sport and sport sciences as being either easy to use or supplying very clear interpretation of skeletal muscle activation and force (2). sEMG may be used either alone or as combined method with other data gathering approaches like kinematic and kinetic variables in evaluation the sportive performance. In the field of sport sciences, sEMG is mostly used to evaluate the muscular activation strategies during a given event. Moreover, it accompany to some of the kinematic data like angular velocity, speed etc. It may also be synchronized with force output. EMG-force relationship is one of the biomechanical perspectives for decomposing the motor abilities.

There have been some findings in the literature that high-level athletes have different muscular activation and involvement strategies than that of middle class and/or beginner ones. This may help to differentiate high achieving sportsmen than the others and apply their strategies to beginner and middle class sportsmen for further improvement of the techniques. The purpose of the current abstract and the session is to supply information on the synchronization of these systems all-together and gathering data for decomposing the motor abilities into its parts. Some applications of all these methodology into the field gathered from the labs in Anadolu University, Eskisehir.

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# ANTRENÖRLÜKTE AVRUPA BİRLİĞİNE UYUM

**Mehmet Akif ZİYAGİL**

Mersin Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu,
Beden Eğitimi ve Spor Bölümü, 3343-Mersin

Antrenörler; değerleri, tutumları, davranışları ile gençlere ilham veren ve onların potansiyelini en üst düzeyde kullanarak başarıya ulaşması için sportif çalışmalar, eğitim ve sosyal yaşamda rehberlik, teşvik, yönetim, geribildirim ve yardım sağlayan rol model insanlardır. Etik açıdan antrenör; sporcularına saygılı ve dürüst davranan, onların kişisel gelişimine fırsat tanıyan, bilgi ve deneyimi ile sporcuların yeteneklerini geliştiren olmalıdır. Sadece uluslararası alanda başarılı olacak sporcuları değil, toplumun büyük kesiminin sağlık ve fiziksel uygunluğunu geliştirmeye yönelik her türlü etkinlik antrenörlerin görev alanına girmektedir.

Antrenör sporcu merkezli bir mesleki felsefe geliştirerek, ortaya koyduğu eğitim modeli ile sportif aktiviteye katılanlara olumlu değerleri öğreten, sporla ilgili tüm insanları eğiten ve onları kişisel, sosyal etik davranışlar sergilemesi için teşvik eden ve sporcu geliştirme programının tüm yönlerini etik yöneten liderdir.

Antrenörlerin antrenman, müsabaka ve yarışmalar ile takım yönetimi ve ilgililerin eğitimi görevlerini planlayan, organize eden, yürüten, denetleyen ve değerlendirerek yeniden planlayan, deneyimlerini diğer meslektaşlarına yansıtan ve onlardan dönüt alan elemanlar olmalıdır. Bilgi, tecrübe, mesleki başarı, mesleki etik ve profesyonellik, yabancı dil bilme ve dijital yeterlilik ile devletine sadakat ile öncelikli olarak iyi insanı yetiştirmeye ve daha sonra yaşam boyu fiziksel ve sportif etkinliğe katılım alışkanlığı kazanmayı ve uluslararası başarıyı hedeflemelidir. Spor Bakanlığı, spor federasyonları, kulüpler, okullar, üniversiteler, belediyeler, kondisyon salonları ve sağlık merkezlerinin oluşturduğu ulusal spor sisteminin en önemli öğesi antrenörlerdir.

Bu sistemin en stratejik işini, antrenörlerin eğitimi ve sınıflandırılması oluşturmaktadır. Avrupa Birliği ülkelerinde, Avrupa Spor Bilim, Eğitim ve İstihdam Ağı (ENSSEE), antrenörlerin niteliklerine göre sınıflandırılması için yeni bir yapı oluşturmuştur. Bu yapı, sadece Avrupa Birliği Ülkeleri için değil, dünya spor federasyonları için de antrenör eğitim niteliklerinin belirlenmesinde referans noktası olmuştur. Böylesine önemli bir role sahip eğitmenin düşük niteliklerde yetiştirilmesinin en belirgin iki sonucu vardır. Bunlardan birincisi, Türkiye'nin Olimpiyat Oyunlarındaki başarı sıralamasının düşük olmasıdır. Son 20 yıl değerlendirildiğinde; 1996 Atlanta'da 4, 2008 Pekin'de 1, 2012 Londra'da 2 ve 2016 Rio Olimpiyat Oyunlarında 1 altın madalya kazanılmıştır. Türkiye Olimpiyat Oyunlarında Pekinde 38., Londra'da 32. ve Rio'da 41.sırada yer almıştır. İkincisi ise, Türkiye'de sağlık ve fiziksel uygunluğunu geliştirmek için orta düzeyde düzenli fiziksel ve sportif etkinliklere katılımın düşük olmasıdır. Son yıllarda Sağlık Bakanlığının ***"obezite ile mücadelede fiziksel aktivitenin rolü"*** konusunda yürüttüğü farkındalık projeleri ile katılım oranları % 20'lere çıkmıştır. Altın madalya sayısının artmaması ve düzenli fiziksel ve sportif etkinliklere katılımın % 50'lerin üzerine çıkamamasının en önemli sebeplerinden biri Türk antrenörlerin en güncel şekilde ***"spor bilimleri ve teknolojisindeki"*** değişimlere uyum sağlayamamasıdır.

Türk sporunu en üst seviyelere çıkarabilmek için, geçmişten ders alarak ve mevcut durumu iyi analiz ederek geleceğe yönelik uzun vadeli kalkınma planlarının yapılması, sporda yeniden yapılanmaya gidilmesi ülkemiz için zaruri bir ihtiyaçtır. Türkiyenin antrenör eğitim ve kademelendirme sistemini Spor Genel Müdürlüğü ile işbirliği içerisinde hem yüksek öğrenimde hem de ulusal spor federasyonlarında Avrupa Birliği standartlarına uyumlaştırmasına ihtiyaç vardır.

Ülkemizde performans ve fiziksel aktiviteye katılım alanında en çok eleman yetiştiren Beden Eğitimi ve Spor Yüksekokulları'nın (BESYO) antrenörlük bölümü eğitim programının içeriği ve niteliği, ***Bologna Süreci ile Mesleki Eğitiminde Avrupa Yeterlilikler Çerçevesi*** (European Qualification Framework, EQF) ve ***Öğretim için Avrupa Kredi Transfer Sistemini çalışmaları*** (a European Credit System for Vocational Education and Training, ECVET) kapsamında ortak program ile uyumlu olmayı düşündüğü Avrupa Ülkelerine benzememektedir. Avrupa Birliğine tam üye olma konusunda azami gayret gösteren Türkiye'nin **"Antrenörlük Eğitiminde"** de Avrupa ve Dünya standartlarını sağlaması zorunlu gözükmektedir. Bu konuda Türkiye'de beden eğitimi ve

yükseköğretimde sadece antrenörlük eğitiminde değil, spor yöneticiliği ve rekreasyon Bölümlerinin de Bologna süreci ve nitelikler çerçevesi ile ***Uluslararası Eğitimin Standart Sınıflaması*** ve ***Türk Yükseköğretimi Yeterlilikler Çerçevesinde*** yeniden yapılanmasına ihtiyaç vardır. Evrensel olan spor gibi alanlarda küreselleşen ve küçülen Dünya'dan bağımsız hareket etmek, diğer uluslarla rekabette önemli bir dezavantajdır.

Antrenörlük mesleğinin; ulusal ve uluslararası meslek standartları temel alınarak, teknik ve meslekî alanlarda ulusal antrenörlük yeterliliklerinin esasları belirlenmelidir. Antrenörlerin; denetimi, performans ve yeterliliklerinin ölçülmesi ve değerlendirilmesi, belgelendirilmesi ve sertifikalandırılması için çalışmaların Mesleki Yeterlilik Kurumu ve üniversitelerin ortak çalışması ile yeterlilikler çerçevesinin belirlenmesi gelecekteki başarının ön koşulu olacaktır.

Ülkemizde İki yıl içerisinde gerçekleştirilmesi mümkün gözüken bu dönüşüm sürecinin 2020 ve sonrası Olimpiyat oyunlarına uzun vadeli hazırlığın en doğru başlangıç noktası olduğu açıktır. Bugün Türkiye'de 80 civarında antrenörlük bölümü vardır. Bunlardan sadece çok azı ***(1) öğretim elemanı, (2) tesis, (3) öğrenci niteliği*** ve ***(4) Müfredat*** açısından uygun özellikler taşımaktadır. Çoğunluğunun önemli eksiklikleri mevcuttur ve Türkiye'nin ihtiyaç duyduğu nitelikli antrenörü yetiştirmekten çok uzaktır. Var olan sistemi, hızla değişen dünyanın antrenörlük sistemleri ile uyumlaştırılması gerekmektedir.

Antrenörlük eğitimi bölümlerinin kalitesinin yükseltilmesi için Türkiye'de Spor Bilimleri Fakülteleri (SBF) ile Beden Eğitim ve Spor Yüksekokullarının (BESYO) sayısının yirmi veya otuza indirilmesi gerekmektedir. Bugün beden eğitimci ve antrenör sayısı 140.000'i geçmesine rağmen Türkiye'nin ihtiyacını karşılayacak nitelikte değildir. Sadece antrenörlük bölümlerinin sayısının sınırlanması değil; açılacak fakültelerde öğrenci kontenjanlarının da azaltılmasına ihtiyaç vardır. Çünkü SBF ve BESYO'larının mezun ettiği 40.000 öğretmen veya antrenör adayı atama veya görevlendirme beklemektedir. Bu fakültelere alınacak öğrenci kontenjanlarının yarısı bayan öğrenciler için kullanılmalıdır. Çünkü nüfusumuzun % 50'sini bayanlar oluşturmaktadır. Sayıları azaltılacak ***SBF ve BESYO'***ların (1) bölgesel ve (2) büyükşehir kriterleri gözetilerek Türkiye sathına dağılımı sağlanmalıdır. Antrenörler, hem performans hem de sağlığı geliştirme ile serbest zamanları değerlendirmeye yönelik iki temel alanda görev yapmalıdır.

Yükseköğretimde antrenörlük bölümlerinde kalitenin artırılmasında en önemli iki etken olarak öğretim üyelerinin akademik gelişimini sağlayan lisansüstü eğitim ve öğretim elemanları atama ve yükseltme sınavlarını gösterebiliriz. Lisansüstü eğitimdeki derslerin nitelikli şekilde verilmesi ve uluslararası kaliteli indeksli dergilerde makale olarak yayınlanabilen ve özgünlüğü (orijinalitesi) olan tezlerin hazırlanması zorunlu hale getirilmeli ve uygulamalar denetlenmelidir. Öğretim üyeliğine atanma ve doçentlik sınavlarının kriterlerinin belirlenmesinde objektif kriterler kullanılmalıdır. Dergiler kendi kendine atıf ile impakt (etki) faktörlerini artırmamalıdır. Bu dergilerin iç atıflar toplam atıfların %40'nı geçmemelidir. Makaleyi hazırlayanların çalışmayı değerlendirecek hakemleri belirlememesi etik açıdan daha uygun olacaktır. Yine, makalenin alanı ile derginin adının ilişkili olması ve hediye yazarlığın engellenmesi gerekmektedir. Hakemlik süreçlerinin olmaması sebebiyle sabah dergi editörüne sunulan çalışmanın akşam makale olarak yayınlanmadığı, ISI'nın (Thomson Reuters) indekslediği dergilerin niteliğini yıldan yıla değil aylık değerlendirdiği, etik ihlallerin spor bilimcilerin oluşturduğu komisyonlarca sürekli şekilde denetlendiği, sahte dergileri belirleyen kara liste komisyonunun oluşturulduğu, tek veya çok yazarlı olsun her yayının toplamda kazandırdığı puanın değişmediği doçentlik kriterleri kullanılmalıdır. Mevcut koşullar devam ettiği sürece, sistemin açıkları azami derecede istismar edilerek spor bilimlerinin geleceği niteliksiz unvanlara sahip öğretim üyelerinin eline geçecektir. Unutulmamalıdır ki nitelikli öğretim üyeleri, kaliteli antrenörleri, antrenörler de geleceğin olimpik sporcularını yetiştirecektir.

Avrupa Birliği standartlarının uygulanabilmesi için, Başbakanlığın şemsiyesi altında Spor Genel Müdürlüğü, üniversiteler ve spor federasyonlarının işbirliği ile antrenörlük eğitimi bölümlerinin standartları belirlenmelidir. Eğitim standartları belirlenen bu bölümlerde bir veya iki branşta 3'üncü kademeye kadar eğitim verilebilirken 3'ten fazla branşta 1 veya 2'inci kademe antrenörlük eğitimi programda yer almalıdır. Bu planlama ***"Türk Spor Sisteminin Stratejik Hedeflerine"*** göre yapılmalıdır. Antrenörlük bölümünden mezun olanların bile ÖSYM gibi kuruluşların yapacağı genel sınavlara katılarak hangi seviyede antrenörlük bilgisinin olduğu ölçülmelidir. ÖSYM'nin yaptığı gibi merkezi sınavlar mevcut antrenörlük bölümleri ve öğrencilerini ülke genelindeki başarılarına göre sıralayarak rekabeti artıran nitelikli antrenörlerin gelişimine zemin hazırlayacaktır. Yeni düzenleme ile

teorik sınavdan başarılı olanların, federasyonların uygulama sınavlarında da başarılı olmaları gerekmektedir. Antrenörlük bölümü mezunları, OSYM'nin merkezi sınav ile teorik bilgileri değerlendirilirken federasyonların yapacağı sınav ile uygulamada başarılı olması durumunda antrenörlük kademesi yükseltilmelidir.

Avrupa Birliği'ne göre, antrenörlük eğitimi sadece antrenörlük bölümlerinde verilmeyecektir. Uzaktan eğitim yolu ile üniversitelerin dışında antrenör adayları eğitim alabileceklerdir. Bu interaktif eğitimde, konferanslar ile kitap, ders notu, videolar gibi her türlü ders materyali hizmete sunulacaktır. Tüm antrenörlerin sürekli eğitimlerinin önemli bir kısmı uzaktan eğitim kapsamında yapılmalıdır. Avrupa Birliği sadece üniversitelerde değil, federasyonlar ile akredite olmuş diğer eğitim kuruluşlarının da antrenör eğitimi verebileceğini kabul etmektedir. Üç sektörde antrenör eğitiminin verilmesi rekabeti artırıcı bir etkiye yol açarak daha nitelikli antrenörlerin yetiştirilmesini mümkün kılacaktır. Antrenör hangi sektörde yetişirse yetişsin muhakkak ÖSYM'nin merkezi sınavı ile spor federasyonlarının komisyonlar vasıtası ile yaptığı uygulama sınavlarına katılmalıdır.

Her ne kadar Avrupa Birliği antrenör eğitiminde yeni yapılandırma modeli geliştirse de, Türkiye'nin mevcut antrenör ve sporcuların ihtiyaçlarının çok yönlü analiz edilmesi gerekmektedir. Bu işlem kendi sistemimizi tanımamız ve doğru bir noktadan hareket etmemiz açısından önemlidir. Antrenör eğitim programı geliştirilme sebeplerinin belirlenmesi zorunludur. Antrenörlerin hangi konularda bilgili olması gerektiği veya antrenörlük standartlarının belirlenmesini takiben antrenör kademelerindeki bilgi, beceri, tecrübe ve başarı koşulları ortaya konulmalıdır. Belirlenen ihtiyaç analizine dayalı hedeflerin veya kazanımların tespitinden sonra antrenöre verilecek eğitimin içeriği hazırlanır. Hedeflerin gerçekleşmesine yönelik yöntem seçilir. Eğitimlerden sonra, hedeflerin gerçekleşip gerçekleşmediği test edilmelidir.

Dünyada antrenörlük mesleği ile ilgili birçok standart bildirilmiştir. Amerika Birleşik Devletlerinde atletizm antrenörlerinin sekiz temel alanda yeterli bilgiye sahip olması öngörülmektedir. Bunlar; **1**) antrenörlük felsefesi ve etik, **2)** güvenlik ve yaralanmalardan korunma, **3)** fiziksel kondisyon, **4)** büyüme ve gelişme, **5)** öğretim ve iletişim, **6)** spor beceri ve taktikleri, **7)** organizasyon ve yürütme ve **8)** değerlendirme temel alanlarıdır.

Genelde kabul edilen antrenörlük yeterlilikleri; sporcunun tanınması, liderlik, antrenörlük süreci, kişisel gelişim, planlama ve yönetimi gibi alanları kapsamaktadır.

Bu standartların her birinin içeriğinin antrenörlük kademelerine göre detaylandırılıp eğitim materyallerinin hazırlanması gerektiğini düşünüldüğünde, Türkiye'de yıllardır yapılmayan işlerin neler olduğunu çok kolay görebiliriz. Ülkemizin antrenörlük standartları mevcut değildir. Sadece her kademe için antrenörlerin almak zorunda olduğu derslerin listesi ve içeriği vardır. Bilginin kapsamı belirlenirken derinliği göz ardı edilmiştir. Antrenörlük bölümlerinde de benzer düzensizlikler mevcuttur. Olimpiyatlara ev sahipliğine aday ülke Türkiye'de bu belirsizliğin acilen ortadan kaldırılarak ortak aklın ürünü olan ***"ulusal antrenörlük standartları"*** belirlenmesi gereklidir.

Antrenörlerin derecelendirilmesinde; 1) bilgi, 2) beceri, 3) tecrübe ve 4) başarı kriterleri dikkate alınmalıdır. Bilgi ve beceri konusunda antrenörlük standartları gerekli içeriği ortaya koyayacaktır. Tecrübe ise, antrenörün nerede, hangi pozisyonda, ne kadar süre ile çalıştığını kapsamaktadır. Antrenörün başarısı, onun görevi süresince sporculara kazandırdığı bilgi, beceri, kondisyon, akademik başarı ve çok yönlü gelişim seviyesi ve müsabaka derecelerinin birlikte değerlendirilmesi ile ölçülmelidir. Antrenör kademelerinin belirlenmesi için onların bilgi düzeyi ÖSYM tarafından; becerileri ise spor bilimciler ve federasyonlar ile SGM temsilcisinden oluşan komisyonca yapılacak uygulama sınavları ile ölçülmelidir. Tecrübe ve başarı, elektronik ortamda sporcu ve müsabaka takip sisteminden değerlendirilmeli, yetkilendirilmiş kişilerin erişimine ve kontrolüne açık olmalıdır. Antrenörlerin bilgi ve becerilerinin güncellenmesi yeterince önemsenmelidir. Antrenörlerin sürekli eğitimi, uzaktan eğitim ile interaktif ve telekonferans ortamlarındaki eğitim verildikten sonra merkezi sınavlar ile değerlendirmeler (ölçme/sınav) yapılmalıdır.

Avrupa Birliği standartlarındaki üniversite içi ve dışı eğitim kurumlarının yeterlilikleri uluslararası alanda karşılıklı kabulü mümkün olacaktır. Yurtdışından ülkemize yabancı antrenörlerin geldiği gibi Türk antrenörlerin diplomaları da uluslararası alanda kabul görmeleridir. Türkiye yükseköğrenim alanında yetiştirdiği antrenörleri dünya ülkelerinde iş bulabilir konuma gelmesi spor eğitim sisteminin temel hedeflerinden biri olmalıdır.

Sonuç olarak, 2020 ile 2024 Olimpiyat Oyunları'nda geleceğin başarılı sporcularını yetiştirecek bilgi, beceri ve tecrübeye sahip antrenörlerin eğitilmesi için Türkiye'deki SBF ve BESYO'da görev yapan spor bilimcilerinin ***"antrenörlük mesleki yeterlilikler çerçevesini"*** ortak akıl ile tartışarak belirlenmesine ihtiyaç vardır. Tüm SBF ve BESYO'ları temsil edecek bir komisyonun yapılan tüm çalışmaları başta Cumhurbaşkanlığı, Başbakanlık ve Yükseköğretim Kurulunun görüşlerine sunabilir ve gelişim süreçlerini takip edebilir. Bu değişimin gerçekleşmesi için başta Spor Genel Müdürlüğü ile Spor Federasyonu ve üniversitelerin antrenörlük bölümlerine önemli görevler düşmektedir.

# TÜRKİYE'DEKİ ANTRENÖRLÜK BÖLÜMLERİNİN MEVCUT KOŞULLARININ DEĞERLENDİRİLMESİ

**Osman İMAMOĞLU**

Ondokuz Mayıs Üniversitesi,
Yaşar Doğu Spor Bilimleri Fakültesi, Spor Yöneticiliği Bölümü

**Özet:**
**Amaç:** Türkiye'deki Antrenörlük Bölümlerinin Mevcut Koşullarının Değerlendirilmesi amaçlanmıştır.
**Metot:** Literatür taraması yapılmıştır.
**Bulgular:** Türkiye'de 2016 yılında 19 spor fakültesi ve 40 Yüksekokulda antrenörlük bölümlerine öğrenci alınmıştır. Bu sayı I. Ve II eğitim toplamı 85 bölüm ve 5300 civarı öğrenci olarak görülmektedir. Antrenörlük bölümlerinin bazılarının tesis sorunu vardır. Birçoğunda öğretim üyesi eksikliği mevcuttur. Dersler ve içerikleri birçok bölümde farklılıklar içermektedir. Öğrencilerin antrenörlük uygulamalarında sorunları çözülememiştir.
**Sonuç:** Kaliteli antrenörlerin yetiştirilmesi, niteliklerinin artırılması ve gelişmelerine katkı sağlanması için antrenörlük bölümlerinde eksiklikler bulunmaktadır. Antrenörlük bölümlerinin hem tesis hemde öğretim elemanı açıkları kapatılmalıdır. Bu bölümlerin öğrencilerine Türkiye'deki kurum ve kuruluşların imkanları sunulmalıdır.
**Anahtar kelimeler:** Antrenör, Eğitim

## Giriş:

Türkiye'de spor alanına eleman yetiştiren kurumlar açısından sorunlar mevcuttur. Üniversiteler spor bilincinin oluşturulmasından misyonunu üstlenen ana kurumlardır. Üniversitelerde Spor fakülteleri ve Spor yüksekokullarına bağlı antrenörlük bölümleri bulunmaktadır. Antrenörlük için Lisans düzeyinde 4 yıllık eğitim öngörülmektedir. Uzun yıllardır pek çok mezun veren bu kurumlardan mezunların kullanabilecekleri unvanlar kamu ve özel sektördeki iş tanımları ile istihdam alanları 2011 yılında bir mahkeme kararıyla belirlenebilmiştir. Buna göre antrenörlük bölüm ve programlarından mezun olanların, "antrenör", spor bilimleri bölüm ve programlarından mezun olanların, "spor bilimcisi", beden eğitimi ve spor öğretmenliği bölüm ve programlarından mezun olanların, "beden eğitimi/spor öğretmeni", spor yöneticiliği bölüm ve programlarından mezun olanların, "spor yöneticisi", rekreasyon bölüm ve programlarından mezun olanların, "rekreasyon eğitmeni" unvanı almaları karara bağlanmıştır (4).

Spor eğitimine özel önem verilerek nitelikli spor elemanlarının yetiştirilmesi, niteliklerinin artırılması ve gelişmelerine katkı sağlanması, antrenör yetiştirmenin bilimsel metotlarla, dünyadaki başarılı örneklerden de yararlanılmak suretiyle oluşturulacak konularında uzman kişilerce hem teorik hem de pratik derslere yer verilerek yapılması sağlanmalıdır. Türkiye'de "ulusal antrenörlük standartları" belirlenmesi gereklidir. Türkiye, Dünya ve Avrupa'ya antrenör ihraç eden ülke konumuna gelmelidir. Antrenör eğitim ve derecelendirme sistemi, Spor Genel Müdürlüğü ile işbirliği içerisinde hem yükseköğrenimde hem de ulusal spor federasyonlarında Avrupa Birliği Standartlarına uygun hale getirilmelidir. (3). Üniversitelerin Antrenörlük Eğitimi Bölümlerinde alınan ilgili spor dalı ihtisas eğitimi çerçevesinde mezun olan bir antrenör, antrenör eğitimi yönetmeliği karşılığındaki 3. Kademe "Kıdemli Antrenör" statüsünü kazanarak mezun olur (4). 64. Hükümet programında antrenörlerle ilgili ifadelere yer verilmiştir. "Yeni dönemde sporcu sayımızın ve sportif niteliklerimizin artırılması birinci önceliğimiz olacaktır"," Uluslararası düzeyde başarılı sporcular yetiştirebilmek için sporcu seçme ve yönlendirme sistemlerini geliştireceğiz, uygun fiziksel altyapıyı oluşturacak ve yeterli donanıma sahip antrenör desteği sağlayacağız" denilmektedir (6) .

## Gelişme ve sonuç:

Türkiye'de antrenörlük bölümlerinde Spor fakülteler ve Spor Yüksekokullarına bağlı olarak lisans eğitimi verilmektedir. 19 spor fakültesi ve 40 Yüksekokulda antrenörlük bölümlerine öğrenci alınmaktadır (2).

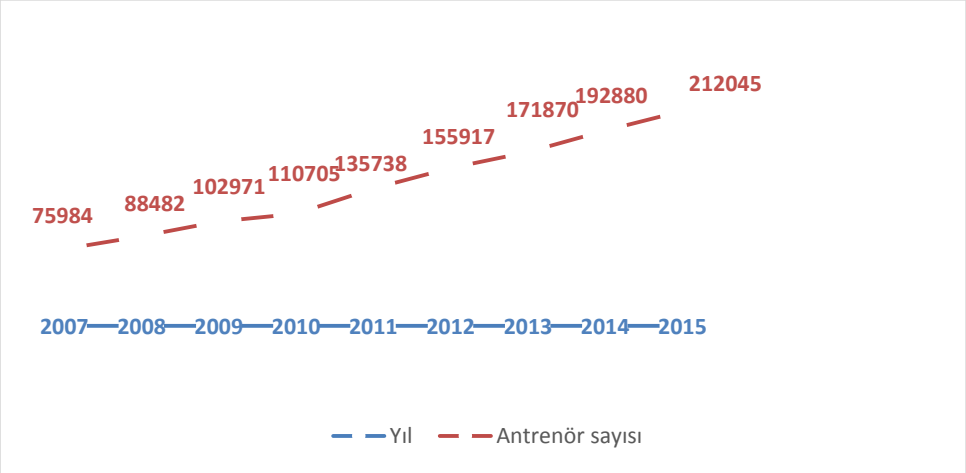
Tablo-1: 2016 yılı öğrenci alınan antrenörlük bölümleri ve öğrenci sayıları

| | Antrenörlük bölümü sayı | I. Eğitime alınan öğrenci sayısı | II.Eğitime alınan öğrenci sayısı | Toplam |
|---|---|---|---|---|
| Spor Fakülteleri | 19 (7)* | 865 | 340 | 1205 |
| Spor Yüksekokulları | 40 (19)* | 2265 | 973 | 3238 |
| Toplam | 59 (26)*=85 | 3665 | 1606 | 5271 |

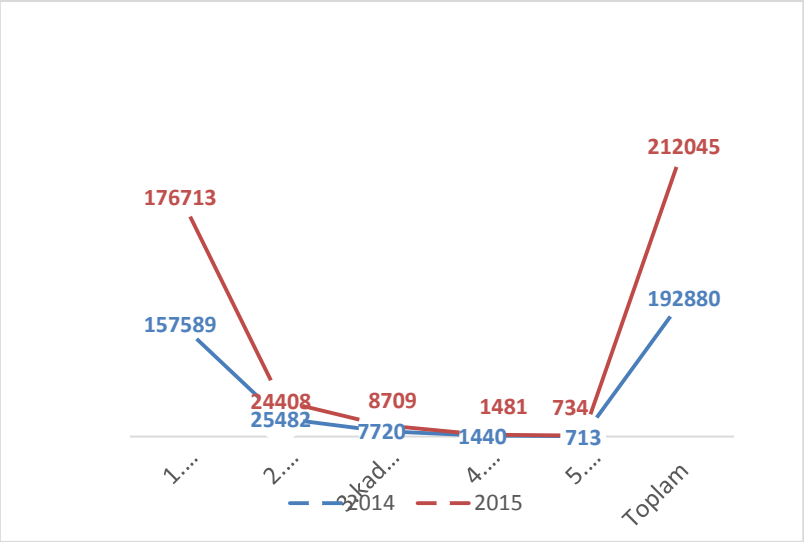
* II.Eğitim yapan bölüm sayısı

2016 yılı ÖSYM kılavuzuna göre toplam 85 bölümde 5271 öğrenci kontejanı verilmiştir. Bu sayı milli sporcular ve yerleştirmelerdeki değişik durumlardan biraz daha artabilir. Yaklaşık olarak 5300 öğrenci 4 yıl sonra antrenör olarak sporun hizmetine girecektir. Spor Yüksekokullarındaki hem I. hemde II. eğitime alınan öğrenci sayıları daha fazladır. II. Eğitime öğrenci alan Üniversiteler Ağrı, Aksaray, Balıkesir, Bartın, Bayburt, Bozok, Celal bayar, Dumlupınar, Erciyes, Gaziantep, Gaziosmanpaşa, Hitit, İnönü, Kastamonu, Burdur, Niğde ve Trakya Üniversitesine bağlı Yüksekokullar ile Atatürk, Düzce, Ege, Fırat, Muğla, Konya ve Uşak Üniversitesine bağlı Spor fakültelerine alınmaktadır (2). Türkiye'nin bu alanda imkanları ve hoca sayıları daha iyi olan Gazi, Marmara, Ondokuzmayıs gibi üniversitelerde II. Eğitime öğrenci alınmamaya başlanmıştır. Öğrencilerin alındığı bölümlerin birçoğunda tesis, öğretim üyesi vs. çok eksiktir. Antrenörlük bölümlerine alınan öğrencilerin kaliteli yetişmesi Türk sporunu Dünya arenalarında yukarlara taşıyacaktır. Ancak Antrenörlük Bölümlerinin birçok sorunu vardır. Ülkemizde antrenörlük eğitimi bölümlerinde bir kısım uzmanlık alan dersi veren öğretim elemanlarının dersi alan ve dersten başarılı oldukları takdirde mezun ettikleri aday antrenör öğrencilerinin mezuniyet sonrası antrenörlük derecesinin daha yüksek olduğu görülmektedir. Üniversitelerde antrenörlük belgesi olmayan ve uzmanlık alan dersi veren öğretim elemanlarına 2. Kademe Antrenörlük belgesi, 2. Kademe Antrenörlük belgesi olan ve uzmanlık alan dersi veren öğretim elemanlarına 3. Kademe Kıdemli Antrenör belgesi alabilmeleri için açılacak özel eğitim programıyla ilişkili güncelleme eğitimi almak şartıyla 3.Kademe Antrenörlük belgesi verilmesi. Uzmanlık alan dersi veren öğretim elemanlarının asgari 2. Kademe Antrenörlük belgesine sahip olması tavsiye edilmektedir (1).

Türkiye'de antrenör sayıları her geçen gün artmaktadır. 2015 yılı rakamlarına göre 212045 antrenör mevcuttur (Grafik 1). Fakat bu antrenörlerin birçoğu birinci kademe antrenörüdür. 5. Kademde ise 700 civarı antrenör mevcuttur (Grafik 2). Antrenör sayısı istihdam sorunu ortaya çıkarmaktadır. Bunun yanında Antrenörlük bölümlerinin mezunları da bu sorunla karşılaşacaklardır. Kaliteli yetişmeleri bu sorunu aşmaya yardımcı olabilir.




Grafik 1: Türkiye'de 2007-2015 yılları arası Antrenör Sayıları




Grafik 2: Türkiye'de 2014-2015 yılları Kademelere göre antrenör sayıları

2015 yılı verilerine baktığımızda nüfus 78665000 ve antrenör sayımız 212045 kişidir (5). Antrenör başına 370 vatandaşımız düşmektedir.

Antrenörlük bölümlerinden birçoğunda dersler ve ders içerikleri birbiriyle uyuşmamaktadır. Spor eğitim Dairesi başkanlığının düzenlemiş olduğu (2013) antrenörlük çalıştayında antrenörlük bölümleri der içerikleri şu şekilde belirlenmiştir: İletişim becerisine sahiptir. Liderlik özelliklerie sahiptir. Spor hukuku bilgisine sahiptir. Spor yasa ve yönetmeliklerini bilir. İleri seviyede temel teknikleri bilir, geliştirir ve uygular. Mesleki yabancı dil bilgisine sahiptir. İnsan vücudunun yapı ve işleyişini bilir. Spor organizasyonunu düzenleyebilir. Kendi alanında güncel bilgiye ulaşabilme, uygulayabilme ve sunabilme yeteneğine sahiptir. Spora dair yeteneği ve performansı ölçebilir, değerlendirebilir ve yorumlayabilir. Alanındaki öğretim yöntemlerini bilir ve uygular. Alanında gerekli materyalleri geliştirir, kullanır. Genel ve özel antrenman bilgisini bilir ve uygular. Özel gruplar (çocuk, yaşlı, hasta, engelli vb) için fiziksel aktiviteyi planlar ve uygular. Genel ve alana dair sağlık bilgisini bilir ve uygular. Genel ve alana dair beslenme ilkelerini bilir. Egzersiz ve spor psikolojisine dair bilgiye sahiptir. Spor alanındaki teknolojik bilgiye sahiptir ve kullanabilir. Spor etik, ahlak ve sosyal sorumluluklarına sahiptir. Spor dalına yönelik hakemlik ve oyun/yarışma kuralları bilgisine sahiptir. Spora dair kuramsal, yönetsel ve işleyiş bilgisine sahiptir. Alanıyla ilgili üst düzey teknik, taktik bilgi, beceri ve uygulama kapasitesine sahiptir. Pedagojik formasyona sahiptir. Üniversiteler kendi imkanları ve öğretim elemanları doğrultusunda ders kataloglarını öğrenim çıktılarını dikkate alarak hazırlamalıdır.

Tablo 1: Antrenörlük eğitimi programlarında yer alması gereken asgari dersler

| | | |
|---|---|---|
| Fonksiyonel anatomi<br>Spor fizyolojisi<br>Genel antrenman bilgisi<br>Sporda beslenme ve ergojenik yardım<br>Spor sosyolojisi<br>Spor psikolojisi<br>Sporda yönetim ve organizasyon<br>Sporcu sağlığı ve ilk yardım<br>Spor biyomekaniği ve hareket analizi | Sporda öğretim yöntemleri<br>Sporda beceri öğrenimi<br>Psikomotor gelişim<br>İletişim Becerisi<br>Spor Pedagojisi<br>Antrenörlük Deneyimi<br>Antrenörlük Uygulaması<br>Uzmanlık Alan dalı<br>Temel Spor Branşları (Cimnastik, Atletizm, Yüzme) | Takım Sporları<br>Bireysel Sporlar<br>Yetenek Seçimi ve İlkeleri<br>Spor Yaralanmaları ve Rehabilitasyon<br>Temel Teknoloji Kullanımı<br>Araştırma Teknikleri<br>Spor Bilimlerinde İstatistik<br>Performans Testleri ve Analizi<br>Spor Felsefesi ve Olimpizm<br>Sporda Ölçme ve Değerlendirme |

Öğrencilerin Antrenörlük uygulama dersleriyle ve uygulamalarında sorunlar vardır. Bu sorunlar: Federasyonlar ile iletişim kuramamak, kurumların antrenörlük uygulaması için yeterli ortamı sağlamamaları sayılabilir. Ayrıca mevcut antrenörlük uygulaması yönetmeliğinin uygulanabilirliği bulunmamaktadır. Antrenörlük uygulaması ekonomik boyutunun yönlendirilmesinde problemler vardır. Bu sorunların çözümü için; Antrenörlük uygulaması konusunda eğitim kurumları (Üniversitelerin Antrenörlük Eğitim Bölümü) ile Spor Genel Müdürlüğü kanalıyla ilgili federasyonların eğitim kurumları denetiminde hazırlanacak bir protokolünün oluşturulması gerekir. Antrenörlük uygulaması, uygulamasını yaptıracak olan eğitim kurumunun yeterliliğini denetleyici bir mekanizma oluşturulmalıdır. Standart antrenörlük uygulaması yönetmeliğinin tüm antrenörlük eğitimi bölümlerinde kullanılacak şekilde yeniden oluşturulması sağlanmalıdır. Üniversite ve federasyonların ortak bir protokolle antrenörlük gözlem ve uygulaması dersinin yürütülmesinde mali problemlerinin çözümlenmesine ihtiyaç vardır. Antrenörlük bölümlerine iyi eğitim yapabilme kapasitesine sahip öğrenci almada sorunlar vardır. Öğrencilerin okula girişte seçtikleri spor dalındaki spor geçmişleri değerlendirilmelidir. Bu değerlendirme kapsamında deneyimlerine karşılık gelen puanlar belirlenmeli ve öğrencinin okula giriş puanı olarak kabul edilmelidir. Spor dalına özel objektif parkurlar oluşturulmalı ve sonuçta alınan puanlar özgeçmiş puanları ile birleştirilmelidir. Okula giriş spor dalı okuldan mezun olacağı uzmanlık alanı ile aynı olmalıdır. Okula girecek adayların branşlarında 3 yıllık lisans sahibi olmaları istenmelidir. Adayların spor özgeçmişlerini ulusal düzeyde standardize edecek bir tablo geliştirilmelidir. Bu konu ilgili bir komisyon oluşturulmalı ve çalışmasını sürdürmelidir. Tüm üniversitelerle iletişimin kurulması sağlanarak bu tablonun okula giriş sınavlarında uygulanması sağlanmalıdır (5).

Üniversitelerin antrenör yeterlilikleri farklı farklıdır. Antrenör eğitiminde insan ve maddi kaynakların günümüz şartlarına uygun kullanılmaması sorunu vardır. Üniversitelerin antrenör eğitiminde ilgili spor dalının diğer insan kaynaklarını (hakem, teknik delege, pist şefi, vs.) sağlayacak ek dersleri açmaması da bir eksiklik olarak görülebilir. Üniversitelerin/federasyonların uluslararası federasyon ve birliklerin verdiği belgelerin ortak kabulü gereklidir. Tüm üniversitelerin antrenör eğitimi içeriklerinin Avrupa Birliği AEHESIS (Spor bilimleri eğitimini Avrupa yüksek öğretiminde uyumlaştırma) yöntemi ile denkleştirilmesi sağlanmalıdır. Spor federasyonları ve üniversitelerin antrenör eğitimi üstünde uzlaşarak işbirliğine gitmesi gereklidir. Federasyonların uzman eğiticilerini üniversitelerin hizmetine sunulmasında fayda vardır. Federasyonların üniversitelerle program içeriklerine beraber karar vermesi gereklidir. Üniversiteler antrenör eğitimi yanında yan branşlarda uzmanlaşmış bireyler yetiştirmesi (beslenme uzmanı, spor psikoloğu, kondisyoner, vs.) gereklidir. Üniversite ve federasyonların staj (antrenörlük uygulaması) işbirliği ortak çalışması sağlanmalıdır. Federasyonların branşlarına ait spor müsabakalarında antrenörlük adayı öğrencilerini her kademede kullanabilmesi gerekir. Spor Genel Müdürlüğünün bu konuda maddi destek vermesi teori ve pratiğin bütünleşerek antrenör adayının daha iyi yetişmesine imkan sağlar. Antrenörlük spor dalı seçim kriterleri (asgari kriterler) belirlenmelidir. Bu kriterler şunlar olabilir:

**Tesis alt yapısı:** Üniversitelerin bulunduğu ilde antrenörlük eğitimi bölümünde açılması düşünülen uzmanlık spor dalının gerektirdiği özellikleri taşıyan ( Atletizm pisti, spor salonları, yüzme havuzu, kayak pisti v.b) tercihen ulusal ve uluslararası yeterlilik kriterlerini sağlayan tesis alt yapısı ve malzeme yeterliliğinin bulunması gereklidir.

**Öğretim Elemanı Yeterlilik ve Niteliği:** Açılması düşünülen uzmanlık dalında ders verecek öğretim elemanının en az 3. Kademe antrenör belgesine sahip olması gerekir. Açılması düşünülen uzmanlık dalında üniversitelerin akademik biriminde en az 1 tam zamanlı kadrolu öğretim elemanının olması önerilir.

**Üniversitenin bulunduğu konum ( çevre ve coğrafi durumu):** Açılması düşünülen uzmanlık dalında üniversitenin bulunduğu ilin çevre, coğrafi ve fiziki açıdan özelliklerinin göz önünde bulundurulması gerekir. Bazı özel branşların uzmanlıklarının en uygun şartlara sahip illerde bulunan üniversitelerde açılmasının sağlanması önerilir ( kayak için Erzurum-Bolu, su sporları için Antalya – İzmir- Samsun- İstanbul- Denizli v.b.). Antrenörlük eğitiminde kurumlar arası işbirliğine gidilmelidir. Üniversitelerin Antrenörlük Eğitimi bölümlerinde verilen derslerin Spor Eğitim Daire Başkanlığının antrenör kurslarında öngördüğü ders saat ve içerikleri ile örtüşmesi sağlanmalıdır. Tüm üniversitelerin antrenörlük eğitim bölümlerinde, antrenörlük kriterlerindeki asgari ders sayı ve içerikleri verilmelidir. Kademelere göre ders verecek öğretim görevlileri içinde kriter belirlenmelidir. Üniversitelerdeki seçmeli spor dalı derslerini verecek öğretim görevlilerinin kriterlerinin belirlenmesi ve gerekirse ilgili

federasyonlardan akredite edilmesi sağlanmalıdır. Milli eğitime bağlı okullarda antrenörlük eğitimi bölümü mezunlarının istihdam edilmesi sağlanmalıdır.

Sonuç olarak; Kaliteli antrenörlerin yetiştirilmesi, niteliklerinin artırılması ve gelişmelerine katkı sağlanması için antrenörlük bölümlerinde eksiklikler bulunmaktadır. Antrenörlük bölümlerinin hem tesis hemde öğretim elemanı açıkları kapatılmalıdır. Bu bölümlerin öğrencilerine Türkiye'deki kurum ve kuruluşların imkanları sunulmalıdır.

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# TÜRKİYE'DE ANTRENÖRLÜK EĞİTİMİ BÖLÜMLERİNİN DERS PROGRAMLARININ DEĞERLENDİRİLMESİ

**Arslan KALKAVAN**

Recep Tayyip Erdoğan Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Rize, Türkiye
aklkavan@hotmail.com

**G.S.G.M. Antrenör Eğitim Dairesi Başkanlığı: Antrenörlüklerin Sınıflandırılması**

Antrenörler her spor dalında 5 kademe olmak üzere aşağıdaki şekilde sınıflandırılır;

| | |
|---|---|
| I. Kademe | Yardımcı Antrenör |
| II. Kademe | Antrenör |
| III. Kademe | Kıdemli Antrenör |
| IV. Kademe | Başantrenör |
| V. Kademe | Teknik Direktör |

**Antrenörlerin Görev Alanları**

Her kademedeki antrenör lisansına sahip olanlar aşağıdaki alanlarda görev yaparlar;

I. Kademe (Yardımcı Antrenör): Üst düzey antrenörün yanında ve spora yeni başlayanlarda,

II. Kademe (Antrenör): Minikler ve yıldızlar kategorisinde,

III. Kademe (Kıdemli Antrenör): Gençler ve büyükler kategorisinde,

IV. Kademe (Başantrenör): Büyükler ve milli takımlarda,

V. Kademe (Teknik Direktör): Büyükler ve milli takımlarda. Üst kademedeki antrenör lisansına sahip olanlar alt kademelerde de görev alabilirler. İlgili spor dalında üst kademe antrenör bulunmaması halinde bir alt kademedeki antrenör görevlendirilebilir.

**Eğitim Kademeleri**

**I. Kademe (Yardımcı Antrenör):** Bu kademe için düzenlenen eğitim programını kapsar.

**II. Kademe (Antrenör): I.** kademe temel çalıştırıcı (monitör) lisansına sahip ve en az 1 yıl üst kademe antrenörün yanında çalışmış olduğunu belgeleyen antrenörlerin katılabildiği eğitim programını kapsar.

**III. Kademe (Kıdemli Antrenör):** II. kademe antrenör lisansına sahip ve II. kademede en az 2 yıl çalışmış olduğunu belgeleyen ve bu süre içerisinde sporla ilgili en az 2 seminer görmüş antrenörlerin katılabildiği eğitim programını kapsar.

**IV. Kademe (Başantrenör):** III. kademe antrenör lisansına sahip ve III. kademede en az 3 yıl çalışmış olduğunu belgeleyen ve bu süre içerisinde sporla ilgili en az 3 seminer görmüş antrenörlerin katılabildiği eğitim programını kapsar.



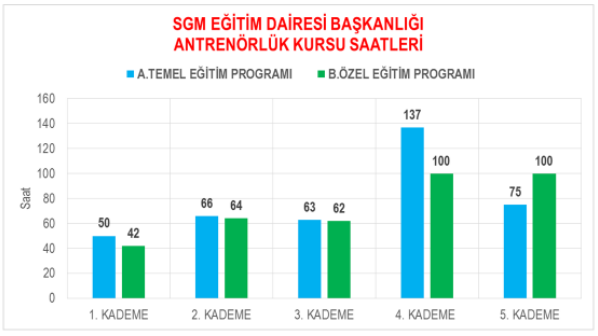
**V. Kademe (Teknik Direktör):** IV. kademe antrenör lisansına sahip ve IV. kademede en az iki yıl çalışmış olduğunu belgeleyen ve bu süre içerisinde sporla ilgili en az beş bilimsel spor aktivitesi görmüş

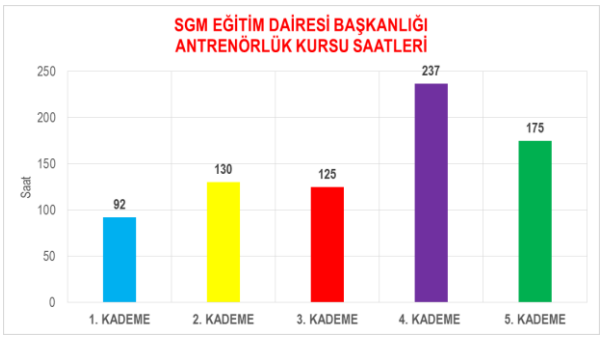
antrenörlerin katılabildiği eğitim programını kapsar.

**Antrenörlük Eğitim Programları**

| DERSİN ADI | 1. KADEME | 2. KADEME | 3. KADEME | 4. KADEME | 5. KADEME |
|---|---|---|---|---|---|
| A.TEMEL EĞİTİM PROGRAMI | Saat | Saat | Saat | Saat | Saat |
| SPOR ANATOMİSİ | 4 | 6 | 6 | - | - |
| SPOR FİZYOLOJİSİ | 4 | 8 | 6 | 20 (Z) | - |
| GENEL ANTRENMAN BİLGİSİ | 10 | 14 | 16 | 20 (Z) | - |
| SPOR VE BESLENME | 4 | 4 | 4 | - | - |
| SPOR SOSYOLOJİSİ | - | 4 | 4 | - | - |
| SPOR PSİKOLOJİSİ | 4 | 6 | 8 | 10 (Z) | 10 (Z) |
| SPORDA YÖNETİM VE ORGANİZASYON | 2 | 2 | 5 (Z) | 5 Z) | 5 Z) |
| SPORCU SAĞLIĞI | 4 | 4 | 2 | - | - |
| BİOMEKANİK | - | - | 4 | 10 (S) | 10 (S) |
| SPORDA ÖĞRETİM YÖNTEMLERİ | 4 | 4 | - | - | - |
| SPORDA GENEL TEKNİK TAKTİK ÖĞRETİM İLKELEI | - | - | 4 | 10 (S) | - |
| BECERİ ÖĞRENİMİ | 4 | 4 | 4 | 2(Z) | - |
| PSİKOMOTOR GELİŞİM | 6 | | - | - | - |
| SPORDA PSİKOLOJİK YARDIM BECERİLERİ | | - | - | - | 10 (S) |
| SPORDA ÖLÇME VE DEĞERLENDİRME | 2 | 2 | - | - | - |
| SPORUN SOSYAL PSİKOLOJİSİ | - | - | - | 10 (S) | - |
| SPORDA ZİHİNSEL ANTRENMAN TEKNİKLERİ | - | - | - | - | 10 (S) |
| YETENEK SEÇİMİ VE İLKELERİ | 2 | - | - | 10 (S) | 10 (S) |
| MÜSABAKA ANALİZLERİ VE İSTATİSTİK | - | - | - | 10 (S) | - |
| MOTİVASYON TEKNİKLERİ VE HEDEF BELİRLEME | - | - | - | 10 (S) | - |
| BESLENME KAYNAKLI ERGOJENİK YARDIM | - | - | - | 10 (S) | 10 (S) |
| SPOR PAZARLAMASI | - | - | - | - | 10 (S) |
| ANTRENÖRLÜK EĞİTİMİ VE İLKELERİ | - | - | - | 10 (S) | - |

| DERSİN ADI | 1. KADEME | 2. KADEME | 3. KADEME | 4. KADEME | 5. KADEME |
|---|---|---|---|---|---|
| B.ÖZEL EĞİTİM PROGRAMI | Saat | Saat | Saat | Saat | Saat |
| ÜST DÜZEY ANTRENMAN PLANLANMASI VE PROGRAMLANMASI | - | - | - | 20 (Z) | - |
| ÖZEL KONDİSYON ANTRENMANI VE METODLARI | - | - | - | - | 10 (S) |
| MÜSABAKA YÖNETİMİ VE İLKELERİ | - | - | - | - | 0 (S) |
| ANTRENÖRLÜK UYGULAMASINDA YENİ ARAYIŞ VE GELİŞMELER | - | - | - | - | 10 (Z) |
| ÖZEL ANTRENMAN BİLGİSİ | 10 | 10 | 12 | 20 (Z) | 20 (Z) |
| SPOR DALI GÖZLEM VE DEĞERLENDİRME | - | 4 | - | - | - |
| SP R DALI OYUN KURALLARI | 2 | - | - | - | - |
| SPOR DALI TEKNİK TAKTİK | 32 | 50 | 50 | - | - |
| ÜST DÜZEY TEKNİK ANTRENMAN | - | - | - | - | 20 (Z) |
| ÜST DÜZEY TAKTİK ANTRENMAN | - | - | - | - | 30 (Z) |
| ÜST DÜZEY TEKNİK TAKTİK | - | - | - | 60 (Z) | - |
| KURS BİTİRME PROJESİ | - | - | - | P | |
| TOPLAM | 94 | 130 | 125 | 157 (Z) 80 (S) | 95 (Z) 80 (S) |




## G.S.G.M. ANTRENÖR EĞİTİM BELGELERİ (BESYO)

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarından mezun olanların kademeler itibariyle aşağıda belirtilen bentlerden yalnızca bir branşta olmak şartıyla talep ettikleri spor dalında antrenör belgesi alabilmesi için;

### I. Kademe Antrenör Belgesi (Yardımcı Antrenör)

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğrenim kurumlarından mezun olup herhangi bir spor dalında ihtisas eğitimi almayan ancak bir spor dalında ağırlıklı olarak seçmeli eğitim alanlara, o dalda I. Kademe antrenörlük belgesi verilir.

### II. Kademe Antrenör Belgesi (Antrenör)

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarından mezun olanlardan eğitim gördükleri ihtisas dersi ile ilgili olarak durumlarını belgelemeleri şartıyla uzmanlık (ihtisas) spor dalında II. Kademe antrenör belgesi verilir.

### III. Kademe Antrenör Belgesi (Kıdemli Antrenör)

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarının antrenör eğitimi bölümü mezunlarına III. Kademe (Kıdemli Antrenör) antrenör belgesi,

### IV. Kademe Antrenör Belgesi (Başantrenör)

III. Kademe antrenör belgesini aldıktan sonra 3 yıl boyunca antrenörlük yaptığını ve ilgili spor dalında en az 2 seminere katıldığını belgeleyenlere, başvurusu halinde doğrudan IV. Kademe antrenör belgesi verilir.

**Diğer**

Yurt dışındaki üniversitelerin beden eğitimi veya spor eğitimi veren dört yıllık yüksek öğrenim kurumlarından mezun Türk vatandaşları ile Türk vatandaşlığı hakkını elde eden yabancıların spor dalındaki ihtisaslarını belgeleyen kişilere durumuna uygun olan yalnız bir spor dalında antrenör belgesi verilir.

**Basketbol Federasyonu**

**Spor Eğitimi Mezunu Olanlara Belge Verilmesi**

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğrenim kurumlarından mezun olanlar Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğrenim kurumlarından mezun olanlara Antrenör Eğitim Yönetmeliğinin ilgili hükmü gereğince Spor Eğitim Dairesi Başkanlığınca durumlarına uygun antrenörlük belgesi verilir.

I. Kademe (Yardımcı Antrenör)

II. Kademe (Antrenör)

III. Kademe (Kıdemli Antrenör)

IV. Kademe (Başantrenör)

3'üncü kademe belgesi aldıktan sonra 3 yıl boyunca antrenörlük yaptığını (SBL veya Ligler Direktörlüğü kayıtlarına göre) ve en az biri uluslararası olmak kaydıyla 2 seminere katıldığını belgeleyenlere, başvurusu halinde, teknik taktik ve antrenman bilgisi derslerine devam edip başarılı olmaları kaydıyla doğrudan 4'üncü kademe belgesi verilir.

**Hentbol Federasyonu**

**Spor Eğitimi Mezunu Olanlara Belge Verilmesi**

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarından mezun olanlar talep ettikleri antrenör belgesi alabilmesi için;

**1. Kademe Antrenör Belgesi (Yardımcı Antrenör)**

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğrenim kurumlarından mezun olup hentbol dersini seçmeli aldığını belgeleyenlere Hentbol branşında 1. Kademe antrenörlük belgesi verilir.

**2. Kademe Antrenör Belgesi (Antrenör)**

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarından mezun olanlardan eğitim gördükleri spor dalındaki ihtisasları ile ilgili olarak durumlarını belgelemeleri şartıyla ve öğretim elemanının en az üçüncü kademe olması şartıyla seçmeli (uzmanlık) spor dalında 2. Kademe antrenör belgesi verilir.

**3. Kademe Antrenör Belgesi (kıdemli Antrenör)**

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarının antrenör eğitimi bölümü mezunlarına 3. Kademe antrenör belgesi alabilmeleri uzmanlık dersi veren öğretim elemanının en az 3. kademe antrenör belgesine sahip olması ile mümkün olur. Bu belgesi olmayan öğretim elemanlarının yetiştireceği Antrenörlük Eğitimi mezunlarına 2. Kademe antrenörlük belgesi verilir.

**Voleybol Federasyonu**

**Spor Eğitimi Mezunu Olanlara Belge Verilmesi**

Üniversitelerin beden eğitimi ve/veya spor eğitimi veren yükseköğretim kurumlarından mezun olanların kademeler itibariyle antrenör belgesi alabilmeleri için;

Kademe Antrenör Belgesi (Yardımcı Antrenör)

Üniversitelerin beden eğitimi ve/veya spor eğitimi veren yükseköğretim kurumlarından mezun olup herhangi bir spor dalında ihtisas eğitimi almayan ancak voleybol branşında seçmeli ders alanlara 1. Kademe antrenör belgesi,

2. Kademe Antrenör Belgesi (Antrenör)

Üniversitelerin beden eğitimi ve/ veya spor eğitimi veren yükseköğretim kurumlarından mezun olanlardan, voleybol dalında ihtisas yapmış (seçmeli uzmanlık alanı) olanlara 2. Kademe Antrenör belgesi.

3. Kademe Antrenör Belgesi (Kıdemli Antrenör)

Üniversitelerin beden eğitimi ve/ veya spor eğitimi veren yükseköğretim kurumlarının "Antrenörlük Eğitimi" (voleybol) dalından mezun olanlara 3. Kademe antrenör (Kıdemli Antrenör) belgesi verilir. Bu durumda olanlara sadece bir branşta olmak kaydıyla talep ettikleri antrenör belgesi verilir."

Yurt dışındaki üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğretim kurumlarından mezun olan Türk vatandaşları ile Türk vatandaşlığı hakkını elde eden yabancıları denklik belgesine dayalı olarak değerlendirilir ve ilgilinin durumuna uygun antrenör belgesi düzenlenir.

**Tenis Federasyonu: Spor Eğitimi Mezunu Olanlara Belge Verilmesi**

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğretim kurumlarından mezun olanlar, kademeleri itibariyle sadece bir branşta olmak kaydıyla talepleri doğrultusunda, aşağıda belirtilen şartlardaki antrenör belgelerine hak kazanırlar;

I. Kademe Antrenörlük Belgesi (Yardımcı Antrenör)

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğretim kurumlarından mezun olup herhangi bir spor dalında ihtisas eğitimi almayan, ancak Tenis dalında seçmeli olarak eğitim alanlara, durumlarını belgelendirmeleri ve AOS Testinde 6 seviyesinde olmaları kaydı ile I. Kademe (Yardımcı Antrenör) antrenörlük belgesi,

II. Kademe Antrenör Belgesi,

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğretim kurumlarından mezun olanlardan Tenis dalında ihtisas (uzmanlık) eğitimi almış olduklarını belgeleyenlere ve AOS Testinde 5 seviyesinde olmaları kaydı ile ise, II. Kademe Antrenör belgesi,

III. Kademe Kıdemli Antrenör-Tur Koçu Belgesi

Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarının tenis antrenör eğitimi bölümü mezunlarına durumlarını belgelendirmek ve AOS Testinde 4 seviyesinde olmaları kaydı ile ise, III. Kademe Kıdemli Antrenör-Tur Koçu belgesi verilir.

Yurt dışındaki üniversitelerin beden eğitimi veya spor eğitimi veren dört yıllık yükseköğrenim kurumlarından mezun Türk vatandaşları ile Türk vatandaşlığı hakkını elde eden yabancıların spor dalındaki ihtisaslarını belgeleyen kişilere; durumuna uygun olan kademede antrenörlük belgesi verilir.

**Yüzme Federasyonu**

**Spor Eğitimi Mezunu Olanlara Belge Verilmesi**

Üniversitelerin Spor Eğitimi Veren Yüksek Öğrenim Kurumlarından Mezun olanlar;

I. Kademe Antrenörlük Belgesi (Yardımcı Antrenör)

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğrenim kurumlarından mezun olup herhangi bir spor dalında ihtisas eğitimi almayan ancak branşında seçmeli olarak en az 2 yarıyıl eğitim aldığını belgeleyenlere, o dalda, 1. Kademe Yardımcı Antrenörlük belgesi verilir.

II. Kademe Antrenör Belgesi

Üniversitelerin beden eğitimi veya spor eğitimi veren yükseköğrenim kurumlarından mezun olanlardan eğitim gördükleri ilgili spor dalında ihtisaslarını (uzmanlık dalında) en az 2 yarıyıl eğitim aldıklarını belgelemeleri şartıyla 2.Kademe antrenörlük belgesi verilir.

III. Kademe Kıdemli Antrenör Belgesi

c) Üniversitelerin beden eğitimi veya spor eğitimi veren yüksek öğrenim kurumlarının antrenör eğitimi bölümü ilgili spor dalı uzmanlığı mezunlarına 3 Kademe Kıdemli antrenörlük belgesi verilir.

VI. Kademe Başantrenör Belgesi

3 kademe kıdemli antrenör belgesini aldıktan sonra 3 yıl boyunca antrenörlük yaptığını ve ilgili spor dalında en az 2 seminere katıldığını belgeyenlere, başvurusu halinde doğrudan 4. kademe başantrenör belgesi verilir.

Yurt dışındaki üniversitelerin beden eğitimi veya spor eğitimi veren dört yıllık yükseköğrenim kurumlarından mezun Türk vatandaşları ile Türk vatandaşlığı hakkını elde eden yabancıların spor dalındaki ihtisaslarını belgeleyen kişilere; durumuna uygun olan kademede antrenörlük belgesi verilir.

**Türkiye Futbol Federasyonu**

**TEKNİK ADAM SINIFLAMASI**

UEFA PRO Lisanslı Antrenör
UEFA Elit A Lisanslı Antrenör
UEFA A Lisanslı Antrenör
UEFA B Lisanslı Antrenör
TFF A Kaleci Antrenörü
TFF B Kaleci Antrenörü
TFF Teknik Direktör
TFF A Lisanslı Antrenör
TFF B Lisanslı Antrenör
TFF Grassroots C Lisanslı Antrenör
TFF Grassroots Gönüllü Lideri
Futsal Antrenörü
Plaj Futbolu Antrenörü
Çocuk Futbolu Antrenörü
Engelli Futbolu Antrenörü
Maç ve Performans Analizi Uzmanı
Atletik Performans (Fitness) Uzmanı
Oyuncu ve Maç İzleme Uzmanı (Scout)

**Türkiye Futbol Federasyonu Spor Eğitimi Mezunu Olanlara Belge Verilmesi**

**Kondisyonerlik Belgesi:** TFF Tarafından anlaşma yapılan üniversitelerin futbol antrenörlüğü bölümlerinin kondisyonerlik programlarından mezun olan kişilere, UEFA pro, UEFA A veya UEFA B lisansı'na sahip olmaları halinde TFF tarafından düzenlenen kondisyonerlik kurslarına katılmalarına gerek olmaksızın kondisyonerlik belgesi verilir.

**ATLETİK PERFORMANS UZMANLIĞI:** En az UEFA B Lisansı'na sahip olmak veya egzersiz fizyolojisi, antrenman bilimi, spor fizyolojisi alanlarında doktora/yüksek lisans yapmış olmak veya SYO futbol uzmanlık alanında lisans mezunu olmak

**TFF C Antrenör Lisansı Kursu:** BESYO Veya Dengi Okul Mezunları İçin Bu Talimat'ın 49. Maddesi İle Getirilen Hükümler Saklıdır.

**UEFA B Antrenör Lisansı:** BESYO Antrenörlük Eğitimi Bölümü Futbol Uzmanlık Dalı Mezunu Olmak Veya Profesyonel Futbolcu Lisansı İle Futbol Oynamış Olmak (Yeni: Akredite edilmiş Üniversitelerde)

**BESYO veya Dengi Okul Mezunları:** Spor bilimleri veya dengi okul mezunlarının, sahip olacakları antrenör lisansları, mezun oldukları bölümlere göre aşağıdaki belirtilmiştir:

TFF Grassroots C Antrenörlük Bölümü Futbol Uzm. Dalı

Grassroots Gönüllü Liderlik Lisansı: Antrenörlük Diğer, Beden Eğitimi Öğretmenliği, Spor Yöneticiliği ve Rekreasyon Bölümleri

| BELGE | Mezun olduğu Bölüm (ESKİ) |
|---|---|
| TFF D | Rekreasyon Bölümü En Az 1 Sömestr Futbol Dersi Aldıysa |
| TFF D | Spor Yönetimi Bölümü En Az 1 Sömestr Futbol Dersi Aldıysa |
| TFF D | Beden Eğitimi Öğretmenliği Bölümü En Az 1 Sömestr Futbol Dersi Aldıysa |
| TFF D | Antrenörlük Bölümü (Diğer Uzm. Dalları En Az 1 Sömestr Futbol Dersi Aldıysa |
| TFF C | Antrenörlük Bölümü (Futbol Uzm. Dalı) |

**Türkiye Futbol Federasyonu Üniversite Bölüm Akreditasyonu**

TFF tarafından akredite edilmiş üniversite" kriterleri ve başvuru süreçleri

**Eğitimci Kriterleri:**

1. Başvuruda bulunan üniversitenin sahip olması gereken asgari eğitimci şartları aşağıdır

A) Üniversitenin, pratik dersleri vermek üzere en az iki adet UEFA A lisans derecesine sahip tam zamanlı öğretim elemanının bulunması,

B) Pratik dersleri verecek eğitimcilerin son 10 yılda en az üç sene profesyonel veya altı sene amatör bir kulüpte antrenörlük sözleşmesi yapmış olması, (amatör kulüple yapılan her iki senelik sözleşme süresi, 1 senelik profesyonel çalışma olarak değerlendirilir)

C) Pratik dersleri verecek eğitimcilerin futbol saha uygulamaları ile ilgili en az üç yıllık akademik ders vermiş olmaları

D) Pratik dersleri verecek eğitimcilerin TFF tarafından farklı zamanlarda düzenlenecek tutor kursuna katılıp, başarılı olmaları,

E) Teorik derslerin konu başlıkları hakkında uzman tam veya yarı zamanlı öğretim elemanlarının bulunması.

2. Akredite Olmak İsteyen Üniversite Pratik Dersler İçin Eğer Yukarıdaki Eğitimci Koşullarını Sağlayamıyorsa,

TFF, diğer tüm koşulların uygun olması durumunda, kendi eğitmen havuzundan bir eğitmeni görevlendirilmesini önerebilir. Bu durumda üniversitenin bu eğitici ile ilgili görevlendirme yapması halinde, eğitimci kriteri yerine getirilmiş sayılır.

3. Başvuruda bulunan Üniversite'nin antrenörlük bölümü futbol uzmanlık branşı resmi ders programı asgari şu konuları içermelidir.

a) Teorik Dersler: Sınıf ortamında yapılacak derslerdir.

b) Pratik Dersler: Saha uygulamalarının yapıldığı ve "Tesis Bilgi Formu"nda yer alan futbol sahasında yapılacak derslerdir.

**4. Tesis Kriterleri**

4. Üniversite'nin sahip olması gereken asgari tesis şartları şunlardır

a) Pratik saha eğitimlerinde kullanılmak üzere resmi müsabaka yapılmasına uygun en az bir adet doğal ya da suni çim futbol sahası

b) Üniversitenin futbol ile alakalı testlerin yapılabileceği bir adet laboratuvara ve bu laboratuvarda görev alacak yetkin araştırma ekibine sahip olmak

c) Kendi sahası olmayan bir üniversite, mülkiyeti başka bir özel ya da tüzel kişiye ait bir sahayı münhasıran eğitim faaliyetleri için üzerine aldığını belgelemek kaydıyla başvuruda bulunabilir. Bu tip sahalar kesin olarak tesis kriterini yerine getirdi sayılmazlar ve ancak yapılacak denetimlerde TFF pratik eğitimlerin aksamayacağı yönünde bir değerlendirme yaparsa saha kriteri yerine getirilmiş sayılır.

**5. İşbirliği Kriterleri**

Üniversite futbol ile ilgili, TFF tarafından çalışılması uygun görülen senede en az iki adet bilimsel projenin yürütülmesini üstlenir.

Söz konusu projeler Üniversite'nin teklifi ile TFF onayı ile veya TFF'nin teklifi ve Üniversite'nin onayıyla karara bağlanır.

Üniversite futbol projeleri/araştırmaları konularında tesis imkânlarını kullandırmak, akademik kadro ve öğrenci kadrosunu görevlendirmek ile ilgili sorumluluk taşır.

**6. Başvuru Yöntemi**

TFF Tarafından Akredite Edilmiş Üniversite" ünvanı almak üniversite; aşağıdaki belgeleri tamamlayarak TFF na başvurur.

a. Resmi Başvuru Dilekçesi
b. Taslak Ders Eğitim Programı
c. Tesis Bilgi Formu

**Akreditasyon (Teorik Dersler)**

| Sınıf Ortamında Yapılacak Teorik Derslerdir. | | | | | |
|---|---|---|---|---|---|
| **Sıra** | **Ders Başlığı** | **Süre** | **Sıra** | **Ders Başlığı** | **Süre** |
| 1 | Genel Prensipler & Eğitim Amaçları | 01:30 | 15 | Saha Pratik Değerlendirmeleri | 01:30 |
| 2 | Futbolun Prensipleri | 01:45 | 16 | Antrenman Planlaması Grup Çalışmaları | 01:30 |
| 3 | Oyuncu İzleme (Scouting) | 01:30 | 17 | Antrenör Hakem İşbirliği & Oyun Kuralları Değişil | 01:30 |
| 4 | Takım Oluşturma & Oyuncu Profilleri | 01:45 | 18 | Problem Çözme ve Karar Verme Teknikleri | 03:00 |
| 5 | Antrenman Bilgisi (Isınma - Hız) | 01:30 | 19 | Futbolda Semboller ve Çizimler | 01:30 |
| 6 | Antrenman Bilgisi (Kuvvet - Dayanıklılık) | 01:45 | 20 | Çocuklar ve Futbol | 01:30 |
| 7 | İletişim | 01:30 | 21 | Futbolda Sıvı Tüketimi | 01:30 |
| 8 | Liderlik | 01:45 | 22 | Küçük Yaş gruplarında testler | 01:30 |
| 9 | Hareket Eğitimi ve Koordinasyon | 01:30 | 23 | Bireysel Geri Bildirim | 01:30 |
| 10 | Fair Play ve Etik Değerler | 01:30 | 24 | Özel Antrenman Yaptırma | 02:00 |
| 11 | Kulüpler için Örnek Grassroots Uygulamaları | 01:30 | 25 | Ödev Değerlendirmeleri | 01:45 |
| 12 | Kulüp Gençlik Geliştirme Modelleri | 01:30 | 26 | Öğrenci Saha Pratikleri Genel Geri Bildirim | 05:00 |
| 13 | Çocuk Koruma | 03:15 | 27 | Öğrenci Sunumları ve Değerlendirme Seansları | 09:15 |
| 14 | Spor Psikolojisi | 03:15 | 28 | Sene Sonu Değerlendirmesi | 01:30 |
| | | | | ***Toplam Saat*** | ***60:00*** |

**Uygulamalı Yapılacak Derslerdir.**

| Sıra | Ders Başlığı | Süre | Sıra | Ders Başlığı | Süre |
|---|---|---|---|---|---|
| 1 | *Teknik*<br>Topla Koşular<br>Kısa Pas ve Kontroller<br>*Beceri*<br>Kısa Pas (3:1 - 4:2) | 01:30 | 12 | *Dar Alan Oyunları*<br>Pas ve Destek<br>Dönüşler Çalım & Şut | 01:30 |
| 2 | *Teknik*<br>Uzun Pas ve Kontroller<br>Beceri<br>*Uzun Pas (5:3 Oyun)* | 01:45 | 13 | *Dar Alan Oyunları*<br>Takım Halinde Savunma | 01:30 |
| 3 | *Teknik*<br>Top Kontrolü, Şut ve Vole<br>Beceri<br>*1:1 and 2:2 Çalım ve Şut* | 01:30 | 14 | Dar Alan Oyunları | 01:45 |
| 4 | Teknik Grup Çalışmaları | 01:30 | 15 | *Dar Alan Oyunları*<br>Etkili Ortalar ve Sonuçlandırma<br>Oyunda Yer Değiştirme | 01:45 |
| 5 | *Beceri*<br>Alan Yaratma ve Dönüşler(1:1 - 2:2) | 01:45 | 16 | *Dar Alan Oyunları*<br>Adam Markajı ve Top Kesme | 01:30 |
| 6 | *Beceri*<br>Önden ve Geriden Savunma (1:1 - 2:2) | 01:30 | 17 | *Oyunun Bölümleri*<br>Geri Paslarda Kaleci ve Oyun Kurma<br>3. Bölge Hücum Varyasyonları | 01:45 |
| 7 | *Beceri*<br>Savunma (1:1 - 2:2 - 3:3) | 01:45 | 18 | Oyunun Bölümleri | 01:30 |
| 8 | Beceri Grup Çalışmaları | 01:45 | 19 | Geniş Alanda Savunma Ortaları Savunma | 01:45 |
| 9 | *Fonksiyonel*<br>Kanatlardan Hücum<br>Merkezden Hücum | 01:30 | 20 | İleriye, ayağa ve boş alana paslar | 01:45 |
| 10 | *Fonksiyonel*<br>İçeriye Yönlendirilen Kanat Oyuncusunun Yapacakları | 01:30 | 21 | Hücum - Geriden Oyun Kurma | 01:30 |
| 11 | Fonksiyonel Grup Çalışmaları | 01:45 | 22 | Savunma - Takım Halinde Savunma | 01:45 |
| | | | 23 | Orta saha ve merkez oyuncularının savunma görevleri | 01:45 |
| | | | 24 | Önde Baskı ve Dönüşleri Engelleme Savunma, Derinlik | 01:45 |
| | | | 25 | Hareket Eğitimi ve Koordinasyon | 01:45 |
| | | | 26 | Antrenman Bilgisi (Isınma - Sürat) | 01:30 |
| | | | 27 | Antrenman Bilgisi (Kuvvet - Dayanıklılık) | 01:45 |
| | | | 28 | Özel Antrenman | 04:00 |
| | | | 29 | Küçük Yaş Gruplarında Teknik Testler | 01:30 |
| | | | 30 | Pratik Sınav Konularının Dağıtımı ve Rehberlik | 01:00 |
| | | | 31 | Pratik Değerlendirmeler (Farklı Zamanlarda) | 26:00 |
| | | | 32 | Staj – Çalışma | 32:00 |
| | | | | ***Toplam Saat*** | ***108:45*** |

**Antrenörlük Eğitimi Bölümü Mezunları**

**Program Amaçları:** Antrenörlük Eğitimi Bölümünde, sayıları ve çeşitleri gittikçe artan spor dallarında ihtiyaç duyulan ileri kademede antrenörler ile mentor, kondisyoner ve masör gibi elemanlar yetiştirilmektedir.

**Verilen Unvan**

Antrenör,
Monitör,
Kondisyoner
Masör

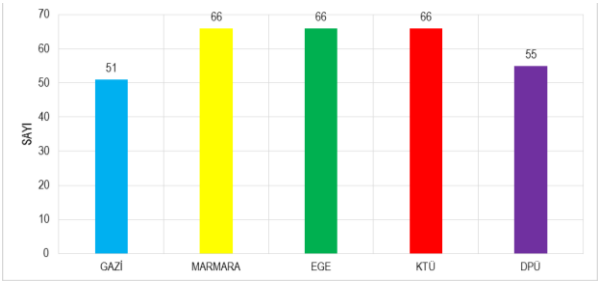
**Antrenörlük Eğitimi Bölümü Mezunları**

**Giriş Koşulları:** Üniversitelerin antrenörlük bölümlerinde özel yetenek sınavı ile öğrenci almaktadır. Lise ve dengi bir okuldan mezun olan öğrenciler LGS sonuçları belli olduktan sonra öğrenci seçme sınavı kılavuzunda belirlenen şartlar çerçevesinde başvuruda bulunabilirler. Sınav yöntemi ve uygulama esasları Üniversiteler tarafından tespit edilir.

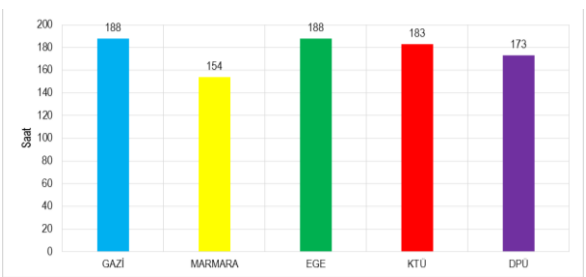
**Eğitim ve Profesyonel Amaçlar:** Türk Sporuna sportif branşlarda değişik antrenör kademeleri için uzman eğitici eleman yetiştirmek.

**İleriki Yönelik Hedefler:** Yetiştirilen ve mezun edilen elemanların istihdam alanlarını genişleterek, fonksiyonel hale getirmek, Türk Sporunu kalifiye eğiticilerle bilimsel temellere kavuşturmak, ulusal ve uluslararası eğitim faaliyetleri ile antrenörlerin bilgilerini güncellemek ve arttırmak.

**Üniversiteye Göre Ders Sayıları**

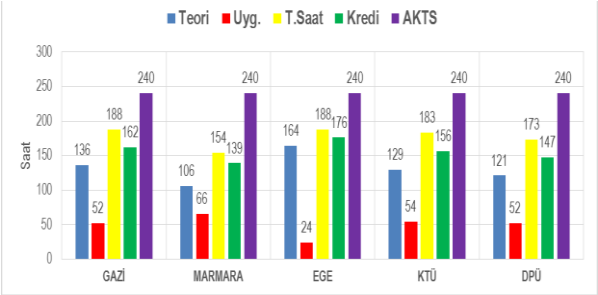



**Üniversiteye Göre Ders Saatleri**

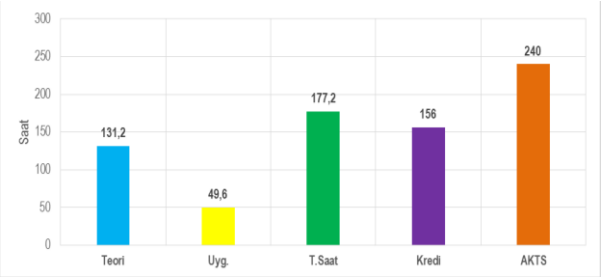



**Üniversiteye Göre Genel Ders Durumu**

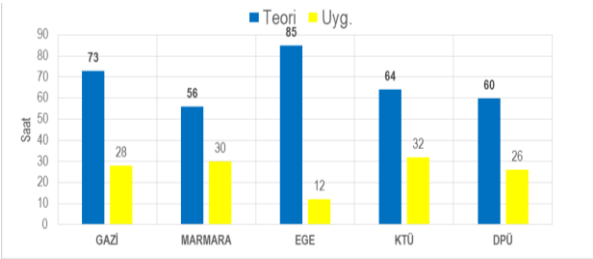
**Üniversitelerin Genel Ders Durumu**



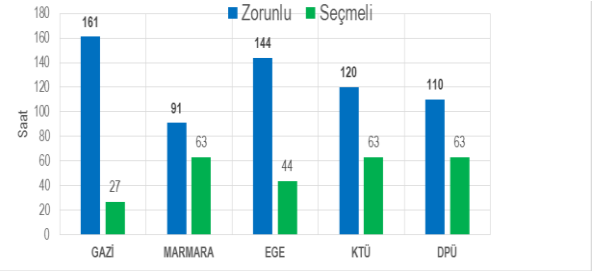

**Uygulama-Teorik Ders Durumu**



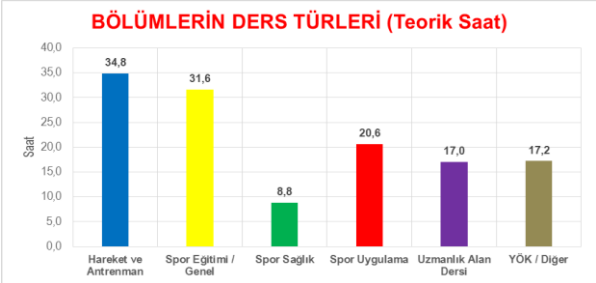

**Zorunlu-Seçmeli Ders Durumu**



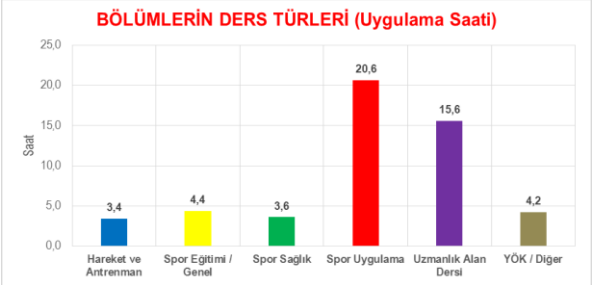

**Teorik Ders Türüne Göre Dağılım**



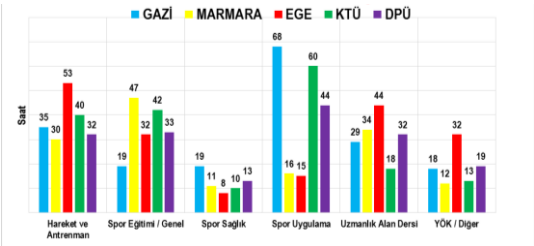

**Uygulama Ders Türüne Göre Dağılım**



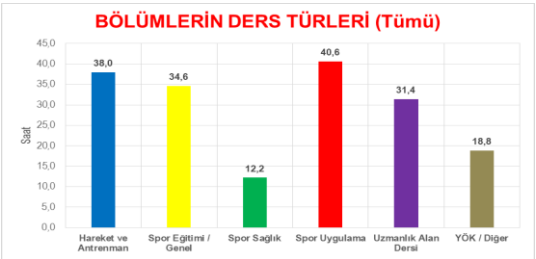

**Ders Grupları Dağılımı**



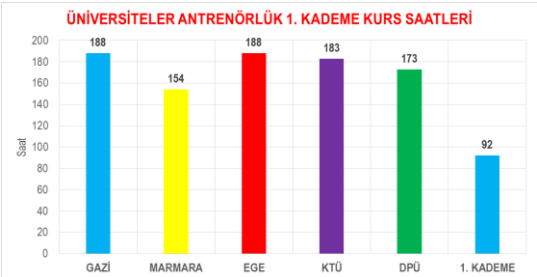

**Genel Ders Grupları Dağılımı**



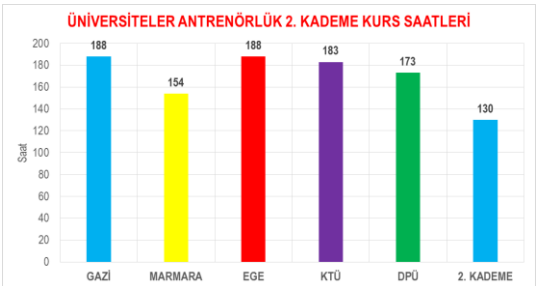

**Bölümler ve 1. Kademe Kurs saatleri**



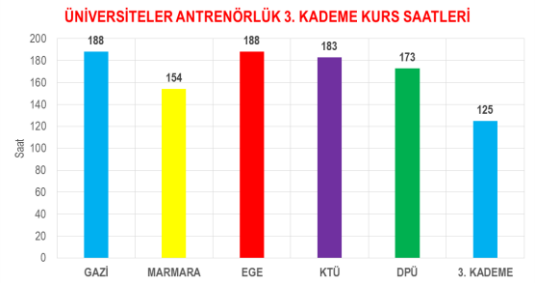

**Bölümler ve 2. Kademe Kurs saatleri**

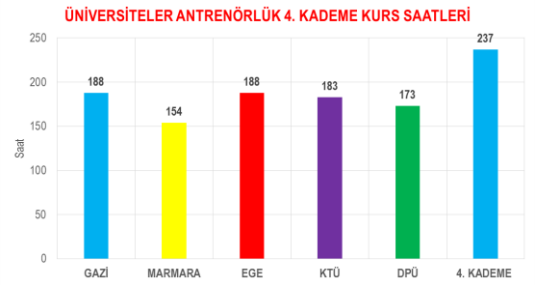



**Bölümler ve 3. Kademe Kurs saatleri**

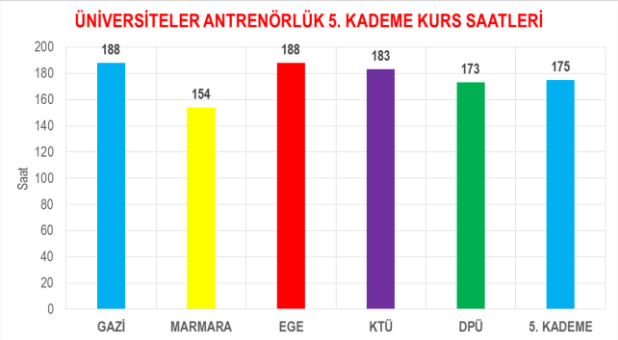



**Bölümler ve 4. Kademe Kurs saatleri**




**Bölümler ve 5. Kademe Kurs saatleri**




**MEVCUT DURUM VE SORUNLAR**

1. Antrenör istihdamı konusunda yukarıda önerilen bazı kurum ve kuruluşlara yönelik yasal müeyyidelerin bulunmaması.

2. Sporda lisans eğitimi alan antrenörler ile SGM ve Federasyonlar tarafından düzenlenen kurslar arasındaki içerik ve süre farklılıkların bulunması

3. SGM ve Federasyonların düzenlemiş oldukları 2 -5 haftalık antrenörlük kursları ile verilen eğitle olimpik hedefin yakalanmasının mümkün olmadığı.

4. Rekreatif ve amatör amaçlı spor eğitimi ile performans amaçlı spor eğitiminde görev alacak antrenörlerin yeterlilikleri ile ilgili yasal düzenlemenin bulunmaması.

5. Öğretmenlik atamasında olduğu gibi antrenörlük bölümü mezunu milli sporcularında doğrudan atanamaması.

6. Mevcut antrenörlük yönetmeliğinde antrenörlerin görev alanları tanımındaki çelişkiler.

7. Üniversitelerle 4 yıllık eğitimle verilen belgelerde kademe sınırlamaları

8. Üniversitelerde verilen uzmanlık eğitimindeki farklılıklar ve öğretim elemanlarının durumu

9. Antrenörlük bölümündeki öğrencilerin seçim kriterlerinde yaşanan farklılıklar

10. Kurslarda görev alan öğretim elemanlarına yapılan ödemelerin çok düşük olması.

11. Antrenörlük eğitimi alan öğrencilerim staj ve uygulama sorunları.

12. Üniversitelerde ders veren öğretim elemanlarının kurs ve çalışma problemleri

**ÖNERİLER**

- ❑ Antrenörlük bölümü mezunu milli sporcuların öğretmenlik bölümü mezunları gibi başta spor teşkilatı olmak üzere doğrudan eğitim gördükleri antrenörlük alanında atanması için gerekli yasal düzenleme yapılmalı.
- ❑ İşkur uygulamalarında olduğu gibi özel sektör ve kulüplerde işe alınan antrenörlerin SGK primlerinin en az % 50 sinin devlet tarafından ödenmesi antrenörlerin istihdamını artıracaktır.
- ❑ Her antrenörlük kademesi için müfredat programlarının güncellenerek hazırlanması gerekmektedir. Programda yer alacak dersler için müfredat hazırlama komisyonun oluşturulmalıdır.

- Müfredat programında yer alan derslerin en az bir dönem 14 hafta çarpımı kadar (sömestr) olacak şekilde planlanması
- Temel teorik derslerin uzaktan eğitimle üniversitelerce verilmesi ve dersler döneme göre kredilendirilerek bir dönemde 30 AKTS kredilik ders alma sınırlaması yapılması.
- Antrenörlük eğitiminin tamamen Üniversitelerce verilmesi, diğer düzenlemelerin (Çalışma şartları, dersler v.s gibi hususların ilgili federasyonlarca yapılması.
- Müfredatta yer alan özel eğitim (teknik, taktik ve uygulama vb) derslerinin yeterliliğe sahip üniversitelerde veya ilgili federasyonlarca verilmesi
- Antrenörlerin gelişim kurslarına, güncellemelere, lisans vizelerine ve seminerlere katılım ücretlerinin makul ölçüde belirlenmesi.
- Antrenörlük eğitimi kapsamında üniversitelerde verilecek dersleri üstlenen öğretim elemanlarının alacakları ücretler haftalık ders yükü dikkate alınmadan ikinci eğitim ders ücretinden az olmamak kaydıyla günün şartlarına uygun olarak hesaplanması.
- Birinci ve ikinci kademe antrenörlüklerde derslerin kredilendirilerek her bir kurs için 1 dönem (sömestri) halinde verilmesi, üçüncü, dördüncü ve beşinci kademelerde derslerin 2 şer dönem (1 yıl) halinde verilmesi.

**İSTİHDAMLA İLGİLİ ÖNERİLER**

**a. İlk ve Orta Dereceli Okullar:** Çocukları spora yönlendirmek ve kabiliyetli çocukların erken yaşlarda teşhis edilerek performans sporlarına temel oluşturmak amacıyla; İlk ve Orta Dereceli Okullarda çocuklara temel spor dalları eğitimi vermek ve okul takımlarını çalıştırmak için bireysel ve takım sporlarında sporda lisans mezunu en az 1 antrenör istihdam edilmeli.

**b. Üniversiteler:** Üniversitelerin SKS Daire başkanlıkları bünyesinde; öğrencileri rekreatif amaçlı sporlara yönlendirmek ve üniversite takımlarını müsabakalara hazırlamak için bireysel ve takım sporlarında sporda lisans mezunu antrenörler istihdam edilmeli.

**c. Polis Ve Askeri Okullar:** Polis ve Askeri okullarda öğrencileri rekreatif amaçlı sporlara yönlendirmek ve okul takımlarını müsabakalara hazırlamak için bireysel ve takım sporlarında sporda lisans mezunu antrenörler istihdam edilmeli.

**2. Özel ve Resmi Kurum-Kuruluşlar:** Özel ve resmi kurum ve kuruluşlarında, çalışanların sağlık ve zindelikleri planlamak, iş verimliliklerini artırmak ve spora yönlendirmek amacıyla sporda lisans mezunu antrenörler istihdam edilmeli.

**3. Yerel Yönetimler:** Mahalle, İlçe ve İllerde nüfus yoğunluğuna bağlı olarak geniş halk kitlelerine spor yaptırmak, gençleri ve çocukları spora yöneltmek için spor tesislerinde sporda lisans mezunu antrenörler istihdam edilmeli.

**4. Kulüplerde Antrenör İstihdamı:** Mahalli Ligler Hariç Üst Lig Seviyesinde Kulüplerde sporda antrenör istihdam edilmeli.

**5. Federasyonlarda**

İlgili spor dalında çocukları spora yönlendirmek ve kabiliyetli çocukların erken yaşlarda teşhis ederek performans sporlarına temel oluşturmak amacıyla; altyapıda ve üst düzeyde sporcular yetiştirmek için sporda lisans mezunu antrenörler de istihdam edilmeli.

**6. GSİM İl Müdürlükleri:** Mevcut sistemin geliştirilerek sporun geniş kitlelere yaygınlaştırmak, çocukları spora yönlendirmek ve kabiliyetli çocukların erken yaşlarda teşhis ederek performans sporlarına yönlendirmek için yaz kış spor okullarında sporda lisans mezunu antrenörler istihdam edilmeli.

**7. Yaşam Siteleri:** 100 ve üzerinde konut bulunan sitelerde yaşayanları spora yönlendirmek ve yaşam kalitelerinin yükseltilmesi çerçevesinde sporda lisans mezunu antrenörler istihdam edilmeli.

**8. Spor Tesislerinde:** Açık ve kapalı her türlü Spor Tesisinin işletilmesinde faaliyette bulunacağı her bir spor dalında zorunlu sporda lisans mezunu antrenörler istihdam edilmeli.

**9. Engellilerde Antrenörlük:** Engellilere yönelik olarak engellilik durumu ve spor dalına özgü olarak sporda lisans mezunu antrenörler istihdam edilmeli.

**10. Ceza Evleri, Çocuk Islah Evleri, Yetiştirme Yurtları, Huzur Evleri ve Kredi Ve Yurtlar Kurumu:** Ceza Evleri, Çocuk Islah Evleri, Yetiştirme Yurtları, Huzur Evleri ve Kredi Ve Yurtlar Kurumlarında bulunan genç ve yetişkinlerin bedenen ve ruhen sağlıklı bireyler olarak spora yönlendirmek amacıyla sporda lisans mezunu antrenörler istihdam edilmeli.

**11. Hastane-Rehabilitasyon Merkezleri:** Hastanelerde ve özel rehabilitasyon merkezlerinde rehabilitatif egzersizler dışında hastaların yaşam kalitelerini artırmak amacıyla Fiziksel Aktivite yaptıracak sporda lisans mezunu antrenörler istihdam edilmeli.

**12. Turizm İşletmeleri ve Oteller:** Dört Yıldızlı ve üstü Otellerde Tatil Köylerinde ve Resortlar'da sportif rekreaktif faaliyetlerini görev alacak sporda lisans mezunu rekreasyon eğitmenleri veya antrenörler istihdam edilmeli.

**13. Arama Kurtarma Alanlarında:** Doğal felaketler ve afetlerin sık sık görüldüğü ülkemizde Arama ve kurtarma alanında lisans düzeyinde eğitim verilecek düzenlemelere ihtiyaç duyulmaktadır.

# SÜRDÜRÜLEBİLİR KALKINMA PERSPEKTİFİNDEN TÜRKİYE'DE SPORUN GELECEKTEKİ OLASI SORUNLARI VE ÇÖZÜM YOLLARI NELER OLABİLİR?

**Ahmet Talimciler**

Ege Üniversitesi, Edebiyat Fakültesi, Sosyoloji Bölümü, İzmir, Türkiye

## Özet

Spor içinde yapıldığı topluma bağlı ve ondan beslenen bir süreçtir. Spor kurumu aracılığıyla içinde yaşadığımız toplumsal yapının minik bir minyatürünü inceleme imkanına sahip oluruz. Spor, başlı başına bir ideal uğruna kurulmuştur ve bozuşma ile ideal arasındaki çatışmayı ele almak, bütün detayları irdeleyici bir şekilde takip edebilmek başlı başına entelektüel bir faaliyettir. Sporu bu boyutta tartışabilmek, ele alabilmek geçmiş ile bugün; bugün ile yarın arasında köprüler kurmaktır. Sürdürülebilir kalkınma, küresel tehditlerin yarattığı riskler döneminde dünyanın nefes alabilmesinin önünü açmayı hedefleyen bir modeldir. Ekonomik, Sosyal ve Çevresel hedefler temelinde yükselmekte olup gelecek kuşaklara daha sağlıklı bir dünya bırakabilmeyi amaçlamaktadır. Bu amaçlarla dünyanın en kitlesel alanlarından bir tanesi olan spor kurumu, insan ve onun yaratmış olduğu kültür boyutu ile etkileşim içerisine girmektedir.

**Anahtar Kelimeler**; Spor, Sürdürülebilir Kalkınma, Teknoloji, Spor Organizasyonları, Nüfus

**Summary**
Sports is dependent to the society in which it is done and is nourished by this society. We have the opportunity to examine the tiny miniature of social structure we are living in via sports. Sports was established independently for an ideal and dealing the conflict between ideal and disagreement, following all details in examining way is an intellectual activity of itself. Discussing sports in this way is to build a bridge between the past and today; today and tomorrow. Sustainable development, global threats in the world in the period the risks of being able to breathe is a model that aims to pave the way for. Economic, social and environmental objectives on the basis of services and aims to leave a healthier world for future generations. For these purposes, which is one of the world's most crowded areas, the Sports Authority, are involved in the interaction with human and the size of the culture that created him.

**Keywords;** Sport, Sustainable Development, Technology, Sport Organizations, Population

## Giriş

Spor, içinde yapıldığı toplumdan bağımsız, yekpare bir bütünlük alanı değildir. Toplumsal yaşam içerisinde yaşanan dönüşümler, çarpıklıklar spor alanına da yansımaktadır. İçinden geçilen ekonomik krizlerden, siyasal ideolojilerdeki farklılaşmalara kadar her türlü olay, spor örgütlenmesini ve spor algılamasını doğrudan etkilemektedir. Sürdürülebilir kalkınma, küresel tehditlerin yarattığı riskler döneminde dünyanın nefes alabilmesinin önünü açmayı hedefleyen bir modeldir. Ekonomik, Sosyal ve Çevresel hedefler temelinde yükselmekte olup gelecek kuşaklara daha sağlıklı bir dünya bırakabilmeyi amaçlamaktadır. Bu amaçlarla dünyanın en kitlesel alanlarından bir tanesi olan spor kurumu, insan ve onun yaratmış olduğu kültür boyutu ile etkileşim içerisine girmektedir. Teknolojinin hayatımızda kapladığı yerin artmasının ardından sağlık sorunlarımızın arttığı ve sağlıklı görünebilmek uğruna daha fazla zaman ayırmak zorunda kaldığımız gerçeği sadece bugünü değil yarını da biçimlendirmeye aday görünmektedir. Bu açıdan önümüzdeki yirmi yıl içerisinde ülkemiz açısından insan unsurunun demografik değişkenler ışığında nasıl bir farklılık göstereceği ve bunun sporla birleştirilebileceği meselesi önem arz etmektedir. Bu noktada spor üzerinden genç-kadın ve yaşlı nüfusun taleplerinin karşılanması öncelikli hedef olmalıdır. Daha eşitlikçi bir dünya için kadın ve gençlerin daha fazla toplumsal hayatın içerisinde yer aldığı bir toplumsal ortamın yaratılmasında spor nerede duracak ve nasıl bir

işlevi yerine getirecektir? Spor yönetimi ve spor bürokrasisi ortaya çıkan sorunların çözümünde nasıl bir strateji izlemelidir? Ekonomik açıdan ülkemizde de büyük bir Pazar ve tüketim alanı haline gelen spor endüstrisinin çevresel etmenlerle olan bağlantısı nasıl düzenlenmelidir? Belki de hepsinden önemlisi spor ve toplumsal hayatımızın iç içe geçirilmesinde merkezi ve yerel iktidarlar önerileri-uygulamaları ile sürdürülebilir kalkınmayı başarabilen bir ülke haline gelmemizi sağlayabilirler?

Spor, başlı başına bir ideal uğruna kurulmuştur ve bozuşma ile ideal arasındaki çatışmayı ele almak, bütün detayları irdeleyici bir şekilde takip edebilmek başlı başına entelektüel bir faaliyettir. Bu bildiride sürdürülebilir kalkınma perspektifinden ülkemizdeki spor ve spor organizasyonları arasındaki ilişkinin mevcut temeller üzerinden nasıl bir yol izleyebileceği üzerinde durulmaya çalışılacaktır.

**Spor Nedir?**

Spor, insanların kişilik özelliklerinin kolaylıkla açığa çıkabildiği alanlardan birisi olarak tüm insanlığı ortak bir payda etrafında toplayabilen, dünyanın sayılı etkinliklerinden bir tanesidir. Sportif etkinlikler, kişiler arasındaki dil, din, etnik köken, cinsiyet ve sınıf ayrımlarını ortadan kaldırmakla kalmamakta aynı zamanda farklı kültürlerden gelen tüm bu insanların ortak bir amaç etrafında birleşmelerine de vesile olabilmektedir. Dünya üzerindeki en kitlesel gösteriler haline dönüşen sportif organizasyonlarda dünyanın farklı yerlerinden gelen ve farklı diller konuşan halklar aynı dili konuşabilmekte ve aynı duyguları hissedebilmektedirler. Spor, tüm insanların anlayabileceği ortak bir dil/referans haline gelmiştir. Sinema, tiyatro, müzik vb. gibi toplumsal etkinliklerin katkıları bile sporun gücü ve başarısının yanında geride kalabilmektedir.

Spor, toplumsal yaşamın, toplumsal kültürün organik öğelerinden birisidir. Toplumlar ve kültür sistemleri değiştikçe spor kavramına yüklenen anlam ve işlev de değişmektedir. Spor; belirli kurallar çerçevesinde yapılan fiziksel beceri ve yeteneklerin kullanıldığı yarışmalarla, bazı yönleriyle iş'e bazı yönleriyle de oyuna benzeyen toplumsal yaşantımızın bir minyatürü olmasının yanı sıra ideolojinin de içinde saklandığı ve toplumsal ilişkilerin kurulmasında yardımcı olan bir alandır. "Spor, yarışma amaçlı olarak düzenli egzersiz yapma durumudur. Özellikle 20. yüzyılın sonlarında başlayan beden kültürü yaklaşımında ise kozmetik, estetik ve sağlık nedenleriyle yarışma amaçlı olmadan yapılan sportif çalışmalar ise yalnızca egzersiz olarak tanımlanabilir. Sporun egzersizden ayırt edici özelliği sporcunun kendisini bir yarış içerisinde test etme hedefinin bulunmasıdır. Yarışma amacı olmadan ve süreklilik şartı taşımadan yapılan bedensel aktiviteler ise egzersiz olarak tanımlanır ve sağlık, sosyal katılım ya da bedensel güzellik gibi çeşitli yarışma dışı amaçlar taşıyabilir"(Talimciler, 2015). Spor, içinde yapıldığı toplumdan beslenen ve ortaya çıkarttığı değerler aracılığı ile toplumsal hayatı besleyen bir etkinlik türüdür. Dünyanın en eski kurumlarından birisi olarak, insanoğlunun yaratmış olduğu kültürden etkilenmekte ve aynı zamanda kültürü etkilemektedir. Her toplumun sporu ve spor kültürü kendi kültürünün bir yansımasıdır. Bu açıdan spor ve spor kültürüne bakmak, toplumsal hayatın minik bir minyatürünü inceleme anlamına gelmektedir. Sporun yaratmış olduğu büyülü etkinin seviyesine ulaşabilen başka bir etkinlik türü bulunmamaktadır. O halde spor; sadece dinlenmek, eğlenmek ya da yarışma içeren bir aktivite türü olmaktan çok daha öte bir değer ve anlama sahip bulunmaktadır.

Sporun daha iyi anlaşılması ve geçirmiş olduğu dönüşüm sürecinin tespit edilmesi sadece spor ve sportif etkinler açısından değil, toplumsal yapının her kesimini yakından ilgilendirmektedir. Spor, içinde yapıldığı toplumdan bağımsız, yekpare bir bütünlük alanı değildir. Toplumsal yaşam içerisinde yaşanan dönüşümler, çarpıklıklar spor alanına da yansımaktadır. İçinden geçilen ekonomik krizlerden, siyasal ideolojilerdeki farklılaşmalara kadar her türlü olay, spor örgütlenmesini ve spor algılamasını doğrudan etkilemektedir. Spor üzerinden yapılacak olan incelemelerin, bütüne ilişkin değerler içermesi bu açıdan araştırmacılar için büyük önem taşımaktadır. Spor sosyolojisiyle uğraşan araştırmacılar, sosyolojinin kuramsal paradigmalarından hareket etmek suretiyle toplumsal değişmeye ait bir takım çıkarımları bu şekilde belirlemeye çalışmaktadırlar (Talimciler,2015).

Sporun kitleler ile kurmuş olduğu güçlü bağın önümüzdeki dönem için en önemli etkisi hiç kuşkusuz tüm insanlığı ilgilendiren hususlarda devreye girebilme potansiyeli taşımasında ortaya çıkacaktır. Bu açıdan dünyanın daha yaşanabilir bir hal alabilmesinin koşullarını yaratmaya çalışan sürdürülebilir kalkınma anlayışının yerleştirilmesinde spor kurumu önemli bir taşıyıcı hizmet görme kapasitesine sahip bulunabilir. Küreselleşme sürecinin yaratmış olduğu büyük dalga ile birlikte dünya üzerinde eşitsizliğin her geçen gün biraz daha fazla arttığı ve bunun etkilerinin tüm dünyada karşılık bulduğu bir süreçten geçmekteyiz. Özellikle cinsiyet eşitliğinin sağlanması, fakirliğin ortadan kaldırılması, eşitliklerin arttırılması gibi ana temaların sporla kitlelere aktarılabilecek olması dikkat çekicidir. Sporun kitleselliği ve spor ekonomisinin her geçen gün biraz daha büyüyen yapısı göz önüne alındığında, sürdürülebilir kalkınma hedeflerinin spor aracılığıyla kitleler ile buluşturulabilmesi olası bir proje olarak karşımızda durmaktadır. Büyük sportif organizasyonların başta çevreye duyarlı yapıları hayata geçirmelerinden başlamak suretiyle, her fırsatta eşitlikleri çoğaltacak ve farkındalık yaratacak bir düzenleme ile hareket etmeleri gelişim sürecini hızlandıracaktır. Sporun 'öteki' olarak adlandırılanların sesi olabilmesi ile birlikte sanal olarak yaratılan ve çoğaltılan düşmanlıkların, nefretin yerini tanıma ve tanıdıkça bir arada yaşayabilme düşüncesi alacaktır. Spor; siyasilerin hiçbir zaman sahip olmadıkları kadar güçlü bir kaynak olarak fair play duygusuna ve onun yaratmış olduğu büyülü atmosfere sahiptir. Bu açıdan spor aracılığıyla başta kadınlar ve çocuklar olmak üzere özellikle yaşlıları da içine çekebilecek organizasyonların hayata geçirilmesi önümüzdeki dönem açısından son derece önem taşımaktadır. Sürdürülebilir kalkınma hedefleri için ortaklıklar kurmak noktasında spor, tüm dünyayı bir araya getirebilecek az sayıda kitlesel organizasyonlardan bir tanesi belki de birincisidir. Spor aracılığıyla toplumsal köprüler inşa edebilir, farklı kimlikleri bir araya getirebilecek organizasyonları ve farklı değer, ideoloji, yaklaşımları kaynaştırabilmenin yollarını oluşturabiliriz.

**Sürdürülebilir Kalkınma**



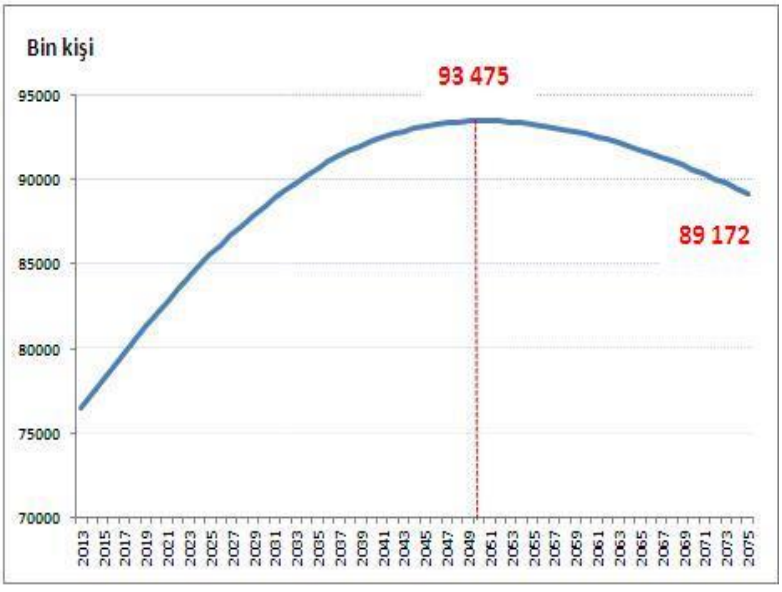

'Sürdürülebilirlik' kavramı 1970'li yıllarda ilk kez kullanılmasına rağmen "1987 yılında Dünya Çevre ve Kalkınma Komisyonunun(WCED) yayınladığı 'Ortak Geleceğimiz' raporunda ilk kez resmi olarak tanımlanmıştır. Genel olarak dünyayı tehdit eden çevresel sorunlarla bu sorunların çözümü için ulusal ve uluslar arası düzeyde yapılması gerekenler, bu raporda yer almaktadır. Raporda sürdürülebilir gelişme için hedefler şu şekilde sıralanmaktadır: "-Önemli çevre ve gelişme sorunlarını yeniden incelemek ve bunlarla ilgili gerçekçi önerilerde bulunmak,

-Bu sorunlarla ilgili gereken düzenlemeleri gerçekleştirebilecek politikalar oluşturmaya katkı sağlayacak, uluslar arası işbirliği yöntemleri geliştirmek,
-Gönüllü kuruluşların, bireylerin, iş çevrelerinin, enstitülerin ve hükümetlerin konuya ilgisini arttırmak,
-İnsan ihtiyaçlarının karşılanması,
-Bölge halkının ve turistlerin bugünkü gereksinimleri karşılanırken, geleceği korumak ve değerini arttırmak"(Koçak ve Balcı;2010). Sürdürülebilirlik kavramı önce ekonomik gelişmenin yarattığı etkiler karşısında çevresel talepleri ön plana çıkartırken 21. Yüzyılla birlikte çevresel boyutun yanı sıra ekonomik, sosyal, kültürel ve teknolojik olgularla da bütünleşmiş bir kavram haline dönüşmüştür. "Sürdürülebilir gelişme, toplumları, hayvan ve bitki türlerini, eko sistemleri, doğal kaynakları kapsayan ve yoksulluk, cinsiyet eşitliği, insan hakları, herkes için eğitim, sağlık, insan güvenliği, kültürlerarası diyalog vb konularla ilgili sorunları bir araya getiren bir kalkınma görüşüdür. Dünyadaki hızlı tüketimin sınırları iyice zorlamaya başladığı dönemlerde, gündeme gelen ve "sürdürülebilirlik" ile "sürdürülebilir gelişme" kavramlarına odaklanan çalışmalar günümüzde de çeşitli disiplinlerde devam etmektedir"(Koçak, Tuncel&Tuncel;2013).

Yıldız ve Aydın(2013) Olimpiyat Oyunlarını Sürdürülebilir Kalkınma açısından inceledikleri çalışmalarında; sürdürülebilir kalkınmayı ekolojik denge ile ekonomik büyümeyi birlikte ele alan hem doğal kaynakların kullanımını hem de çevresel kaliteyi gelecek kuşakların ihtiyaçlarını karşılayabilmesini tehlikeye atmadan karşılayabilmeyi hedefleyen bir model şeklinde tarif etmektedirler. Bu bağlamda sürdürülebilir kalkınma hedefleri üç başlıkta ele alınabilir:1. Ekonomik Hedefler: Ekonomik büyüme, etkinlik, istikrar v.b.
2. Sosyal Hedefler: Sosyal eşitlik, sosyal bağlılık, sosyal hareketlilik, kültürel kimlik, katılım v.b.
3. Çevresel Hedefler: İnsanlar için sağlıklı çevre, yenilenebilir kaynakların akılcı kullanımı, yenilenemeyen doğal kaynakların korunması v.b (Yıldız ve Aydın;2013).

Sürdürülebilir kalkınma, küresel tehditlerin yarattığı riskler döneminde dünyanın nefes alabilmesinin önünü açmayı hedefleyen bir modeldir. Ekonomik, Sosyal ve Çevresel hedefler temelinde yükselmekte olup gelecek kuşaklara daha sağlıklı bir dünya bırakabilmeyi amaçlamaktadır. Bu amaçlarla dünyanın en kitlesel alanlarından bir tanesi olan spor kurumu, insan ve onun yaratmış olduğu kültür boyutu ile etkileşim içerisine girmektedir. Teknolojinin hayatımızda kapladığı yerin artmasının ardından sağlık sorunlarımızın arttığı ve sağlıklı görünebilmek uğruna daha fazla zaman ayırmak zorunda kaldığımız gerçeği sadece bugünü değil yarını da biçimlendirmeye aday görünmektedir. Bu açıdan önümüzdeki yirmi yıl içerisinde ülkemiz açısından insan unsurunun demografik değişkenler ışığında nasıl bir farklılık göstereceği ve bunun sporla birleştirilebileceği meselesi önem arz etmektedir.

**Türkiye Nüfusu 2013-2075 (DİE, Nüfus Projeksiyonları)**



Türkiye nüfusu 2023 yılında 84 247 088 kişi olacaktır. Nüfus 2050 yılına kadar yavaş bir artış göstererek en yüksek değerini 93 475 575 kişi ile bu yılda alacaktır. 2050 yılından itibaren düşmeye başlayan nüfusun 2075 yılında 89 172 088 kişi olması beklenmektedir. Demografik göstergelerdeki mevcut eğilimler devam ettiği takdirde Türkiye nüfusu yaşlanmaya devam edecektir. 2012 yılında yaşlı nüfus olarak tabir edilen 65 yaş ve üzerindeki nüfus 5,7 milyon kişi, bunların toplam nüfusa oranı %7,5'tir. 2023 yılına gelindiğinde bu nüfus 8,6 milyon kişiye, oranı ise %10,2'ye yükselecektir.

**2023 yılında Türkiye nüfusunun yarısı 34 yaşın üzerinde olacaktır**

| Yıl | Toplam | Erkek | Kadın |
|---|---|---|---|
| 2012 | 30,1 | 29,5 | 30,6 |
| 2023 | 34,0 | 33,3 | 34,6 |
| 2050 | 42,9 | 41,8 | 44,0 |
| 2075 | 47,4 | 46,0 | 48,7 |

**Nüfusu En Büyük Olan 10 İl**

| Sıra | İller | 2012 |
|---|---|---|
| 1 | İstanbul | 13 854 740 |
| 2 | Ankara | 4 966 542 |
| 3 | İzmir | 4 005 459 |
| 4 | Bursa | 2 688 171 |
| 5 | Adana | 2 125 635 |
| 6 | Antalya | 2 092 537 |
| 7 | Konya | 2 052 281 |
| 8 | Gaziantep | 1 799 558 |
| 9 | Şanlıurfa | 1 762 075 |
| 10 | Mersin | 1 682 848 |

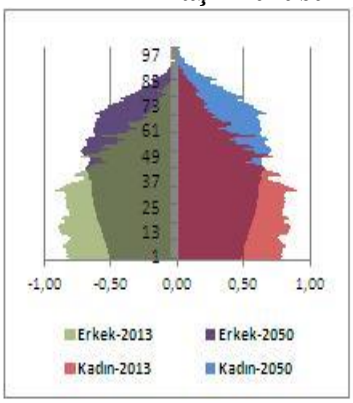
| Sıra | İller | 2023 |
|---|---|---|
| 1 | İstanbul | 16 568 500 |
| 2 | Ankara | 5 927 209 |
| 3 | İzmir | 4 405 279 |
| 4 | Bursa | 3 073 486 |
| 5 | Antalya | 2 626 299 |
| 6 | Şanlıurfa | 2 339 322 |
| 7 | Adana | 2 286 790 |
| 8 | Gaziantep | 2 257 278 |
| 9 | Konya | 2 175 214 |
| 10 | Kocaeli | 1 983 591 |

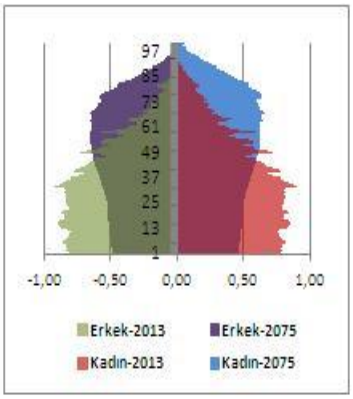
**0-14 Yaş Çocuk Nüfus Oranının En Yüksek Olduğu 5 İl**

| Sıra | İller | 2012 (%) |
|---|---|---|
| 1 | Şırnak | 42,0 |
| 2 | Şanlıurfa | 41,5 |
| 3 | Ağrı | 39,6 |
| 4 | Siirt | 39,2 |
| 5 | Muş | 39,1 |

| Sıra | İller | 2023 (%) |
|---|---|---|
| 1 | Şanlıurfa | 38,6 |
| 2 | Ağrı | 35,2 |
| 3 | Şırnak | 34,7 |
| 4 | Muş | 34,4 |
| 5 | Siirt | 33,1 |

**Yaşlı nüfusun toplam nüfusa oranı**




2023'te 8,6 milyon olan yaşlı nüfus (65 ve üzeri yaştakiler) 2050'de 19,5 milyona, 2075'te ise 24,7 milyona çıkacaktır. Yaşlı nüfusun toplam nüfusa oranı 2023'te %10,2'ye 2050'de %20,8'e, 2075'te %27,7'ye yükselecektir.

**Farklı doğurganlık düzeylerine göre nüfus ve yaşlı nüfus oranı**

| Senaryo | | 2013 | 2023 | 2050 | 2075 |
|---|---|---|---|---|---|
| Senaryo 1 (Temel Senaryo) | Toplam nüfus | 76 481 847 | 84 247 088 | 93 475 575 | 89 172 088 |
| | 65 yaş ve üzeri nüfus oranı (%) | 7,7 | 10,2 | 20,8 | 27,7 |
| Senaryo 2 | Toplam nüfus | 76 481 847 | 85 153 647 | 104 309 596 | 119 344 690 |
| | 65 yaş ve üzeri nüfus oranı (%) | 7,7 | 10,1 | 18,7 | 20,7 |
| Senaryo 3 | Toplam nüfus | 76 481 847 | 85 598 777 | 110 546 401 | 140 672 782 |
| | 65 yaş ve üzeri nüfus oranı (%) | 7,7 | 10,1 | 17,6 | 17,5 |

**Senaryo 1 (Temel Senaryo):** Toplam doğurganlık hızının doğal akışı içinde azalıp 2050 yılında 1,65'e düştüğü ve 2050 yılından sonra artışa geçip 2075 yılında 1,85'e ulaştığı doğurganlık senaryosu.

**Senaryo 2:** Toplam doğurganlık hızının, 2020 yılında 2,11'e, 2050 yılında 2,5'e ulaşacağını ve 2075 yılına kadar sabit kalacağını varsayan kademeli artan doğurganlık senaryosu.

**Senaryo 3:** Toplam doğurganlık hızının 2050 yılına kadar kademeli olarak 3'e ulaşacağını ve 2075 yılına kadar sabit kalacağını varsayan artan doğurganlık senaryosu.

**Tartışma ve Neler Yapılabilir?**

Bu noktada spor üzerinden genç-kadın ve yaşlı nüfusun taleplerinin karşılanması öncelikli hedef olmalıdır. Daha eşitlikçi bir dünya için kadın ve gençlerin daha fazla toplumsal hayatın içerisinde yer aldığı bir toplumsal ortamın yaratılmasında spor nerede duracak ve nasıl bir işlevi yerine getirecektir? Spor yönetimi ve spor bürokrasisi ortaya çıkan sorunların çözümünde nasıl bir strateji izlemelidir? Ekonomik açıdan ülkemizde de büyük bir Pazar ve tüketim alanı haline gelen spor endüstrisinin çevresel etmenlerle olan bağlantısı nasıl düzenlenmelidir? Belki de hepsinden önemlisi spor ve toplumsal hayatımızın iç içe geçirilmesinde merkezi ve yerel iktidarlar önerileri-uygulamaları ile sürdürülebilir kalkınmayı başarabilen bir ülke haline gelmemizi sağlayabilirler?

Yönetmek ya da yönetebilmek ülkemiz açısından büyük bir sorun teşkil etmektedir. Toplumsal yapımızın şekillendirdiği, eğitim sistemimizin de aynı yapı üzerinde devam ettiği karar verme mekanizmalarımızla ilgili sıkıntılarımızdır söz konusu olan. Olayların olup bitmesi sonrasında tepki vermeye alışkın olan yapımız nedeniyle sorunlar çözümlenememekte, halının altına pislikler atılmaya devam etmektedir. Düzenli olarak işleyen sistemler üretemediğimiz için kişilere göre değişen yönetim anlayışlarının tutsağı olmaktayız.

Spor konusunda oluşan sahte bilinç, toplumun yaşam kalitesinin gelişmemesini, yönetimlerin de toplumsal spor hizmeti anlayışlarının geliştirmemelerine sebep oluyor. Gelişmiş toplumların Belediyeleri, herkesin 10 dakikada yürüyerek ulaşabilecekleri, beceri ve isteği doğrultusunda ve uzman desteğinde düzenli egzersiz yapabilecekleri, her cinsiyetten, her yaştan, her kültürden ve her ekonomik sınıftan insanların spor olanaklarından eşit olarak yararlanabileceği en az 6 dönümlük açık hava tesisleri kuruyorlar. Bu tesislerin kullanımını teşvik edici programlar hazırlıyorlar: Daha sosyal, çok daha sağlıklı, özgüvenli, stresi ve şiddeti azalmış, üretken ve dayanışma içinde bir toplum yaratıyorlar. Kentlerin yaşanır mekanlar haline dönüşmesi için yerel yönetimlere büyük işler düşüyor. Ancak bu kentlerin asıl sahipleri olan bizlerin de bu kadar önemli görevlere kimlerin gelmesi konusunda daha duyarlı davranıp, kentlerin yönetimlerine katılımı elden bırakmamamız mutlak bir zorunluluk olacaktır. Bir kentin/ülkenin sporunu, o kentin/ülkenin yönetim/yönetilememe olgusundan bağımsız düşünemeyiz.

Sporun kitleler ile buluşması konusunda bu topraklarda belki de en fazla çaba sarf edenlerin başında gelen Cem Can, fan-etik sayfası ile çok önemli bir misyonu yerine getirmişti. Ona göre, sporu önce yapanlar ve yaptıranlar sever, sonra da izleyenler. Sporcular ve onların çevresindeki desteği sağlayan "içeriden" insanlar, teknik ve yönetim ekipleri her zaman şöyle ya da böyle var olacaklardır. Ancak sporun ne kadar büyüyeceğini sporu izleyen sporsever kitlenin büyüklüğü belirleyecektir. Spor sıcaklık ister; spor herkesi kucaklayan ve kendini aşmaya çağıran alçakgönüllü bir insanlık mirasıdır ve spora ilahların değil, tanıdık insanların arasından varılır. "Spora doğru yönelerek izlenen etkinliklerin hepsi sporcunun, eforun, becerinin daha sıcak gözlerle algılandığı birer deneyimdir. Spor sevgisi az sayıdaki başarıyı değil, sıradan insandan görünümde farkı olmayan çocuk ve gençlerin spor ile bambaşka insanlara nasıl dönüştüklerinin anlaşılması ile ortaya çıkar"(Can,2012). Cem Can İlkelerimizi Kim Yazacak(2012) çalışmasında ise; iyi yönetilen demokratik toplumlarda spor devrimi falan olmaz, yalnızca yönetimler toplumun yararına evrimleşirler uyarısında bulunuyordu.

Spor, içinde yapıldığı toplumdan beslenen ve ortaya çıkarttığı değerler aracılığı ile toplumsal hayatı besleyen bir etkinlik türüdür. Her toplumun sporu ve spor kültürü kendi kültürünün bir yansımasıdır. Bu açıdan spor ve spor kültürüne bakmak, toplumsal hayatın minik bir minyatürünü inceleme anlamına gelmektedir. Aşağıdaki rakamlar Gençlik ve Spor bakanlığının resmi sitesinden alınmıştır.

Toplam lisanslı sporcu sayımız (SGM+TFF+MEB+Spor Kartı) **6785984** (Erkek; 4499511-Kadın; 2286473)

Toplam Faal Sporcu sayımız (SGM+TFF+MEB+Spor Kartı) **3606984** ( Erkek; 2328031-Kadın; 1278953)

Bedensel Engelliler Federasyonuna bağlı sporcu sayımız: **5701** (Erkek;4823- Kadın;878)
Özel Sporcular Federasyonuna bağlı sporcu sayımız: **16501** (Erkek; 12292- Kadın; 4209)
TFF(Lisanslı) **619731** (Erkek 613529-Kadın 6202)
G.S. Bakanlığı Spor Genel Müdürlüğü 31.12.2015 tarihli istatistikleri ise;
Lisanslı Sporcu Sayısı; **3534312**(Erkek 2417911 –Kadın 1116401)
Faal Sporcu Sayısı; **451423**(Erkek 297204-Kadın 154219)

Rakamlar hiç de iç açıcı değil. Yukarıdaki nüfus projeksiyonları çerçevesinde durumu yeniden ele almak ve bu doğrultuda ileriye dönük bir bakış açısı ile hareket edecek bir spor teşkilatlanmasına ihtiyacımız bulunmaktadır. Başta kadın ve çocuklar olmak üzere yaşlılara yönelik spor hizmetlerinin hayata geçirilmesi sürdürülebilir kalkınma ilkeleri açısından da elzemdir. Bu açıdan gönüllülük temelinde yükseltilen bir spor anlayışının önü açılmalı ve sporun toplumsal hayatın her alanında görünürlüğünün artmasına olanak sağlayacak düzenlemeler desteklenmelidir. Sporun kitleselliğinin arttırılması ile birlikte hem gündelik hayatın içinde ortaya çıkan gerilimlerin aşılmasında hem de eşitlik, kimlik temelinde önemli kazanımlar hayata geçirilebilecektir. '**Hayat ya benim olacak, ama küçük olacak veya büyük olacak ama hepimizin olacaktır'** sözünü hayata geçirebildiğimiz de dünya; eşitlik ve adaletin güçlendiği, yoksunluğun ve yoksulluğun azaltıldığı, öteki'nin haklarına saygı duyulduğu bir yer haline dönüşecektir. Bunun olmasında hiç kuşkusuz en büyük katkıyı verebilecek alanlardan bir tanesi de spor olacaktır.

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# ORAL PRESENTATION ABSTRACTS

**S001**

# ANALYSIS ON MOTIVATIONS OF TABLE TENNIS PLAYERS IN TURKEY REGARDING PARTICIPATION IN SPORTS ACTIVITIES

**[1]YÜCEL A.S., [2]BİÇER Y.S.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey
asyucel@firat.edu.tr
2.University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

The purpose of this study is to analyze motivations of the athletes playing in table tennis leagues in Turkey for sports activities. This is an applied research and it was conducted within the framework of 169 athletes playing in table tennis leagues in Turkey (super league, 1st league, 2nd league, amateur league). The Sport Motivation Scale-SMS 28 developed by Pelletier et all. (1995) was used with the purpose of evaluating the motivation of the athletes for participation in sports activities. Data obtained from the participants were analyzed with SPSS Statistics 18 program. Data obtained were first subject to a preliminary test. In this preliminary test, data obtained from 30 participants were analyzed and the reliability of measurement tool questionnaire was tried to be established. Cronbach's Alpha coefficient of the reliability validity analysis performed after the preliminary test was found to be 0.787. This value indicates that the measurement tool used in the research is highly reliable. All participants were selected randomly. Cronbach's Alpha coefficient was found to be 0.903 in the main application. Reliability analysis, frequency tables, descriptive statistics, Anova and Independent Samples T-test analyses were utilized within the scope of analysis.

Following the research, it has been determined that motivation of athletes for participation in sports activities differ significantly in some factors according to the variables of sex, age, duration of doing sports and the league played. It has been established that girls experience higher level of uncertainty and loss of motivation than boys concerning the sustainability of active participation in the sports branch they are interested in addition to the participation in sports activities depending on the different elements of motivation. It has been concluded that athletes have various motivation stimuli in participation in sports activities depending on the increasing age, the league played and the duration of doing sports.

**Keywords**: Motivation, sports, league, athlete

**S002**

# ANALYSIS ON THE OPINIONS OF HANDBALL PLAYERS REGARDING DOPING AND ERGOGENIC AID IN TERMS OF SOME VARIABLES

**[1] YÜCEL A.S., [2] KARATAŞ Ö., [3] ORHAN S.**

1.University of Firat, Faculty of Sports Sciences, Elazig, Turkey
asyucel@firat.edu.tr
2. İnönü University, School of Physical Education and Sports, Malatya, Turkey
3.University of Firat, Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

The purpose of this research is to analyze the opinions and knowledge level of the athletes playing in top-level handball teams in Turkey (Super League, First League and Second League) regarding doping and ergogenic aid in terms of different variables. The research was conducted on a total of randomly selected 483 athletes within 65 teams ranking among Super League, First League and Second League. The questionnaires used in this study were previously used in another study and its reliability was ensured. In the first part of the questionnaire, personal information (sex, education, marital status, age etc.) was asked to the participants as descriptive variables with classificatory variable. The second part is composed of 48-item scale that consists of different dimensions directed to determining the opinions on doping and ergogenic aid. 0.945 was ensured as the Cronbach's Alpha coefficient. Descriptive statistics, reliability analysis, Factor analysis, Jonckheere terpstra, t-test analysis, Variance analysis (ANOVA), Kruskall Wallis and Man Whitney were applied within the scope of the analysis.

At the ends of the study, it has been concluded that the opinions of the participants concerning use of doping differ by age, education and income; their knowledge level in sports differs by sex, age, education, duration of sports, sex of the trainer, the league played; their opinions on use of doping in sports differ by education, duration of sports, the league played; their opinions on the reasons directing the athlete towards doping differ by the duration of sports and the sex of trainer; the ergogenic aid knowledge level of athletes differ by sex and license.

**Keywords:** Handball, Doping, Ergogenic Aid, Athlete, League

**S003**

# A SOCIOLOGICAL OVERVIEW OF THE CONCEPT SPORTIVE RECREATION

**[1]TURKAY H., [2]ÇEVİKER A.**

[1]University of Gazi Faculty of Sports Sciences Ankara, Turkey
[2]University of Ankara Faculty of Sports Sciences Ankara, Turkey
aceviker@ankara.edu.tr

## ABSTRACT

**OBJECTIVE:** Recreation, people participating in voluntary leisure activities and personal satisfaction can be described as earned. Sporting recreation, it represents an important place in the attractiveness and diversity of recreation activities. Enabling you to participate in recreational activities, sports activities as observers and practitioners, takes first place in the leisure time of the people. The recreation of the subject of this research constitutes the social dimension of sport, recreation and sports recreation is an constituent.

**METHODS:** Based on the research literature has tried to explain Focusing on some of the topics to reveal the results of the social perception and recreational sporting activities.

**RESULTS:** These; recreation and sports recreation concept, the social dimension of sport, recreation, sports recreation is communication and cultural aspects.

**CONCLUSIONS:** As a result; as well as physical and mental development of individuals and the rest of the sports recreation as socio-cultural perspectives to be useful, members of the community to establish healthy communication, integration and has been shown to improve the sense of acting together.

**Keywords:** Recreation, Sports, Sports Recreation.

**S004**

# A STUDY ABOUT SERVICE QUALITY, CUSTOMER SATISFACTION AND CUSTOMER LOYALTY IN FITNESS CENTERS

**[1]ŞİMŞEK A. [2] NACAR E.**

1. University of Firat Faculty of Sports Sciences, Master Student, Elazig, Turkey
abdullahsimsek23@hotmail.com.tr
2. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

This study is carried out to show the interrelation between the variables like service quality, customer satisfaction, and customer loyalty in terms of fitness centers. With the gathered data, planning models and suggestions from various perspectives are aimed in order to develop more effective management and marketing strategies in fitness centers.

"Fitness centers service quality scale", "customer satisfaction scale" and "customer loyalty scale" are used as data collection tool. The data used in the study is gathered from customers (n=201) of a private fitness center which is in service in Elazig. Frequency, percentage, arithmetic mean and standard deviation analysis are carried out in the gathered data and explanatory factor analysis is carried out in order to define validity of scale and Cronbach Alpha safety coefficient is measured to define internal consistency. In the last phase of analysis, correlation analysis is carried out to define the relations between service quality, customer satisfaction and customer loyalty; hierarchical regression analysis is performed to define the intermediate effect of customer satisfaction between service quality and customer loyalty.

According to correlation analysis results, service quality has positive and meaningful relation with both customer satisfaction and customer loyalty ($p<0,001$). Moreover, there is high level relation of service quality between customer satisfaction and customer loyalty. ($r=0,676$). According to hierarchical regression analysis results, it is observed that service quality has an indirect effect on customer satisfaction and loyalty and also has some differences.

Consequently, it is seen that customer loyalty of participants of fitness centers is achieved when service quality and customer satisfaction are provided. Therefore, in a gradually increasing competition environment, fitness center firms can achieve both the success in the competition and stable performance only with loyalty of their customers. To do this, service quality and customer satisfaction must be cared and be kept in high levels.

**Keywords:** Fitness centre, service quality, customer satisfaction, costumer loyalty

**S005**

# EXAMINATION OF THE EMOTIONAL ABUSE SUFFERED BY STUDENTS OF MASTERS AND DOCTORATE IN SPORTS DEPARTMENT

**[1]YILDIRIM E., [2]KIRTEPE A., [3] HALISDEMİR N., [4] ALTUNGUL O., [5]CAN N.**

1. University of Firat, Faculty of Sport Sciences, Department of Sport Management, Turkey
2. University of Firat, Department of Regreation, Elazig, Turkey, akirtepe@firat.edu.tr
3. University of Firat, Deparment of Statistics, Elazig, Turkey,
4. University of Firat, Department of Sport Management, Elazig, Turkey, e-mail:
5. University of Firat, Health Sciences Institute, Elazig, Turkey,

## ABSTRACT

**OBJECTIVE**: This work, postgraduate students studying in universities in the sports section of emotional abuse (mobbing) is made for the purpose of determining awareness.

**METHODS**: The research population consist Fırat, İnönü, Kayseri, Gaziantep, Agrı and Sakarya university who still postgraduate studying 18 women, 64 men and total 82 students. Leyman to determine students' awareness of mobbing in the study (1993) developed Aktop (2006) adopted by the "Emotional Abuse Scale" was applied. Questionnaire of the study, with the first part consists of 51 questions that determine the demographic characteristics in the six dimensions of their “Emotional Abuse” consist of scale. The obtained data are then transferred to a computer, so for the purposes of research, frequency, mean, standard deviation and to determine relationships among groups by applying the Anova test data are tabulated.

**RESULTS AND CONCLUSIONS**: As a result, compared to students in Gaziantep postgraduate of the university students of other universities are exposed to more mobbing, the more they are exposed to mobbing According to singles who are divorced, recreation section of the postgraduate trainees of the other part to those by mobbing the more they are exposed and ages 26-31 and suffered still more emotional harassment of the above It was observed.

**Keywords:** Mobbing, Universities, Postgraduate Students

**S006**

# EVALUATION OF THE IMPACT OF KINESIO TAPING AND MYOFACIAL RELEASE ON KNEE OSTEOARTHRITIS

**[1]ÇİMEN. B, [2] DEMİREL. A**

1. Necip Fazıl City Hospital, Physical Medicine and Rehabilitation Department, Kahramanmaraş, Turkey

2. Kahramanmaraş Sütçü İmam University, Faculty of Medicine, Physical Medicine and Rehabilitation Department, Kahramanmaraş, Turkey

fztburakcimen@hotmail.com

## ABSTRACT

**OBJECTIVE:** Our study is examine effects of kinesiological taping on iliotibial band and myofascial release techniques on static-dynamic balance, quality of life, pain and functionality.

**METHODS:** Study is done with 45 volunteer who diagnosed bilateral knee joint osteoarthritis, living sedanter life and in ages between 40 and 60. 43 patients (33 female, 10 male) participated to the study. 43 patients randomly distributed into 3 groups. Patients from group 1 got conventional physiotherapy and myofascial release therapy with massage oil and cupping trough iliotibial band. To the second group, only conventional physiotherapy is applied. To the third group, conventional physiotherapy and kinesiological taping to the through iliotibial band. Pain and functionality of our patients were evaluated with Turkish version of West Ontario and McMaster University Osteoartrit Index (WOMAC) at the beginning and end of the study. Quality of life evaluation was done with SF-36 (Short Form-36). Static and dynamic balance evaluation is done with SPORKAT 4000-TS balance device.

**RESULTS:** According to WOMAC results, statistically meaningful ($p<0.05$) changes were observed in pain, stiffness and physical functions compared to status at the beginning of the study. However, no statistically meaningful difference is seen among groups ($p>0.05$). According to balance evaluation results, although there is change of static balance of participants, it is not statistically meaningful ($p>0.05$). In dynamic balance, statistically meaningful ($p<0.05$) positive change is observed in all three groups. There is statistically meaningful ($p<0.05$) difference between taping and conventional physiotherapy groups. There is also statistically meaningful ($p<0.05$) difference between myofascial release and conventional physiotherapy groups. No statistically meaningful ($p>0.05$) difference found between taping and myofascial release groups. In results of 8 subparameters of SF-36, quality of life index, statistically meaningful ($p<0.05$) change is found in physical role and emotional role parameters of all groups.

**CONCLUSIONS:** As a result, in all 3 methods applied to patients with gonartroz, positive effects were observed, however treatments does not have superiority to others.

**Keywords:** Knee, Iliotibial band, Gonartroz, Balance, Pain, Quality of Life

**S007**

# FINANCIAL VALUE AND PROFITABILITY OF SPORT INDUSTRY

**[1]EKENCİ, G., [2] ATALAY A.**

1.University of Gelisim, School of Physical Education and Sports, Department of Sport Management, İstanbul, Turkey
ahmetatalay@ardahan.edu.tr

2. Ardahan University, School of Physical Education and Sports, Department of Sport Management, Ardahan, Turkey

## ABSTRACT

**OBJECTIVE** The aim of study that created by scanning of the available literature to deal with importance of facilities and private sector within sport economy. And correspondingly to put forward financial value and profitability of the composed sport industry.

**RESULTS**: The sport has been fertile ground for economics so, it is a growing subfield within the global economy. If we exemplify, sport that, sub-sector of global economy grew at an annual rate of 9.9 % from 1989 to 1998 increasing from $ 7.6 billion to $ 17.7 billion. Separetely Cricket Australia reported total revenue of $ 87 million in 2003, The Australian Rugby Union had net revenue of more than $ 60 million and than The Australian Football Leagues reported a net opareting surplus of around $ 115 million for the same period (Evans 2004).
This study has shown that sport is now an important sector of economic activity and grown faster than the economy as a whole over the recent past. Especially it wins a strong seat in global economy. It has created add volue billions of dolar as an unaffiliated sector. This process and boom has been occured with sport facilities and inclusion of private sector. Because financial obligations increase of public sector entails to the joint private sector.

**CONCLUSIONS**: As a result economic improvement must be continued. At this point contemporary and technological facilities are constructed and it should be used more people. Correct needs are determined owing to private sector. Innovation approachs are updated by determining to the demand trends. Correct policies has been developed by determining needs of target market.

**Keywords:** Economy, Sport, Sport Economy, Financial Value and Sport, Profitability Of Sport Industry

**S008**

# PROTECTION IN HEALTH SERVICES NEGLECTED AN AREA? PHYSICAL EDUCATION AND SPORTS

**[1]YAZICI A.G.**

1. Associate Professor in Physical Education & Sport Sciences, ATATURK University, TURKEY
agokhan.yazici@atauni.edu.tr

## ABSTRACT

**OBJECTIVE:** In this study, the health of the serious nature of the physical education we believe to be neglected in the importance of preventive health services with preventive properties fore removing the protective health services within the scope of measures models and sports the role and importance before becoming a problem for human life, we aim to make the highlight.

**METHODS:** This study aims in terms of defining descriptive, in terms of time periods covered, a technique used based on the literature in terms of theoretical conceptual discussions.

**RESULTS:** In the context of Physical Education and Sports of society, especially the importance and benefits of the health preventive health care work, people's physical, will contribute to the mental and spiritual health, which can reduce the percentage of contracting the disease and may be the vehicle to reach a potential to ensure that early rehabilitation of the disease; Physical education and sports activities of preventive health services in terms of the size and direction should be trying to put forward.

**CONCLUSIONS:** Physical education and sport, dynamic and open to the danger of the challenges faced by modern man, bring solutions by creating an environment free from the stresses of daily life and with some help in preventive medicine, the healthy lifestyle it brings, the evaluation of leisure time also has greatly contributed. Therefore, great importance is attached to sport and sport reduction of health care costs in developed countries, prevention of disease and the loss of labor due to the healthy and happy people will be able to reach a peaceful society.

**Keywords**: Physical Education, Sports, Health, Preventive Health Services.

**S009**

# ANALYSING PHYSICAL FITNESS LEVEL OF INDIVIDUALS WITH DOWN SYNDROME WHO ARE BETWEEN THE AGE OF 13 AND 17 BY COMPARİNG THEM WITH HEALTHY INDIVIDUALS WHO ARE AT THE SAME AGE

**[1]SANSİ A., [2] ÖZER D. , [3]ŞAHİN M.**

1. Batman Üniversitesi Sağlık Hizmetleri Meslek Yüksek Okulu Batman, Türkiye
ahmetsansi72@hotmail.com
2. Gedik Üniversitesi Spor Bilimleri Fakültesi İstanbul, Türkiye
3.Batman Üniversitesi Beden Eğitimi ve Spor Yüksek Okulu Batman, Türkiye

## ABSTRACT

**OBJECTIVE:** The aim of this research is to compare the individuals with Down syndrome who are between the age of 13 and 17 and healthy individuals who are at the same age in terms of the physical fitness level.

**METHODS:** 32 people at the age range of 13-17 participated this study half of whom were individuals with Down syndrome (15,312±1,537) and the other half consisted of healthy individuals (14,562±1,152). Brockport Physical Fitness Test was used as data collection tool. Body mass index (BMI), handgrip force, sit-up test, shoulder stretching, body lifting parameters were calculated by this test. Moreover to observe the relationship between two groups Independent-Samples T Test and to examine the result SPSS 17.0 program was used in this study.

**RESULTS:** As a result of this research there was a remarkable difference $p<0,05$ on the Body mass index (BMI), handgrip force, sit-up test, body lifting parameters but there was not a big difference on the shoulder stretching parameter level ($p>0,05$).

**CONCLUSION:** To conclude, it can be said that individuals with Down syndrome are underperformer at most parameters in terms of physical fitness level when comparing to the healthy individuals.

**Keywords:** Down syndrome, body mass index,

**S010**

# THE INVESTIGATION OF THE EFFECT OF 24 WEEKS SPECIAL MOVEMENT TRAINING PROGRAM WHICH IS APPLIED TO AUTISTIC CHILDREN TO PHYSICAL PARAMETERS WITH EUROFIT TESTS

**[1]YILGIN A., [2]ÖZTÜRK H., [3]ARMUTCU F.**

1.Kilis 7 Aralık Üniversitesi, Beden Eğitimi ve Spor Bölümü Türkiye
ahmet_yilgin@hotmail.com
2. Gaziantep Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Türkiye
3. Batman University, School Of Physical Education And Sport, Batman, Turkey ,

**OBJECTIVE**: The aim of this research is to investigate the effect of 24-weeks special movement training program which is applied to 8-16 aged autistic children to physical parameters with Eurofit tests.

**METHOD**: 18 children (6 girls + 12 boys) who study in special education and rehabilitation centers participated to this research. Students were grouped as 8-10 years, 11-13 years and 14- 16 years. Improved Eurofit tests for disabled **(25 m sprint test, flamingo balance test drive the touch test, flexibility, standing long jump, grip strength, 30 seconds shuttle test, 30 sec., push-ups, vertical splash, 10x5 m shuttle run test)** and **age, height, weight** were used to measure the physical characteristics of student's. Pre-tests for each student were performed to get the information about the physical characteristics. According to these tests, 24 weeks special movement training program was prepared to improve the weak physical characteristics. 40-60 minutes trainings were done 2 days in a week. The results were interpreted with analyzing according to age groups.

**RESULTS AND CONCLUSIONS**: At the end of the research, the significant development results were achieved in student's features which are student's balance, flexibility, standing long jump and vertical jump features of 8 students in the 8-10 age group (2 girls + 6 male), 25 m. running, balance, flexibility, vertical jump features of 5 students (2 girls + 3 boys) in the 11-13 age group, 25 m. Running, balance, flexibility, vertical jump, the right hand grip, 30 sec. shuttle and push-ups features of 5 students (2 girls + 3 boys) in the 14-16 age group.
The development in student's features which are 10x5 m. shuttle run, the left hand grip strength and touch the disks wasn't saved in general of the children who participated to the research.

**Keywords:** Autistic, Eurofit Tests, Movement Training, Exercise,

**S011**

# THE DETERMINATION OF THE EFFECTIVE REASON WHY PARENTS SEND THEIR CHİLDREN TO THE SPORT OF SWIMMİNG IN THE SUMMER SPORTS SCHOOL

**[1]ŞİRİNKAN A. [2] SARAÇOGLU N.**

**1.2.**Üniversity of Atatürk, Faculty of Sport Science , Department of Recreation

asirinkan@hotmail.com

## ABSTRACT

## ABSTRACT

**OBJECTIVE:** This study was prepared for the determination of the effective reason why parents send their children to the sport of swimming in the summer sports school.

**METHODS**: Working group included parents who are sending their children to swimming school during the summer term at Kahramanmaraş province. 155 women, 48 men in total 203 people participated to research. The scale which devoloped from Meral(2010) was used to determine the why parents sending to their children to swimming schools.

**RESULTS:** When the evaluate the obtained finding, SPSS 22.0 programme was used for statistical analyses. Also when the evaluate the working datas, PERCENT and FREQUENCY as descriptive statistics alongside T-TEST for two independent groups and ANOVA and Tukey for compore the more than two independent groups were used. The results were evaluated the %95 confindence interval and 0.05>p level of significance.

**CONCLUSIONS:** Studies shows; the parents(who are sending their children to swimming school) are generally women who they are 39 ages and more, and primary and secondary school graduates as education, housewife, their expectations is social cohesion, and there is no significant difference between the their education and job with their expectations level.

**Keywords:** Swimming, Expectations, Parents,

**S012**

# IN MARKETING SPORTS SERVICE, THE EFFECT OF PERCEIVED SERVICE QUALITY ON SATISFACTION AND WORD OF MOUTH MARKETING

**[1]SEVİLMİŞ A., [2]ŞİRİN E.F.**

[1]University of Selçuk , Faculty of Sports , Sports Management Department Konya/Turkey
alisevilmis@selcuk.edu.tr
[2]University of Selçuk , Faculty of Sports , Sports Management Department Konya/Turkey

## ABSTRACT

In the scope of study, in marketing sports service, the effect of perceived service quality on the satisfaction and word of mouth marketing is examined. In this scope, a survey was applied to a total of 438 customers, 130 females, (29.7%) 308 males (70.3%), who regularly receive sports service in five different sports center, which present similar sports and fitness services [which can give at least three sports service (e.g. swimming pool, fitness, sauna ) whose staff number is over 20, and which have minimum 750 members ] in Konya city, and voluntarily participating in the study In the study, "SERVQUAL Scale", adapted to sports service, Word of Mouth Marketing in Sports Service Scale, and Satisfaction with Sports Serviced Scale were utilized. As a result of regression analysis carried out, it was identified that 37.7% of the variation in the variable "Word of Mouth Marketing" was accounted for by the factors forming the quality of perceived service (Physical Appearance, Reliability, Eagerness, Adequacy, and Sensitivity) and 45.8% of variation in the variable "satisfaction", by the variable "Word of Mouth Marketing". In addition, in the study carried out, it was identified that 41.8% of variation in the variable "satisfaction" was accounted for by the factors forming the quality of perceived service. As a result, the factors forming quality of service have a statistically significant effect on word of mouth marketing and satisfaction. Perceived service quality is relatively effective on customer satisfaction and recommendation behavior. The customers left satisfied with sports service again prefer the same service and recommend it to their relations. Like every agency that is obliged to reach their customers and presenting product and service to them, the centers presenting sports services also have to focus on the issues such as quality of service and customer satisfaction. Sports centers need well understanding the expectations of customers regarding service experience and effectively meeting these expectations. It is considered that encouraging to make the necessary efforts and investments toward meeting the expectations of customers and especially positive word of mouth marketing behavior will provide important returns for sports service.

**S013**

# PHYSICAL ACTIVITY, OBESITY AND DEPRESSION IN EMERGENCY PERSONNEL

**[1]BULUT A., [2] ERÇİM R.E.**

1. University of Bingöl, Faculty of Health Sciences, Department of Nursing, Bingöl, Turkey aliyedemirok@yahoo.com
2. University of Bingöl, Faculty of Health Sciences, Department of Nutrition and Dietetics, Bingöl, Turkey

## ABSTRACT

**OBJECTİVE:** Physical avticity is beneficial to health and health promotion at all ages. In individuals with a high level of stress it is known regular physical activity to reduce the negative effects of stress. This study was aimed to investigate the relationship between physical activity levels, obesity and depression of emergency personnel working in one of the most stressful areas of the health sector in this study,

**METHODS:** This was a cross-sectional and descriptive study. Sample was consisted of a total of 67 (male: 41, 61.2%; female: 26, 38.8%) emergency personnel in Bingol State Hospital. The participants' physical activity, obesity and depression levels were determined by using a questionnaire. The physical activity levels were compared to sedentary, moderate active, active and severe active. For determine obesity status Body Mass Index (BMI, kg / $m^2$) was calculated and for determine the level of depression 'Zung Depression Scale' was applied.The Chi-square test or Fisher's exact test was used. Statiscally analyses were performed using the SPSS 22.0 and an p value $\leq 0.05$ was used to infer statistically significance.

**RESULTS:** In the study, 80.6's % individuals were depressed. Moderate physical activity (MPA) level and overweight ratios were found 70.1 % and 48.5%, respevtively. 90.6's % of obese subjects (n = 29) is depressed, and these results were statistically significant ($p < 0.05$). There was a significant relation between depression and obesity ($p<0.05$).

**CONCLUSİONS**: Regular physical activity is a supporting element of the physical and mental development of the individual. Especially highly stressed business people in the promotion of regular physical activity and the execution of plans and policies in this area is very important both in terms of preventing obesity depression.

**Keywords:** Physical Activity, Obesity, Depression, Emergency personnel

**S014**

# THE IMPORTANCE OF HEALTHY HUMAN LIFE ON EONOMIC DEVELOPMENT

**[1]GÜNDÜZ A.Y.**

1. İnönü Üniversity, Economic And Administrative Sciences, Malatya, Turkey
ali.gunduz@inonu.edu.tr

## ABSTRACT

Economic development's most important indicator is the human factor. The human factor is also known as the human capital. Investments in human capital include the investments in human factor. The human capital and economic development are two concepts identified with each other. The main factors of human capital, health and education, are placed on the top in the development of a country. The investments in health and education fields would accelerate the economic development. As long as individuals of a country are healthy, their contribution to production and growth would increase. On the other hand, societies' often becoming ill would decrease their productivity. Thus, this would affect the economic development negatively. When the individuals could live without having health problems, economic development and growth would be influenced positively. Therefore, for the sake of the development of countries and regions, the amount of investments in the field of health should be increased. There are some indicators of healthy life such as diet, non-consumption of alcohol and cigarette, evasion of bad habits, consumption of water of good quality, sports, having an adequate income. People's being healthy also depends on their environment and personal characteristics. The most efficient way to ensure them to stay healthy is making them engaged to sports. In this paper, the relation between healthy human factor and economic development will be tried to be examined.

**S015**

# EVALUATION OF THE RELATION BETWEEN PHYSICAL ACTIVITY AND QUALITY OF LIFE IN TERMS OF THE SUSTAINABLE DEVELOPMENT: SAMPLE OF ANTALYA AND OSMANIYE PUBLIC EDUCATION CENTERS

**[1]AYKIN A.G., [2] BİLİR P.**

1.University of Cukurova, Institute of Medical Sciences, Adana, Turkey

2. University of Cukurova, School of Physical Education and Sports, Adana, Turkey

aykinalparslan@gmail.com

**ABSTRACT**

**OBJECTIVE:** Physical activity and quality of life, both being the vital components of public health, have been increasingly becoming important. With respect to this issue, in order to make an emphasis on regular pyhsical activity and to increase the quality of life, countries and related associations publish many articles and reports. Physical actiyity has positive impacts on the human health which leads to sustainable quality of life. From this perspective, there reveals a need to invest in human beings. The knowledge of the existing conditions of physical activity on quality of life will undoubtedly help to invest in human beings more rationally. Owing to this reason, the scientific studies made on this topic will be a guide. This study aims to examine the relationship between the physical activity status of individuals and quality of life of people living in two different cities having different different level of development. Taking into account the collected data, this study also aims to reveal the correlation between the sustainability of the health of human beings and sustainable development.

**METHODS:** This research is designed with descriptive and quantitative basis. Sampling of this research consists of a total of 1225 numbers of course attendees of Antalya And Osmaniye Public Education Centers which were volunteers to attend to this research. The data have been collected with the surveys namely "Survey of International Physical Activity", "SF-36 Scale of Quality of Life" and "Personal Information Form". The Mann-Whitney U and Kruskal-Wallis H and Chi-Square tests have been used as the descriptive and non-parametric statistical tests.

**RESULTS:** Based on the results of this research, it is found out that there is no difference in the physical activity levels of the two cities and the individuals of both cities are having low level of physical activity. It is also revealed that the scores of quality of life in Antalya is higher in comparison with Osmaniye. Another finding of this research is that the obese individuals and the individuals with the highest health expenditures are the ones having low quality of life.

**CONCLUSIONS:** In conclusion, in order to develop a sustainable human health, there should be established a physically more active society and a style of a physically active life should be adopted by the people. It should also be noted that the economical and social development can create a positive difference in the quality of life and accordingly, this will positively affect the future of sustainable development.

**Keywords:** Physical Activity, Public Education Center, Health, Sustainable Development, Quality of Life.

**S016**

# AN IMPORTANT DETERMINANT IN SHAPING THE SPORTS MARKETING: CONSUMER BEHAVIOR

**[1]MERCANOĞLU A.O.**

1.Anadolu University, Faculty of Sport Science, Eskisehir, Turkey

aomercanoglu@anadolu.edu.tr

## ABSTRACT

**OBJECTIVE:** Sport marketer should know that is the consumer behavior's fundamentals, in order to understand in depth their consumers in other words target group. Aim of this study was examine topics which are explain consumer behavior in sport with a theoretical framework.

**METHODS:** Consumer concept, sports fan, consumer behavior model, decision types, decision process and factors affecting this process (internal, external, and stuational) topics which are explain consumer behavior in sport, assessed with a theoretical framework by review the literature.

**CONCLUSIONS:** The imbalance between the current situation and ideal situation initiates the process of deciding whether to buy a product. Basically this imbalance depends on consumer. So marketer not engaged too much about imbalance. When it comes to imbalance situation, decision-making process begins with the emergence of problem. In this step, consumption can be achieved in line with the intended purpose by internal, external, and situational factors which are affecting decision-making process well evaluated by marketers.

**Keywords**: Consumer Behavior, Sports Fan Decision Process, Consumer Decision Types

**S017**

# AN INVESTIGATION OF ATTITUDES OF DISTANCE EDUCATION OF RECEP TAYYİP ERDOĞAN UNIVERSITY SPORT MANAGEMENT STUDENTS

**[1]KALKAVAN A.**

1.University Of Recep Tayyip Erdoğan, School of Physical Education and Sports, Rize, TURKEY

akalkavan@hotmail.com

## ABSTRACT

Distance education is a form of education in which information and communication technologies are used. Analysing the attitudes towards distance education of students, is greatly important both for defining the distance education vision of the institution and for being the source for the future studies on this subject. The aim of this study is to analyse the level of distance education and the changes according to gender, age, computer ownership and frequency of computer use in Recep Tayyip Erdoğan University, Department of Sport Management's Students. 60 students from Department of Sport Management, in 2015 – 2016 academic year, were participated in this study. The Scale of Attitudes Towards Distance Education (consists of 35 items), developed by Kışla (2005), was used in this study. SPSS 22 for Windows software packed were used for statistical tests calculation. One-way ANOVA and t-test were performed for statistical significance. Test results showed that there were significant differences between attitudes towards distance education in department of sport management students.

**Keywords:** Sport Management, Distance Education, Attitude, Student

**S018**

# PARENTS' ATTITUDE AND OPINIONS TOWARDS PARTICIPATION TO EXTRACURRICULAR SPORT ACTIVITY OF HIGH SCHOOL STUDENTS

**[1]YILMAZ, A. ,[1] GÜVEN Ö.**

1.Gazi Universitesy, Faculty of Sports Science, Ankara, Turkey
yilmazaynr@hotmail.com

## ABSTRACT

**OBJECTIVE:** In this research, it was investigated the attitude and opinions of parents towards high school students' attendance to extracurricular sport activities. The attitudes way of parents towards these activities (positive or negative) is very important in terms of supporting the attendance of children to these activities.

**METHODS:** The research, fictionalized by Exploratory Tiered Design amongst the mixed approach designs in which quantitative and qualitative approaches are used together, was applied on parents of 9, 10, 11, 12 high school students studying at different high schools in 2014-2015 academic year fall semester in Kırıkkale city centre. In the quantitative part of research, population consists of 13295 parents whose children were studying at different high schools in Kırıkkale city centre; and the sample consists of 772 parents determined by stratified sampling method considering grade level and cluster sampling method considering TEOG points, and which represents this mass with 96% confidence interval and 4% failure interval. In the qualitative part of research, as a result of quantitative data analysis 14 parents were incorporated in the study group who had high or low attitude points. As a data collection tool, "Parent Attitude Scale towards Extracurricular Sport Activities" developed by Yılmaz and Güven (2015), "Personal Information Form" and "Semi-structured Interview Form" created by researcher were used. SPSS 20 package program were used for quantitative data analysis. In the analysis of survey data from the quantitative phase of the research, t-test, analysis of variance (ANOVA), Tukey's multiple comparison test, Pearson's correlation test, and regression analysis were used as statistical methods. In qualitative data analysis, it was benefited from content analysis technique.

**RESULTS:** According to research findings, it was figured out that significant difference were determined considering the state of parent's education, parent's job, income state of family, children number, situation of playing sport, students' grade level and the situation of their attendance to extracurricular sport activities. Significant difference weren't observed according to parent's gender and age, student gender, perceived academic success and sportive activities. In the part of qualitative part of research; it was determined that parents had positive opinions on extracurricular sport activities, they supported attendance of children to these activities and also there were expects such as providing the personality development of children, keeping children out of bad environment and harmful habits, improving the academic success.

**CONCLUSION:** The parents' attitudes towards participation of children in extra-curricular sports activities were negative attitude due to academic concerns and positive attitude in terms of social and personal development of their children.

**Keywords:** Extracurricular Sport Activity, Parents, Attitud

**S019**

# THE OPINIONS OF THE ORGANIZATIONAL CLIMATE AND THE PSYCHOLOGICAL HARASSMENT BY THE MINISTRY OF YOUTH AND SPORTS STAFF

**[1]NAMLI A.,[2] DOĞANER S.**

1.University of İnönü, Faculty of Sports Sciences Malatya, Turkey
ayselkizilkaya@hotmail.com

2. University of Ankara, Faculty of Sports Sciences Ankara, Turkey

## ABSTRACT

The purpose of this research, to determine the extent of psychological harassment imposed on the personnel of the organization climate and work in various positions at Youth and Sports Ministry. The case study method was used for qualitative research design in research. The study group of this research is consist of 33 people who are working at the Youth and Sports Ministry. Semi-structured questionnaire was administered to the participants. Collected data were subjected to descriptive analysis techniques. These data are reviewed into categories with divided sections. According to the results, the ratio of positive and negative reviewers are found too close to each other. The characteristics of the good relationship is determined as positive climate but the people who do not have capabilities of work and the lack of merit is defined as properties of the negative organizational climate. In the study, we found that, there is more than the rate of psychological harassment within the organization. Also we can say that, psychological harassment has different results for gender and there is a discrimination against women. As a result we can see that, the psychological harassment has emerged mostly in the business-related issues and political views.

**OBJECTIVE:** Main objective of this study is; determine the extent of psychological harassment imposed on the personnel of the organization climate and work in various positions at Youth and Sports Ministry

**METHODS:** The case study method was used for qualitative research design in research. The study group of this research is consist of 33 people who are working at the Youth and Sports Ministry. Semi-structured questionnaire was administered to the participants. Collected data were subjected to descriptive analysis techniques. These data are reviewed into categories with divided sections.

**RESULTS:** According to the results, the ratio of positive and negative reviewers are found too close to each other. The characteristics of the good relationship is determined as positive climate but the people who do not have capabilities of work and the lack of merit is defined as properties of the negative organizational climate. In the study, we found that, there is more than the rate of psychological harassment within the organization. Also we can say that, psychological harassment has different results for gender and there is a discrimination against women. As a result we can see that, the psychological harassment has emerged mostly in the business-related issues and political views.

**CONCLUSIONS**: In the organization of the working environment, it is extremely important for employess to be positive. In the study shows us, most of the Youth and Sports staff have warm and harmonious work style. Also, working with people who have good relationships with others make them motivated. Psychological harassment seen mostly in women but as a results we can see that, the discrimination against women is the main problems of the Youth and Sports Ministry staff. This shows that, good relationships within the organization can only be a positive business relationship and live without discrimination.

**Keywords:** Psychological Harassment, Organizational Climate, Youth and Sports Ministry

**S020**

# DEVELOPMENT OF ARCHERY IN OUR COUNTRY

**[1]ÇELİKEL B.E., [1] BİÇER S.Y. , [1] KARADAĞ M.,AKSU A., [1] SAVUCU Y.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey.
ybicer1@firat.edu.tr

## ABSTRACT

Turkish Archery, which was born in Central Asia steppes, has been spread throughout the world by the Turks and kept alive not only as a means to fight or hunt but also as an item of entertainment. The contests, therefore, provided both amusement and opportunity to develop good battle techniques and tactics. Today archery, which has been ranked among the modern sports over time, is one of the attractive sport branches in the world.

Turkish Archery which is involved in our history as the sport of our ancestor and on which the world countries have been conducted important researches, sets a good example with its rapid development over the last five years. Owing to the serious planning and the notable supports provided by our sport organization, Turkish Archery, today, takes pride in representing our country abroad at the highest level. Our archers who have competed in almost every corner of the world, have proven that the best can be achieved by the available means, especially with their accomplishments over the last 14 years.

After all, although archery is our ancestor's sport which had been given importance by the Ancient Turks and although it was aimed that the sporters be encouraged to engage in this branch at the age of 8, it seems that archery could not find its fair place yet and get the due consideration. Moreover, the scientific studies on archery are in insufficient number. With this study, we aim at emphasizing the importance of archery at the present time, its general situation, its improvement from past to the present and level of development.

**Key Words:** Archery, Turkish Archery, Sport

**S021**

# INVESTIGATION OF THE RELATIONSHIP BETWEEN BODY PERCEPTION AND LIFE QUALITY OF UNIVERSITY STUDENTS (SAMPLE OF YÜZÜNCÜ YIL UNIVERSITY)

**[1]EROĞLU B. , EROĞLU A.K., ÖZKAN Z.**

1)Namık Kemal University

beroglu@nku.edu.tr

## ABSTRACT

The aim of this study was to search the relationship between body perception and life quality of university students. In this research which was carried out with scanning model, 916 students consisting of 503 males and 413 females getting education in different departments of Yüzüncü Yıl University in 2014–2015 education year participated. The data of the research were evaluated with "Body Perception Scale" developed by Secord and Jourand (1953) and Turkish validity as well as reliability of which were performed by Hovardaoğlu (1993), with "Life Quality Scale (SF-36)" developed by Ware and Sherbourne (1992) and Turkish validity as well as reliability of which were performed by Koçyiğit et al. (1999) and finally with "Personal Information Form". For the analysis of the research data, SPSS statistical software program was used and descriptive statistics, Anova, Kruskal Wallis, t test, Duncan, Tukey and Pearson correlation tests were applied.

According to the data obtained in this research, a positive and very significant relationship was determined between life quality (total SF-36) and body perception (r=0.208, p=0.00). It was indicated that there was also a positive and significant relationship between total body perception and physical function (r=0.133, p=0.00), physical role (r=0.074, p=0.03), bodily pain (r=0.19, p=0.00), general health (r=0.289, p=0.00), vitality (r=0.24, p=0.00), social function (r=0.131, p=0.00), mental health (r=0.191, p=0.00), a physical health (r=0.244, p=0.00), b mental health (r=0.202, p=0.00) sub-dimensions. A significant relationship was not found in emotional role (r=0.013, p=0.713) sub-dimension.

According to the results of the research, as the body perception of university students increases, their life quality also improves. In other words, it is possible to say that the university students having high life quality also have more positive or higher body perception.

**S022**

# LOCATED IN BILECIK 7TH - 12TH GRADE STUDENTS IN THE PHYSICAL EDUCATION COURSE INVESTIGATION OF ATTITUDES AND BEHAVIORS VALUES EDUCATION (BİLECİK EXAMPLE)

**[1] EYNUR B.R., [2] ERKOL A.**

1. Dumlupınar University, Kütahya Turkey
baybars.eynur@dpu.edu.tr
2. Bozüyük Professional and Technical Anatolian High School, Bilecik, Turkey

## ABSTRACT

**OBJECTIVE:** The purpose of this study 7th, 8th, 9th, 10th, 11th and 12th grade students to determine their value in the orientation of physical education classes.

**METHODS:** The sample of the study, found in Bilecik central and provincial towns, attending high school and middle school level, 7th, 8th, 9th, 10th, 11th and 12th class of students, the courses 12269 students at the high school level 506 and secondary-level students studying in 5642 students of 506 students study sample were determined using random sampling technique. In the study; Physical Education Student Value Orientation Inventory (2013) developed by Yıldız and Güven is used. Physical Education Value Orientation Inventory, "Erdem Sports", "Solidarity", "confidence", "To Be Aware", "responsibility" and "National Culture" consists of six dimensions and 28 items including. Reliability coefficient α = 91,912 the validity and reliability. While the work we have done in internal consistency coefficient α = 91,915 was found. In the evaluation of the data obtained from the survey results Mann-Whitney U and Kruskal Wallis H tests were used because of not having a normal distribution. And the to determine for differencies from groups, Tukey Test was used.

**RESULTS**: Research; 7th, 8th, 9th, 10th, 11th and 12th grade students in the lower size of the subscales significant differences were detected between groups according to variables. In this study, the effectiveness of the provincial district of Bilecik province and the value orientation of physical education classes was seen in all subscales.

**CONCLUSIONS**: When investigate these result; existing heros and historical perspectiveness perception is very important fort to get about value in physical education classess.

**Keywords:** Physical Education and Sport Lesson, Count Orientation, Secondary Education, Moral, Moral Development.

**S023**

# EXAMINATION OF SELF-LIKING AND SELF COMPETENCE ADEQUACY OF PHYSICAL TRAINING AND SPORTS TEACHERS IN KONYA

**[1]EYNUR B.R., [2] ŞAHİN M.**

1. Dumlupınar University, Kütahya Turkey
baybars.eynur@dpu.edu.tr
2. Kayalı Primary Education School, Karapınar, Konya, Turkey

## ABSTRACT

**OBJECTIVE:** This study aims to examine self-liking and self competence adequacy of physical training and sports teachers working in Konya.

**METHODS:** Study sampling is performed by surveying 350 physical training and sports teachers working in Konya. Study sampling is determined by using the random sampling method.
"Self Liking Self Competence Scale" which is interpreted into Turkish by Doğan (2011) is used in the study. As the results do not have a normal range, Mann Whitney U and Kruskall Wallis H tests are used in the study.

**RESULTS:** As a result of correlation analysis, it is determined that the more self liking points increase the more self competence points also increase. It is determined that self liking and self competence are based on ages and the self liking levels of the ones older than 36 age are higher than the others. Among the men and women, there is a discrepancy in favor of men in terms of self liking and self competence. It is determined that self liking and self competence differ according to body mass index and that self liking and self competence decrease in parallel with increasing weight.

**CONCLUSIONS:** When investigate these result showed; self-liking and self-competence levels were effected various variables from school and environmental sides. And for Turkey, sessions of academias's are very important for educationg of physical education and sport teachers'.

**Keywords:** Physical Training, Teacher, Self-Competence, Self Liking, Konya

**S024**

# STATING THE NEEDS OF SWIMMERS FAMILIES WHOM THE SWIMMERS ARE ON THE LEVEL OF NATIONAL TEAM AND HAVE SPECIAL NEEDS

**[1]KARAHÜSEYİNOĞLU M.F., [1]ÇOBAN B ., [2]KARATAŞ B.**

1. University of Firat, Faculty of Sport Sciences, Department of Physical Education and Sport Teacher, Turkey,

2.University of Firat, Health Sciences Institute, Elazig, Turkey,
baykal3144@gmail.com

## ABSTRACT

**OBJECTIVE:** Our study aims to state the disabled swimmers' families needs. While qualified swimmers from Special Sportsman Sports Fedaration accounted for our research,our examples are from 76 metally disabled (special) swimmers families who attended the Turkey Swimming Championship with 110 sportsman which was held in Ordu between 18 -20 April 2016.

**METHODS:** The search's datas are confined by ''İdentifier İnformation Form'' And ''İnstrument Of İdentifying The Families' Needs ''.Percent, frequency, arithmetic average, Standard deviation, t-test,One Way Anavo test and Turkey test are used in the analysis of datas.The results are appraised in the interval of %95 and in the level of $p<0,05$.

**RESULTS:** Comparing the average points of results of families education level and the families' needs, the families' situation, a meaningful difference is not found between explaining the child's situation to the other children, the need of support and information. But, while comparing the average points of communal support and the need of support($p<0,01$),a meaningful statistical difference is found.($p<0,05$).İn order to find out in which groups there is a difference, pro-analyse is carried. When the point averages are analysed, it is seen that the point average of the needed communal services are the highest and the point average of material needs are the lowest. In the comparison of the point averages of the families education level and the families needs, a meaningful difference is not found ($p>0,05$). But in the comparison of the point averages of communal needs and the need of support ($p<0,01$), a meaningful difference is found($p<0,05$). To find out in which groups there are differences, a pro analysis is made. There is not any meaningful difference found between the need of information, communal services.

**CONCLUSIONS:** In our study, in the comparison of the past of disabled sportsman, the age of him, his disabled situation and when this situation happened and the families needs,there is not any meaningful difference found($p>0,05$).The reason for this result is the families lack of knowledge about Autism.It can be understood from the survey that they can not reach certain information about Autism. Finally, in the search of Families' needs, the families are asked to write their 5 needs.53 family answered the question and the result is basically, time, financial support, social environment, education and psychological help.

**Keywords:** disabled swimmer,the needs of family

**S025**

# ANALYIZING THE EFFECTS OF SPORT PARTICIPATION MOTIVATIONS OF ATHLETES IN HIGH SCHOOL

**[1]CİHAN, B., B, ÖÇALAN, M., [2]ÖZBEK, S.[3]**

**1.** Bozok University, School of Physical Education and Sport, Yozgat, Turkey
**2.**Kırıkkale University, Faculty of Sport Sciences, Kırıkkale, Turkey
**3.** Kırıkkale University, Institute of Health Sciences, Kırıkkale, Turkey
baris.cihan@bozok.edu.tr

## ABSTRACT

**OBJECTIVE:** The aim of this study was to analyze the effects of sport participation motivations of athletes in high school and whether they differ according to gender, school class, age, sport age and sport disciplines.

**METHODS:** Data were collected from high school athletes from different sport backgrounds in Kırşehir province of Turkey during 2015-2016 academic years. A total of 361 high school athletes (age 14-18 years; 174 girls; 187 boys) participated in this study. Participants completed the Participation Motivation Questionnaire (PMQ) (Oyar, Aşçı, Çelebi & Mülazımoğlu, 2001).

**RESULTS:** Results revealed that rather than the extrinsic motivations, "skill development" and "move/being active" are the most motivational factors for sport participation among high school athletes (*1.15±0.41; 1.22±0.48, respectively*). When gender discrepancy was taken into consideration for sport participation, "sport action with friends" and sport events" dimensions were found to be in favor of boys compared to girls. (*t=4.73, p<0.05*; *t=3.45; p<0.05, respectively*). In contrast, examination of the results showed no significant differences in motivational factors for sport participation among high school athletes with respect to school class and sport disciplines (*p<0.05*). And also, there is a significant differences among high school athletes, With regards to sport age, sport participation motivation of high school athletes differ for "team Membership/spirit" , "physical fitness / energy expenditure" and 'move / active' dimensions.

**CONCLUSION:** In conclusion, results could be interpreted that each high school athlete were imposed from various motivational aspects for participating and maintaining the sport. Additionally, motivational aspects differed when gender, age, sport discipline, school class and sport age were taken into consideration. Consequently, being aware of different motivational aspects by parents, coaches and physical education teachers may support sport participation and its maintenance.

**Keywords:** Motivation, sport participation, athlete

**S026**

# EXAMINING THE FACTORS AFFECTING THE FREQUENCY OF FOOD CONSUMPTION AND FOOD PREFERENCES IN UNIVERSITY STUDENTS

**DEVRAN B.S[1], KIZILTAN G.[2]**

[1] Bingöl Üniversitesi Sağlık Bilimleri Fakültesi, Beslenme ve Diyetetik Bölümü, Bingöl
bsdavran@bingol.edu.tr

[2] Başkent Üniversitesi, Sağlık Bilimleri Fakültesi, Beslenme ve Diyetetik Bölümü, Ankara

## ABSTRACT

**OBJECTIVE:** This study is planned to determine the college students, factors affecting food preferences and food consumption frequency

**METHODS:** Research population; University faculty due to Bingol, by establishing schools and vocational schools. All 506 volunteer students from these units were selected by random sampling method. Statistical analyzes of the data in SPSS 15.0 statistical software package is used in a Windows environment. The data collected with the frequency of food consumption is calculated by BEB 6.1 computer program.

**RESULTS:** In this study, it's shown that %55.1 of students had consumed cheese everyday and %24.6 of them milk and %83.7 of them yoğurt consumed 5-6 them a week. Also, students consumed meat and chicken meat at 5-6 times a week respectively %34.3 and %42.1 of them.
Students food preferences were affected by factors delicious, satisfying, economical and subjectif such as taste, odor, consistency has been shown to vary according to criteria

**CONCLUSIONS:** Due to student's wrong food preferences, they did not feed the sufficient and balanced diet. İn conclusion, they must be given information of education about healthy nutrition.

**Keywords:** University students, the frequency of food consumption.

**S027**

# ASSESSMENT OF PHYSICAL FITNESSRELATED TO PERFORMANCE IN ADOLESCENT STUDENTS AGED 12 – 13

**COŞKUN F.[1], ÖĞE B.[1], YILDIZBAŞ E.[1], ERTAN A.G.[1]**

[1]Yüzüncü YılUniversity School of Physical Education and Sports,Van Turkey

fcoskun01@gmail.com

## ABSTRACT

**Goal:** The aim of this study was to assess the overall health and fitness of adolescents enrolled in physical education classes based on measurements of their physical activity and physical fitness levels.

**Method:** The study sample consisted of students in the seventh grade at a school in the city of Van, Turkey. Of the 34 test subjects, 20 were female (58.8%) and 14 were male (41.2%). Using the Fitnessgram Test Battery developed by The Cooper Institute (1982) to determine the physical fitness levels of the adolescent students, the results for each gender were compared with norms based on age and gender as per The Cooper Institute Fitnessgram Test Battery Evaluation Standards (2010).

**Findings:** Accoring to The Cooper Institute Fitnessgram Test Battery assessment standards (2010), in terms of aerobic fitness (approximate values in MaxVO2 ml/kg/min), the adolescent males carried a health risk of 7.1% (n=1), indicating that 7.1% needed to improve their aerobic fitness, while the aerobic fitness of 85.7% (n=12) of the male subjects was determined to be adequate. According to Body Mass Index (BMI) levels, 7.1% (n=1) carried a health risk and needed to improve the BMI score, 74.1% (n=10) were found to have an acceptable BMI, while 14.3% (n=2) were found to be underweight. According to the results of bioelectrical impedance analysis values, body fat composition values were acceptable for 57.1% (n=8) of the male students and too low for 42.9% (n=6). As for the female students, 5% (n=1) had an aerobic fitness value that needed improvement, while 95% (n=19) were found to be acceptably fit. BMI values were found to carry a risk for 5% (n=1), sufficiently healthy for 85% (n=17) and very weak for 10% (n=2) of the female subjects. According to bioelectrical impedance analysis results, 10% (n=2) of the female students had a body fat percentage that did not need to be improved, 60% (n=12) were determined to be sufficiently healthy, and 30% (n=6) were found to have excessively low levels.

**Conclusion:** According to the assessment standards of The Cooper Institute Fitnessgram Test Battery, BMI and fat percentage values for the adolescent male and female students were found overall to be at acceptably healthy levels. While some significant differences ($p<0.05$) between the genders were noted for certain anthropometric and physiological characteristics (such as body mass and fat percentage values), for torso and lower extremity flexibility (based on sit and reach test values), there was a significant difference ($p<0.05$) in favor of females, while male students performed significantly better at sit-ups ($p<0.05$).

**Key Words:** Adolescent, aerobic capacity, fat percentage, Fitnessgram Test Battery

**S028**

# AN INVESTIGATION ON RELATIONSHIP BETWEEN ORGANIZATIONAL CITIZENSHIP BEHAVIOUR OF ANKARA YOUTH SERVICES AND SPORT DIRECTORSHIP STAFF AND SOCIO-DEMOGRAPHIC VARIABLES

**[1]BAŞOĞLU B., [1]ŞEKEROĞLU M.Ö., [2]ALTUN E.**

1. Provincial Directorate of Youth Services and Sports, Ankara, Turkey
2. Hacettepe Üniversity, Faculty of Science, Department of Statistics, Ankara, Turkey

mondersekeroglu@gmail.com

## ABSTRACT

**OBJECTIVE:** This study was carried out to investigate the relationship between demographic variables and Organizational Citizenship Behaviour that contributes organizational success and efficiency.

**METHODS:** Sample group of the research consists of 312 staff who work at Directorhip of Youth Services and Sport in Ankara. Scale method was used to collect research data. Scale form has two sections. First section includes demographic questions such as gender, age, educational level, marital status, felt wealth level and management position. In the second section "Organizational Citizenship Behaviour" scale ,which consists of 19 items and 5 dimensions like helpfulness, consciousness, gentlemanship and civic virtue, was used. The scale was developed by Vey and Campbell (2004), Williams and Shaw (1999) to measure the dimensons revealed by Organ (1988). T-test was used to analyse two different independent group and ANOVA was used to analyse more than two different independent group. Benferroni test was applied for multiple comparisons. Direction and size of relationship between variables was investigated by Spearman relationship factor.

**RESULTS:** According to findings, average scrupulosity score for women is higher compared to men whereas average kindness and gentlemanship score for men is higher compared to women. According to education level; helpfulness, scrupulosity, kindness, gentlemanship and civic virtue sub-dimensions between individuals are not statistically meaningful. Mean differences in gentlemanship is statistically meaningful according to marital status. According to age; helpfulness, scrupulosity, kindness, gentlemanship and civic virtue sub-dimensions between individuals are not statistically meaningful. According to felt wealth level; helpfulness, scrupulosity, kindness, gentlemanship and civic virtue sub-dimensions between individuals are not statistically meaninful. . Mean differences in gentlemanship and civic virtue are statistically meaningful according to management position.

**CONCLUSOON:** According to research results; sub-dimensons of organizational citizenship behaviour and gender, marital status and management position variables were found meaningful. Meaningful relationship between organizational citizenship behaviour and age, education level and felt wealth level was not determined.

**Keywords:** organizational citizenship behaviour , demographic variables

## S029

# INVESTIGATION OF PERFORMANCE PROFILES IN YOUNG TENNIS PLAYERS DURING TENNIS MATCHES

**[1]KILIT B.. [2]ARSLAN E.**

1. Hitit University. School of Physical Education and Sports. Corum. Turkey
bulentkilit@hotmail.com

2. Siirt University. School of Physical Education and Sports. Siirt. Turkey

## ABSTRACT

**OBJECTIVE:** The purposes of this study were (a) to investigate the match activity profile. and (b) to determine the effect of serve-return and winner-loser game situations on physiological responses and match characteristics in young tennis players during tennis matches.

**METHODS:** Fourteen young male tennis players (age 12.2±0.6 years; height 156±7.9 cm; weight 45.7±5.8 kg) participated in this study. Their physiological responses were measured using the portable multivariable monitoring device (BioHarness 3) and match characteristics were measured using the GPS device (Qstarz BT-Q818XT) during outdoors red clay courts fourteen matches. Ratings of perceived exertion were also determined at the end of the game. The variables describing the characteristics of the matches determined from video recordings were: (a) strokes per rally; (b) duration of rallies; (c) effective playing time; (d) work-to-rest ratio; (e) rest time between rallies and (f) rest time between games.

**RESULTS:** No significant differences in measured physiological responses and match characteristics were found between serve vs. return and winner vs. loser game situations in singles tennis matches.

**CONCLUSIONS:** These results indicate that these findings might be used for preparing and determining the intensity of tennis-specific training according to the serve vs. return and winner vs. loser game situations.

**Keywords:** Tennis, match analysis, GPS, performance.

**S030**

# ATTITUDINAL LOYALTY AND BEHAVIOURAL LOYALTY IN FOOTBALL FANS: MEDIATOR EFFECT OF TEAM IDENTIFICTION

**[1]ARGAN, M., [2] ÖZGEN, C.,**

1. University of Anadolu Faculty of Sports Sciences Eskişehir, Turkey
canerozgen@anadolu.edu.tr
2. University of Anadolu Faculty of Sports Sciences Eskişehir, Turkey

## ABSTRACT

**OBJECTIVE :** This study examined the relationships between attitudinal loyalty, behavioural loyalty, team identification, and whether team identification served as a mediator between attitudinal loyalty and behavioural loyalty in a sample of soccer fans.

**METHODS:** In this study, a structural equation model is proposed for investigates the mediating role of team identification of the relationship between attitudinal loyalty and behavioural loyalty. The data gained through the 261 soccer fans were analyzed by using AMOS 22.0 software program. To validity and reliability of measurement model three different Confirmatory Factor Analysis have been utilized. The path suggested by Baron&Kenny (1986) was followed to identify the partial mediation effect of team identification between attitudinal loyalty and behavioral loyalty of soccer fans.

**RESULTS:** As a result, all constructs have a highly significant effect with eachother and team identification has partial mediation effect between attitudinal loyalty and behavioral loyalty of football fans.

**CONCLUSIONS**: Fan loyalty has a crucial effect on sport clubs' sustainability as it has the same effect that customer loyalty has on corporate sustainability. It can be said that importance of defining the processes of creating loyal fans for sport clubs has incontrovertibly effect the clubs' sustainability. In this context the results taken from this research provide the sports marketers with important inferences from the way they need to create the loyal fans.

**Keywords :** Team Loyalty, Team Idenfiction, Soccer Fans

**S031**

# PRESENTATION OF SPORTS IMAGE IN TELEVISION COMMERCIALS

**[1]OZGEN C., [2] BALCİ V.**

1.University of Anadolu Faculty of Sports Sciences Eskisehir, Turkey
canerozgen@anadolu.edu.tr
2.University of Ankara Faculty of Sports Sciences Ankara, Turkey

## ABSTRACT

**OBJECTIVE** : Consumers develop more positive attitude to products which use sports image in their commercial more than the general commercial. In this context the purpose of this study is criticizing the television commercials which have sports image regarding the discipline semiotics for analyzing the hidden meaning contained in commercials.

**METHODS**: Clear Men, Türkiye Finans and TEB Ekonomi commercials that are broadcasted on television channels in Turkey have been examined based on semiotic analysis, the one among qualitative research methods using purposive sampling which is the one of the non-probability sampling.

**RESULTS**: The result of this study showed that companies have used sports image with various advertising strategies to achieve their marketing objectives in television commercials. All of the commercials analyzed in this study benefited popularity of sports and athletes.

**CONCLUSIONS**: Using sports image in television commercials does not only contribute the companies but also contribute sports image and popularity of athletes . This relationship beetwen sports and commercials has a crucial effect on development of each other's. In light of this information, it can be said that researches on sports related advertising are so useful for sports managers and advertisers.

**Keywords :** Commercial, Sports, Semiotics

**S032**

# POSTURAL DISTURBANCES OF THE FEET SEEN IN WRESTLER

**[1]TAŞKIRAN C, [1]AÇAK M, [2]KORKMAZ M. F**

1. Inonu University, School of Physical Education and Sports Malatya, Turkey
Celal.taskiran@inonu.edu.tr
2. Inonu University School of Medicine, Department of Orthopedics and Traumatology, Malatya, Turkey

## ABSTRACT

**OBJECTIVE:** The purpose of this study is to examine the feet posture of the wrestlers between 14-21 years of age who are active, and to research the reasons for posture disturbances.

**METHODS**: 314 athletes have participated in this study. For the determination and evaluation of the general structure of the feet, footprint parameters have been used. Sole measurements have been made with a photographic imaging device. Staheli and Chippaux-Smirak indexes have been used. BMI has been derived through anthropometric measurements.

**RESULTS**: The results of the study revealed that the rate of postural disturbance in foot soles among freestyle wrestlers who are within 17-21 age group (in scope of Turkish Olympics Preparatory Centers) was 32.25% and BMI was 24.43%. The rate of postural disturbance of foot soles among the Greco-Roman style wrestlers who are within the same project was found to be 6.66% and BMI was 22.29%. Foot sole postural disturbance rate among freestyle wrestlers who are wrestling in starts category was 24.77% and BMI was found to be 24.18%. The same rate among Greco-Roman style wrestlers in the same category was 26.66% and BMI was found to be 21.42%. The rate of foot sole postural disturbance was found to be 13.26% and BMI to be 22.66% among the athletes of The Wrestling Training Center.

**CONCLUSIONS**: As a result of studies have revealed that the rate of encountering pes planus in freestyle wrestlers was higher and BMI of such athletes have also found to be higher. We can say that the reasons for this was the higher rate of wrestling bare footed and putting the center of gravity of the body weight to the inner parts of the feet by the wrestlers due to wrestling mostly by leaning forward.

**Key words:** Wrestling, Pes Planus, Postural disturbance,

**S033**

# THE DETERMINATION OF OPINIONS OF TRIATHLON ATHLETES ON DOPING AND ANTI-DOPING MATTERS

**[1]GÜNDOĞDU C, [2]ÇELEBİ E, [3]BEYAZŞİMŞEK Ö, [4]TÜFEKÇİ Ş, [3]ÖZMERDİVENLİ R.**

1Inonu University Physical Education and Sports School, Malatya,Turkey
cmlgundogdu@hotmail.com
2.Firat University Health Science Faculty, Elazig, Turkey
3.Duzce University Faculty of Medicine, Düzce, Turkey
4.Malatya Youth Services and Sports Provincial Directorate, Malatya, Turkey

## ABSTRACT

**OBJECTIVE:** This study aims to determine the knowledge of triathlon athletes on the types of doping used in sports as well as their opinions on the anti-doping matters.

**METHODS:** This descriptive study was conducted with 92 individuals participated in Taşucu Triathlon and İstanbul Salcano Triathlon Series, which was organized in 2015 by the Turkish Triathlon Federation. The data were collected using a questionnaire. Chi-square test was used in analysis of the data.

**RESULTS:** Corticosteroids, masking agents, anti-estrogenic agents, beta blockers, and cannabinoids were among the types of doping which were least known by the triathlon athletes. These were followed by peptide hormones, narcotic analgesics, anabolic-androgenic steroids and stimulants. Approximately two thirds of triathlon athletes consider that knowledge of athletes, coaches and administrators on doping is not sufficient. The majority of the athletes participated in the study stated that the relevant institutions and organizations are not fighting against doping adequately.

**CONCLUSIONS:** As a result, it was concluded that triathlon athletes have insufficient knowledge about the types of doping used in the sports, and they consider the anti-doping activities of relevant institutions and organizations were not adequate.

**Keywords :** Triathlon, Triathletes, Doping, Anti-Doping

**S034**

# DETERMINATION OF ATTITUDES AND OPINIONS OF TRIATHLON ATHLETES REGARDING DOPING AS A MORAL ISSUE

**[1]ÇELEBİ E, [2]GÜNDOĞDU C, [3]TÜFEKÇİ Ş.**

1.Firat University Health Science Faculty, 23100, Elazig, Turkey
2.Inonu University Physical Education and Sports School, 44280, Malatya,Turkey
cmlgundogdu@hotmail.com
3.Malatya Youth Services and Sports Provincial Directorate, Malatya, Turkey

## ABSTRACT

**OBJECTIVE :** This study aims to determine the attitudes and opinions of triathlon athletes on the use of doping in sports as a moral issue.

**METHODS:** This descriptive study was conducted with 92 athletes participated in Taşucu Triathlon and İstanbul Salcano Triathlon Series present in the 2015 activity schedule of the Turkish Triathlon Federation. The data were collected using a questionnaire. Chi-square test was used in analysis of the data.

**RESULTS:** Looking at the attitudes and opinions of athletes included in the research regarding the use of doping, the athletes were found to "agree" with the statements of "Use of doping in sports gives an unfair advantage" (98.9%), "Doping is a very serious problem in the world of sports" (97.8%), "Doping causes severe damage to health" (93.5%), "The use of doping is contrary to the ethics of sport" (91.3%), whereas the athletes were found to "disagree" with the following statements: "The use of doping in sports should be allowed" (90.2%), "I'll use doping for the success of my country in an international organization" (92.4%), "I'll use doping as long as it goes unnoticed" (91.3%). There was no difference between the doping-related opinions and attitudes of athletes in terms of age, gender, educational level and sports age.

**CONCLUSIONS:** As a result, the majority of athletes thinks that doping leads to unfair competition in sports, damages health and it's a serious problem for the sports world, as well as being contradictory with the ethics of sport. There was no difference between the opinions and attitudes regarding the use of doping in sports in terms of age, gender, educational level and sports age.

**Keywords :** Triathlete, doping, doping attitude.

**S035**

# PEACE AND VALUES EDUCATION THROUGH SPORT AND PROFESSIONAL ETHICS PRINCIPLES

**[1]ARSLAN C.**

[1]University of Firat, Faculty of Sports Sciences Elazig, Turkey
carslan23@gmail.com

## ABSTRACT

**OBJECTIVE and METHOD:** Very first of the values that beautify world is the peace, in social life culture. Peace; should be a set of desired values in between society and individual's relationships. In this study; it is aimed to investigate the peace as a social value through ethical principles in sport. In the study, the literature screening has been used as a method.
RESULTS: Values are not innate, are measures that guides our behavior learned and taught. Values which regulate our social life and commitment to improve communication between individuals. Different values that occur between individuals and generations of the judicial conflicts may arise due to different cultural values. It is possible to reach these conflicts to solution with help of common universal values "peace" and "reconciliation". Peace and values education is a necessary and indispensable education to grow up healthy thinking, feeling and acting individuals. Today "World Peace" is seen as the most important tool for sports. Sports competitions held between people of different origin have great potential as a tool for peace. Each sports competition is basically focused on the possible results of winning, losing and even tie. With this aspect it is prepare individuals to accept their extreme greed in win or loss and this readiness is reflected in the behavior of individuals in a peaceful social relations. Therefore sports, is an important educational tool which develop individual's freedom and evaluate their social relationship feelings. Prescribed for people with such organizations as the United Nations and UNESCO allowance/ tolerance and peace language is the main objective of the philosophy of Olympism. Olympism; sports, culture and blends education, aims to create a suitable way of life and thus support the universal ethical principles of social peace. Professional ethics principles aims to, protect professional ideals of service, regulation and insufficient competition and separation-unprincipled members. Professional ethics covers their responsibility towards the society, therefore, ethics, character, etc. humanitarian principles and values attract the attention of society.

**CONCLUSIONS:** Sportsmanship approach is to have the values required by the sport and peace, friendship and fair play are the behavior of the hosts in behavior. Peace and values education is important to determine the actions and ideals of the professional lives of individuals. As a result, the values that underpin human to human in the professional principles.

**Keywords:** Values, Peace, Sport, Olympism, Ethics.

**S036**

# THE RELATIONSHIP BETWEEN 50 M. SPRINT DEGREE AND 25 M. FREESTYLE SWIMMING DEGREE IN PRETEEN SWIMMERS

**[1] YÜKSEK S., [1] HATİPOĞLU Ö., [1] AYAN V., [1] ÖLMEZ C.**

1. Karadeniz Technical University, Physical Education and Sports High School, Trabzon, Turkey.

cengolmez@gmail.com

## ABSTRACT

**OBJECTIVE:** The aim of this study was to investigate the relationship between 50 m. sprint degree and 25 m. freestyle swimming degree in preteen male and female in Trabzon.

**METHODS:** 8 female (age 11.25 ± 0.89 years, height 150,63 ± 10.88 cm, weight 47,88 ± 10,57 kg) and 10 male (age 11 ± 0.94 years, height 148 ± 11,49 cm, weight 41,5 ± 8,67 kg) total 18 swimmers participated in this study voluntarily. Data related to 25 m. freestyle swimming and 50 m. sprint degrees were collected according to sex of swimmers. Data were expressed as mean ± standard deviation. Correlation between 50 m. sprint degree and 25 m. freestyle swimming degree in preteen boys and girls were studied with Pearson correlation analysis. All analyses were executed in SPSS 23.0 and the statistical significance was set at $p< 0.05$.

**RESULTS:** The results indicated that there is a statistically significant relationship between 50 m. sprint degrees and 25 m. freestyle swimming degrees ($p<0.05$) in male. But there is no statistically significant relationship between 50 m. sprint degrees and 25 m. freestyle swimming degrees in female ($p>0,05$).

**CONCLUSIONS:** We believe that the data taken from this study will contribute to the knowledge available at present about the talent identification and talent selection in sports and to benefit to sports people at a maximum level as well as add to the studies performed on this field in our country.

**Keywords:** 50 m. sprint, 25 m. freestyle swimming

**S037**

# THE EFFECTS OF SWIMMING EXERCISE ON LIPID PROFILE AND OXIDANT-ANTIOXIDANT STATUS IN TYPE I DIABETIC RATS

**[1]ÜNSAL C., [1]ÜNSAL H.**

1.Adnan Menderes University Faculty of Veterinary Medicine Department of Physiology Aydin, Turkey

cunsal@adu.edu.tr

## ABSTRACT

**OBJECTIVE:** Diabetes mellitus (DM) is a metabolic disorder that occurs as a result of the defects in insulin production, the insulin action or both. This disorder is characterized by alterations in carbohydrate, fat, and protein metabolism. In the long-term, DM causes dysfunctions and damages in different organs and tissues. It is known that exercise has beneficial effects in the prevention and/or reducing of pathologies associated with DM. This study aims to evaluate the effects of swimming exercise on lipid profile and oxidant-antioxidant status in type-1 diabetic rats.

**METHODS:** The 36 male adult Wistar Albino rats were used in this study. The rats randomized 4 groups as diabetes, diabetes + exercise, exercise and control. Streptozotocin (STZ) (50 mg/kg, intraperitoneal) was given single injection to induce diabetes. The rats were accepted diabetic having the blood glucose level above 250 mg/dl. The rats in group diabetes + exercise and exercise were subjected to 1 h swimming exercise for 4 weeks after eight days STZ injection. Total oxidant (TOS) and antioxidant status (TAS), triglyceride, cholesterol, HDL and LDL levels were determined in blood serum samples.

**RESULTS:** TOS was higher in both diabetic groups than the control group ($p < 0.005$) and the TAS was lower in the diabetic group than the other groups ($p < 0.001$). Triglyceride levels were higher than the other groups ($p < 0.005$) and LDL levels were significantly lower than controls ($p < 0.005$) in the diabetic rats. The rats in group diabetes + exercise have highest HDL levels and it was significant compared the control group ($p<0.005$).

**CONCLUSION:** Although diabetes increased oxidative stress, exercise increased total antioxidant capacity in diabetic rats. So, exercise have potential capacity for reducing oxidative stress in diabetes. Diabetes changed lipid profiles that increased triglycerides and HDL and decreased LDL levels, but exercise was not any effects on these parameters.

**Keywords:** Diabetes, Exercise, Rat, Lipid Profile, Antioxidant.

**S038**

# EXAMINATION OF THE LEVEL OF LIFE SATISFACTION AND GENERAL SELF-EFFICACY OF THE EMPLOYEES OF PHYSICAL EDUCATION TEACHERS IN PRIVATE EDUCATION INSTITUTIONS: MERSİN EXAMPLE

**[1]KORKMAZ. C, [1]YILDIZ. R, [1]AKIN. M, [1]TOROS. T**

1.University of Mersin Physical Education and Sports Department Mersin, Turkey

korkmaz.cihat68@gmail.com

## ABSTRACT

**OBJECTIVE** : "Life satisfaction"concept was put forward by Neugarten for the first time (1961), which shows the result revealed by the comparison of people's expectations to the real situations(Yıldız, 1979).
Albert Bandura has described the concept of self-efficacy as " belief to the capacity of the individual in performing a certain task" (Pajares, 1997; Bandura,1994).
The aim of this study is to examine the level of working life satisfaction and general self-efficacy of Physical Education teachers in private educational institutions.

**METHODS**: The sample of the study consists of a total number of 88 Physical Education teachers working in private educational institutions located in Mersin. So as to identify life satisfaction level,' the Satisfaction with Life Scale'which is adapted to Turkish by Yetim(1991) and developed by Diener and his friends has been used.Besides in order to identify self efficacy level 'General Life Efficacy Scale,' that is developed by Sherer and his friends(1982) and adapted to Turkish Religion by Yıldırım and İlhan(2010) has been used. The obtained data was analyzed in IBM SPSS Statistics 20.0 software. Analysis of the t-test and one-way analysis of variance were used.

**RESULTS**: Statistically significant difference ($p<0,5$)was confirmed in level of life satisfaction of the teachers according to the variables such as gender, marital status and employment period but on the other hand in general self-efficacy level significant difference ($p>0,5$)wasn't found. There was no meaningful relationship between general self-efficacy and life satisfaction.

**CONCLUSIONS**: In the study that Karahan and Balat (2011)made on educators working in special education institutions, it is seen that there isn't a significant difference found according to gender and working period.It showed no significant difference in the levels of self-efficacy. This finding supports our work. In subsequent studies, relationships with different psychological tests can be studied.

**Keywords:** Life satisfaction, self-efficacy, private education, teacher

**S039**

# THE IMPORTANCE OF THE YOUTH CENTRES IN REGIONAL DEVELOPMENT

**[1]DEVECİOĞLU S., [2] YAVUZ C.**

1.Firat University, Faculty of Sports Sciences, Elazig, Turkey
sdevecioglu@gmail.com

2.Firat University, PhD Student, Elazig, Turkey

## ABSTRACT

In this study, current situation of the Youth Centres in the Provinces of Eastern Anatolia will be examined. Administrative situations, number of leaders and members of the Youth Centres in different provinces will be evaluated.
It is possible to provide the young to be apparent in the society through the Youth Centres and Youth Leaders.

The problems of the youth like becoming isolated and desocialization in the rapidly changing and developing world based on the fast change in the virtual world are the problems that can be solved by the Youth Centres. Through the Youth Centres; the young can realize their differences with other young individuals, they can be provided an environment to express themselves, they can get guidance service and access to information and, the obstacles in front of their social participation can be eliminated.
It is obvious that the young are getting isolated day by day and experiencing a large scale of desocialization problems in the rapidly changing and developing world based on the fast change in the virtual world. The Youth Centres undertake an important role in overcoming these and similar problem.

In the Youth Centres an environment is provided for the young where they come together and socialize, be aware of their differences, keep away from the virtual world and express themselves. These services, which are supplied by professional squads, can constitute a suitable guidance environment for the young to increase their level of information and consciousness and thus provide them to overcome the obstacles in front of socialization.

**Keywords :** Youth, Youth Centres, Youth Leader,

**S040**

# INVESTIGATION OF BRAND IMAGE OF SPORT PRODUCTS USED BY INDIVIDUALS GETTING SPORT SERVICE IN TERMS OF SOME VARIABLES

**[1]GÖKSEL A. G, [2]CAZ Ç.**

1.University of Muğla, Faculty of Sports Sciences, Muğla, Turkey

2.University of Marmara, Faculty of Sports Sciences, İstanbul, Turkey

cagdas.caz@marmara.edu.tr

## ABSTRACT

**OBJECTIVE**: The aim of this study is to examine the effect of brand image in sport products that individuals, getting sport service, use on buying.

**METHODS**: 274 individuals willing to get sport service in a private sports center in Kadıköy/İstanbul constituted of the study group. "Brand Image" scale developed by Çabuk and Orel (2008) and "Personal Information Form" developed by researcher were used as data collection tool. Descriptive statistics, t-test and Anova were used for data analysis.

**RESULTS**:
The distribution of scores

| | N | Average | Ss. | Skewness | Kurtosis | Min | Max |
|---|---|---|---|---|---|---|---|
| **Brand image** | 274 | 93.56 | 14,75 | -,416 | 2,064 | 28,00 | 138,00 |

Skewness and kurtosis coefficients are seen to have a normal distribution of the data collected from the participants. Therefore, parametric tests were applied in this reserach.

**CONCLUSIONS**: According to data analysis, significant difference was found between marital status, on behalf of single participants, in terms of the brand image effect on buying. Furthermore, no significant effect was found in terms of male and female participants brand image.

**Keywords:** Sport Service**,** Brand Image, Sport Products.

**S041**

# ANALYSIS OF THE EFFECT OF ANTHROPOMETRIC FEATURES ON BALANCE PERFORMANCE IN ATHLETES FROM DIFFERENT BRANCHES

**[1] ÇATAL, Ç. [2] DEMİRKAN, E.**

1. Amasya University, Institute of Social Sciences, Amasya, Turkey
cagla.catal9@hotmail.com

2. Hitit University, Physical Education and Sport Department, Çorum, Turkey

## ABSTRACT

**OBJECTIVE:** The objective of this study is to compare the balance and anthropometric features of athletes who have different game patterns. 25 football players, 25 volleyball players and 25 judoists participated in the study.

**METHODS:** Calibers were measured with anthropometric set. Measurements were taken from a total of 12 areas as of leg size, sitting height, femur length, foot size, ankle width, shoulder-elbow length, forearm length, shoulder width, shoulder circumference, waist circumference and hip circumference. Circumferences were made through steep angles to the long axis of the body or body parts. Static and dynamic balance measurements of the participants were made with CSMI make Prokin TecnoBody isokinetic balance measurement device. Static measurements were made in 30 seconds, with open-closed eyes and the dominant leg. Balance performance was assessed as X and Y planes as the pressure. Dynamic balance scores were found by taking the lines on X and Y planes as reference and in equal distances to the point of origin.

**RESULTS**: When the sitting height was examined, volleyball players were found to be significantly different from judoists ($p<0,05$). Significant difference in favor of judoists was found in shoulder width. Femur circumference values of volleyball players were significantly lower than those of football players ($p<0,05$). Volleyball players had lower waist circumference and hip circumference values than judoists and football players ($p<0,05$). In both feet, eyes open and closed circumference values, football players were found to have smaller values than both judoists and volleyball players ($p<0,05$). In both feet, eyes closed field values, difference was found between football players and volleyball players in favor of football players ($p<0,05$). Football players had significantly lower values than volleyball players in dominant leg eyes open X plane values ($p<0,05$).

**CONCLUSIONS:** When the results of the study were assessed, differences were found between branches in some variables. This difference can be explained with the effect of branch specific game pattern on anthropometric and balance values. Similarly, branch specific skills may have influenced the difference between branches. In line with this information, it can be said that the skills which require balance can be developed.

**Keywords :** Anthropometry, Dynamic Balance, Static Balance

**S042**

# THE IMPACT OF PHYSICAL PERCEPTIONS ON WOMEN'S SPORTS PARTICIPATION

**[1]YAVUZ SÖYLER D., [2] KARAHÜSEYİNOĞLU F.,**

1. University of İnönü, Department of Sport , Turkey, dysoyler@firat.edu.tr
2. University of Firat, Deparment of, Elazig, Turkey

## ABSTRACT

**OBJECTIVE**: This research is for determining the impact of the physical perceptions of women in Elazıg city center. Assumed as the representatives of the main mass, 416 women, who are doing sport in 15 sport centers which organize programs for women in the city center of Elazığ, were participated in the study. In the research a questionnaire was applied which consists of two stages, for this purpose and reached some conclusions after creating a conceptual framework with the help of literature.

**METHODS**: For ensuring the purpose of the research, "the scale of body perception" was applied, which was developed by Secard and Jourard. In the questionnaire a scale was used, which is identified 40 substances that the body's state of satisfaction about the various parts and total points were obtained. A score between 1 (in no way) and 5 (I like it very much) is given for each question and a score between 40 and 200 can be obtained totally. The increase of the total score means the increase of the body perception. When the body perception scores investigated, it was observed that the minimum value is 47,00 and the maximum value is 165,00 points. It was also observed that the score means of the body perception was $\bar{x}$ = 92,16, the mean value of the "I like it very much" and "in no way" scale was the level of "I don't like much" ($\bar{x}$ = 2,11). And in this way it was observed that the women were not satisfied with their bodies.

**RESULTS AND CONCLUSIONS**: Although the women weren't satisfied with their bodies, they expressed their body perceptions were not effective on their continuing the sport centers, but the perceptions of their husbands and their social environments. Although there is a difference between the reasons of sport making and the average points of the body perception, this difference is considered significant.

As a result, 52% of athletes surveyed in the 21-25 age range that the social status of high school students at the beginning of sports, social inequality stated that the sport is more effective in the family.

**Keywords :** Woman, Body Perception, Sport, Sport Center

**S043**

# EFFECT OF ELAZIG RACECOURSE ON THE DISTRICT OF YURTBASI

**GÖKHAN E.E., ARIKAN M.S.**

University of Firat Faculty of Veterinary Medicine Elazig, Turkey

eegokhan@firat.edu.tr

## ABSTRACT

**OBJECTIVE** : The equestrian sports, being an important part of the Turkish culture, is one of the most important social structure components from past to present and continues its existence in different economic and social aspects by surviving the cultural heritage's main factors until today. The horse-racing sector, ranking number two with 4.143 million TL in the games of chance market in Turkey as of 2015, has 26% of the total market. Elazig racecourse, one of the racecourses located in 9 provinces in Turkey, has a 503.050 $m^2$ area within the borders of Yurtbasi district affiliated to the Centre and also is the single racecourse established on the lake shore. In this study; the functional dimensions of the social and economic relation arising from the local sources and opportunities of Yurtbasi district where Elazig racecourse is located as well as the racecourse activities were examined.

**METHODS**: In order to assess the social and economic effect of Elazig racecourse on Yurtbasi district; when considering economically the variables, realized at district level between 2012-2015 ,Such as employment opportunities, tax incomes, structure and workplace licenses, accommodation facilities and land appraisal, the variables such as population increase, education facilities, road construction, transportation services were considered as social parameters.

**RESULTS**: When considering the data of 2012-2015, positive changes have occurred in social and economic sense in the district however it was observed that Yurtbasi district could not efficiently benefit from the attraction occurred due to the existence of racecourse in the region in social and economic sense in spite of the richness and diversity of geographical conditions of the district.

**CONCLUSIONS**: It was stated through this study what are the opportunities of the district, having the characteristics of rural economy and life, to ensure the maximum social and economic benefit together with the current sources.

**Keywords :** Equestrian sports, Elazig, socio-economic effects of racecourses, rural opportunities.

**S044**

# RESEARCH OF THE GOALS OF SOCIAL NETWORKS OF SCHOOL OF PHYSICAL EDUCATION AND SPORT STUDENTS

**[1] KARATAŞ. Ö, [2] ÖZTÜRK KARATAŞ. E, [1] BİNGÖL. Ş, [1] BİNGÖL. H**

1. Inonu University, Physical Education and Sports Colleges, Malatya, Turkey
ozgur.karatas@inonu.edu.tr

2. Inonu University, Health Sciences Institute, Malatya, Turkey

## ABSTRACT

**OBJECTIVE**: The aim of this research is to examine the goals of social networks of Inonu University School of Physical Education and Sport Students.

**METHODS**: The scale of the goals of social networks developed by Karal and Kokoç (2010) has been used in the research.

**RESULTS**: When students' goals of social media have been examined by gender, age and social class variables, the statistically significant differences have not been found ($p>0,005$). In addition to this, statistically significant difference has been found between the subscales of "social interaction and communication" and "educational" of the goals of social media with department ($p<0,05$). When the relationship of the goals of social media has been examined by the social media usage, the statistically significant difference has been found between the goals of social media and the frequency of social media usage and persistency of social media ($p<0,05$).

**CONCLUSIONS**: The majority of students have been using the social media daily but their exposure time has not more. In the handicapped, the students who are in the department of exercise and sports education have been using the social media more effectively. The "social interaction and communication" perception scores, "identification and recognition" perception scores and "educational" perception scores of students who are using social media a few times in a year are higher scores according to other groups. In this case, it shows that the group who are using the social media a few times in a year use the social media only in accordance with certain purposes.

**Key Word:** Social networking sites, internet, physical education, sports

**S045**

# COMPARISON OF THE PHYSICAL COMPATIBILITY PARAMETERS OF THE COACHING EDUCATION DEPARTMENT NORMAL AND THE SECOND EDUCATION (EVENING EDUCATION) STUDENTS

**IGDIR E. C.[1], AKTAŞ İ[1], GENCER G.[1], ERİŞ F[1].**

[1]Yüzüncü Yıl University School of Physical Education and Sports,Van, Turkey
emrecanigdir@gmail.com

## ABSTRACT

**OBJECTIVE:** This research was made with the aim of comparing the physical compatibility values of the normal and the second education students who were studying in Van Yuzuncu Yil University, Coaching Education Department, related to performance.

**METHODS:** Totally 54 volunteer students (26 normal education, 28 second education), who were studying in the Van Yuzuncu Yil University, the Coaching Education Department, constituted the work group of the research. It was done by using the SPSS 22.0 packaged programme in the analysis of the data. For determining the differences between the percentage, frequency, average and standard deviation techniques as descriptive statistics, the Independent Sampling T-Test was applied. The level of significance was taken as $p<0.05$.

**RESULTS:** According to the obtained data; The Leaping measurements of the Coaching Education Department normal education students were measured as 39,58±8,62 cm while the measurement of the second education students were measured as 37,43±9,55. As the result of these measurements, the Cooper test results of the Coaching Education Department normal education students were measured as 2639,80±425,27, while the second education students test results were measured as 2474,82±474,64. No significant difference was observed between the measurements. The Body Muscle percentages of the Coaching Education Department students per kg were measured; while the normal education students were 52,10±8,29, the percentages of the second education students were measured as 51,60±8,54. As the result of the measurements made, no significant difference was found($p>0.05$).

**Conclusion.** we can attribute the students' - who were subjected to the same special talent examination in university entrance - applying similar working methods during the period of preparation to examination, to the reason of not finding significant difference between the measurements.

**Key words:** coaching, teaching, physical compatibility

**S046**

# ACCORDING TO VARIOUS DEGREEE OF CONFIDENCE AND SOCIAL DESIRABILITY OF LEVELS ANALYSING PEOPLE WHO EXERCISE IN THE FITNESS CENTERS: EXAMPLE OF BATMAN

**[1] ŞAHİN H. M. [1] ESENTAŞ M., [1] IŞIKGÖZ E., [1] ÜZÜMCÜ B., [1] FİDAN,K., [1] AYAŞ G.**

1. Batman University School of Physical Education and Sports, Batman, Turkey
hmuratsahin@gmail.com

**ABSTRACT**

**OBJECTIVE**: To aim of this study, confidence and social desirability of levels that doing exercise of male and female athletes in fitness centers, is to examine according to several variables.

**METHODS**: Working group consist of that doing exercise 152 volunteers which is 36 female and 116 male, between January and April 2016 in two fitness room at the Batman province.In this research as data collection tools which had developed by Akın (2007) " Confidence Scale " and had developed by Akın (2010) "Social Desirability Scale" was used.Developed by Akın (2007) under two factors and totally 33 Likert-type questions consisting of "confidence Scale" Cronbach's alpha internal consistency coefficient was calculated as 0.83.In this research,scale was monitored as a unidimensional and scale to get the answers given by the participants Cronbach's alpha internal consistency coefficient was found to be 0.96.

The other one "Social Desirability Scale" developed by Akın (2010). Social Desirability Scale consist of two part , the first part 10 questions whisch is personel questins. In the second part, there are related social desirability 29 items. Firstly, Kolmogorov-Smirnov test was controlled with a single sample, whether data showed normally disturbute ın the analyze the data.

**RESULTS**: Both the confidence and social desirability levels of the ones who does sport at fitness centers have increased in positively. However confidence level of participants is higher than level of social desirability. Another finding in the study shows that participants' marital status doesnt have an effect on both confidence and social desirability levels while sex variable does have positive changes on social acceptence levels of male participants. The other variables such as education, monthly income and the reason of engaging in sport activities in fitness center dont have an influence on social desirability level but only on confidence level.

**CONCLUSIONS**: The results of this study shows that the level of confidence of people who go to fitness center regularly is higher than social acceptence level. While marital status doesnt influence the results, sex changes the outcomes in terms of social desirability. additionally education, monthly income and the reason to go to fitness center only change the levels of confidence

**Keywords:** Sports, Fitness, Confidence, Social Desirability

**S047**

# KINEMATIC ANALYSIS OF THE SNATCH TECHNIQUE AT THE 2010 WORLD WEIGHTLIFTING CHAMPIONSHIP: COMPARISON OF BODY WEIGHT CATEGORIES

**HARBİLİ E.**

University of Selçuk, Faculty of Sports Sciences, Konya, Turkey
eharbili@selcuk.edu.tr

## ABSTRACT

**OBJECTIVE:** The purpose of the study was to determine the category that has an advantage and high level skill in the snatch technique and to compare the kinematics of the snatch lifts with respect to category at the 2010 World Weightlifting Championship.

**METHODS:** The best lifts of sixty one weightlifters competing in the snatch finals in 56-kg (n=9), 62-kg (n=8), 69-kg (n=9), 77-kg (n=9), 85-kg (n=9), 94-kg (n=8) and 105-kg (n=9) categories were included in the study. The snatch lifts were recorded using two digital cameras which captured images at 50 fields per second. The images transferred to computer were digitized using Ariel Performance Analysis System (APAS). One-way analysis of variance (ANOVA) was used to determine the kinematic differences between categories. Bonferroni correction was post-hoc test.

**RESULTS:** 62-kg category performed the relative heaviest lifts ($p<0.05$). The relative barbell mass was significantly greater in 56, 62, and 69-kg categories than the other categories. The vertical barbell displacement was significantly greater in 94 and 105-kg category than the other categories in the first pull, and in 85, 94, and 105 kg categories in the second pull ($p<0.05$). The maximum barbell height was shown in 77-105-kg categories ($p<0.05$). The ankle joint angle was significantly greater in 69-kg category than 56, 62, 77, and 85-kg categories in the first pull ($p<0.05$). Although the hip angular velocity was significantly greater in 69 and 77-kg categories than 56-kg category in the first pull ($p<0.05$), it was significantly lower in 69-kg category than the other categories in the second pull ($p<0.05$). The relative power output was significantly greater in 69-kg category than 56-kg categories in the first pull, and than the other categories in the second pull ($p<0.05$).

**CONCLUSIONS:** It was revealed that the 69-kg was the most powerful and highly skilled weight category in the snatch technique.

**Keywords:** Biomechanics, Mechanical work, Power output.

**S048**

# ELECTROMECHANICAL DELAY IN FLATWATER KAYAK STROKE

**KAYA, E.[1], BAYRAM, İ.[1], CERRAH, A.O.[1], ERTAN, H.[1]**

[1]Anadolu University, Faculty of Sport Sciences, Eskişehir, Turkey

erenkaya10@gmail.com

## ABSTRACT

**OBJECTIVE**: Electromechanical delay (EMD) is described as the time period between electrical activation onset and force response of a muscle. EMD is a substantial component of athletic performance as it is potent in reactive time and power production. Besides, it is known that various joint injuries are related to EMD. In flatwater kayaking, number of strokes per minute (tempo), which maybe increased by lower EMD, is a major parameter in boat speed. The purpose of this study is to investigate EMD in catch phase of flatwater kayak stroke.

**METHODS**: A male and a female kayak athlete volunteered to participate the study. Kayak stroke is conducted on kayak ergometer. Muscle activation onset and mechanical response is assessed by electromyogram (EMG) and 3-axis accelerometer, respectively. EMG sensors are placed on M. Latissimus Dorsi (LD) and M. Pectoralis Major (PM). The accelerometer is placed along fifth metacarpal. The athletes are requested to perform kayak stroke with 60% intensity with a constant tempo. The synchronization is ensured for the EMG and accelerometer signals of which sampling frequency are 2 KHz and 150 Hz, respectively.

**RESULTS**: Two data recordings, which are 20 seconds long for each subject, is ensured. This resulted with 6 data sets for each subject. The EMD values calculated for the male and female subject's LD muscles are 51.25 ms ± 3.01 and 61.13 ms ± 2.94, respectively. Paired t-test for each subjects repeated measurements did not indicate a significant difference ($p>0.7$). Further, 2-sample t-test revealed a significant difference between two subjects ($p<0.001$).

**CONCLUSIONS**: The findings of this study conducted during dynamic kayak stroke elicit results in spectrum of reported EMD values in clinical studies. A well-documented research is planned with a larger sampling group and further muscle group analysis.

**Keywords:** Electromechanical Delay, Flatwater Kayak, EMG, Accelerometer

**S049**

# INVESTIGATION OF ORGANIZATIONAL LEVEL OF PHYSICAL EDUCATION AND SPORT TEACHER SOCIALIZE

**[1]ŞAHİN E., [1]ARSLAN A., [1]ÖZÇALI Ü., [1]SADIK R.**

1.Düzce Üniversity, Duzce, Turkey
erhansahin@siirt.edu.tr

## ABSTRACT

The main objective of this research was detecting organizational socialization levels of physical education and sports teachers. This research designed with quantitative method and expressive scanning model. Number of 257 PE teachers and sport teaches takes part from SIIRT city. Due to difficulties researcher were encouraged to take samples. Total of 257 PE teachers and Sport teachers were selected by coincidence. According to Erdogan (2012) 'Organizational socialization' scale is used for data collection.

In order to analyse data and tests of significance were used. Considering the marital status of Physical education teacher and Sport teachers there were significant differences value and goal of 'Organizational socialization between other sub-dimensions. Single teachers were more organizational socialization than married teachers. There were not significant differences between other sub-dimensions.

There were suggestive differences according to the professional experience between Physical education teacher and Sport teachers. Physical education and sports teachers based on professional experience variable significant difference in organizational socialization values and goals, The reasons of this differences were teachers with seniority of 6 to 10 and teacher with seniority of 11 to 15.According to results teachers with seniority of 6 to 10 year have a relatively higher organizational socialization than teachers with seniority of 11 to 15 years. There were not significant differences between other sub-dimensions. Scientist put forward a proposal according this result and considering the purpose of the study.

**Keywords:** Physical Education and Sport, Organization, Organizational socialization

**S050**

# SPORT COURAGE PROFILE OF 10-12 YEARS OLD CHILDREN IN RELATION TO LEVEL OF EMPATHIC TENDENCY, PHYSICAL EDUCATION AND SPORT PARTICIPATION

**KONTER, E.**

Dokuz Eylül University, Buca, İzmir, Turkey
erkut.konter@gmail.com

## ABSTRACT

**OBJECTIVE/PURPOSE:** The purpose of this study was to examine; "Sport Courage Profile of 10-12 Years Old Children in relation to Level of Empathic Tendency, Physical Education and Sport Participation.

**METHOD:** Data were collected from 10-12 years old school children (365 children; M=10.75 ± 0.61, 180 male, 180 female and 5 unstated) in İzmir/Turkey. Children were given the "Revised Version of Sport Courage Scale for Children-RSCS 28" and the KA-Sİ Empathic Tendency Scale Children Form, along with an individual information form. RSCS-28 comprises 5 factors (Mastery, Determination, Assertiveness, Venturesome and Self-Sacrifice Behavior) with good validity and reliability scores. Results of the Confirmatory Factor Analyses (CFA) indicated good results for RSCS-28 ($\chi^2$ (340) = 511.55, $p < .01$, CFI = .94, TLI = .94, RMSEA = .03, SRMR = .04). KA-Sİ Empathic Tendency Scale for Children has two factors (Emotional Empathy and Cognitive Empathy) with good validity and reliability scores. Collected data was analyzed by Correlations, Normality Tests, One-Way ANOVA, Kruskal-Wallis, Mann-Whitney U and t-tests.

**RESULTS:** Results indicated that; 1) Children with high scores of Emotional, Cognitive and Total Empathic Tendency Score have significantly higher points of Determination, Assertiveness, Venturesome, Sacrifice Behavior and Total Sport Courage Score than children with low points. 2) Factors of the RSCS-28 are significantly correlated with Empathic Tendency factors for Children. However, correlations are low and close to the moderate level. A number of variables related to physical education and sport participation of children were also elaborated in this study.

**CONCLUSION:** Sport courage factors, physical education and sport participation of children seem to be important related to Empathic Tendency factors for children. Future research could concentrate on the sport courage education of children in relation to their various empathic tendencies including various individual, social, physical education and sport variables.

**Keywords:** Physical Education and Sports, Sport Courage, Empathic Tendency, Children.

**S051**

# SPORT COURAGE PROFILE OF UNIVERSITY STUDENTS IN RELATION TO LEVEL OF RESILIENCE APPRAISAL, PHYSICAL EDUCATION AND SPORT PARTICIPATION

**KONTER, E.**

Dokuz Eylül University, Buca, İzmir, Turkey
erkut.konter@gmail.com

## ABSTRACT

**OBJECTIVE/PURPOSE:** The purpose of this study was to examine; "Sport Courage Profile of university students with different departments (preschool, primary school, coaching and sport management university students) in relation to their Level of Resilience Appraisal, Physical Education and Sport Participation.

**METHOD:** Data were collected from university students (346 students; M=22.36 ± 3.36, 96 male, 249 female and 12 unstated) in İzmir/Turkey. Students were given the "Sport Courage Scale-31" (SCS-31) and Resilience Appraisal Scale (RAS), along with an individual information form. SCS-31 comprises 5 factors (Mastery, Determination, Assertiveness, Venturesome and Self-Sacrifice Behavior) with good validity and reliability scores. Results of the Confirmatory Factor Analyses (CFA) indicated good results for SCS-31: $\chi 2(429)= 584.32$, $p < .01$, CFI= .93, TLI= .93, RMSEA= .03, SRMR= .06.. RAS has three factors (Social Support, Emotional Coping and Situational Coping) with good validity and reliability scores. Collected data was analyzed by Normality Tests, Correlations, One-Way ANOVA, Kruskal-Wallis, Mann-Whitney U and t-tests.

**RESULTS:** Results indicated that; 1) Children with higher scores of Social Support, Emotional Coping and Situational Coping have also significantly higher points of Mastery, Determination, Assertiveness, Venturesome, Sacrifice Behavior and Total Sport Courage Score than children with lower points. 2) Factors of the RSCS-31 are significantly and positively correlated with RAS factors. However, correlations are low and moderate level. A number of variables related to physical education and sport participation of children in relation tos port courage and resilience appraisal were also elaborated in this study.

**CONCLUSION:** Sport courage factors, physical education and sport participation of adults seem to be important related to RAS. Future research could concentrate on the sport courage education of children in relation to resilience including various individual, social, physical education and sport variables.

**Key words:** Physical Education and Sports, Sport Courage, Resilience, adults.

**S052**

# AN INVESTIGATION ON LEVELS OF THE EMPHATIC TENDENCIES OF ATHLETES WHO INTEREST IN INDIVIDUAL SPORT BRANCHES

**[1]BAYRAK E., [2] ÇOBAN B.**

1.University of Adiyaman, Physical Education and Sports of high school, Health Sciences Institule, PhD Student, Elazığ, Turkey,
esrabayrak86@gmail.com

2.University of Firat Faculty of Sports Sciences Elazig, Turkey,

**ABSTRACT**

**OBJECTIVE:** Sending messages whether purposely or unwittingly were percevied by receiver as correctly and receiving feedbacks in interpersonal communication leads to positive actualization of communication. In this direction, having emphathy establishing skill one of the important conditions for make contact possitively. Because of this reason, an investigation on levels of the emphatic tendencies of athletes who interest in individual sport branches were consist of the aim of this study.

**METHODS:** While athletes interesting in individual sport branches were consisting of the sample of this study, on the other hand athletes interesting in individual sport as actively depends on Adiyaman Provincial Directorate of Youth and Sports were constitute of universe of the study. Totally 140 athletes were attend to this study. In study a form used to data collection tool which one consist from two parts. In the firs part of form, there were 5 questions towards personal informations of athletes, in the second part also includes Emphatic Tendency Scale consisted from 20 items developed and conducted validity-reliability study by Dökmen in 1988 were used.
**RESULTS:** Although scores of athletes' emphatic tendency levels were high, there were no significant reults between epmhatic tendency scale scores and variables of age, gender, educational status, how many years do u work with ur coach, and how long do you interesting in individual sport branche were determined at the and of performed analysis.

**CONCLUSIONS:** Aka, who conducted a study to determine professional soccer players' emphatic tendency levels, he reached the end of that emphatic tendency levels of soccer players were not high enough. In the study of Sortullu were carried on 12 years old basketball players, and he concluded that their emphatic tendency levels were on the rise as significantly with a 15 week emphatic education program. In the study of Şakar, there were on rise of volleyball players' emphatic tendency as long as their educational status go up. When analyzed study of Sezen were carried towards soccer players perception of fair play, it can be seen that emphatic education is required. reults of this studies shown that the emphatic tendency were not genetous, so it can be acquired behaviour.

**Keywords:** Sport, Athlete, Individual Sports, Emphaty, Emphatic Tendency Scale.

**S053**

# INVESTIGATING THE RELATION BETWEEN SOCIO-DEMOGRAPHIC CHARACTERISTICS, PAIN, KINESOPHOBIA, AND LIFE QUALITY IN THE INDIVIDUALS WITH CARDIAC DISEASE

**[1]TÜTÜN YÜMİN E., [2]ÖZEL A., [3]SERTEL M., [4]TARSUSLU ŞİMŞEK T.**

1. Abant İzzet Baysal University, K.D. the School of Physical Therapy and Rehabilitation, Bolu,Turkey
eylemtutun78@hotmail.com

2. Abant İzzet Baysal University, K.D. the School of Physical Therapy and Rehabilitation, Bolu, Turkey
3. Kırıkkale University, the Faculty of Health Sciences, Physical Therapy and Rehabilitation Department, Kırıkkale, Turkey
4. Dokuz Eylül University, the School of Physical Therapy and Rehabilitation, İzmir, Turkey

## ABSTRACT

**OBJECTIVE**: The purpose of this study is to investigate the relation between the socio-demographic characteristics, pain, kinesophobia, and life quality in the individuals with cardiac disease.

**METHODS**: 101 individuals with coronary artery disease, whose average age was 65.68±8.34 years, were included in the study. The socio-demographic characteristics of the individuals, who were included in the study, were recorded. The pain values of the individuals were assessed with the Visual Pain Scale (VPS), the kinesophobia values were assessed with the TAMPA Kinesophobia Scale, and the life quality of the individuals was assessed with the Nottingham Health Profile (NHP).

**RESULTS**: 59.4% of the individuals had findings about pain; and the disease influenced 80.2% of them. A relation was observed between the marital status and the NHP energy levels of the individuals; between the physical activity and pain parameters; and between the marital status and TAMPA Values ($p<0.05$). Also, there was a relation between the educational status and the energy level of the NHP; and physical activity and total NHP values ($p<0.05$). There was a relation between the professional information of the individuals and the Total NHP scores ($p<0.05$). There was also a relation between the TAMPA Scores and the energy levels of the NHP; the pain; emotional reaction; physical activity and the total NHP values ($p<0.05$). Similarly, there was also a relation between the average pain values, social isolation and sleep parameters ($p<0.05$).

**CONCLUSION**:Our results showed that the life quality of the individuals with cardiac disease is influenced by some socio-demographic properties like marital status, educational status, working status, and by pain. We consider that regulations in social and professional lives of these individuals will increase their life quality.

**Key words:** Cardiac Disease, Kinesophobia, Pain, Life Quality.

**S054**

# THE EFFECT OF DIABETES ON LIFE QUALITY OF INDIVIDUALS WITH TYPE 2 DIABETES

**[1]TÜTÜN YÜMİN E., [2]BAKAR Y., [3]TARSUSLU ŞİMŞEK T.**

1. Abant İzzet Baysal University, K.D. the School of Physical Therapy and Rehabilitation, Bolu,Turkey
eylemtutun78@hotmail.com
2. Abant İzzet Baysal University, K.D. the School of Physical Therapy and Rehabilitation, Bolu,Turkey
3. Dokuz Eylül University, the School of Physical Therapy and Rehabilitation, İzmir, Turkey

## ABSTRACT

**OBJECTIVE**: The purpose of study was examining the effect of diabetes on life quality of individuals with Type 2 Diabetes.

**METHODS**: Individuals included in the study were divided into 3 groups; individuals with light-mild peripheral neuropathy (Group 1:100); individuals with no neuropathy (Group 2:100); and healthy individuals (Group 3:100). Socio-demographic data and clinical characteristics were recorded, SF-36 Questionnaire was applied for the life quality.

**RESULTS**: Ages and Body Mass Indices of the individuals were as (61,54±8,59years, 30,34±4,57 kg/m$^2$) (Group 1); (59,82±8,19 years, 29,91±4,71 kg/m$^2$) (Group 2); and (59,72±10,04years, 28,91±4,10 kg/m$^2$) (Group 3). No differences were detected among the groups in terms of average age BMI values ($p>0,05$). Although existence of systemic diseases, burning on feet and cholesterol values did not vary between Group 1 and 2 ($p>0.05$); they were higher than the Control Group ($p<0.05$). Fasting glucose-postprandial glucose values, HbA1c, duration of diabetes as years, and duration of using oral antibiotics were higher in Group 1 ($p<0.05$). No differences were detected in terms of duration of using insulin ($p>0.05$). There was a difference between the groups in terms of all sub-parameters of the Life Quality Scale SF-36 ($p<0,05$). Although no difference was observed between Group 1 and 2 in sub-parameters like role-physical, general health, social function, spiritual-emotional health, physical health and general spiritual health ($p>0.05$); there was a difference between groups in terms of parameters like physical function, body perception and liveliness ($p<0,05$). A difference was observed between Group 2 and 3 in favor of Group 2 in all values except for body perception and spiritual-emotional parameters ($p<0,05$).

**CONCLUSION**: It was observed that life quality in DM was low at a significant level. Making the individuals with diabetes acquire the habit of exercising and emotional training will contribute to increase the life quality in such individuals.

**Keywords:** Cardiac Disease, Kinesophobia, Pain, Life Quality.

**S055**

# PERFORMANCE ANALYSIS IN BASKETBALL, A REVIEW STUDY

**[1]DUMAN E.A., [1] TUZKAYA G.**

1.Marmara University Engineering Faculty Istanbul, Turkey
anil.duman@marmara.edu.tr

## ABSTRACT

**OBJECTIVE**: Basketball analytics is rapidly growing and professional teams (especially NBA teams) and private companies (i.e. IBM, STATS) pay notable attention on this topic. Moreover, there are some academic studies which are very important for this area. The aim of this study is to review the academic literature on performance indicators identification and performance evaluation in Basketball.

**METHODS:** This review study is conducted in two databases (Science Direct and ISI Web of Science) by using combination of "Basketball" and "performance evaluation", "efficiency", "statistical analysis" keywords. Then the founded articles are excluded if they are not relevant to the scope. The research about Wheelchair Basketball, conference papers and the articles are written in other language (rather than English) are other studies excluded from this review. The relevant references and the citations of selected articles are also screened for reaching the studies outside of examined databases.

**RESULTS:** After the screening, only 32 articles are selected for literature review. One of these articles aims to provide a common starting point for future research in basketball. The other 31 articles are categorized based on their focus: teams or players. While the 14 of these papers examine the player performance; the 17 of them examine the team performance. The chronological analysis of the articles shows that more than half (%53) of the researches are published in last four years.

**CONCLUSIONS:** The chronological analysis is the evidence of the recent development in basketball analytics. This should encourage the researchers to do more studies in this area.

**Keywords:** Literature review, Basketball Analytics, Performance Evaluation, Performance Indicators

**S056**

# THE INVESTIGATION OF THE METAPHORIC PERCEPTIONS RELATED TO GAMES AND TOYS OF PRESCHOOL AND CLASS TEACHER CANDIDATES

**[1]TURAN. M, [1] TUNCER. M, [1] BOZKURT. E**

1. University of Firat Faculty of Education Elazig, Turkey

ebozkurt@firat.edu.tr

## ABSTRACT

**OBJECTIVE:** The game is a term which people from every age plays and have fun while playing. People from every age have interests for games and toys occasionally and enjoys playing games and spending time with toys. This is mainly due to the fact that games have both physical and mental relaxing aspect. Thanks to games, children spend a good time with their peers and have fun. Additionally, games are important tools in inheriting cultures and providing interactions among cultures. Toys are one of the most significant and irreplaceable elements of games. Especially in preschool period, children commune with toys. Children discover themselves and mostly assigns a role of living creature to toys. In other words, in the same way with games, toys are tools which children are interested caringly, claim to possess and reinforce by practicing our daily chores and experiences on. No matter how the terms of games and toys are associated with childhood period, they are also terms which people might need after the childhood periods. Games and toys give meaning to the unknown world in the pure and innocent minds of children. They enable them to share the things they cannot share with anyone. Furthermore, games and toys prepare children to the community life by contributing to the personal and physical development of children in psychomotor, cognitive and psychosocial aspects.

**METHODS:** This study was carried out to determine the metaphoric perceptions of preschool and class teacher candidates in the terms of games and toys. The sample group of the study comprises of 163 students who study in the departments of Preschool Education Teaching and Classroom Teaching in Fırat University.

**RESULTS:** The data gathering tool was a configured form which was developed by the researchers. In this form, it was requested from the preschool and class teachers to fill out gaps in statements as “According to me, games are like …, because…” and “According to me, toys are …, because …”. The acquired data, following the collecting of the forms, was summarized and interpreted via descriptive analysis.

**Keywords:** Game, Toy, Child, Teacher Candidates, Metaphor.

**S057**

# RELATIONSHIP BETWEEN ADOLESCENTS' LEISURE BOREDOM AND SUBSTANCE USE

**[1]ERTUZUN E., [2] YERLİSU LAPA T.**

1.Selçuk University, Faculty of Sport Sciences, Konya, Turkey
ezgiertuzun@gmail.com
2.Akdeniz University, School of Physical Education and Sports, Antalya, Turkey

## ABSTRACT

**OBJECTIVE:** The fact that substance use has increased and that there is limited knowledge as to which mechanisms is boredom dependent, makes it necessary to study this subject from the perspective of different variables. The study, which is planned about such an important subject because of the importance of the problem both in Turkey and in the world, aims to determine the level of adolescents' boredom and the relation of this to substance use.

**METHODS**: While obtaining data about social demographic qualities of adolescents attending high school, Adolescents' information form, sub-scale of "Adolescent Risk Taking Questionnaire" related to substance-usage and Leisure Boredom Scale are used (n=550).

**RESULTS**: Findings suggest that there is a positive relationship between Boredom, a sub-scale of Boredom in Leisure Time Scale and substance usage.

**CONCLUSIONS:** Taking into account this, it can be concluded that leisure time activities can play a role in preventing substance use as supported by national and international literature.

**Keywords:** leisure boredom, substance use, adolescents.

**S058**

# AN ANALYSIS OF THE RESPIRATORY PARAMETERS OF FEMALES ATTENDING SPORTS CENTERS BASED ON VARIOUS VARIABLES

**[1]MURATHAN, F., [2] BİÇER, Y.S., [3]İRİ, R., [4]MURATHAN, G.**

1. University of Adiyaman, Physical Education and Sports Department Adiyaman, Turkey fmurathan@gmail.com.
2. University of Firat Faculty of Sports Sciences Elazig, Turkey
3. University of Niğde, Physical Education and Sports Department Niğde, Turkey
4. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

Currently, there is a decrease in physical activity due to technological developments. A big public health problem has emerged as result of not engaging in physical activity. It is undeniable that lack of movement is a negative factor for cardiovascular system. Hence, it has become an important problem in Turkey. In the light of the aforementioned information, this paper seeks to detect the respiratory parameters of females attending sports centers (e.g. VO2Kg (ml/kg/min) : Average Rate of Oxygen Consumption per Kilogram, (l/m') : Average Ventilation Rate, Rf (l/m') : Average Respiratory Frequency, HR (bpm) : Average Heartbeat Rate, FeO2 (%) : Average Oxygen Density, Load (watt) : Rate of Load in the Last 15 seconds, EE (kcal/h) : Average Energy Consumption in 1 Hour, VO2Max (%) : Maximum Oxygen Consumption Rate) and to analyze these parameters based on various variables. The research population includes voluntary females attending sports centers in Adiyaman province. The sample group includes 232 females who were members to sports centers in the 2015/2016 season. Fitmate Pro Respirometer was used for collecting data about anthropometric measurements. A form developed by an expert was also used for collecting the personal details of the females. Frequency (f) and percentage (%) were employed as descriptive statistics. In order to see whether there was a difference in terms of the dependent variables relative to the independent variables, independent groups t-test was used if the distribution was normal for the two selected independent variables, and Mann Whitney-U test was employed if the distribution did not yield normal percentages. The results were evaluated with 95% confidence interval and a significance level of $p<0.05$.

To conclude, strong positive relationships were found between the females participating in the study in terms of age, height, and weight parameters and anthropometric and respiratory parameters (0.68). The evaluations showed that there are statistically linear relationships (1) between chest girth, chest diameter, and chest depth diameter values and height and weight and (2) between MVV rates and height. In addition, the average lung capacities of regularly-exercising females (203.1±28.5) were seen to be larger than those of irregularly-exercising females (183.3±29.4) ($p<0.05$).

**Keywords:** female, respiratory parameters, regular exercise

**S059**

# AN ANALYSIS OF OBESITY FREQUENCY AND HEALTHY LIFESTYLE BEHAVIORS AMONG HEALTH PROFESSIONALS WORKING IN PUBLIC AND PRIVATE SECTORS

**[1]MURATHAN, F., [2] İRİ R., [3]ABAKAY U., [2]AKTUĞ Z.B.,**

1. University of Adiyaman, Physical Education and Sports Department Adiyaman, Turkey
fmurathan@gmail.com
2. University of Niğde, Physical Education and Sports Department Niğde, Turkey
3. University of Gaziantep , Physical Education and Sports Department Gaziantep, Turkey

## ABSTRACT

This study aims at exploring obesity frequency and healthy lifestyle behaviors among health professionals working in public and private sectors based on various variables. 324 health professionals (i.e. medical doctors, nurses, operators, technicians, anesthetists, and medical assistants) from two public and two private hospitals (146 male and 178 female) participated in the study from Adıyaman province. Data collection tool of the study is Tanita BC-418 body analysis device for anthropometric measurements. For healthy lifestyle behaviors measurement, a scale that was adapted to Turkish society by Esin in 1997 was employed in the study. Validity and reliability studies of the scale were also conducted by the same researcher. The scale was employed to assess the attitudes and behaviors that better health through a healthy lifestyle. There are 48 items in the scale in total as well as six sub-groups. The Pearson product-moment correlation coefficient was used to determine the level and direction of the relationship between the dependent variables. Simple linear regression analysis was performed to see whether the dependent variables were significant predictors of one another. The results were evaluated with 95% confidence interval and a significance level of $p<0.05$.

According to the analysis results, among the variables of age, gender, exercising and having a sports license, some cause a statistical difference between health professionals, while others do not. The examination of the health professionals' healthy lifestyle behaviors based on being obese or not indicates that 15.74% (51) of the obese health professionals (n=324) received a low score from the stress management sub-dimension of the healthy lifestyle behavior scale.

**Keywords:** Obesity, Health Professional, Adiyaman, Healthy Lifestyle

**S060**

# EXERCISE SELF-EFFICACY AND HABITUAL PHYSICAL ACTIVITY LEVELS AT WORK, SPORT AND LEISURE IN ADULTS

**[1] ZİYAGİL A.M., [2] ÇİFÇİ F., [2] BALLIKAYA E.**

1. University of Mersin, Faculty of Sports Sciences Mersin, Turkey
2. Universitiy of Mersin, Institute of Educational Sciences Mersin, Turkey
cifciferhat@hotmail.com

## ABSTRACT

The purpose of this study is to compare the adult females and male's the habitual physical activity at work, sport and leisure time and the exercise self-efficacy in terms of education status and monthly income level. Also, it is to reveal whether there is a relationship between the habitual physical activity and the exercise self-efficacy scores.

The sample of the research consists of a total of 336 adults ($X_{age}$=43,79±5,84) including 168 females ($X_{age}$=41.48 ± 5.25) and 168 males ($X_{age}$=46.10±5.49) from Toroslar and Yenişehir counties of Mersin district. "The Habitual Physical Activity Questionnaire" which was developed by Baecke (1982), adapted to Turkish by Karaca and Turnagöl (2007) and the "Exercise Self-Efficacy Scale" which was developed by Bandura (2001), adapted to Turkish by Bozkurt (2009) were applied to the sample group of the research.

Due to abnormal distribution of the data, Mann-Whitney was used for comparisons between two gender. Kruskal Wallis tests were also used for more than two groups comparisons with respect to income and education level. Spearman Rank Correlation Coefficients were computed to Show the relations among variables.

The findings of the study showed that participants had a different physical characteristics ($p<.05$). In terms of gender, a significant difference was found in favor of male ($p<.05$) in leisure time index scores. In terms of work index, sport index and self-efficacy scores, there is no significant difference between the two gender. According to education level, a significant difference was found in the sport index and exercise self-efficacy scores ($p<.05$). The income status of the participants were differentiated only in the work index scores ($p<.05$). Also, a positive correlation ($r=0.38$; $p<.01$) was found between exercise self-efficacy score points and sport index. On the other hand, no relationship was found between work and leisure time index.

In conclusion, while participants were moderately active in work and leisure time activities, they were active at low level in sport activities. With increasing their income level, work activity decreased. Sport activities were highest level by participants graduated from university and higher. Participants' exercise self-efficacy scores were at low level. There was a need to enhance the awareness about the benefits of exercise for in the community both the governments and the local municipalities, media and non-governmental organizations.

**Keywords:** Leisure Time, Sports, Work, Physical Activity, Exercise Self-Efficacy.

**S061**

# EFFECTS OF QUERCETİN SUPPLEMENTATION ON BLOOD HEMATOLOGICAL PARAMETERS OF MALE IN BOXERS

**DEMİRCİ N.[1], ZİYAGİL M. A.[1], TOPTAŞ DEMİRCİ P.[2], ARSLAN F.[1]**

[1]Mersin University School of Physical Education and Sports, Turkey
fethiarslan23@gmail.com

[2] Mersin University Erdemli Tourism Animation Department, Turkey

## ABSTRACT

**Objektive:** The aim of this study was to determine the effects of quercetin supplementation on blood hematological parameters of male in boxers.

**Method:** It included 20 voluntary male athletes. The sportsmen were separated into two groups as the control group (n = 10) and Quercetin group (n = 10). The athletes were supplemented with 500 mg quercetin for six weeks before their exercise programs. Before (B.T.) and after (A.T.) the training, blood samples were taken from athletes in order to determine hematological parameters measured included white blood cells (WBC), platelet (PLT) variables, and red blood cells (RBC). Data was analyzed using SPSS software. To compare the means before and after the exercise and to compare to groups with each other, dependent t-test and independent t-test were used, respectively.

**Results and Conclusion:** Results showed that none of the variables related to white blood cells and platelet had a significant change in the group of Quercetin and only mean corpuscular volume (MCV), among the variables related to red blood cells, decreased significantly. In the control group, a significant increase in neutrophil (NEU) and hemoglobin (HGM) and a significant decrease in lymphocyte (LYM) were observed. In addition, there was no difference between the groups.

**Keywords:** Exercise, Quercetin, Blood Cells, Boxers.

**S062**

# COMPARISON OF PHYSICAL CHARACTERISTICS OF HIGH LEVEL TURKISH AND SOUTH AFRICAN SWIMMERS

**COŞKUN F.[1]**

[1]Yüzüncü YılUniversity School of Physical Education and Sports,Van, Turkey
fcoskun01@gmail.com

## ABSTRACT

**Goal:** The aim of this study was to measure and compare certain physical characteristics of high level Turkish swimmers with those of South African swimmers.

**Method:** Measurements were taken of a total of 22 test subjects, 11 Turkish and 11 South African man swimmers. The subjects' age and number of years participating in the sport were recorded, and measurements of weight, arm span, upper torso length and foot length were made to determine their physical characteristics. Together with the anthropometric values measured, the Siri formula was used to calculate body fat percentage (%), and the Matiegka formula for body muscle composition (%). The Heath-Carter method was used to determine the somatotype characteristics of the swimmers, while values for Body Mass Index (BMI) were calculated using the proportion of body mass to height squared ($kg/m^2$). The Samples T-test was employed to determine statistical significance in the differences between the two groups.

**Findings:** While statistically significant differences ($p<0.05$)were found in the body mass and BMI values of the Turkish swimmers (70.2±9.6 kg, 21.3±1.2 $kg/m^2$) compared to those of the South African swimmers (78.8±8.9 kg, 23.1±1.6 $kg/m^2$), the differences in upper torso lengths, overarm lengths, height/overarm difference, body fat and body muscle percentages between the two groups were not statistically significant ($p<0.05$). Regarding the classification of the somatotype profiles of the swimmers, that of the Turkish swimmers wasdetermined to be meso-ectomorph (endomorph =1.9±.3; mesomorph = 4.1±1.0; ectomorph = 3.6±.5),while that of the South African swimmers was meso-endomorph (endomorph =2.9±.8; mesomorph = 4.5±.6; ectomorph = 2.3.2±.8).

**Conclusion:** The Turkish swimmers were deteremined to have lower body mass, and in parallel with this, lower BMI values, when compared with the South African swimmers. However, no statistically significant differences were found between the two groups in the other physical measurements that were taken.

**Keywords:** Body Fat Percentage, Somatotype, Overarm Length, Foot Length

**S063**

# POINTS OF ATTACHMENT ON FOOTBALL CLUBS: AN APPLICATION ON "THE BIG FOUR" SUPPORTERS IN TURKISH SUPER LEAGUE

**[1]TOKMAK, G., [2]AKSOY, R.**

1.Bülent Ecevit University Faculty of Economics and Administrative Sciences, Zonguldak, Turkey
gizem.tokmak89@hotmail.com

2. Bülent Ecevit University Faculty of Economics and Administrative Sciences, Zonguldak, Turkey

## ABSTRACT

Points of attachment are the specific factor creating commitment to a brand or a product. As soon as football clubs are considered as brands to be marketed, they are also in need of brand loyalty which will bring loyal consumers supporting their clubs in every good or bad situations that the clubs can face with. Football clubs have to develop brand loyalty on their consumers to survive in the industrialised football sector since loyalty brings psychological commitment and behavioral loyalty. Points of attachment is substantial since it involves the factors creating brand loyalty. The degree of interest towards points of attachment of a football club can differ according to demographical factors and the favourableness typologies of the football consumers. The objective of this research is to find out if demographical factors and favourableness typologies of the supporters of "The Big Four" in Turkish Super League make any differences on points of attachment. For this purpose, 662 students at Bülent Ecevit University in the spring period of 2013-2014 were reached by using quota sampling. As a method, Kruskal-Wallis and Mann-Whitney U tests were applied by using SPSS 22 package program. As a result, it was determined that demographical factors including gender, monthly spending and place of living and favourableness typologies including fans, followers, spectators and indifferents created statistically meaningful differences on the points of attachment to the clubs in terms of football team, coach, and the branch of sports. To conclude, it can be said that football clubs should consider demographical factors and favourableness typologies of their consumers to create loyalty towards the clubs.

**Keywords:** Points of Attachment, Favourableness Typologies, Brand Loyalty, Football

**S064**

# THE ROLE OF UNIVERSITY STUDENTS' BEHAVIORAL REGULATIONS, BASIC PSYCHOLOGICAL NEED IN EXERCISE AND EXERCISE BEHAVIOUR IN PREDICTING THEIR LIFE SATISFACTION

**[1]ERSÖZ G., [1]ÖZMUTLU İ., [1]ARI Y.**

1. Namık Kemal Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Tekirdağ
gozde0007@gmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of the present study was to examine the role of behavioral regulations and basic needs satisfaction in exercise in the prediction of life satisfactions in university students.

**METHODS:** There 187 university students in the research who are engaged exercise ($n_{male=}$ 110; $X_{age}$= 23.28±4.01 and $n_{female}$= 77; $X_{age}$=23.83±4.19). While determining the behavioral regulations in exercise of the participants, Behavioral Regulations in Exercise Questionnaire-2 (BREQ-2) has been used, identifying basic psychological needs in exercise of students Basic Psychological Needs in Exercise Scale (BPNES) has been used and Psychological Wellbeing Scale (PWS) has been used in determining the levels of psychological wellbeing. Data was analyzed by descriptive statistics and hierarchical regression analysis. In the hierarchical regression analyses carried out in three stages to determine the variables that predict life satisfaction; we have provided scores for the gender, exercise frequency, exercise duration, exercise stages of behavior change variables at the first stage, sub-dimensions of motivational orientation at the second stage and sub-dimensions of basic psychological needs at the third stage.

**RESULTS:** We have identified that original contribution of the first (R=.53; $R^2$=.28; Adjusted $R^2$=.25; $F_{(7, 178)}$= 9.88, p< 0.001) and second stage (R=.62; $R^2$=.39; Adjusted $R^2$=.35; $F_{(4, 174)}$= 7.54, p< 0.001) is significant within the model. It has been observed that the original contribution of the sub-dimensions of basic psychological needs which have been entered into the model at the third stage is not significant within the model (R=.63; $R^2$ =.40; Adjusted $R^2$=.35; $F_{(3,171)}$= .99, p>.05). Gender, exercise frequency, and duration of exercise stages of behavior change which have been provided at the first stage predict the 25% of the life satisfaction of the participants. It has been found a positively significant relation between the exercise frequency (ß= .19, p<.05) and exercise stages of behavior change (ß= .49, p<.001) and life satisfaction. Sub-dimensions of motivational orientation (intrinsic, introjected and external regulation and amotivation) which have been provided in the second stage predict the 35% of the life satisfaction of the participants. It has been found a negatively significant relation between the amotivation (ß= -.39, p<.001) and life satisfaction.

**CONCLUSIONS:** It has been concluded that more frequent exercising and continuity in exercising positively affect the life satisfaction of the university students and their life satisfaction has been negatively affected if exercising is not for a specific reason in accordance with the findings of the research.

**Keywords:** Motivational orientation, basic psychological needs in exercise, life satisfaction, self-determination theory

**S065**

# THE EFFECT OF THE RECREATIONAL ACTIVITIES ON THE STATE AND TRAIT ANXIETY LEVEL

**ÖZEN G.**

University of Abant Izzet Baysal High school of Physical Education and Sports, Bolu, Turkey
guclu1234@yahoo.com

## ABSTRACT

**OBJECTIVE:** The aim of this study is determining the effect of the university students 'participating recreational activities (trekking, camping, rock climbing) on their anxiety level

**METHODS:** The research is designed as the one group pretest and posttest model. The research sample is the same with the field of study and it compromises 180 students (120 man and 60 women) who are affiliate of Mountain Climbing social group in 2013-2014 Educational Year and actively take part in their activities during the period. Students taking part in the activities of the social group throughout the Semester, also participate in trekking, camping and rock climbing activities. The group participating in the research have done three different activities once in every 15 days. It is used to state and trait anxiety inventory for collecting data. The State and Trait Anxiety Inventory is developed by Spiel Berger et al. (1970) and adapted by Owner and Le Compete (1995)

**RESULTS:** With regard to the gender variance factor, it has been found out that participating in camping and rock climbing activities has scaled up the scores of State Anxiety in women significantly as statistical. Consequently, it can be said that the activities which are realized by the environment that is being unused and the risk factor perceived is high has increased The State Anxiety of participants and the effecting level of this physical activities in women is higher in terms of The State Anxiety level.

**Keywords:** Recreational activity, The State Anxiety, The Trait Anxiety. Camping Activities, Climbing Activities

**S066**

# DISSECTION OF GROUP ACTIVITIES WHICH ARE DESIGNED TO OBSERVE THE EFFECT OF THE CONCEPT OF TEAMMATES ON UNIVERSITY STUDENTS' RESILIENCE LEVEL

**ÖZEN G.**

University of Abant Izzet Baysal High school of Physical Education and Sports, Bolu, Turkey
guclu1234@yahoo.com

## ABSTRACT

**OBJECTIVE:** Resilience is defined as " an active process which provides, to deal with a difficult situation more easily; to make progress in a crisis situation; and to be resilient. The aim of this study is to determine the effect teamwork games on resilience levels of university students.

**METHODS**: The study is designed as pretest-posttest control group method. In addition to being the same the sample of the study with the study of universe, it consists of volunteering students (100 male, 80 female) of our university.

The group is divided into two random groups, test and control. While one group participates in the training which patterns with games designed to strengthen the sense of teammates, the other group continues their normal lives. This practice proceeded twice a week for 10 weeks. In this period; opening meeting is held in which contains subjects such as actions to be taken, comfort zone, learning by experience, and transformation of behaviors; in following weeks, 60-90 minutes of activities are formed which contain an activity in each week and feedback meeting.
The study is designed as pretest-posttest control group method. In addition to being the same the sample of the study with the study of universe, it consists of volunteering students (100 male, 80 female) of our university.
The group is divided into two random groups, test and control. While one group participates in the training which patterns with games designed to strengthen the sense of teammates, the other group continues their normal lives. This practice proceeded twice a week for 10 weeks. In this period; opening meeting is held in which contains subjects such as actions to be taken, comfort zone, learning by experience, and transformation of behaviors; in following weeks, 60-90 minutes of activities are formed which contain an activity in each week and feedback meeting.

**RESULTS:** As a result of statistical analyses, it is detected that the training did not create any difference in terms of gender-free factor($p>.05$), yet it had positive influence on resilience level of participants.($p<.05$). As a result, it is sayable that the training which patterns with games formed on teammateness influences paticipants' resilience level positively.

**Keywords:** resilience, experiential learning, teamwork activities

**S067**

# ANALYSIS OF THE RELATIONSHIP BETWEEN STATIC STRENGTH, VERTICAL JUMP AND ANAEROBIC POWER

**[1]TETİK S. [2]ESKİCİ G. [3]KOÇ H.**

[1]Erzincan University, School of Physical Education and Sport Erzincan Turkey

[2]Erzincan University, School of Health, Department of Nutrition and Dietetics, Erzincan Turkey

[3] Erciyes University, School of Physical Education and Sport Kayseri Turkey

s_tetik55@hotmail.com

## ABSTRACT

**OBJECTIVE:** The main aim of this study is to determine the level of relationship between static strength, and vertical jump and anaerobic power.

**METHODS:** In this study, twenty students with a mean age of 22 ± 0,91 years, height of 178,00 ± 5,15 cm, and body weight of 71,70 ± 6,01 kg participated voluntarily. Data were collected electronically on age, height, weight, leg length, leg circumference, body fat percentage, standing long jump, leg strength, vertical jump and anaerobic power measurements of the athletes. SPSS package software was used in the analysis of the data. The measurement results were presented as minimum, maximum, mean and standard deviation within descriptive statistics. In order to examine the inter-variable relationships, a correlation analysis was performed. A value of $p < 0.05$ was considered significant.

**RESULTS:** As a result of the study, the relation between the leg strength and the vertical jump (r=0, 288), which is a static strength indicator, is not significant, and the relation between the leg strength and the anaerobic power (r = 0,421) is not significant either. The relationship between anaerobic power and vertical jump is significant with a rate of r = 0.902.

**CONCLUSIONS:** In conclusion, it is thought that vertical jump is also used for determining anaerobic power. Nevertheless, it is tremendously important that such studies are done with many subjects and repeatedly in terms of norm formation.

**Keywords:** Static Strength, Vertical Jump and Anaerobic Power

**S068**

# LEGACY FOR TOKYO 2020 – ADDRESSING OLYMPIC AND PARALYMPIC VALUES THROUGH THE "NANAIRO" EKIDEN

**[1]DE SOYSA, L., [1] UEDA, Y. [1]HAGGİS, D.**

1.University of Tsukuba, Tsukuba International Academy for Sports Studies, Tsukuba, Japan

haggis.devena.pen.gf@u.tsukuba.ac.jp

## ABSTRACT

In 2014, the Japanese government, having won the bid to host the 2020 Olympic Games, established the Tsukuba International Academy for Sport Studies (TIAS) at the University of Tsukuba, Japan. As the Olympic movement can be considered an 'inherently moral enterprise with unique global dimensions' (Miah & Garcia:85) it has the capacity to facilitate communication between societies, groups and individuals. Therefore, projects at TIAS derive from reflection on all aspects of the values of sport and Olympism and strive to involve students and the local community in projects that address the academic aspirations of TIAS and create a legacy for the Tokyo 2020 Games. One of these legacies is the Nanairo ekiden project.

Ekiden is a traditional Japanese sport - a relay race that passes a TASUKI from one runner to another. Ekiden derives from the ancient Edo period when a person ran from one station (eki) to another bearing letters, information or important messages of an official nature. The runners were instilled with a sense of responsibility, team effort and extreme dedication to their task. The tasuki embodies these values.

The Nanairo ekiden was designed to incorporate the traditional aspects of ekiden and facilitate education on Olympic and Paralympic values within the community. Nanairo, in Japanese, means seven colours. In the Nanairo ekiden, each team has a colour that represents an Olympic (friendship, respect, excellence) or Paralympic (determination, inspiration, courage, equality) value. In order to be fully inclusive; each team must have runners from both sexes, old and young and an adaptive athlete. This paper outlines the experience of TIAS in delivering education to the young participants of the ekiden on Olympic and Paralympic values, anti-doping and adaptive sport.

**Keywords :** Olympic and Paralympic values, ekiden, nanairo, legacy, 2020 Olympic and Paralympic Games

**S069**

# EFFECTS OF FATIGUE INDEX AND POWER DATA ON REPEATED SPRINT DOING WITH DIFFERENT REST INTERVAL

**[1]KARABIYIK, H, [1]AKGUL,M,S , [2]GURSES V,V, [1]KOZ,M.**

1.Ankara University Faculty of Sport Sciences Ankara, Turkey

karabiyik@ankara.edu.tr

2. Kastamonu University High school of Physical Education and Sports Kastamonu, Turkey

**ABSTRACT**

**OBJECTIVE:** Loading protocols in the literature repeated sprint-rest ratio is recommended for athletes between 1-1 and 1-5. However, physically active individuals in active individuals in this study because it is not such findings are intended to determine the optimum rest interval between repeated sprints.

**METHODS:** Individuals came to the laboratory and a total of 8 times over a 6-second sprints of 10 have made their first arrival to the protocol used by 50 seconds of rest. the next sequence 10 again at 6-second sprints during his visits to 50, 40, 30, 20, 10, increasing and decreasing rest intervals with every other day as the Monarch 894 bicycle ergometer were made against the load, corresponding to 7.5% of body weight.

**RESULTS:**

| | | Erkek Multiple Comparisons | | | | | | Kadın Multiple Comparisons | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Peak Power (w/kg) | | | Yorgunluk İndeksi (%) | | | Peak Power (w/kg) | | | Yorgunluk İndeksi (%) | | |
| (I) Dinlenme | (J) Dinlenme | Mean Difference (I-J) | Std. Error | Sig. | Mean Difference (I-J) | Std. Error | Sig. | Mean Difference (I-J) | Std. Error | Sig. | Mean Difference (I-J) | Std. Error | Sig. |
| 10 sn | 50 sn | -2,45000* | 0,61 | **0,01** | 10,10 | 4,51 | 0,64 | -1,60750* | 0,36 | **0,00** | 16,60917* | 3,28 | **0,00** |
| | 40 sn | -2,30286* | 0,61 | **0,01** | 14,20 | 4,51 | 0,06 | -1,69833* | 0,36 | **0,00** | 9,81 | 3,28 | 0,08 |
| | 30 sn | -1,87 | 0,61 | 0,08 | 14,57143* | 4,51 | **0,05** | -1,29833* | 0,36 | **0,01** | 8,75 | 3,28 | 0,20 |
| | 20 sn | -1,16 | 0,61 | 1,00 | 5,99 | 4,51 | 1,00 | -0,89 | 0,36 | 0,35 | 6,38 | 3,28 | 1,00 |
| | Artan | -1,96 | 0,61 | 0,06 | 12,34 | 4,51 | 0,19 | -1,40667* | 0,36 | **0,01** | 11,29417* | 3,28 | **0,02** |
| | Azalan | -2,21571* | 0,61 | **0,02** | 15,86857* | 4,51 | **0,02** | -1,60083* | 0,36 | **0,00** | 11,67667* | 3,28 | **0,01** |

**CONCLUSIONS**: As a result, the physical Based on the findings of a 6-second repeated sprint of active members 50, 40, 30, increasing and decreasing rest intervals statistically be used because there is no significant difference when evaluating rest periods interchangeable.

**Keywords:** Repeated Sprint, Fatigue Index, Rest Interval.

**S070**

# THE EFFECTS OF SHORT-TERM BODY WEIGHT LOSS ON BODY COMPOSITION IN COMBAT SPORT ATHLETES

**YARAR, H.*, KARLI U.***

*School of Physical Education and Sport,Abant Izzet Baysal University, Bolu, Turkiye

hakanyarar96@hotmail.com

## ABSTRACT

**OBJECTIVE:** Combat sport athletes are classified according to their body weight before competitions. In these sports many athletes prefer to reduce body mass in a short time to get an advantage by competing weaker opponents. The purpose of this study was to investigate the effects of short-term body weight loss on body composition in combat sport athletes.

**METHODS:** Twelve experinced male combat sports athletes [(mean±SD) age: 22,50±1,50 years; stature: 172,25±6,41cm; body mass: 78,15± 11,65kg; body fat %: 15,05±5,24] previously lost weight for competitions were participated as volunteer in this study. Athletes were involved in a period with weight loss as experimental application and a period without weight loss as control application in a randomized crossover design with one week interval. Measurements were done before weight loss, during weight loss, after weight loss and 18-hour after recovery period. Athletes were ensured to lose 5% of their body weight within 48 hours. In this period body fat percentage, fat mass, fat free mass, total body water, circumference measurements (biceps, abdomen and mid-thigh) were examined. Two way ANOVA with repeated measures were used for statistical analysis.

**RESULTS:** According to the statistical analyses body fat percentage, fat mass, fat free mass, total body water, circumference measurements (biceps, abdomen and mid-thigh) were significantly ($p<0,05$) decreased due to weight loss.

**CONCLUSIONS:** Consequently, the results of this study revealed that 5% body weight loss within 48 hours decreased, fat mass, fat free mass, total body water, circumference measurements (biceps, abdomen and mid-thigh). Therefore the respondents should avoid the combat sport athletes from performing rapid weight loss in order to protect their health and particularly athletic performance.

**Keywords:** Body fat percentage, circumference, fat free mass, total body water

**S071**

# THE APPRAISEMENT OF COACHES FOOTBALLERS AND FANS THOUGHTS TOWARDS PROFESSIONAL COMPETENCE AND ATTITUDE OF FOOTBALL CLUB ADMINISTRATOR IN TURKEY

**1BESLER, H., K. 1 YASAR, O., M.**

1.University of Ankara Faculty of Sports Sciences Ankara, Turkey

hamzakayabesler@gmail.com

## ABSTRACT

**OBJECTIVE:** Because football is most watched and followed sport branch in the world it has become a big economy and industry. Because of this consignment and governing of football have become more important and this importance increases every day. Especially qualifications and behaviors of people whose province is football are being discussed by public in Turkey. Considering financial and organizational situations of clubs we can say these discussions are not irrelevance. Football club managers actions effects coaches, footballers and fans directly in negative or positive way for this reason footballers, coaches and fans thoughts considered important.

The purpose of this study is to Appraise coaches, footballers and fans thoughts towards professional competence and attitude of football club managers in turkey

**METHODS**: In the research qualitative method has been preferred (Case Study). In the research semi-structured question form has been used which consists of 11 questions which have been arranged by two academicians who are expert on their area. Research group consists of 5 coaches, 5 football players who work in different leagues levels and 5 fans who support different clubs. The method of content analyze has been used for data analyzing. After the data collected with specific concepts and themes they have been evaluated and interpreted as the readers could understand.

**RESULTS**: After the research it has been detected that thoughts of football advocates towards football club managers are negative. As participant's aspects, managers of football clubs are selfish, non-democratic, nepotic, non-visionary, has lack of communication skills and feed from chaos.

**CONCLUSIONS**: It has been concluded that Turkish football is not administered well enough in general. But also participants reported that it is more suitable for football club managers to be authoritian and harsh in Turkish football culture.

**Keywords:** Foootball, Administrators, Competence

**S072**

# EXAMINING TO SEE ELITE SIGHT-DISABLED ATHLETES ACCORDING TO THE DIMENSIONS OF THE SCALE OF MOTIVATION IN SPORT

**[1]MUMCU H. E., [1] ACET M., [2]KUSAN, O., [2]ZAMBAK, Ö., [3]KOÇ, C, M .**

1.Hitit Üniversitesi Beden Eğitimi ve Spor Yüksek Okulu,

erdemumcu@gmail.com

2. Dumlupınar Üniversitesi Beden Eğitimi ve Spor Yüksekokulu,

3. İstanbul Gelişim Üniversitesi Meslek Yüksek Okulu Spor Yönetimi Bölümü, İstanbul

## ABSTRACT

Made the purpose of this study is to examine to see elite sight-disabled athletes according to the dimensions of the scale of motivation in sport. The study group is comprised of 168 visually impaired athletes in total, including 51 females and 117 males, identified by the targeted sampling method, between the age of 15-25, who do sports at elite level. The Sport Motivation Scale (SMS) was developed by Pelletier et al. (1995) basing on the Theory of Self Determination by Deci and Ryan (1985). The purpose of SMS is to determine the level of **"internal motivation, external motivation and non-motivation"** of the person in the sports environment and to identify the source of motivation of the person (Kazak, 2004). Validity and reliability of the scale for Turkish athletes was studied by Kazak (2004). The Sport Motivation Scale includes 28 items and 6 subscales where assessment is made at 7 levels. These subscales are: internal motivation for knowing, succeeding and experiencing stimuli, external arrangement, introjection, identification and nonmotivation. Data Collection and Analysis SMS was applied individually and in person by the researcher to 168 athletes. Data from the study was transferred to SPSS 17.0 software. Compliance of data with normal distribution was evaluated with Kolmogorov Smirnov test. Descriptive statistic analysis (average, standard deviation, frequency and percentage) was made for identification of characteristics of the study group in data analysis. The relationship between the scores of participants in SMS subscales in their age range (15-25 years old) and SMS subdimensions was evaluated with Pearson Product-Moment Correlation Analysis. The One Way Variance Analysis (ANOVA) was used to determine if SMS subdimensions differ with sports branch variables and the Bonferroni Post Hoc test analysis method was used when there was a difference (LSD and Scheffe). The t-test analysis method was used for independent groups to determine the differences in SMS subdimensions of athletes with the gender variable.

In conclusion, this study has demonstrated that to know and succeed and to experience stimuli and identification subdimensions are effective in sports attendance of visually impaired athletes engaged in sports at elite level. Moreover, it has been demonstrated that age, education level and sports branch variables have an impact on tendency for sports. It can be concluded that compared to older athletes, younger athletes have low tendency for sports because of anxiety and embarrassment and are not conscious about why they do sports. It has been concluded that athletes of weight lifting and judo, which have contribution to physical development at the top level, believe the nature of their sports branch contributes more to their physical development and their strength is acknowledged and appreciated by other people.

**Keywords;** Sight-Disabled Athletes, Scale Of Motivation In Sport, Internal Motivation, External Motivation and Non-motivation

**S073**

# THE PROCESS FOR LEARNING TEACHING FOR CANDIDATE CLASSROOM TEACHERS VIA PHYSICAL EDUCATION PRACTICES

**[1]YÜKSEL H.S., [1] ÇUBUK E.**

1.University of Ankara, Faculty of Sports Sciences Ankara, Turkey

hsyuksel@ankara.edu.tr

## ABSTRACT

**OBJECTIVE:** The purpose of this research is to discover processes for learning to teach via practices applied by candidate teacher in Physical Training and Sports Culture as well as Physical Training and Game Teaching courses they have received during their university education of classroom teachers.

**METHODS**: Kolb's (1984) reflective practices model form the general framework of teaching practices process. During practices, it was ensured candidate teachers to prepare weekly plans according to the targets of Game and Physical Activities course's teaching program, apply practices of teaching to their own friends according to these plans, and prepare reflective reports both over plans and their own practices views. Qualitative case study approach is used in this research. The study was conducted with 80 candidate teachers selected among second year students in form teaching programs in the period of 2014-2015 education year. Half-structured interview form, reflective diaries, video shootings, and taken notes have been used as data collection means. In the analysis of the data content analysis method is used.

**RESULTS:** As a result of the received data, the process for learning teaching is assessed under "view for physical training course, reflective practices and teaching practice" categories. Findings show us that learning during practice is important in facilitating the process for learning to teach especially making a change in the point of view towards learning. In this process, Game and Physical Activities course formed the focal point of this teaching program and imperfections are identified and the process was facilitated by presenting the program by the instructor, providing feedback regarding prepared plans, holding small meetings with people who carry practices and providing opportunity to watch the candidates their own practices.

**CONCLUSIONS**: As a result, it can be told that the practice in learning to teaching process for the candidates of classroom teachers give important opportunities.

**Keywords:** Candidate classroom teacher, physical education, learning to teach

**S074**

# THE EVALUATON OF THE SPORT BASED OCCUPATIONS AS REGARDS TO ETHICAL POINT OF VIEW

**[1] ÇEVİKER A., [1] TUNCEL DOLAŞIR S., [2] TURKAY H, [3]YAŞAR, B.**

1.University of Ankara Faculty of Sports Sciences Ankara, Turkey

aceviker@ankara.edu.tr

2.University of Gazi Faculty of Sports Sciences Ankara, Turkey

3.University of Agri İbrahim Çeçen of School of Physical Education and Sports Agri, Turkey

## ABSTRACT

The purpose of this study prepared in a review format is the ethical investigation of sports based occupation and establish ethical rules related to sports . In this context there was detailed literature survey carried out to investigate historical development and current situation of sport based occupation at various points of view. The concept of sports ethics has remained to be one of the most important concepts through the years .Because the people doing sport based jobs such as athletes, players, coaches, referees, physical trainers are followed by a very large population and set examples for the large section of the society .Therefore the manners and behaviors exhibited by these people are of great importance. Thus this study was carried out to evaluate the sports based occupations as regards to sport ethics and its influences on the society other institutions were elucidated

**Keywords :** Ethic, Sports, Professional ethics

**S075**

# INVESTIGATING THE INFLUENCES OF USING VARIOUS SPECIAL TEACHING METHODS IN PHYSICAL EDUCATION CLASSES ON COGNITIVE, AFFECTIVE AND PSYCHOMOTOR BEHAVIORS OF STUDENTS

**[1]BOKE H. [2] GULLU M.**

1. Şehit Ahmet Fırat Lower Secondary School, Malatya, Turkey

ado46@mynet.com

2. Inonu University, Physical Education and Sports School, Malatya, Turkey.

## ABSTRACT

**OBJECTIVE**: The purpose of this study was to investigate the effect of using various special teaching methods for the teaching basic volleyball techniques in physical education class on the cognitive, affective and psychomotor behaviors of students.

**METHODS**: This study was conducted using the empirical method. The study group consisted of a total of 137 students attending 7th grade in six different branches of the *Merkez Türkiyem* and *Vakıfbank* secondary schools affiliated with the Malatya Provincial Directorate of National Education during the 2014-2015 academic year. The data collection tools of this study included the bump pass and overarm pass performance test, developed by the researcher, an observation form and a volleyball attitude scale.

**RESULTS**: With regards to the students' psychomotor behaviors, the study results indicated that the student group that followed the habituation method had a higher posttest overarm pass technique score (x=33.10) and a higher posttest bump pass technique score (x=32.89) than the other group. With regard to the students' cognitive behaviors, it was observed that the teammate method group had a higher posttest overarm pass performance score (x=7.65) and a higher posttest bump pass performance score (x=7.17) than the other groups. With regard to the students' affective behaviors, it was observed that the participation method group had the highest posttest volleyball attitude score (x=61.54).

**CONCLUSIONS**: The study indicated that in the physical education classes the most effective method for psychomotor development was the habituation method, while the most effective methods for cognitive development were the self-control and guidance methods, and the most effective method for affective development was the participation method.

**Keywords:** Physical Education Class, Special Teaching Methods, Secondary School, Volleyball

**S076**

# HIGH SCHOOL SPORTS DIRECTORS' CONFLICT MANAGEMENT SKILLS

**[1]BATMAZ H. Ç., [2] COŞKUNER Z**

1. Ministry of National Education, Elazig, Turkey
hcbatmaz@hotmail.com
2. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

This research has been done with the aim of defining the sports high school principals' conflict managing skills. The sports high schools that are whole with their managers, teachers, personals, students and other sharers, should be thought as organizations that conflicts can be seen. For this reason, there may be problems not only among students but also teachers and managers. In the problem solving process by undertaking a more effective role.

To justify and reach the research to its aim, the literature searching has been done about the topic by the researcher. 150 manager of 50 sports high schools that offer educational service in Turkey, constitute the border of the study. The data collecting tools "Conflict Management Behaviour Styles Scales" and "Conflict Management Solution Strategies Scales" have been developed by M. Afzalur Rahim (1992). Of the three-part scale, in the first part personal information, in the second part the variants that designate the behaviour ways in the conflicts and in the third part the variants that determine the solution strategies against the conflict have been mentioned. The value of the scale of the conflict management behaviour ways (Cronbach's Alpha) has been found a=,873 and the value of the solution strategies scale has been found a=,791. In the analysis of the data, frequency, percentage, arithmetical mean, standart deviation, variance analysis and t-test have been used. The signifance level of the statistical anlysis has been taken as ,05. At the end of the research, it has been detected that the sports high school managers use behaviour ways effectively during the conflict and their skills to use solution strategies against the conflicts are at a high rate. However it is found that as long as the managers' Professional and management seniority decrease, their behavioural ways against the solution strategies decline.

**Keywords :** Conflict, conflict management, educational institutions, educational management, sports high schools

**S077**

# TURKISH ADAPTATION OF SPORTING EVENT PERSONALITY SCALE: PILOT STUDY

**[1]CEVIK H., [1]SIMSEK K.Y., [1]MERCANOĞLU A.O., [1] BAYRAM A.**

[1]Anadolu University, Faculty of Sport Scence, Eskisehir, Turkey

huseyincevik@anadolu.edu.tr

## ABSTRACT

### OBJECTIVE

The aim of the research to prove the validity and reliability of Sporting Event Personality Scale which was developed by Lee and Cho (2012).

### METHODS

The universe of the research formed by participants of 12. Anadolu University Kite Festival. It has been addressed to a total of 191 participants selected among the population through convenience sampling method.

### RESULTS

The content validity of the scale (expert opinion), convergent validity (the lowest factor value is 0,470, the highest is 0.861), differentiation/external validity (positive relationship on medium and high level in all factors) and structure validity (5 factors and 22 items) were tested. The internal consistency coefficient Cronbach's Alpha (0,930) analysis was used for the reliability of the scale. Confirmatory factor analysis was used to test the accuracy of the 5 dimensions structure agreed as a result of the explanatory factor analysis.

### CONCLUSION

As a result of the analyses performed, it was concluded that sporting event personality scale is a valid and reliable measuring tool; therefore, the aim of the research was achieved.

**Key Words:** Sport Event, Event Personality, Validity and Reliability

**S078**

# A SURVEY ON LIFE AND LEISURE SATISFACTION LEVELS OF CONVICTS WHO PARTICIPATED IN THERAPEUTIC RECREATIONAL ACTIVITIES

**ÖZTÜRK H.**

Gaziantep University School of Physical Education and Sport / Gaziantep
hozturk@gantep.edu.tr

This study is conducted to determineth eeffects of recreational activities, in which the convicts who are under the jurisdiction of Gaziantep Probation Office took part, on life satisfaction level sand the leisure time.

The exemplification of thestudy is formedby 206 convict sunder the jurisdiction of Gaziantep Probation Office. These convicts participated in recreational activities, namely basketball, volleyball and educational games, for 24 weeks.

Thedata of thesurvey is consisted of the questions which specify demographic information, leisure time and life satisfaction of participants. The research data; questions to determine the demographic profile of the participants is collected by Leisure Satisfaction and Life Satisfaction Scale. SPSS for Windows Version 22.0 software package was used for statistical analysis and $p < 0.05$ was considered statistically significant.

As a result of thestudy, it occurs that there is a significant difference in life satisfaction scale depending on the educational background and convictionlengths of the convicts. In additiontothis, it is clear that there is a significant difference and a connection between Leisure Satisfactionand Life Satisfaction Scales.

**Keywords:** Therapeuticrecreation, convict, leisure time activity, life satisfaction.

**S079**

# DETERMINATION OF THE PEOPLE'S SATISFACTION WHO GO TO THE ZOO FOR RECREATIONAL ACTIVITY

**[1]OZTURK H.**

1. Gaziantep University School of Physical Education and Sport / Gaziantep, Turkey

ozturkavrasya@hotmail.com

## ABSTRACT

**OBJECTIVE:** This study done for the determination of the people's satisfaction who go to the Gaziantep Zoo in their leisure time for recreational activity.

**METHODS:** The survey done by Uysal (2005) used for data collection.The datas obtained in this study statistically analysed by using SPSS 16.0 packaged software. In data analysing; frequency, percentage, average, standard deviation used as statistical method, student t-test used for comparing two independent groups having variables with normal distribution, ANOVA and Tukey multiple comparison tests used for comparing more than two independent groups having variables with normal distribution.

**CONCLUSIONS:** As a result of the study, people who come to zoo in their lesiure time mostly inhabit in Gaziantep province, high school graduates and students prefer more to visit zoo, most of the participants come with the advice of acquaintances, most of them spend more than an hour and a great mojority of them are pleased with the quality of services.

**Keywords:** Recreation, Leisure, Zoo, Satisfaction.

**S080**

# THE PLACE AND MEANING OF SPORT IN THE LIFE OF PRIMARY SCHOOL STUDENTS

**ARABACI İ.B.**

Fırat Üniversity, Faculty of Education, Elazığ, Turkey

barabaci@firat.edu.tr

## ABSTRACT

**OBJECTIVE:** Sport is vital for every human being including children and adults. However, when it is considered that the experiences in childhood shape the future of the individual, it can be said that the experiences in this period have greater importance compared to other periods. Regular, scheduled and appropriate sporting activities are effective in the healthy development and a better quality of life of individuals. Sport is very important in terms of both physical development and the children's emotional, mental and social developments. Therefore, to start sport at early ages as far as possible is an admitted fact. However, it is difficult to say that the children in the primary school age in Turkey have planned and scheduled sport experiences suitable to them. There are several reasons for this. This study aims to determine what sport means in the lives of children in primary school age, how important it is, which kinds of sporting activities they do, whether there is any difference in doing sport in terms of gender, what the obstacles to do sport are.

**METHODS:** A descriptive method and phenomenology design from qualitative research designs were used in this research. 40 primary school children between 8-10 years of age constituted the study group. The interview form was used as a data collection technique. Information obtained was subjected to content analysis; the data were interpreted and presented in tables.

**RESULTS:** Children do not do sports regularly. They find opportunity to do sports with their friends or in the physical education course at school. Sport is seen as a tool of freedom and relaxation for the student. The sport which is mostly desired by students is swimming. This is followed by football, volleyball and boxing. Football and boxing are mainly preferred by male students. There are not adequate facilities for children to do sports, and they cannot adequately make use of the privately owned sports facilities due to their economic conditions. In addition, it appears that the facts that school programs are intense and the families prefer school to sports are effective in children's inadequate sport activities. The issue of the sporting life of disturbed and disabled students poses a deeper trouble.

**Keywords:** primary school students, sport, regular development, kinds of sport, meaning of sport

**S081**

# HOW DO UNIVERSITY YOUTH SPEND THEIR LEISURE TIME

**ARABACI İ.B.**

Fırat Üniversity, Faculty of Education, Elazığ, Turkey
barabaci@firat.edu.tr

## ABSTRACT

**OBJECTIVE:** Time can be defined as an interval in which an object passes from one point to another in the space. Controlling the time and spending it in a planned way is one of the basic conditions for success. We can divide the time at school into two as classroom time and extracurricular time. Extracurricular time is as important as the classroom time at the least. The extracurricular time is usually regarded as free time or leisure time. Leisure time is the period of time during which the person can perform the occupations such as taking rest, having fun, developing knowledge and skills, voluntary participation in social life that could be performed by the free will of the individual after the person fulfill the compulsory activities to maintain his/her occupational, familial and social duties and life. Developments in accordance with social expectations, having a healthy mental and physical structure, protection from harmful habits of university students depend on spending their leisure time efficiently, in one respect. This study aims to determine through which activities the university students spend their leisure times.

**METHODS:** A descriptive method and phenomenology design from qualitative research designs were used in this research. The maximum variation sampling method was used in the research. 140 students from different branches studying in the Pedagogical Formation Education Certificate Program in Fırat University, Faculty of Education in the 2015-2016 Academic Year Spring Semester constituted the study group. The gathered data was subjected to content analysis; the data were interpreted and presented in tables.

**RESULTS:** According to research results, it was found that university students did not have the habits of making use of the leisure time in a planned way, the habits of making use of the leisure time varied by branches. University students spent their leisure time with activities such as watching TV, chatting with friend groups on social networks, sleeping and shopping. The sporting events were mostly performed by sports science faculty students.

**Keywords:** Leisure time, university youth, recreational activities.

**S082**

# FOOTBALL REFEREES INTERNET USAGE AND THEIR VIRTUAL SENSITIVITIES

**[1]YILMAZ İ. H., [2]KARAHÜSEYİNOĞLU M. F.**

1. Ministry of National Education, Esra Z. E. Yıldırım Middle School, Elazig, TURKEY. ibrahimyilmazelz@gmail.com.

2. University of Firat Faculty of Sports Sciences Elazig, Turkey.

## ABSTRACT

**OBJECTIVE**: This research aims to determine information and communication technologies and the level of virtual sensitivity of referees who works actively at Turkish Football Federation in the 2014-2015 season.

**METHODS**: The study consists of two dimensions; the first part which is for learning personal information and second part is the point "Cyberbullying Related Susceptibility Scale" The high scores taken from the Triple Likert-tyoe scale showed that there is a high awareness towards cyberbullying. In analyzing the data frequency, percentage, t-test and in the multiple group comparisons one-way analysis of variance were used.

**RESULTS**: 38 % of 141 referees that take part in the research use the internet 2 or 3 hours (41 %) a day, e-mails (43%) and facebook (28 %). It is found that football referess has a high level of sensitivity (x=36.73) related to virtual cyberbullying and avarage scale values is found 2.62 and close to 'yes'.

**CONCLUSIONS**: It is reached that awareness of the referees related to the virtual bullying is enough. It is seen that referees has an enough consciousness level to ensure their personal securities in such kind of situations.

**Keywords:** Football Referee, Virtual Sensitivity, Information and Communication, Social Media

**S083**

# THE ANALYISS EXAMINATION OF ACHIEVEMENT MOTIVATION IN HEARING IMPAIRED FUTSAL PLAYERS

**[1]YALÇIN İ., [2]GACAR A.**

1. Sakarya University, Faculty of Sports Sciences

ilimdarycin@sakarya.edu.tr

2.Fırat University, Faculty of Sports Sciences

agacar@firat.edu.tr

## ABSTRACT

The aim of this study is to determine the sport-specific achievement motivation levels of the futsal players who joined in Turkey Hearing-Imparied Futsal Championship. For that purpose, the study has been conducted on 100 female and 67 male, in total 167 (%83,5) athletes, that are chosen from 200 athletes who took part in Turkey Hearing-Imparied Futsal Championship. A "Personal Information Form" was used to gather participants' demographical information and the 40-item Three Scale to Measure Competition-Related Motives in Sports developed by Willis (1982) to determine the motivation levels. In analyzing the acquired data, the techniques of arithmetic mean, standard deviation and analysis of variance were used. One Way Anova and t test were used to determine the differences. The significance level of statistical data was analyzed in level of $p<0.05$.

Consequently, it has been determined statistical significance in the motives of showing their power, approaching achievement and avoiding failure for the benefit of male athletes ($p<0.05$). According to the age variable, statistical significance was found on the success requirement motive ($p<0.05$). According to athletes working year with the coach statistical significance was found on the approaching achievement motive ($p<0.05$).

**Keywords:** Futsal, Handicap, Hearing-Imparied, Achievement, Motivation.

**S084**

# FIFA'S ROLE MODEL FOR ENVIRONMENTAL PROTECTION AND SUSTAINABLE DEVELOPMENT

**TOZKOPARAN I. B.**

Firat University, Faculty of Economics And Administrative Sciences, Department of Political Science And Public Administration, Elazig, Turkey.

ilke@firat.edu.tr

## ABSTRACT

Football can support development by generating income from sports-related sales and services, boost international trade, create jobs, support local economic development, enhance a country's reputation, transcend national differences, improve health and social well-being, and encourage teamwork.

FIFA the Swiss-based international organization that oversees football worldwide (including the World Cup), is currently mired in governance challenges. FIFA has begun to incorporate environmental objectives into the bidding, planning, and execution of the World Cup and other competitions. It began in 2005, when the German local organizing committee launched the Green Goal environmental program for the 2006 World Cup, and expanded upon the project for the 2011 Women's World Cup in Germany. For the 2010 World Cup in South Africa, FIFA invested EUR 400,000 in a project to offset 92,000 tons of $CO^2$ emissions produced by the competition. The South African LOC also developed a Green Goal program which involved host cities, government departments, local environmentalists and the United Nations Environment Program.

Also, environmental protection was considered for the first time in bidding agreements for the 2018 and 2022 World Cups. The bidders had to provide an assessment of the environmental impacts of staging the World Cup, compose an Environmental Advisory Board, and provide measurable objectives for water, waste, energy, transportation, procurement and climate change, among other information.

From this point of view in this study, FIFA's role model for environmental protection and sustainable development strategies are studied. Also "Green Goal" program principles and development of sustainability is examined. The study is ended with conclusion and assessment.

**Keywords:** FIFA, Green Goal, Environment, Environmental Protection, Sustainable Development

**S085**

# THE ROLE OF EXERCISE HABITS IN UNIVERSITY STUDENTS FOR THE SOCIALIZATION

**[1]ÖZMUTLUİ., [1]ERSÖZG., [1]AYYILDIZE.**

1. Namık Kemal Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Tekirdağ
iozmutlu@nku.edu.tr

## ABSTRACT

**OBJECTIVE**: The main purpose of this study was to assess socializing level of Namık Kemal University students according to their exercise habits (whether they exercise or not).

**METHODS**: 224 university students ($n_{male=}$ 157; $X_{age}$= 22.21±3.01 ve $n_{female}$= 67; $X_{age}$=21.82±2.59) participated in the study. "Sport and Socializing Scale" that was developed by Şahan (2007) has been employed in order to determine socializing level. Reliability coefficient of the scale was 0.91. Data of the study was evaluated via SPSS 18. Normal distribution compliance and equal variances of data had been evaluated by Kolmogrov Smirnov and Levene' s test and it was found that both preconditions were not fulfilled the preconditions of parametric tests. Man Whitney U test was conducted in order to determine whether socializing level of university students differs according to their variable of exercise habits.

**RESULTS**: According to findings, socializing level of students whose exercise was higher than those who don't exercise.

**CONCLUSIONS**: In conclusion, exercise contributes to socializing level of individuals.

**Keywords:** Exercise habits, socializing, university students.

**S086**

# THE RELATION BETWEEN ACADEMIC SUCCESS AND SPORTIVE SUCCESS IN THE CASE OF SPORTS HIGH SCHOOL

**[1]ÇELİK KAYAPINAR, F. ,[2] ÖZDEMİR, İ. , [3]DİKİCİ, K.**

1. Mehmet Akif Ersoy University, School of Physical Education and Sport, Burdur, Turkey
2. Pamukkale University, Acıpayam Vocational High School, Denizli, Turkey
nurozdemir@pau.edu.tr
3. Cukurova University, School of Physical Education and Sport, Adana, Turkey

## ABSTRACT

**OBJECTIVE:** The purpose of the study is to determine the relation between the motor tests success levels, academic success levels and the Teog Exam points of the students who gained the right to enroll in Sports High Schools and who took the Entrance Test of these Schools, which accept students according to the Aptitude Test results.

**METHODS:** The universe of the study consisted of 252 students (n=252) who took the Entrance Test for Saricam Sports High School in 2014-2015 Academic year; and the sampling of the study consisted of 82 students who passed the test (n=82). The Teog Exam success points, coordination track values, 30-m sprint degrees, standing long jump degrees, and the academic success levels after the students gained access to the school were determined. The minimum, maximum values and the average values were used as the statistical data in the analyses of the study data. In order to examine the relation between the TEOG average values, motor test results, academic success points, and the Pearson Correlation Test was used.

**RESULTS:** It was determined that there is a positive relation between the Teog Points and school success points, and between the coordination degree and 30-m sprint performance values; there is a negative relation between the coordination values and standing long jump values and 30-meter spring performance values and standing long jump values.

**CONCLUSIONS:** As a conclusion, a low-level relation was determined between the motor tests and academic success levels; while a medium-level relation was determined between the academic success levels and Teog Points. It was determined in the study that additional extracurricular activities are needed in order to increase the academic success levels of the students of these types of high schools, which are preferred by students whose sportive success levels are higher.

**Keywords:** Sports high school, special talent test, Teog exam, academic success.

**S087**

# ADAPTATION OF SPORT CHARACTER SCALE TO TURKISH

**[1]GÖRGÜT, İ., [2]TUNCEL, S.**

[1] Dumlupınar University Physical Education and Sport Department, Kütahya, Turkey
ilyasgorgut@hotmail.com

[2] Ankara University Sport Science Faculty, Ankara, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to make validity and reliability of Sport Character Scale (SCS) developed by Jang (2013) to Turkish version.

**METHODS:** 432 men and 261 women in total 693 people were voluntarily included in the study. 123 high school and 570 university students were placed in the study. When we look at age distribution of the participants, there were 18 students in 15 age and under group (% 2,6), 117 students in 16-18 age group (% 16,9), 290 students in 19-21 age group (% 41,8), 223 student in 22-24 age group (% 32,2) and 45 students in 25 age and above group. Firstly, language validity was provided through expert opinion. Validity of scale was assessed with confirmatory factor analysis and reliability of scale was assessed with split-half reliability methods and it was seen that fit indices were in good level for five subscales.

**RESULTS and CONCLUSION:** The internal consistency for all scale was .90 and for the five subscale respectively were .81, .78, .76, .78, .84. Obtained data showed that adapted scale was valid and reliable for measuring the factors related to subscales of it. Finally Turkish scale form was obtained, which had 5 subscale, 27 items and 5 Likert type scoring tool.

**Keywords:** Sport, Character, Scale, Validity, Reliability

**S088**

# ANALYSIS ON MOTIVATIONS OF TRIAHLETES REGARDING PARTICIPATION IN SPORTS ACTIVITIES

**[1] YÜCEL A.S., [2]ÇİFTÇİ İ.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey
asyucel@firat.edu.tr

2.University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

The purpose of this study is to analyze the motivations of the athletes participating in İstanbul European Cup, Elazığ Balkan Grand Prix and Alanya World Cup being in the 2014 activity program of Turkish Triathlon Federation regarding participation in sports activities. This is an applied research and a total of 140 triathletes participated in this research. The Sport Motivation Scale-SMS 28 developed by Pelletier et all. (1995) was used with the purpose of evaluating the motivation of the athletes for participation in sports activities. Data obtained from the participants were analyzed with SPSS Statistics 18 program. Data obtained were first subject to a preliminary test. In this preliminary test, data obtained from 10 participants were analyzed and the reliability of measurement tool questionnaire was tried to be established. Cronbach's Alpha coefficient of the reliability validity analysis performed after the preliminary test was found to be 0.817. This value indicates that the measurement tool used in the research is highly reliable. All participants were selected randomly. Cronbach's Alpha coefficient was found to be 0.897 in the main application. Reliability analysis, frequency tables, descriptive statistics, Anova and Independent Samples T-test analyses were utilized within the scope of analysis.

Following the research, it has been determined that motivation of athletes for participation in sports activities differ significantly in some factors according to the variables of sex, age, duration of doing sports and the league played. It has been established that men experience higher level of uncertainty and loss of motivation than boys concerning the sustainability of active participation in the sports branch they are interested in addition to having different elements of motivation. It has been concluded that the athletes aged above 20 and those doing sports for 6-10 years have more positive approach towards the elements of motivation related to the sports activities.

**Keywords**: Motivation, sports, athlete, triathlon.

**S089**

# PERIODIZATION IN FOOTBALL

**OKAN İ.**

Gazi University, Faculty of Sports Sciences, Ankara, Turkey
ookan@gazi.edu.tr

## ABSTRACT

**Purpose:** It is a reality that football is the most prevalent sport of the world. According to FIFA reports, 270 millions of people play football actively all around the world. In order to make a difference in the competitive field of football which has such importance, various studies have been conducted. The studies, which the social sciences carry out with scientific and professional implementations in football especially for the purpose of increasing physical performance, and obtained results have proved themselves. Whereas most of the current studies are based on the factors which define the physical performance, there are limited studies on periodization, which is nearly one of the most important concepts in football. The aim of this research is to present how an effective and productive training periodization should be planned.

**Method:** The survey method was used in this study. With the aim of getting the relevant literature, the current publications of the leading institutions in the fields of strength and condition were examined.

**Results:** The traditional periodization strategies are generally related to the football players requiring unique and acute extremity (e.g. athleticism and fighters) for the competitions. For this reason, the traditional periodization strategies are not very suitable for team players. Football players should attain their best performance in pre-session and maintain it for a long time as 35 weeks. For this reason, untraditional periodization should be used in session. In this periodization form whereas traditional periodization can be used in football teams in pre-session and off-session. In this periodization form, there is a variety in content and intensity for different training aims at the same time. The advantage of this system is that it can be implemented quickly and respond easily to the intense and changeable rivalry plan. Also, physiological monitoring should be done regularly in order to identify the training conditions of the team and players in this periodization. These data are important in being defined training volume and intensity by strength and condition coaches for an effective program.

**S090**

# THE IMPORTANCE OF SOCIAL CAPITAL IN EDUCATIONAL INSTITUTIONS

**[1]ÇİFTÇİ İ., [2] TAN Ç.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey
iciftci@firat.edu.tr.

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE:** Social capital concept, with the understanding of its importance, has become an important concept in the world and our country in recent years. Just by looking at the increase in literature about the concept, it is possible to see that social capital is a popular concept. The aim of this study is presenting a synthesis of studies made on social capital in educational institutions.

**METHODS:** The results of studies made in the social capital field in the last 5 years were analyzed and ordered systematically as data collection tool.

**RESULTS:** As literature research shows, social capital concept which is vital for social integration is not a concept that is evaluated on its own. It may cause social disintegration in case not using properly. Thus, the subjects of the meaning of social capital concept, how it develops, resources and factors of social capital and how it appeared in the society are extremely important. From this point of view, the relationship between educational concepts which are extremely effective on concept and social capital that provides the necessary equipments to people' desire to be fulfilled and enables to develop mutual trust relationships through adjustment of their acts is attempted to be revealed in this study.

**CONCLUSIONS:** As a result, social capital which is characterized by matters like social communication network, social support, social integration, social harmony, mutual trust, social belonging and solidarity may set an example to new studies.

**Keywords:** Social Concept, Educational, Social Networks, Social Support.

**S091**

# INVESTIGATION OF LEADERSHIP STYLES OF SPORTS ADMINISTRATORS IN ELAZIĞ CITY

**[1]ÇİFTÇİ İ., [1] NACAR E.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey
eiciftci@firat.edu.tr

**ABSTRACT**

**OBJECTIVE:** The aim of the study that determination the level of leadership styles of sport managers who are in sports administration of Elazığ province and determine the differences of leadership styles of sport managers and propose solution if there is difference.

**METHODS:** Provincial Directorate of Youth and Sports, Faculty of Sport Sciences, and Managers at sports clubs of Turkey generate the population of study. Provincial Directorate of Youth and Sports in Elazığ, Faculty of Sport Sciences of Fırat University, and Managers at sports clubs in Elazığ generate the samples of study. 207 people, including Faculty of Sport Sciences ( 23 academic staffs and 12 administrative staffs), Provincial Directorate of Youth and Sports, Faculty of Sport Sciences ( 40 academic staffs and 33 trainers), 99 trainers who work at the sports clubs, generate the sample of study. In the first part of survey, the questions for identifying of demographic information of participant are included, in the second part of survey; multi-factor leadership scale prepared by Bernard BASS in 1985 and translated into Turkish by Akdoğan in 2002 is used for identifying leadership styles of sport managers.After obtaining study data, SPSS 22.0 package program is used for analyzing data. Descriptive statistics, Independent Sample t Test, One-way Variance Statistics are used as a statistical way.

**RESULTS:** While, according to the administrative stuff Dean of Faculty of Sports Sciences shows the type of leadership which is depending on award, according to the academic staff Dean shows the type of leadership which is offering independence. While according to the civil servants Manager of Provincial Directorate of Youth and Sports shows transformational, subscriber and offering independence leadership types, according to the trainers, Manager shows charismatic leadership type.

**CONCLUSIONS:** In the leadership styles which is determined by the participants, regarding the branch, job and educational status there is statistically significant differences, by the way it is concluded that there is not a statistically significant difference in the other variables.

**Keywords:** Sport, Manager, Leadership, Leadership styles

**S092**

# RELATIONSHIPS BETWEEN ISOKINETIC STRENGTH AND SERVE SPEED IN UNIVERSITY LEVEL TENNIS PLAYERS

**[1]BAYRAM, İ., .[1]CERRAH, A.O, [1]SİMSEK, D., [1]ERTAN, H.**

[1]Anadolu University, Faculty of Sport Sciences, Eskişehir, Turkey

i.bayram43@gmail.com

## ABSTRACT

**OBJECTIVE**: The aim of this study was to examine maximum torques of three different joints and correlate them to serve speed in university level tennis players.

**METHODS**: Nineteen tennis players (age: 21,47±2,56 year, training age: 35,00±17,96 month, height: 171,78±8,79 cm, weight: 64,31±11,59 kg) participated in the study voluntarily. Isokinetic strength values (concentric/concentric) were measured for three joints in total for internal/external rotations with $90^0$ shoulder abduction position, knee flexion/extension and hip flexion/extension. Only dominant legs and arms of athletes were tested in $60^0$/sec angular velocity with three maximal repetitions. Serve speed was measured via a radar gun (The JUGS Gun, Tualatin, OR, USA) from the baseline of the court by the same person in the same location and position. Maximum velocity and accuracy principle was the core of the serve assessment. Thereby, the same procedure within ITN (International Tennis Number) test serve assessment was used.

**RESULTS**: All the isokinetic strength and serve speed measurements were determined to be normally distributed using the Shapiro-Wilk test. Pearson's correlation coefficient (r) was used to assess the relationships between the isokinetic strength and serve speed measurements. Statistical significance was taken as $p<0.05$ in all the tests. The correlation between isokinetic strength and serve speed was seen as low in statistical sense ($p<0.05$). Internal (r= 0.26), external (r= 0.30) rotations of shoulder, flexion (r= 0.09), extension (r=0.05) of knee and flexion (r= 0.01), extension (r= -0.04) of hip poorly correlated with serve speed.

**CONCLUSIONS**: Our study revealed that the strength of a muscle group does not directly reflect of the serve speed. The importance of open kinetic chain has been emphasized in this regard and future studies should assess strength of plantar flexors and forearm pronators in higher angular velocities.

**Keywords:** Isokinetic Strength, Serve Speed, Tennis Players.

**S093**

# DEVELOPMENT AND PSYCHOMETRIC EVALUATION OF RECREATIVE ACTIVITY ENJOYMENT SCALE (RAES): PILOT STUDY

**[1]SIMSEK K.Y.**, **[1]CEVIK H.**

1Anadolu University, Faculty of Sport Science, Eskisehir, Turkey

keremys@anadolu.edu.tr

## ABSTRACT

**OBJECTIVE:** This research aims to develop a Recreative Activity Enjoyment Scale (RAES) in order to measure the elements that contribute to enjoy recreational activities. This research is accomplished through three studies. The items was generated in 1. Study. In 2 and 3 studies were done refining, confirming and cross validity of the scale.

**METHODS:** The universe of the research formed by participants of 11. Anadolu University Kite Festival. It has been addressed to a total of 236 participants selected among the population through convenience sampling method.

**RESULTS:** The content validity of the scale (expert opinion), convergent validity (the lowest factor value is 0,448, the highest is 0.823, differentiation/external validity (positive relationship on medium and low in all factors) and structure validity (10 factors and 48 items) were tested. The internal consistency coefficient Cronbach's Alpha (0,950) analysis was used for the reliability of the scale. Confirmatory factor analysis was used to test the accuracy of the 10 dimensions structure agreed as a result of the explanatory factor analysis.

**CONCLUSION:** As a result of the analyses performed, it was concluded that RAES is a valid and reliable measuring tool; therefore, the aim of the research was achieved.

**Keywords:** Sport Event, Event Personality, Validity and Reliability

**S094**

# STANDING PSYCHIATRIC PATIENTS TREATED WITH MADE ENJOYFUL GAMES AND PHYSICAL ACTIVITIES

**1KAPLAN K., 2KULOĞLU M. M.**

1. Akdeniz Üniversity, High School Physical Education and Sport, Antalya, Turkey
kvlcmkpln.8686@gmail.com

2. Akdeniz Üniversity, Medical Faculty Psychiatric Clinic Antalya, Turkey

## ABSTRACT

**OBJECTIVE:** Mediterranean University Psychiatric day hospital for treatment by having to support physical activity accompanied by fun games outpatients clinic and health of individuals to contribute to the rehabilitation process. The discomfort of individuals who imparted a movement culture through fun games to gain new skills and to be able to help minimize the symptoms.

**METHODS**: The study does not include intense physical activities; balance, attention, perception, short-term memory, coordination (hands, eyes, feet and whole body), self-confidence, motivation, such as mental, psychological and physical control, which activates a small drama games and applications are made. At the end of the study, with interviews for doctors, nurses, patients and their relatives through interviews with some thoughts about the questions were directed towards projects.

**CONCLUSIONS:** Doctors with patients in terms of their weekly routine monthly meeting physical individuals in their treatment process and received good feedback, social, have expressed that we contributed to the emotional and cognitive. Since exercise is continuing in hospital official in continuous ethical framework and give us all kinds of spiritual support.

Nurses, especially if most of their chance to observe the process followed by a verb and they have improved their medication. the needles they did and the drugs they take psychiatric side effects to care especially weight gain, inactivity also is that the negative effects of these events are due to patients of inactivity they reduce drug side effects when also stated that they were continuing a sports club.

Treated individuals have increased their motivation, inactivity time in plenty of water to drink their walks, their sport is central to the members, joint pain and a decrease in the dizziness, socializing their bad habit of smoking so that they reduce the occasional volleyball and so on. games played at the picnic group of the marine environment, they can shift their focus to decrease the discomfort they lost balance, they came to them with self-confidence and physical activity, and we have learned that sympathy to the teacher.

Patients such studies give us wholeheartedly support the relatives have expressed that they hope for. Members of a family member is willing and treated us most of the time they were pleased to participate in the growth and social responsibility projects they want in each center. Most importantly, they are transferring this movement to life outside the hospital culture.

Who exercise every psychiatric institution in Turkey, given at least one educational place, it should support projects applied for this kind of responsibility, universities are thought to be necessary to ensure the coordination of relevant institutions. physical diseases that can occur in addition to the psychological discomfort facilitate the growth of healthy individuals and generations to develop preventive alternative activities should be provided.

**Keywords:** Psychiatry, Medical, Educational Games, Physical Activities.

**S095**

# THE VIEWS OF PROSPECTIVE PHYSICAL EDUCATION TEACHERS ABOUT THE NATURE OF SCIENCE

**[1]ÖZLÜ K., [2]SAĞIR, ULUÇINAR, Ş., [3]ÇEKIN, R., [4]YAMANER, F.**

1.University of Hitit, Institute of Social Sciences, Department of Physical Education and Sports Çorum, Turkey
kurtulusozlu05@gmail.com
2. University of Amasya, Faculty of Education, Department of Primary Teaching, Amasya, Turkey
3. University of Amasya, Department of Physical Education and Sport Sciences, Amasya, Turkey
4. University of Hitit, College of Physical Education and Sports, Çorum, Turkey

## ABSTRACT

**OBJECTIVE:** The purpose of this paper is to reveal the views of prospective physical education teachers about the nature of science.

**METHODS:** Using survey model 147 undergraduates studying Physical Education at Amasya University and 85 candidate teachers taking pedagogical formation and graduated from various universities and departments were selected for the research. The "Nature of Scientific Information Index" that was developed by Rubba and Andersen (1978) and adopted into Turkish by Kılıç, Sungur, Çakıroğlu and Tekkaya (2005) was used as data collection tool for the research. The index consists of the sub dimensions of morality, creativity, progressiveness, simplicity, testability and unitedness.

**RESULTS:** According to the results of the research, the physical education teachers candidates were observed to express indecisive opinions about the nature of scientific information. A significant difference only in the sub dimension of progressiveness in candidate teachers' views on the nature of scientific information according to gender was found. A significant difference couldn't be found according to the state of being formation student or being the student of faculty of education. Significant differences according to the grade level in the sub dimension of unitedness and according to the high school type in the sub dimensions of testability and unitedness were found. It was found that many of the candidate teachers weren't interested in scientific developments and they didn't follow developments about their own fields.

**CONCLUSIONS:** On the results of the research it is recommended to open courses on nature of science in the licence education curriculum of the candidate physical education teachers. It is thought that the classes like the history of science, or the philosophy of science can contribute to improve their views about the nature of science.

**Keywords:** Nature of Science, Physical Education, Teacher Candidates.

**S096**

# EFFECTS OF SLEEP DEPRIVATION ON ELECTROMYOGRAPHIC ACTIVITY

**[1]AYDİN K., [1]KARLİ U.**

1. Abant Izzet Baysal University School of Physical Education and Sport, Bolu, Turkey
kutlu_aydin@yahoo.com

## ABSTRACT

**OBJECTIVE:** The purpose of this study was to investigate the effects of sleep deprivation on root mean square values.

**METHODS:** Twelve healthy males were volunteered to participate in this study. The order of the trials was assigned to the subjects in a randomized cross-over design and the tests were performed 1 week apart. Measurements were performed following a reference normal sleep night (RS), a partial sleep deprivation (PSD) and full night sleep deprivation (FNSD). Static and dynamic root mean square values were recorded from vastus medialis (VM), vastus lateralis (VL) and gastrocnemius (GSC) muscles.

**RESULTS:** After the statistical analysis significant decrease was determined in RMS values of VM muscle after the full sleep deprivation condition ($F(2\text{-}22)=4{,}983$; $p= 0{,}016$). No significant difference was shown between trials regarding to normalized RMS values of VL and GSC muscles. Additionally There were no significant differences between trials with respect to izometric RMS values ($p>0{,}05$).

**CONCLUSIONS:** As a conclusion, 36 hours of sleep deprivation caused reduction in RMS values of VM muscle. On the other hand, except normalized RMS values of VM muscle, were not effected by sleep deprivation.

**Keywords:** gastrocnemius, quadriceps muscle, root mean square.

**S097**

# STUDY REGARDING INFLUENCE OF USING PHYSICAL EXERCISES TO TACKLE OBESITY FOR A GOOD HEALTH - CASE STUDY

**[1.]ICONOMESCU T.M., [2] TALAGHİR L.G.**

1, 2. University "Dunarea de Jos" of Galati, Romania

ticonomescu@ugal.ro, gtalaghir@ugal.ro

## ABSTRACT

**OBJECTIVE:** In the study we aimed to apply a physical training program with simple exercises, orientated on two directions. On the one hand contribute to lower body mass index and on the other hand to contribute to increasing levels of physical training. We considered that both directions fall towards the formation of a healthy lifestyle.

**METHODS:** The research was conducted in "D.P. Perpessiciu" Pedagogical High school from Braila, during the school year 2015 – 2016 with 7 subjects, children's between 10 and 13 years old. They was recorded with overweight and obesity from level 1. In our research we used different kinds of exercises such as stretching for worm up (7 exercises), various exercises from gymnastics (14 exercises), abs workout (5 exercises) and breathing exercises (3 exercises). The children have participated at the activities twice per week for seven month.

**RESULTS:** To see if the research objectives was realized we have highlight BMI and results of physical tests. At the beginning of research period all students had body mass index higher than normal (24.9) and two of them were classified in first level of obesity (BMI> 30). After physical training period, 4 persons from all 7 subjects involved in experiment achieved an optimum level of BMI, representing 57.14%, and the rest of them fell their BMI into overweight zone (25 - 29.9), near to the lower line, which represented significant progress for them. From the results recorded to the tests of physical level point of view we notice that the kinds get better results than the initial tests. In terms of the results obtained at final tests on physical training level, this was obviously favorable compared to the initial tests.

**CONCLUSIONS:** The main conclusion of our research was that the physical exercises can be a great way to achieve an optimum body weight which will represent a premise for good health. In the same time, the pleasure to practice physical exercises will lead the kids to better result at the physical tests. Because they growth their level of motricity, will not avoid, in the future, to participate at physical activities, basement for a healthy lifestyle.

**Keywords:** physical education, health, obesity, lifestyle.

## S098

# THE INVESTIGATION RESPIRATORY FUNCTION OF BY GENDER

**[1]BOSTANCI Ö., [1]MAYDA M.H., [1]YILMAZ C.**

1.Ondokuz Mayis University Yaşar Doğu Faculty of Sport Sciences Samsun, Türkiye
hakan_mayda@hotmail.com

## ABSTRACT

**INTRODUCTION:** The aim of this study was investigate the respiratory functions by gender.

**METHOD:** In total 19 subjects (female:9, male:10, age: 23.13±2.55) studying at the Ondokuz Mayıs University Yaşar Doğu Faculty of Sport Sciences participated as volunteer in this study. To determine lung volume, Respiratory function tests (RFT) applying FVC, FEV1, MVV values were measured. MicroRPM device was used to calculate Maximal Inspiratory Pressure (MİP) and Maximal Expiratory Pressure (MEP). Independent Samples T Test was applied in order to compare the obtained values.

**FINDINGS:** The average FVC of females in the study was 2.91±0.69 liters, while males was calculated as 4.66±0.93 L ($p>0.05$). FEV1 average value of females was 2.90±0.61 L but male was calculated 3.90±0.73 L ($p<0.01$). MVV results which is another RFT 114,11±27,08 l/min, 161±54,62 l/min was measured respectively. MEP average value of females was 109.33±34.90 cmH2O while males was measured as 169.15±52.20 cmH2O ($p<0.01$). The average value of MIP respectively was found to be 80.56±22.19 cmH2O, 141.85±37.06 cmH2O ($p<0.01$).

**DISCUSSION-CONCLUSION:** When we evaluate at respiratory parameters according to gender male students were found a significant difference in favor. It can be say that the physical parameters of the males are higher than females in this case.

**Keywords:** Gender, respiration, cigarette, lung volume.

**S099**

# WRESTLERS' OPINIONS REGARDING THE PROFESSIONAL SKILLS OF THEIR COACHES

**[1] AÇAK M.**

[1]Inonu University, School of Physical Education and Sports Malatya, Turkey
m.acak@hotmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of this study is to determine the ways wrestlers perceive the professional skills of their coaches and to determine the positive and negative behaviors of the coaches.

**METHODS**: The study was conducted during the national games held in September 2015 and April 2016. The coach rating scale for wrestlers has been used (Açak, Karademır & Açak, 2012). The scale consists of 4 sub-scales and a total of 20 questions. The study group consists of 268 male volunteers aged 12-34, who regularly wrestle in different provinces. Data were collected by interviewing face to face with all of the athletes.

**RESULTS**: As a result of this study, it's been seen that younger athletes evaluated their coaches in a more positive way regarding their physical conditions, technique, preparations to the matches - and during the matches, and also in social aspects. A statistically significant difference has been detected in the athletes' evaluation of their coaches connected to the variable of the age of athletes, in the sub-aspects of technical development, competition and social skills. It is remarkable to see that as the ages of athletes get older, their evaluation of their coaches for technical and competitive aspects tends to be more on the negative side. According to the variable of education, it's been see that university students also tend to evaluate their coaches more on the negative side.

**CONCLUSIONS**: Athletes who participated in the study stated that they were satisfied with their coaches in many aspects. However; it was found out that there was no long term written program in matters like consolidation with specific moves in order to develop the right technique, and the teaching of the correct technique and tactics. And the coaches have found to be inadequate regarding analyzing the competitors of their trainees.

**Keywords**: Wrestling, Assessment of the coaches, Coach athlete relationship.

**S100**

# THE EFFECT OF REGULAR EXERCISES USING A SPECIALLY DESIGNED ARC SUPPORT ON PES PLANUS FEET: A CASE PRESENTATION

**1 AÇAK M. 1 DÜZ S.**

1.Inonu University, School of Physical Education and Sports Malatya, Turkey
m.acak@hotmail.com

## ABSTRACT

**OBJECTIVE:** This study was conducted to assess the effect of regular exercises done with specially designed insoles on pes planus. Pes planus occurs when the height of the medial longitudinal arch of the foot decreases or completely collapses.

**METHODS:** In the study, an 18 month of exercise plan was conducted on a 1 year old male with rigid pes planus. In order to determine the development of the study on the participant, height, body weight, body fat percentage, 30 m, 60 m sprint tests, vertical jump test, a 12-minute Cooper test, flexibility tests have been applied and podoscopy imaging techniques were used to detect pes planus. The tests were carried out two times, one before the study (pre-test) and at the end of it (post-test).

**RESULTS:** A positive difference between the tests, and the podoscope images showing that the arches of the feet came to be in normal sizes, prove a positive outcome. While the arches of the soles of his feet were measured to be 0 in the first measurement, the height became 16 mm in the final measuring.

**CONCLUSIONS:** The individual's body fat ratio was decreased with the running exercises. He completed the 30 m speed test %36.99 faster and 60 m speed test %30.59 faster after the study is compete. The participant couldn't complete the first Cooper test, running only 530 meters before giving up. However, in the second measurement, he ran 3230 meters in 12 minutes. This is a development of %509.43, which is a major difference. In the vertical jump test, the difference between two measurements is %114.81. In the flexibility test, it is %38.46. The height of the arcs of soles measured to be 0 before the study, was measured to be 16 mm after it.

**Keywords:** pes planus, exercise, shoe insole, pool exercises, in house exercises.

**S101**

# LEADERSHIP CHARACTERISTICS OF FOOTBALL COACHES

**1ACET M., 1 GÜMÜŞGÜL O., 1 IŞIK U.**

1. Dumlupinar University, School of Physical Education and Sports, Kutahya, Turkey
acetmehmet44@gmail.com

## ABSTRACT

**OBJECTIVE:** In this study, the aim was to investigate leadership characteristics of football coaches who was member of Turkish Football Coach Association according to some variables.

**METHODS:** With this aim, Leadership Scale for Sport was applied to 144 football coaches in coach development seminar which was organized by Turkish Football Coach Association. Leadership Scale for Sport developed by Chelladurai and Saleh (1980) to evaluate athletes' perception of coaches' behaviors, their leadership style or how athletes perceive their behaviors in 5 subscales.

**RESULTS:** According to the data collected from research group, there were not significant differences on age and coaching certificate variables ($p>0,05$); but there were significant differences on coaches' education situation and their experiences. With reference to this, in educational and teaching subscale coaches graduated from high school had significantly higher scores than bachelor graduated coaches ($p<0,05;t=1,852$). Additionally, it was observed that less experienced coaches had significantly higher scores in autocratic behavior than more experienced coaches ($p<0,05$; $F=2,305$).

**CONCLUSIONS:** As a result, it is necessary that coaches giving direction to country football, should have leadership characteristics. There were not significant differences on age and coaching certificate variables on leadership subscales, but it could be observed high school graduated coaches could have more educational and teaching behaviors. The reason could be high school graduated coaches was feeling more need to improve themselves. Also, it was expected result that younger coaches have been more autocratic than more experienced coaches, because they have been into effort to prove themselves.

**Keywords:** Football, leadership, coach.

**S102**

# COMMERCIALIZATION OF FOOTBALL DURING CAPITALISM

**[1.]CENİKLİ A., [2.]DALKILIÇ M., [3.]YİĞİT E.,[4.]BOZKURT V.,**

1Gaziosmanpaşa Üniversitesi Beden Eğitimi ve Spor Yüksekokulu, Tokat
2 Kilis 7 Aralık Üniversitesi Beden Eğitimi ve Spor Yüksekokulu, Kilis, Turkey
m.dalkilic@hotmail.com
3 İstanbul Üniversitesi Beden Eğitimi ve Spor Yüksekokulu, İstanbul
4İstanbul Üniversitesi İktisat Fakültesi, İstanbul

## ABSTRACT

Football is currently the most popular sport in the world. Before modernization, football was culturally played with different rules in many different places and attributed different meanings in different cultures. The current rules of many football codes were formulated at the schools of England in 19th century. These rules became foundation of modern football. During capitalism, modern and amateur football quickly transitioned to professional football.

The professionalization of football during the industrial revolution of 19th century was not a coincidence. Football was heavily affected by capitalism. The relationship between the commercialized football and money was limited in the early years of modern football. However, the commercialization of football gained momentum after the change of FIFA president in 1974. Towards the end of the 19th century, due to Neoliberalism and its influence, the commercialization of football reached a different level, the relationship between football and money became more intimate.

Excessive commercialization of football includes almost all the actors of the game: Players, fans, clubs, etc. Thus at this point, the excessive commercialization changes the meaning of the game, and can have negative affects especially on the players and fans.

**Keywords:** Football, Capitalism, Commercialization.

**S103**

# EXAMINATION OF THE SOCIAL ADAPTATION AND SKILLS ON CHILDREN WHO ARE DOWN SYNDROME ACCORDING TO PARTICIPATION STATUS TO SPORTIVE ACTIVITIES

**[1,]ILKIM M., [2,]KALAYCI M.C., [3,]GÜNDOĞDU C. [2,]GÜLEROĞLU F.**

1.Ataturk University, School of Physical Education and Sports, Erzurum, TURKEY
mehmet_ilkim@hotmail.com
2.Kahramanmaras Sutcu Imam University, Institute of Health Sciences, Department of Physical Education and Sport, Kahramanmaras/Turkey
3. Inonu University, School of Physical Education and Sports, Department of Exercise and Sport Education in Disabled, Malatya/Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to compare social adaptation and skills level of the down syndrome children who are participating and aren't participating to sportive activies..

**METHODS:** In line with the stated aim of the research was made according to descriptive model. While the universe of research was constituted by down syndrome children in Malatya, the samples of research was formed from total 86 down syndrome children who are their age in between 8 and 12. Social Adaptation and Skills Scale which found out special to Turkish children in between 6 and 12 age by Sezgin and Akman (2014), are 3 point likert, consist of 59 item and 7 sub-dimension was used to determine the level of social adaptation and skills of the down syndrome children as data gathering inventory. The saceles were filled out by mothers of the down syndrome children. Statistical analysis was made in GNU PSPP 0.10.1 statistic packed programmes. Between-group diffecerences was determined via independent samples t-test. Significance level was establish as $p<0.01$.

**RESULTS:** According to statistic analysis results; a significance difference was found ($p<0.01$) in their general social adaptation and skills level and all sub-dimension in between down syndrome children who are partipaticipate and non-participatipate sportive activies. This difference has originated that down syndrome children who are non-partipaticipate have social adaptation and skills level lower than down syndrome children who are partipaticipate. Morover, a significance difference was found ($p<0.01$ in their social general adaptation and skills level and all sub-dimension in between down syndrome children who are partipaticipate and non-participatipate sportive activies in terms of gender variable as well.

**CONCLUSIONS:** This difference has originated that male and famale down syndrome children who are non-partipaticipate have social adaptation and skills level lower than male and famale down syndrome children who are partipaticipate to sportive activities.

**Keywords:** Social Adaptation and Skills, Sport, Down Syndrome

**S104**

# EXAMINATION OF THE THEIR PARENTS'S HOPELESNESS LEVEL ACCORDING TO CHILDREN WHO ARE DOWN SYNDROME PARTICIPATION STATUS TO SPORTIVE ACTIVITIES

**[1]ILKIM M., [2]KALAYCI M.C., [3]GÜNDOĞDU C., [2]GÜLEROĞLU F.**

1.Ataturk University, School of Physical Education and Sports, Erzurum, TURKEY
mehmet_ilkim@hotmail.com
2.Kahramanmaras Sutcu Imam University, Institute of Health Sciences, Department of Physical Education and Sport, Kahramanmaras/Turkey
3. Inonu University, School of Physical Education and Sports, Department of Exercise and Sport Education in Disabled, Malatya/Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to compare hopelessness level of the parents of down syndrome children who are participating and aren't participating to sportive activies.

**METHODS:** In line with the stated aim of the research was made according to descriptive model. While the universe of research was constituted by paretns of the down syndrome children in Turkey, the samples of research was formed from total 84 parents who are 42 mother and 42 father and are parents of the down syndrome children that are participate to sportive activites 21 and non-participate to sportive activites 21. Beck Hopelessness Scale which found out by Beck et al. (1974) and translated to Turkish Seber (1991) was used to determine the level of hopelessness's paretns of the down syndrome children as data gathering inventory. Statistical analysis was made in GNU PSPP 0.10.1 statistic packed programmes. Between-group diffecerences was determined via independent samples t-test. Significance level was establish as $p<0.01$.

**RESULTS:** According to statistic analysis results; a significance difference was found ($p<0.01$) in between hopelessness level of the parents of down syndrome children who are partipaticipate and non-participatipate sportive activies. This difference has originated that parents of the down syndrome children who are non-partipaticipate have hopelessness level lower than parents of the down syndrome children who are partipaticipate. Morover, a significance difference was found ($p<0.01$) in between hopelessness level of the parents of down syndrome children who are partipaticipate and non-participatipate sportive activies in terms of parents variable as well.

**CONCLUSIONS:** This difference has originated that mothers and fathers of the down syndrome children who are non-partipaticipate have hopelessness level lower than mothers and fathers of the down syndrome children who are partipaticipate to sportive activities.

**Keywords:** Down Syndrome, Sport, Hopelesness, Parents.

**S105**

# THE EFFECTS OF EXTRACURRICULAR SPORT ACTIVITIES ON THE ALIENATION OF THE STUDENTS

**YANIK M.**

Balikesir University, School of Physical Education and Sports, Balikesir, Turkey
mehmettyanik@gmail.com

## ABSTRACT

**OBJECTIVE:** Is to determine the effects of extracurricular spor activities which are carried out in the secondary schools to the alienation of the students.

**METHOD:** This study in which it is used relational screening model has been carried out with 640 students who are selected by random sampling method. As the data collection tool it is used "Student Alienation Scale" which was develop by Mau (1992) and was adapted into Turkish by Sanberk (2003), to understand the student alienation level from the schools with the "Personal Information Form" which is prepared by the researcher. The scale's Cronbach Alpha reliability coefficient is 0,79.
In the process of analysing the data, frequency and percentage distribution, arithmetic average and standard deviation and unpaired t-test are utilized. In the comparison process of more than two groups, one-way analysis of variance (oneway ANOVA) and Post Hoc tests values are used.

**RESULT:** According to the findings from the research the student's alienation point averages are found as 3.12±0.56. Judging from the variables used in the research, in terms of gender the males, in terms of the school type the students who study at a public school, the students who find the extracurricular activity levels as insufficient and the students that never participate to the extracurricular sport activities at school have a higher point of alienation level.

**CONCLUSIONS:** Alienation from the school which is an unwanted situation in education can be prevented only if the sense of belonging to the school can be gained. And the sense of belonging to the school can be gained by increasing the extracurricular sport activities in schools and promoting the participation to these activities. In accordance with this purpose, participation of the school teams into contests should be encouraged more.

**Keywords:** Alienation, Dropout, Extracurricular Sport Activities, Physical Training and Sports

**S106**

# TURKEY IN 1968 MEXICO CITY OLYMPICS

**[1]GÜVEN, Ö., [1]YILDIZ M.**

1.University of Gazi Faculty of Sports Sciences Ankara, Turkey
mehmetyildiz58@gmail.com

## ABSTRACT

The purpose of this study is to research and put forward the information about Turkey's participation to the 1968 Mexico City Olympics depending on the literature of the related branch.

Before analysing 1968 Mexico City Olympics, a related literature research was made and the obtained information were evaluated chronologically and separately for each branch and sportsman. The process of transforming the obtained data into utilizable data was completely carried out under supervision of a specialist academic member. An oral history study was carried out with Ahmet Ayık, Tevfik Kış, Gıyasettin Yılmaz, Gürbüz Lü and Fuat Temel who participated in 1968 Mexico Olympics and are still alive. These interviews supplied more perceptible data for the study about the performance and psychological situation of the Turkish National Team in 1968 Mexico Olympics.

Turkey's participations to the 1924 Paris, 1928 Amsterdam, 1936 Garmish Parten – Kirchen and 1936 Berlin Olympics were made possible by Ataturk with his great supports for physical education and sports education. In the later years, Turkey also participated in 1946 London, 1952 Helsinki, 1956 Melbourne, 1960 Rome and 1964 Tokyo Olympics and won 21 gold, 12 silver, 5 bronze medals in wrestling and besides a bronze medal in triple jump by Ruhi Sarıalp in this successful period and then participated in 1968 Mexico City Olympics. Once again, Turkey showed her presence in wrestling in 1968 Mexico City Olympics with the olympic championships of Ahmet Ayık and Mahmut Atalay.

According to the findings of the study, it is very hard to say that the Turkish sportsmen's results of the 1968 Mexico City Olympics were better enough, when compared to the former Olympic games. The Olympic championships won by Ahmet Ayık and Mahmut Atalay were big consolations for the national wrestling team at that time. Besides, İsmail Akçay's coming fourth in marathon branch of athletics should be taken into account as an important success.

**Keywords:** Olympics, sports, Mexico City, Turkey.

**S107**

# BOXING IN ANCIENT GREEK IN THE CONTEXT OF VIOLENCE IN SPORT

**[1]TEKİN. A., [2]TEKİN. G., [3]ÇALIŞIR. M.**

1,2,3 University of Bitlis Eren, School of Physical Education and Sport, Bitlis, Turkey
atekin@beu.edu.tr

## ABSTRACT

**OBJECTIVE:** Boxing has a long history and its origins date back to ancient times. The objective of this study is underlining the significance of violence in ancient Greek athletic games, and to present ancient boxing in the context of violence in sport.

**METHODS:** The data gathering materials are literary and archaeological evidence available such as terracotta, figure, vases and amphora about boxing in antiquity

**RESULTS:** The most known combat events of ancient Greek were wrestling, boxing and pankration (a combination of boxing and wrestling). Combat sports were designed to be as physically taxing and uncomfortable as possible. There was not weight classes, limits of time, rounds, periods of rest, and it was not possible avoid the midsummer sun. Boxers in vase paintings bleed from the nose; sculpted statues show broken noses and cauliflower ears. Boxers put on different boxing gloves in trainings and in real fights. The material and shape of the gloves has changed over time. The gloves became increasingly more dangerous to give more harm to the rivals. Greek texts were quite clear that boxing was admitted as the most damaging and dangerous sport of all in ancient Greek.

**CONCLUSIONS:** It appears from the printed works and archaeological finds of the ancient Greek period; ancient boxing was more dangerous when compared with today's modern boxing. Moreover, it was a sport that requires more courage that very few people did have the physical and psychological condition to be done it. So, one can easily say that boxing contained elements of violence at that time.

**Keywords:** ancient Greek, combat sport, violence, boxing, sport equipment

**S108**

# SPORTSWEAR'S INFLUENTIAL DESIGNER: JEAN PATOU

**1 KOCA, E., [2] ÖZSAN, M.**

1.Gazi University, Faculty of Art and Design, Department of Fashion Design Ankara, Turkey

2.Istanbul Gelisim University, Vocational School, Department of Fashion Design İstanbul, Turkey

mozsan@gelisim.edu.tr

## ABSTRACT

The new way of life along with modernization has allowed people to spare more time for themselves and follow fashion clothes, activities, current events. That life trend has also increased the participation to recreational activities in daily life. At the same time, the easing of life with the development of industrialization, increasing spare time with machines' reducing the need to human labor, people's passing to more comfortable life form, feeling economically, socially, psychologically relieved... All these factors have led to the development of entertainment, recreational and sports activities In the first half of the 19th century. During this time, daily clothing forms or clothes adapted from them were used in sporting events. Despite the fact that sport identify with men since it's existence,coming with women's active role in social life, their increasing interest to sport have led to the need for casual and comfortable clothing. That term's designer Jean Patou has been a pioneer of sportswear meeting the need with his designs symbolizing freedom, ease and comfort. In this context, the designer laying the foundation of the concept of sportswear, the designer has important contributions to the historical development of this type of sportswear and to the formation of the style of clothing that has become synonymous with today's sportswear.

In this study, in terms of influencing people it could be said that sport and fashion have the same kind of power and effect each other as a social phenomenon, It is aimed to reveal the contributions of Jean Patou's to the formation and development of sportwear process.

In this descriptive study based on the survey model, with the document scanning and document analysis methods it has been tried to explain the development of sportswear and the effect of Jean Patou's on the process using written, visual sources, museums and accessible private collections. It is determined that the designer has been a pioneer in the creation of sportswear style and during all his life that ended in 1936 he focused on clothing desings for tennis and swimming sports as well as other sports. Approaching to clothing styles of sport type; form, materials, decorations and accessories have been examined and at the present time in clothes specific to the these sports, the traces of Jean Patou's designs have been observed.

**Keywords:** Sport, clothing, swimming, tennis, design, Jean Patou.

**S109**

# THE EFFECT OF AEROBIC EXERCISES ON BODY IMAGE AND QUALITY OF LIFE IN THE OBESE WOMEN

**[1]SERTEL M., [2] TARSUSLU ŞİMŞEK T., [3]TÜTÜN YÜMİN E., [4]ATAK B.**

1. Kırıkkale Üniversitesi, Sağlık Bilimleri Fakültesi, Fizyoterapi ve Rehabilitasyon Bölümü**,** Kırıkkale, Türkiye,

fzt_meralaksehir@hotmail.com

2.Dokuz Eylül Üniversitesi. Sağlık Bilimleri Fakültesi, Fizik Tedavi ve Rehabilitasyon Bölümü, İzmir, Türkiye,

3.Abant İzzet Baysal Üniversitesi. K.D. Fizik Tedavi ve Rehabilitasyon Yüksek Okulu, Bolu, Türkiye,

4. Kırıkkale Üniversitesi, Tıp Fakültesi, Fizyoterapi ve Rehabilitasyon Bölümü, Kırıkkale, Türkiye,

## ABSTRACT

**OBJECTIVE:** The purpose of this study is to investigate the effect of aerobic exercises on body image and quality of life in the obese women

**METHODS:** Fourty obese women whose Body Mass Index (BMI) 31,48±5,37 kg/cm2were incorporated into the study. The individuals were randomly grouped into 2 as aerobic exercise (n=20) and control group (n=20). In the beginning of the study, the socio-demographical data of the women with assessment form. Body Image Questionnaire (BIQ) was used to determine body image, and Nottingham Health Profiling (NHP) was implemented to evaluate quality of life of individuals.Subsequent to the first assessments, 3 sessions of 60 minutes per week throughout 6 weeks totally, aerobic exercise programe was applied to the aerobic exercise group of individuals. The exercise protocol was consisted of 3 phases as; 5 min warm-up phase, 5 min cooling phase and 30 min aerobic exercises accompanied by music. As for the control group, there was no application practiced. The İndividuals were re-assessed in terms of their body image and quality of life value after 6 weeks.

**RESULTS:** Aerobic exercise group that were included in the study had the age, height, weight and BMI figures of 31.15□7.42 years, 161.85□0.06 cm, 66.89□8.14 kg; 30.67±4.16 kg/cm2 respectively. Control goups had the age, height, weight and BMI figures of 30.85□9.19 years, 158.30□0.06 cm, 66.80□12.44 kg; 32.28□6.36 kg/cm2 respectively. In the statistical analysisthere was found significant difference in BIQ, sub and total parameters NHP values the exercise group befeore and after training ($p<0.05$). There was no found significant difference in BIQ, sub-total parameters NHP and total NHP values to the control group ($p>0.05$). Comparison between the groups in favor aerobic exercise group, the BIQ and NHP value were observed to be increased significantly except for the parameters of the NHP sleep and health profile parameters.

**CONCLUSION:** Aerobic exercise training to be applied on obese women were concluded to be body image of and the quality of life values was observed that the positive effect on the individuals. Overweight and obese individuals encourage to do aerobic exercise will be very important to improve the quality of life.

**Keywords:** Aerobic Exercise, Obesity, Body Image, Quality of life

**S110**

# DETERMINATION OF PHYSICAL FITNESS LEVEL, BODY FAT PERCENTAGE AND BODY DENSITY OF 14-18 YEAR YOUNG

**[1]TALU B., [2] DOĞAN M.**

1.University of Inonu Faculty of Health Sciences Malatya, Turkey

2.University of Hacettepe Faculty of Health Sciences Ankara, Turkey

fztmdogan@hotmail.com

## ABSTRACT

**OBJECTIVE:** This study was planned to determine of physical fitness level, body fat percentage and body density of 14-18 year young.

**METHODS:** 30 girls and 64 men, in total 94 young between the ages of 14-18 were involved in this study. It was used in the evaluation demographic information, body fat percentage and body density and some parameters of EUROFIT Test Battery to physical fitness. They were Flamingo Balance Test, Test Touch to Disk, Sit and Reach Test, Standing Long Jump Test, Tensile Test Arm, Shuttle Test.

**RESULTS:** The average age of the girls in the study 16:07 ± 1.01 years, mean age years for men15.86 ± 1.13; the average of girls 161.5 ± 5.0 cm, the average height of men 171.3± 6.6 cm; the average body weight of girls 50.7 ± 4.9 kg, the average body weight of males was 59.1 ± 7.1 kg.. According to flamingo balance test results, the difference between boys and girls was not statistically significant ($p > 0.05$). According to Discs Touch Test, The Standing Long Jump Test and 30 Second Shuttle Test the difference between boys and girls is statistically significant ($p < 0.01$). According to Sit and Reach Test results boys and girls difference between are not statistically significant ($p > 0.05$), according to Grip Test both hands difference between boys and girls it is statistically significant ($p < 0.001$).

**CONCLUSIONS:** In light of the results obtained from the study, in accordance with the literature, it was found that male participants get better results from girls participants, in other tests of except of sit and reach test to measure flexibility.

**Keywords:** Physical Fitness, Body Composition, Adolescent.

**S111**

# THE ACUTE EFFECT OF FATIGUE WHICH IS RESULTANT AN ANAEROBIC EXERCISE ON SHOT HIT RATE OF THE YOUNG SOCCER PLAYERS

**[1]KALAYCI M.C. , [2]EROĞLU H.**

Kahramanmaras Sutcu Imam University,
Institute Of Health Sciences, Kahramanmaras/Turkey
m.c.k@windowslive.com

Kahramanmaras Sutcu Imam University,
School of Physical Education and Sports, Kahramanmaras/Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to determined the acute effect of fatigue which is resultant an anaerobic exercise on shot hit rate of the young soccer players.

**METHODS:** In line with the defined aim of the research; the study was made pursuant to one group pretest-posttest experimental design. For this purpose; study group was formed from total 17 soccer players in U19 age categories who are the players of a soccer team in Turkey Professional Football 3. Leagues. Running Anaerobic Sprint Test was performed to young soccer players as a anaerobic exercise. Fatigue was designated in comparison with heart rate. Heart rate was established with a pulsimeter that are trademark POLAR and version FT7M. Shot hit rate was staked out via Shot-Wall Test. Measurements were made separately with four days time-out for each distance. The statistic of obtained data were made via GNU PSPP 0.10.1 for Windows which is a statistic packaged software. The acute effect of fatigue which is a resultant anaerobic exercise on shot hit rate of the young soccer players was testted by Paired Samples T- Test for each **distance. Margin of error ($\alpha$) was regarded as $p<0.01$.**

**RESULTS:** According to statistical analysis findings; a significant falling off was found for 10 meters distance %28,9±12,7 and for 15 meters distance %31,7±12,5 in shot hit rate of the young soccer players after the fatigue that is resultant an anaerobic exercise.

**CONCLUSIONS:** As a result; It can be said that a serious decrease will be insight in shot hit rate of the young soccer players.

**Keywords:** Soccer, Shot Hit Rate, Fatigue.

**S112**

# DETERMINING THE PHYSICAL PSYCHOLOGICAL AND ECONOMICAL EFFECTS ON CHILDREN'S PARTICIPATION IN ANY SPORTS

**[1]TAN M., [2]GENÇAY. Ö. A.**

1.Ünler Secondary Gaziantep, Turkey
metintan58@hotmail.com.

2. Sutçu Imam Üniversity, School of Physical Education, Kahramanmaraş, Turkey

## ABSTRACT

**OBJECTIVE:** Present study aims to determine physical, psychological, and economical effects on parents' leading their children participating to sports.

**METHODS:** In order to explore the demographic information of the participants, 11 questions were asked, and to explore the opinion of the participants about the attendance of the spots physically, psychologically, and economically, 29 questions were asked. While evaluating the data, Kruskal-Wallis H and Mann-Whitney U tests were applied to illustrate the significance within groups.

**RESULT:** As a result of the study, 38,6% of the parents who lead their children to any sports has higher level of education. According to their income, 44,2% of them are from low level. When the education level of the families, the number of the children that families have, and their income level are taken into consideration, statistically significant difference was found between the scores that they got from the economical, psychological, and economical factors which affect the children leading to any sports.

**CONCLUSIONS:** With present study, it was understood that the economical, psychological, and economical factors are important when families lead their children to sports, and these factors differs according to families' income level, education level, and the number of children they have.

**Keywords:** child, sports, child and health

**S113**

# DETERMINATION OF THE STUDENTS OF PHYSICAL EDUCATION AND SPORT ACADEMY SATISFACTION LEVELS RELATED TO EDUCATION IN SENSE OF TOTAL QUALITY MANAGEMENT

**[1]YILDIZ M. ,[2] GÜNDOĞDU C.**

1. Provincial Directorate of Youth Services and Sports Elazig, Turkey
metinyildiz23@hotmail.com
2. Inonu University, High School of Physical Education and Sports Malatya,Turkey

## ABSTRACT

The research was carried out with the students who are studying at Fırat University Physical Education and Sport Academy and determined by coincidental samplings with four hundred sixty four students. As a data collection tool, student satisfaction questionnaire, prepared by the Ministry of National Education and Training Research and Development Department, has been used. Quintet Likert type scale consists of forty five questions and fourteen subscales. These dimensions are; Accessibility and Communication ,Wishes, Suggestions and Complaints ,Reliability ,Security Participation in Decision, Student Affairs, Education and Training Activities(Curriculum) Education and Training Activities(Methods and Techniques)",”Education and Training Activities (Course Materials and Tools),Study Break ,Physical Environment of the school, Social Environment of the school(Canteen, Social activity etc.),Evaluatio ,Prize,Certificates of Merit and Appreciation and Encouraging Positive Behavior and Training. Researcher, by making necessary explanations, has distributed questionnaires in the classroom and then gathered them. Data evaluated in the SPSS package program, expressed with number, percentage and standard deviation values. Cronbach Alfa value of questions has been found as 0,86.

Students receive scores from subscale survey, respectively; Accessibility and Communication 2,93 ±0,82 , Wishes, Suggestion and Complains 3,09 ± 1,04 , Reliability 3,43 ± 1,01,Security 2,92 ± 1,12,Participation in Decisions 2,68 ±1,31 , Student Affairs 3,05 ± 1,03 , Education and Training Activities (lesson programs) 3,32 ± 1,07 , Education and Training Activities (methods and techniques) 3,17 ± 0,85 , Education and Training (course materials and tools) 2,96 ± 1,00 , Study Break 3,41 ± 1,05 , Physical Environment of the school 2,64 ± 1,00 , Social Environment of the school (canteen, social activity etc.) 2,82 ± 0,90,Evaluation,Prize,Certificates of the Merit and Appreciation 2,91 ± 1,03,Encourage Positive Behavior and Education 3,45 ± 1,06.

In consideration of these results, it can be said that students satisfactions are at an intermediate level.

**Keywords:** Physical Education, Sports, Total Quality Management, Satisfaction

**S114**

# BOXING IN ANCIENT GREEK IN THE CONTEXT OF VIOLENCE IN SPORT

**[1]TEKIN. A., [2]TEKIN. G., [3]ÇALIŞIR. M.**

[1,2,3] University of Bitlis Eren, School of Physical Education and Sport, Bitlis, Turkey
atekin@beu.edu.tr

## ABSTRACT

**OBJECTIVE:** Boxing has a long history and its origins date back to ancient times. The objective of this study is underlining the significance of violence in ancient Greek athletic games, and to present ancient boxing in the context of violence in sport.

**METHODS:** The data gathering materials are literary and archaeological evidence available such as terracotta, figure, vases and amphora about boxing in antiquity

**RESULTS:** The most known combat events of ancient Greek were wrestling, boxing and pankration (a combination of boxing and wrestling). Combat sports were designed to be as physically taxing and uncomfortable as possible. There was not weight classes, limits of time, rounds, periods of rest, and it was not possible avoid the midsummer sun. Boxers in vase paintings bleed from the nose; sculpted statues show broken noses and cauliflower ears. Boxers put on different boxing gloves in trainings and in real fights. The material and shape of the gloves has changed over time. The gloves became increasingly more dangerous to give more harm to the rivals. Greek texts were quite clear that boxing was admitted as the most damaging and dangerous sport of all in ancient Greek.

**CONCLUSIONS:** It appears from the printed works and archaeological finds of the ancient Greek period; ancient boxing was more dangerous when compared with today's modern boxing. Moreover, it was a sport that requires more courage that very few people did have the physical and psychological condition to be done it. So, one can easily say that boxing contained elements of violence at that time.

**Keywords:** Ancient Greek, Combat sport, Violence, Boxing, Sport equipment

**S115**

# THE EFFECT OF SPORT ON BALANCE AND WALKING DISTANCE WITH VISUALLY IMPAIRED

**AKYOL B[1]. , TAŞÇI M[2].**

1.Inonu University, School of Physical Education and Sports, Malatya, Turkey, betul.akyol@inonu.edu.tr
2.Inonu University, School of Physical Education and Sports, Malatya, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to investigate the effect of sports on balance and walking distance in visual impairment persons.

**METHODS:** 58 (age mean 14,31 ± 4,12, gender: 35 male, 23 female) individuals were participate in the study. Group 1, included 31 subjects who have visual impairments and become to graded the B1, B2 and B3 in national goalball and swimming team, and group 2, included 27 sedantary subjects who have visually impairments and become to graded the B1, B2 and B3. The subject's balance and walking distance were assessed with Berg balance scale and 6 minute walking test. The data were evaluated using SPSS package program and level of significance was taken as $p<0.05$.

**RESULTS:** Balance score and walking distance were higher in group 1 than group 2. Groups were divided subgroups according to sight degree ( B1, B2, B3). Compared subgroups in group 1, walking distance is better in B1 than B2, B3. There is no difference on balance score in three groups. Compared subgroups in group 2, there is no difference walking distance and balance score.

**CONCLUSIONS:** The idea was developed that sport have possitive effects on balance and walking distance. Because of possitive effects of sport, visually impaired people can be directed to sport so they can be more independent on daily life activity.

**Keywords:** Visually impairments, balance, walking distance, sport.

**S116**

# A REVIEW OF REASONS OF TENNIS PLAYERS PARTICIPATING IN 12-AGE TOURNAMENT FOR CHOOSING THIS SPORT AND THEIR SOCIO-ECONOMIC LEVELS

**[1]TEL, M., [1] KARADAĞ, M., [2]ERDOĞAN, R., [2]YAVUZ, C.**

1. University of Firat Faculty of Sports Sciences Elazig, Turkey
mikailtel@gmail.com

2. Provincial Directorate of Youth Services and Sports Elazig, Turkey

## ABSTRACT

**OBJECTIVE:** This study is conducted to determine the reasons of tennis players participating in weekend 12-age tournament of tennis federation for choosing this sport and their socio-economic levels.

**METHODS:** The study is a qualitative research and a questionnaire was used. The questionnaire used in the study is a questionnaire that was previously used by Tel (2001), and some modifications were made to the questionnaire to adapt it to the tennis sport. The study sample consisted of 40 tennis players (29 boys and 11 girls) who took part in 12-age weekend tournament. The research data was analyzed using the statistics software SPSS 22.0 and percentage, frequency, mean and standard deviation techniques were used as descriptive statistics.

**RESULTS:** The study findings showed that; 97,5% of players are a member of any sports club and 29,6% of players train at the facilities of Provincial Directorate for Youth Services and Sports. When the ranks of players are examined, it is observed that provincial championship is determined at 48,2%, regional championship at 23,2%, national championship at 5,4%, average year of playing tennis is 2,92 years and we can suggest that these two results support each other. It was found that 65% of participant players do not play any sport other than tennis. Expectation of sports players from the tennis sport was found that they play this sport to become national players with 90,2%. Their purpose for selecting the tennis sport was found as making new friends with 30,5%, liking tennis sport with 29,7%, and protecting and maintaining physical health with 25%.

**CONCLUSIONS:** In conclusion, it was found that parents, physical education teacher, friends and sports facility influence choosing the tennis sport, while environmental factors, distance to sports facility and press do not have much influence on tennis sport.

**Keywords:** Tennis sport, socio-economic status, choosing tennis sport

**S117**

# RESEARCH FOR READING HABITS OF THE STUDENTS IN FACULTY OF SPORTS SCIENCES

**[1]TEL M., [2] TİRYAKİ, H., [3]BOZ, E.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

mikailtel@gmail.com

**ABSTRACT**

**OBJECTIVE:** Reading, as well as being individual, directly effects the society with its results. For this reason, function and significance of reading for individual and social terms is an accepted truth. It is revealed by several researches that this habit does not exist even in the universities where the reading habit is important. It is expressed in the researches that the youth of higher education do not read in adequate level, and that this matter is a problem.

**METHODS:** The aim of this research is to determine the reading habits of the studnets who are in the faculties of sports science. The students studying in the faculty of sports science of Fırat University are selected as population. Method of descriptive survey is used in the research and a questionnaire is conducted to 200 numbers of randomly selected students who are studying in the departments of physical education teacher, coaching, and management. The findings acquired as a result of the questionnaire are evaluated as percentage frequency by using the program SPSS 22.0.

**RESULTS:** It is stated that 50.5 % of the students in the faculty of sports science can read a book once in a month, and they read book less than half an hour in a day with the ratio of 45.5. It is determined that the number of the books in their houses are limited and they read only some part of them. It is also stated that they get in the habit of reading book in the primary school with the ratio of 43.5%, and the number of the words that are read in a minute is in a very low incidence. They indicated that they like reading, the reading activity is necessary but they cannot read adequately. It is also revealed that they like reading at the morning hours.

**CONCLUSIONS:** It is clear from the questionnaire that sports take the first place with the highest percentages among the books/publications which they read "every time", and that they respectively follow the publications with the content of education, literature, poetry and magazine. The books that are "Sometimes" read by the students are arranged as personal development, novel, classics, politikal columns and books with the cultural and art content.

**Keywords:** Reading Habit, Reading Activity, Physical Training and Sports.

**S118**

# EFFECTS OF BIOTIN AND CHROMIUM HYSTIDINE GLUCOSE METABOLISM ON PPAR- Γ, IRS-1 VE NF-KB EXPRESSION ON THE RATS WHICH ARE IMPLEMENTED EXERCİSE

**[1] TURĞUT M. , [2] ÇINAR V. , [3] ORHAN C. , [3] ŞAHİN N. , [2] PALA R. , [4] TUZCU M. , [3] ŞAHİN K.**

1. University of Bartin Faculty of Sports Sciences Bartin, Turkey
minetrgt@gmail.com

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

3. University of Firat Faculty of Veterinary Elazig, Turkey

4. University of Firat Faculty of Science Elazig, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of the study is that the effects of biotin and chromium hystidine glucose metabolism on PPAR- γ, IRS-1 ve NF-kB expression on the rats which are implemented exercise throughout 8 weeks.

**METHODS:** Initially, the rats run a speed of 10m/min, and they reach a speed of 30m/min (speed can be changed) with controlled increase at the end of two weekly adaptation period. (Treadmill, MAY-TME 0804, Commat Limited, Ankara) After implementing chromium hystidine and biotin with diet to rats, they are subjected to treadmill in 5 days throughout 6 weeks, and exhaustion exercise is implemented for acute exercise in the last day. The slope of treadmill can be arranged between 0° and 15°. Treadmill test is done between 1pm and 4pm. ( For ruling out basic glucocorticoid activity )

**RESULTS:** As a conclusion, chronic exercise + chromium hystidine + biotin supplement decreases to triglyceride level significantly. Also, chronic exercise + chromium hystidine + biotin supplement decreases to glucose level significantly. The exercise is not affect significant on ALT and AST level in term of statistical. In addition to this, biotin supplement is shown difference by decreasing HDL level. Also, the CrHis consumption of rats which are in the control group increased PPAR-γ, IRS-1, decreased NfkB. In the exercise group, KE+CrHis+Biotin supplement increased PPAR-γ, IRS-1 level and decreased NFkB level. Biotin and chromium hystidine supplement with exercise implementation has effective on blood fats and glucose level. Data are evaluated through IBM SPSS (version 22) packaged software by using ANOVA procedure.

**CONCLUSIONS:** With the obtained current data and results of the exercise implementation, we think that biotin and chromium hystidine supplement give an important role on the human's health. Thus, the implementation of exercise + chromium hystidine and biotin supplement for athletes can be an implementation of performance improving and sanitation.

**Keywords:** Biotin, Chromium Hystidine, PPAR- γ, IRS-1, NF-Kb

**S119**

# ANALYSIS OF PHYSICAL ACTIVITY LEVELS OF UNIVERSTY STUDENTS

**SANDIKÇI M.B., ARSLAN C.,KIZAR O., ÇAKAROĞLU D., ATLİ M.**

1. University of Bitlis Eren High school of Physical Education and Sports Bitlis, Turkey
bahadirsandikci@gmail.com

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

3. University of Bingöl High school of Physical Education and Sports Bingöl, Turkey

4. University of Siirt High school of Physical Education and Sports Siirt, Turkey

5. University of Van Yüzüncü Yıl High school of Physical Education and Sports Van, Turkey

## ABSTRACT

**OBJECTIVE:** This study covers Bitlis Eren University students to examine their physical activity levels and variables that affect these activity levels.

**METHODS:** The scope of the study includes registered students of Bitlis Eren University. Out of 7695 registered students, 873 students are interviewed face to face and data of 635 students are obtained. In this study, the IPAQ (International Physical Activity Questionnaire) short questionnaire was used. Statistical evaluation was implemented using the SPSS 21.0 software package. Mann-Whitney U test and Kruskal-Wallis H test were used. In statistical comparisons, $p < 0.05$ was considered significant.

**RESULTS:** 19.4% of students were inactive in physical activity level while a significant portion of students (47.6% ) has minimum level of physical activity and students who are very active comprise 33.1%. In statistical comparisons of students, there is significant difference ($p<0.05$) between age variable and physical activity level score, gender variable (women and men) variable and physical activity level score, smoking variable and physical activity level score; there is not a significant difference between family income variable and physical activity level score, students's residence variable and physical activity level score, Body Mass Index variable and physical activity level score.

**CONCLUSIONS**: In this study physical activity levels of the majority of students are not sufficient. This study is important in terms of that it can improve life quality of students and constitute a resource in this area.

**Keywords:** Physical activity, university students, public health, sport

**S120**

# EFFECT OF ENTREPRENEUR PERSONALITY CHARACTERISTICS OF PHYSICAL EDUCATION AND SPORTS TRAINING AREA STUDENTS ON ENTREPRENEURSHIP TENDENCY

**[1]ÖZTAŞ M, [2] KASIMOĞLU M, [3] ŞİRİN EF.**

1.University of Erzincan, Faculty of Sports, Sports Management Department Erzincan/Turkey
moztas@erzincan.edu.tr

2.3.University of Selçuk, Faculty of Sports, Sports Management Department Konya/Turkey

## ABSTRACT

The purpose of the study is particularly to eveluate increasing proportion of 'entrepreneurship' in last 20 years among the university students of physical training and sports school and determination of existing state, whether enterpreneur's personel features (will to succeed, determinateness, practical intelligence, proactivity, independence, self-confidence) effect on enterpreneur's disposition and try to know this effects degree.

Sample group of the research composed by 610 students of physical education teacher, coaching training, sport management department of Karamanoğlu Mehmetbey University, Niğde University, Aksaray University,Erciyes University, Cumhuriyet University Physical Training and Sports School and Selçuk Üniversity Sport Science School.

As a consequences of regression analysis performed, from the entrepreneur personality features, except proactivity, independency factor, the other entrepreneur personality characteristics clarifies that entrepreneurs tendancy variables represents as of total %24,2.Further, a significant positive relationship has been determined between entrepreneurial personality traits and entrepreneurial tendency.Consequently, it can be said for our research sample group that the entrepreneurial personality traits among other factors influencing entrepreneurship (family, environment, faith, and culture etc) has a significant part in terms of entrepreneurial tendency.

**Keywords:** Entrepreneurship, Entrepreneur personality features, Entrepreneurship tendency, University education for sports, Higher educational institutes for sports

**S121**

# THE DETERMINATION OF THE OPINIONS OF PRESCHOOL TEACHER CANDIDATES ON FOOD WITH GMO

**[1]TUNCER. M, [2] UĞRAŞ. M**

1.University of Firat Faculty of Education Elazig, Turkey

murattuncer62@gmail.com.

2. University of Firat Faculty of Education Elazig, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study is to determine the opinions of preschool teacher candidates on food with GMO.

**METHODS**: The sample group of the study comprises of 25 preschool education teacher candidates who study in Faculty of Education of Fırat University. The study was carried out with the qualitative research method.

**RESULTS:** The data gathering tool is a half configured interview form which was developed by the researchers in order to determine the opinions on food with GMO. The opinions of the teacher candidates in the study on food with GMO were determined by analyzing the acquired data. As a result of the analysis, it was determined that the teacher candidates were able to identify the food with GMO. The teacher candidates in the study expressed that the food with GMO is harmful to health and the purpose of the production of these foods is commercial.

**CONCLUSIONS:** The study group also classified the food in daily life with GMO as corn, vegetable seeds and animal feed. Moreover, they also expressed that people should not consume the food with GMO since they are harmful to health.

**Keywords:** Food With GMO, Preschool Teacher Candidates, Socio-scientific Issues.

**S122**

# ANALYSING OF UNIVERSITY STUDENTS PYSHICAL ACTIVITY LEVELS

**[1]ATLI M. , [2]ÖZKAN Z.**

[1, 2] University of Yuzuncu Yil, Physical Education and Sport School,Van-Turkey

mustafaatli65@yyu.edu.tr

## ABSTRACT

**Objective:** The objective of this study is to determine the relation of physical activity level of students who continue their education in Yüzüncü Yıl University to academic achievement and some parameters.

**Method:** The study was applied to 810 students - 380 boys and 430 girls - who continue their educatin in different departments of Yüzüncü Yıl University. International Physical Activity Questionnaire ( IPAQ ) and personal info form have been used in this study. Using SPSS, descriptive statistics, Anova, Scheffe t test , Duncan , Turkey were used to analyze the research data.

**Findings:** While analyzing the data obtained from the research , a significance is seen between gender and physical activity level. The physical acitvity level of boys was found higher and more meaningful compared to girls. ($p<0.00$). Physical activity level of students who consider their academic achivement as good was found higher. A relation was found between body mass index and physical activity level. While a significance was seen on behalf of students of average weight, physical activity level of students who smoke was found higher compared to those who don't smoke. There wasn't a significance in terms of educational status of mother, number of siblings, age, alma mater of high school.

**Results:** While physical activity level of students who consider their academic achievement as good is higher, it was observed that physical activity level of students who have an average body mass index increased positively.

**Keywords:** Physical activity, BMI, Academic Achievement, Smoke, Exercise

**S123**

# INVESTIGATION OF THE LEISURE TIME HABITS OF THE ATHLETES IN THE UNIVERSITY KARATE TEAM DO

**KARADAĞ M.**

1. Firat University, Faculty of Sports Sciences Elazig, Turkey, mkaradag@firat.edu.tr

## ABSTRACT

In the study, it was aimed to the investigation of the leisure time habits of the athletes in the university karate team do.

**Methods:** A total of 207 athletes (37 university, 130 male ve 77 female student) participated to the Inter-University Karate Championship in Elazig and they consisted of the subject group who cosisted of 157 athletes (89 male ve 68 female student). Percent (%) and frequency (f) analyzes were performed to determine the demographic distribution of the individuals. Leisure time of athletes preferences according to the gender, age, place of birth and income status was investigated and was used chi-square test in $\alpha$=0.05 level of significance in the study.

**Results:** It had been seen that there is a significant difference relating with effects of leisure time events depending on the age variable of the athletes (,041), (p>0,05). In addition, according to the income variable level of the athletes; it had been found that there are a statistical significance (p> 0.05) differences between the participation shape (,041), the activities shape preferred (,034), the reasons for the preference of activities (000) and affects of activities (,036).

**Conclusions:** It had been seen that there is a affect on variables such as age and income type of athletes who preferred the type of leisure time, the shape of leisure time, the reason for selecting the activities. But there is no statistically significant according to gender, and place of birth variables of athletes. It may be provide an affect for the research that should be performed on different groups in terms of participation and its process.

**Keywords:** Free time, Recreation, Karate-do

**S124**

# EXAMINING THE DEVELOPMENT OF THE STUDENTS IN THE ELECTIVE SWİMMİNG LESSONS IN FINGER STRENGTH

**[1]ERZEYBEK M.S ,[2] KAYA F., [1] YÜKSEL O.,[1] HARMANCI H.**

1.University of Dumlupınar Physical Education and Sports Kutahya, Turkey

msaid.erzeybek@dpu.edu.tr

2.University of Erzincan , Faculty Education,
Deparmant of Physical Education and Sports, Erzincan, Turkey

## ABSTRACT

**OBJECTIVE:** This study, finger force in the sport of swimming, especially the development of free and examined the effect of force when pushing the water in backstroke style.

**METHODS**: Two groups pretest / posttest study is designed as the Dumlupınar University of Physical Education and Sports School A total of 63 healthy male students at (between 20 - 26 years) volunteered to participate. Students swim specialization course (n = 9), optional swimming course (n = 19) and swimming lessons (control group, n = 35) were divided into 3 groups as a group. Swimming practice one day a week course, it continued for 12 weeks, including a total of two hours. Students were initially recorded fingers of both hands gripping force. In the measurements taken before and after the study, the baseline was used to mark the fingers for grip strength pinchmeter. All measurements were repeated twice and the average value obtained from two measurements were used for analysis.

**RESULTS**: The statistical analysis pretest-posttest finger force changes in the three-factor mixed ANOVA (one two between- and within-subjects factors) was used. SPSS 20 software package was used for statistical analysis and significance level of $p < 0.05$, respectively. The mean and standard error for all values. On the results of the two-week application, the right hand is higher than the left-hand the improvement in finger strength ($p < 0.05$), the group chose to swim specialist group and swimming lessons for the overall achievements of the development of finger strength is higher than the control group ($p < 0.05$) and only it was observed that the group chose to swimming lessons fingers of both hands of the forces coming from pretest to posttest significant ($p > 0.05$).

**CONCLUSIONS**: Regularly will develop finger strength to make sport of swimming, especially the push and pull movement is likely to be effective in the development of finger strength during the swim.

**Keywords:** Finger Force, Swimming, Physical Activity.

**S125**

# EXAMINATION OF ATHLETES' ANXIETY, MOTIVATION, IMAGINATION VALUE IN COMPETITIONS WITH DIFFERENT SEVERITY LEVEL

**[1]SALLAYICI. M, [2]KOLAYIŞ İ.E, [3]KESILMIŞ. İ,[4]KESILMIŞ. M.M.**

1.School of Physical Education and Sports, Mersin, Turkey

mstfsllyc@gmail.com

2. School of Physical Education and Sports, Sakarya, Turkey

## ABSTRACT

**OBJECTIVE:** The objective of this study was to examine athletes' anxiety, motivation, imagination value in competitions with different severity level. The research was conducted on swimming athlete in elite level 18 female and 19 male totally 37.

**METHODS:** To measure the level of imagination, imagine inventory in sports and to measure trait anxiety levels STAI were used. For statistical analyses of parametric data, to see the difference between the groups independent groups t-test and for the non-parametric data Mann Whitney-U analyses were used. The level of significance accepted as $p<0.05$.

**RESULTS:** National team athletes and athletes that participate in 13th European Short Course Swimming Championships and Turkey National Team Selection, before the day of the event selection and on the morning of the competition the difference between the cognitive anxiety levels, somatic anxiety levels and confidence levels was not statistically significant ($p>0.05$). Athletes that participate in 13th European Short Course Swimming Championships and Turkish national team athletes before the day of the event selection and on the morning of the competition while cognitive anxiety and self-confidence levels were statistically different ($p<0.05$), the difference between somatic anxiety levels was not statistically significant ($p>0.05$). The athletes that selected and non-selected for national team before the day of the event selection and on the morning of the competition the difference between the cognitive anxiety levels, somatic anxiety levels, confidence levels, motivation and imagination levels was not statistically different ($p>0.05$).

**CONCLUSIONS**: Cognitive anxiety levels, somatic anxiety levels and confidence levels before the day of the event selection and on the morning of the competition was not differentiated and this may be due to physiological well prepared or the experience they have gained from their participation in competitions.

**Keywords:** Anxiety, Motivation, Imagination.

**S126**

# DETERMINING THE CORRELATION BETWEEN DYNAMIC BALANCE ABILITY TO PLANTAR AND DORSI FLEXION RANGE OF MOTION IN SWIMMERS

**[1]AKIN. M, [1]SALLAYICI. M, [1]KESILMIŞ. İ,[1]KESILMIŞ. M.M.**

1.School of Physical Education and Sports, Mersin, Turkey

mstfsllyc@gmail.com

## ABSTRACT

**OBJECTIVE:** The obvious difference from other sport as exercise in swimming is energy expenditure for providing the horizontal movement to stay above the water using arms and legs at the same time or different times. It is a sport branch that arms and legs used in coordination and to go forward it is required to use of plantar and dorsiflexion range of motion in order to fold a certain distance in the water. Therefore, it is believed that there can be an effect of balance performance in the water and plantar-dorsi flexion range of motion on performance of swimmers. Accordingly, the aim of this research was to determine the correlation between dynamic balance ability (bipedal, right and left foot) to plantar and dorsi flexion range of motion in swimmers.

**METHODS:** 18 male and 7 female totally 25 swimmers participated as volunteer with mean age 15.36±1.65 yr. and mean training year 5.98±2.35 yr. Dynamic balance ability measured with prokin tecno body for bipedal, right, left food. Plantar and dorsi flexion range of motion measured while participants in seated position on the examination table and goniometer placed on the lateral malleolus. Pearson correlation analysis was performed for intra-group comparisons.

**RESULTS:** There was significant correlation between bipedal dynamic balance and right foot dorsi flexion in male swimmers ($R=0.484$, $p<0.05$). There was significant correlation between bipedal and left foot dynamic balance and left foot plantar flexion in female swimmers ($R=-0.788$, $R=-0.804$, $p<0.05$). There was significant correlation between right foot dynamic balance and left foot plantar flexion in female swimmers ($R=-0.816$, $p<0.05$).

**CONCLUSIONS:** The correlation between the dynamic balance ability and plantar-dorsi flexion was significant. Thus, training programs that planned on ankle flexbility and strength is expected to improve the performance of the swimmer.

**Keywords:** Swimming, dynamic balance, plantar flexion, dorsi flexion.

**S127**

# UNILATERAL AND BILATERAL FOOT DOMINANCE RELATED DİFFERENCE IN SPRINT PERFORMANCE IN YOUNG MALES AND FEMALES

**[1] ZİYAGİL M.A., [2]SELÇUK M., [3]ŞENER O.**

1.Mersin Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Yenişehir/Mersin,

2.Yüzüncü Yıl Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Van.

3.Selçuk Üniversitesi, Spor Bilimleri Fakültesi, Konya,

## ABSTRACT

Handedness and footedness as an indicator of brain hemispheric dominance cause performance differences in movement and motor skills. This study aims to investigate the effects of unilateral and bilateral foot dominance on sprint performance in male and female adolescents. Data were collected from 156 male and 37 females participating in the entrance examination for schools of physical education and sports in Yüzüncü Yıl University in the year of 2015.

On the acrylic ground, participants started each sprint from a standing position with one foot on the start line when he or she felt himself or herself ready without external signal or verbal command. Two runs were completed at maximum speed over 20 m distance. The starting and finishing points were determined by two photocells placed 1 m above the ground level. The watch was started at first step and stopped when the subject passed the second photocell. The mean running speed was calculated by dividing running distance by running time (m/sec). The participants were asked whether they could kick the ball "with right foot", "with left foot" and "two foot". The participants with right and left foot dominance were accepted as "unilateral footers" while participants kicking the ball with two foot were recognized as "bilateral footers". The assumption of normality was verified by using Kolmogorov-Smirnov tests ($p<0.01$). For testing differences between two groups Mann Whitney U tests were used.

The results of this study showed that no significant difference was observed between unilateral and bilateral footers in the view of physical characteristics in male and females. There was only significant difference in the second attempt of 30 meters sprints between physically similar two groups in males. The mean speed value of unilateral footed males was 6.93 m. sec. Same mean value was 7.13 m.sec for bilateral or both footed males. Bilateral footed males were 12.61 % faster than unilateral footers they used right or left foot dominantly. Although there was mathematically difference between unilateral and bilateral females; this difference was not statistically significant.

In conclusion, unilateral and bilateral foot dominance can be useful criteria in the selection of talented athletes and monitoring sprint training.

**Keywords:** Sprint, unilateral, bilateral, footedness.

**S128**

# EXAMINATION ON THE EFFECTS OF THE PREPARATION PERIOD TRAININGS ON THE PHYSICAL FITNESS CHARACTERISTICS OF FEMALE TENNIS PLAYERS

**[1]Mucahit Sarikaya, [2] Vedat Cinar , [1] Muzaffer Selcuk, [2] Taner Akbulut**

1. University of Van Yuzunciyil School of Phsical Education and Sport Van, Turkey
2. University of Firat Faculty of Sports Sciences Elazig, Turkey
mucahit.sarikaya@hotmail.com

## ABSTRACT

**OBJECTIVE**: In this study, it has been aimed to examine the effect of 8-week training program in the preparation period on the physical parameters of female tennis players.

**METHODS**: The research group consists of 14 female tennis player who play at the tennis clubs in Van province. Pre and post the 8-week training period, the hand grip strength, sit & reach, vertical jump, standing long jump, cooper, sit-up, push-up and speed over 30 meter measurements were done. The statistical analyses were conducted via SPSS 22.0 and Paired-Samples T test was used to determine the differences between the pre and post test results.

**RESULTS**: Considering the findings, it was identified statistically significant differences between the athletes' pretest dominant hand grip strength values (30,42±3,74 kg) and their posttest values (33,21±3,57 kg) ($p<0.05$). It was determined statistically significant differences between the athletes' pretest standing long jump values (1,75±3,94 cm) and their posttest values (1,82±3,93 cm) ($p<0.05$). Any statistically significant difference was not found between the athletes' pretest speed average over 30 meters (5,04±0,32 sec) and their posttest values (4,96±0,29 sec) ($p>0.05$). Statistically significant differences were found between the athletes' pretest non-dominant hand grip strength values (27,85±3,68 kg) and posttest values (29,27±3,46 kg) ($p<0.05$).

**CONCLUSIONS**: Consequently, it can be said that trainings executed during preparation period improve the physical conditions of female tennis players and it is thought implementation of these training in the preparation period may increase the performance of athletes.

**Keywords :** female, tennis, physical fitness

**S129**

# SPECIAL EDUCATING YOUTH AND SPORTS LEADERS

**[1]AKDENK M., [2]KURT İ., [3]YAVUZ C., [4]YILMAZ F., [5]AKBULUT M.**

1. Ondokuz Mayıs University Former Lecturer: Samsun, Turkey, Transnational Cultural Leadership and Health Tourism Master Thesis Writing Student European and Mediterranean University, Portorose-Slovenia, Youth Leadership Training Research Centre, Australia Leadership Academy Melbourne-Australia.
2- Master of Science in Physical Education Teacher: Samsun-Turkey.
3- Fırat University, Physical Education and Sports Doctoral Student, Elazığ,Turkey
4- National Sports Academy; Disabled Doctoral Student:Sofia, Burgarian.
5-Mehmet Akbulut: Physical Education Teacher, Samsu,Turkey.
akdenkmursel@hotmail.com

## ABSTRACT

**Aims**: Special Educating of Youth and Sports Leader; National and Global Programs and Vocational Qualifications are to explain the steps.

**Method:** Special Educating of Youth and Sports Leaders; National and Global Programs of Professional Competence and systematically examine the steps and elements are expressed as models.

**Findings**: İn General The finding ; Special Educating Youth and Sports Leaders ; Global Propgram and are given to members of the Professional Qualifications System.

**In Special The finding**; Special Educating Youth and Sports Leaders; National Propgrams and systematically examined the model in Turkey and the establishment of the Professional Qualifications Step is stated .

**Conclusin:** In General **Conclusion**; Globally; Special Educating of the Youth and Sports leaders; Propgrams and Vocational Qualifications criterias and are emerging as the main model.

**In Special Conclusion**; Nationally in Turkey; Special Educating of the Youth and Sports leaders; Propgrams and Vocational Qualifications Steps are given of Professional Competence Model.

**Keywords:** Special Youth and Sports Leadership; National Progra and Vocational Qualification Levels; Global Vocational Qualifications; Training of Youth and Sports Leaders.

**S130**

# EXAMINATION AND ASSESSMENT OF 'TURKISH WRESTLING' PART OF THE WORK OF POUL PONS TITLED AS "LA LUTTE"

**[1]ARIKAN, N., [2] GÜVEN, Ö.**

1.University of Gazi Faculty of Sports Sciences Ankara, Turkey

arikanesli@hotmail.com

2. University of Gazi Faculty of Sports Sciences Ankara, Turkey

## ABSTRACT

Paul Pons's work "La Lutte" (Wrestling) (1912), is regarded as one of the main sources in the field of Turkish sports history. This work's not having been able to be translated into Turkish is considered to be one of the most important deficiencies in this field. Therefore, in order for researchers studying in the field of Turkish sports history to be able to make use of this work, the mentioned work has been translated and the chapter "Turkish Wrestling" has been reviewed. The method of literature review has been adopted for the translation and review of the work mentioned in the research. In his work, Pons has put forward his evaluations both by making use of the works of researchers who have a say in the field of wrestling, and by referring to his own opinions and the others' in the field, examining them via comparison.

In France, Paul Pons' work called "La Lutte" (Wrestling) is regarded as a main source about professional Turkish wrestlers. Pons' work consists of four chapters. In the first chapter; the history of wrestling in France is told. In the second chapter; Swiss wrestling is introduced. In the third chapter; information about Japanese wrestling is given. In the fourth, Turkish wrestling is discussed and this chapter of the work has been reviewed.

After giving information about the history and the techniques of Turkish wrestling, the characteristics and qualities of professional Turkish wrestlers in the last years of Ottoman Empire, as well as their reflections in France have been explained in a realistic way by Paul Pons who was one of the professional wrestlers at that time having wrestled with Turkish wrestlers. With this feature, the work comes out as a main work and contributes to the history of Turkish sports to a great extent with this aspect.

**Keywords:** France, Wrestling, Turkish Wrestling, Turkish Sports History, Paul Pon

**S131**

# EXAMINATION OF MOTIVATION OF STUDENTS WHO PARTICIPATE TO ARCHERY IN EXTRA CURRICULAR ACTIVITIES

**[1] GÜNDÜZ, N., [2]KESKİN,T.M., [3]ERDUĞAN, F.**

1.Ankara Üniversity Faculty of Sports Sciences, Ankara, Turkey

ngunduz@ankara.edu.tr

2.Ministry of National Education, Hazım Kulak Anatolian High School

3.Gümüşhane Üniversity, High School Physical Education and Sport, Gumushane, Turkey

## ABSTRACT

**OBJECTIVE**: The purpose of this research is examining motivation of students who participate to archery in extra curricular activities. The research is a mixed design study where implementation, qualitative and quantitative views are used altogether.

**METHODS:** The population of the research is composed of all students in the 11th grade of Hazım Kulak Anatolian High School while sampling is covering 30 students among 11th grade students attending archery in extra curricular activities. Those students are the ones who have not attended archery activities before and do not know how to play archery. In the qualitative part, 18 volunteer students, 9 girls and 9 boys, attended the research.

Archery in covers a period of 14 weeks, 2 hours in a day within a week. In the implementations regarding archery, assistant of a national trainer, was received along with the teacher. As quantitative data collection tool Inventory for the scale of Motivation for Participation to the Exercise has been used at the end of study. Skill assessment test, which is given before and after the study and prepared by the teacher and the trainer, was given to the students to evaluate archery skills. Half-structured interview questions (8 questions) were established, gathering the studies conducted in this topic and taking the opinion of experts, Voice recorder is used during interviews.

**RESULTS:** According to the results of quantitative data of the research, the sub-dimension mostly favored by students based on the scale of Motivation for Participation to the Exercise is "social and entertainment and skill development sub-dimension" while the least favored sub-dimension is "body and external look". A considerable difference was observed between girls and boys in motivation for attending the exercises in terms of gender ($p<0,05$). The difference is in favor of girls.

**CONCLUSIONS:** According to the qualitative data results of students stated that they enjoyed archery, their attention and concentration as well as interest increases, and most importantly their opinion regarding physical education course changed positively.

**Keywords:** Activities other than school lectures, archery, motivation for attending exercise

**S132**

# INVESTIGATION OF EFFECTIVE FACTORS AT BEGINNING OF SPORTS AND CAREER PLANNING ON FEMALE SOCCER PLAYERS IN THE PROVINCE OF ELAZIG

**[1]YILDIRIM E., [2]COSKUNER Z., [3] HALISDEMİR N., [4] CAN N., [5]TUTAS S.**

1. University of Firat, Faculty of Sport Sciences, Department of Sport Management, Turkey

2. University of Firat, Department of Regreation, Elazig, Turkey, e-mail:

3.University of Firat, Deparment of Statistics, Elazig, Turkey,

4.University of Firat, Health Sciences Institute, Elazig, Turkey,
nurancan@hotmail.co.uk

5.University of Firat, Health Sciences Institute, Elazig, Turkey,

## ABSTRACT

**OBJECTIVE**: The interests of individual abilities, personality, based on the process of making it to the appropriate career path and decided to explore the skills and values are defined as career planning. In today's football, as in every area of the *"career"* and *"career planning"* are concepts of great importance but theoretically have emphasized sufficiently. This study aimed to start in the sport of women's football Elazig province and examine the factors that influence their career planning. The research population in the province of Elazig actively creating female soccer players who play football, constitute the sample of the 50 female soccer players.

**METHODS**: Bingol (2011) was applied to the survey developed by highly engaged and athletes at the Olympics. Crombach's alpha coefficient of the questionnaire. It was found to be 921. The data obtained from the survey frequency, percentage, arithmetic mean, one-way analysis of variance for multiple groups (ANOVA) of the results are shown in tables.

**RESULTS AND CONCLUSIONS**: As a result, 52% of athletes surveyed in the 21-25 age range that the social status of high school students at the beginning of sports, social inequality stated that the sport is more effective in the family.

**Keywords:** Career, Sports, Female Soccer Player

**S133**

# THE SURVEY OF RELATION BETWEEN EPISTEMOLOGICAL BELIEFS AND LEADERSHIP QUALITIES OF PHYSICAL EDUCATION TEACHER CANDIDATES

**[1]GÜNGÖR N.B, [2] YENEL, F**

1.University of Gazi Faculty of Sports Sciences Ankara, Turkey

2.University of Gazi Faculty of Sports Sciences Ankara, Turkey

berkgungor90@hotmail.com

**ABSTRACT**

**OBJECTIVE:** The aim of this study was to determine the epistemological beliefs and leadership qualities of the physical education teacher candidates' and in order to examine the relationship between them.

**METHODS:** Research; Gazi, Ankara and Hacettepe Universities' who were studying in the School of Physical Education and Sports Teacher section was conducted on 254 teacher candidates. While the findings gained in the study were being evaluated, the program SPSS (Statictical Package of Social Sciences) 20.0 was used for statistical analysis. "Epistemological Belief Scale" and "Leadership Orientation Scale" were used as the data collection tool. Epistemological Belief Scale composes of 35 items and Leadership Orientation Scale composes of 32 items. In the analysis of the data, t-test, one-way analysis of variance (One-Way ANOVA) was used and Pearson correlation coefficient was calculated.

**RESULT AND CONCLUSIONS:** The results of analysis demonstrated that there is a positive relationship between epistemological beliefs and leadership qualities. But, physical education teacher candidates' epistemological beliefs and leadership qualities with no significant difference between all of the variables studied in this research.

**Keywords :** Epistemology, epistemological belief, leadership qualities

# AN EXAMINATION ON TURKISH ARCHERY AND AERODYNAMIC STRUCTURE OF TRADITIONAL BOWS

**TUZCUOĞULLARI Ö.T.**

Gaziantep Üniversity Beden Eğitimi ve Spor Yüksekokulu, Gaziantep, Turkey
tarkanfolk@hotmail.com

## ABSTRACT

Traditional bows which used in Turkish archery, in contrast to other cultural bows, are compound and consist of multiple parts. Generally, Turkish bows, that have abilities as extending outer part, and squeezing inner part, work based on energy transfer principle that is from bow to arrow at tension phase. It was observed when sticking section increased, flexibility ability showed arise, because of combination of parts that have different shape and aerodynamic structure. Reverse resistance between release and casing section is caused of non-flexible casing section body thickness and flexible release section. This resistance is a point of accumulated energy and highest tension. It was observed that structural difference of the material that used in this section can affect to pulling power of bow. In conclusion, it could be said that increasing the number of parts can affect flexibility ability of bow, and that the aerodynamic structure of joined parts can affect higher tension on bow.

**Keywords:** Aerodynamic, Traditional bow, Turkish archery.

**S135**

# TECHNICAL ANALYSIS OF THE MATCHES THAT TURKISH NATIONAL FOOTBALL HAS PLAYED IN THE EURO 2016 EUROPEAN CHAMPIONSHIP

**[1]GURKAN O., [1]ERTETİK G. , [1]MUNİROGLU S.**

1.Ankara University, Faculty of Sport Sciences Ankara, Turkey

ogurkan@ankara.edu.tr

## ABSTRACT

**OBJECTIVE:** This study was done to technically analyze the matches that Turkish national football team has played in EURO 2016 European football championship.

**METHODS:** The study has examined the matches that Turkish national football team played against Croatia, Spain and Czech Republic. Turkish national football team won a single time and lost 2 times in these matches, and scored 2 times and was scored against 4 times. The research data was transferred to the computer medium by recording the matches using a television and a Punto+Plus satellite receiver and at a later time, the matches were analyzed using a match analysis program, e-analysis. Distribution of parameters such as total pass, shot and cross numbers and their success rates, winning the ball, corners, fouls, off sides, yellow cards, red cards and average age of players in a team were analyzed. Gathered data were entered to SPSS program and their frequency and percentage values were calculated and interpreted.

**RESULTS:** This analysis has detected that, throughout three games, total pass count of the Turkish national football team was 1158, its positive pass count was 923, and its pass accuracy rate was 79.7%, while its opponent's total pass count was 1319, their positive pass count was 1171, and their pass accuracy rate was 84.2%. Turkish national football team's total shot count was 27, its positive shot count was 5, and its shot accuracy rate was 18.5%, while its opponents' total shot count was 48, their positive shot count was 22, and their shot accuracy rate was 45.8%. Ball winning count of the Turkish national football team was 49 while its opponents' count was 49; corner count of the Turkish national football team was 9 while its opponents' count was 20; offside count of the Turkish national football team was 9 while its opponents' count was 5; yellow card count of the Turkish national football team was 7 while its opponents' count was 5, and there were no red cards in any of these matches. Average player age of the Turkish national football team was 27.4 while its opponents' age average was 28.3.

**CONCLUSIONS:** As a result, it can be said that technical parameters such as passes, shots, crosses and winning balls, which are all primary indicators for performance in football, are important, and teams that keep the ball, do positive passes and take positive shots more often will create pressure on their opponents and gain advantage in scores.

**Keywords:** Football, 2016 European Championships, Technical Analysis

**S136**

# COMPARISON OF STRENGTH TRAINING DURING THE INSPIRATION AND EXPIRATION FORCE EFFECT.

**[1]AKIN O.** **[2]AKKOYUNLU Y.**

1. Ministry of Youth and Sports Provincial Directorate of Artvin
oguzhanakin90@gmail.com

2. Department of Physical Education School of Physical Education and Sport Dumlupinar University, Kutahya, Turkey

## ABSTRACT

**OBJECTIVE:** In this study "Applied Force on Force Training During İnspration and Comparison of the Effects of Ekspration Force" is intended.
The study was attended by 33 players from the 14-19 age group Aydıngenç Sports Club. 33-person group of athletes from the random method with 11 players (age: 14.54 ± 1.80, length: 166.72 ± 12.78, weight: 53.44 ± 11.74) insprasyo group (n = 11) in 11 soccer players (age: 14.09 ± 1.70, length: 165.45 ± 9.94, weight: 58.57 ± 19.03) ekspration group (n = 11), the 11 players (age: 14.63 ± 1.62, length: 166.27 ± 11.72, weight: 54.26 ± 12.36) and control group (n = 11) were generated.

**METHODS**: Prepared an eight-week strength training applied to insprasion control group and the group continued to eksprasyo football training routine. Before and after the eight-week exercise maximum strength, flexibility, body fat percentage and girth measurements were made. To determine the resulting changes in the study, α = 0.05 comparison between the level of significance in three groups SPSS Kruskal-23 package Wallis dependent and test methods were calculated by taking the average value of variable and dependent Mann significant effect of variable-Whitney paired Wilcoxon and testing Two Sample Test was .
At the end inspration and ekspration group of maximal bench press, squats, back leg strength showed statistically significant improvement compared to the previous study (p> 0.05). Eksprasyo group, provided a significant increase in maximal squat strength values than the control group and insprasyo group (p> 0.05).

**RESULTS**: The study was attended by 33 players from the 14-19 age group Aydıngenç Sports Club. 33-person group of athletes from the random method with 11 players (age: 14.54 ± 1.80, length: 166.72 ± 12.78, weight: 53.44 ± 11.74) insprasyo group (n = 11) in 11 soccer players (age: 14.09 ± 1.70, length: 165.45 ± 9.94, weight: 58.57 ± 19.03) eksprasyo group (n = 11), the 11 players (age: 14.63 ± 1.62, length: 166.27 ± 11.72, weight: 54.26 ± 12.36) and control group (n = 11) were generated.

**CONCLUSIONS**: As a result, the force of applied inspiration thigh circumference values in the training that higher value according to ekspration and control groups, arms flexed and arms higher value compared to the control group in the extension of the environmental values have been demonstrated to contribute in a meaningful way.

**Keywords:** Inspiration, Ekspiration, Maximum Strengh

**S137**

# THE ANALYSIS OF DEAD BALLS AND GOALS IN CHAMPIONS LEAGUE FINAL MATCHES

**[1] ÇOBAN O., [2]KAYNAK K., [3]MARANGOZ İ., [4]AKGÜL K.**

1.Bozok Üniversity , High School of Physical Education and Sport, Yozgat, Turkey.

oktay.coban@bozok.edu.tr

2.Erciyes Üniversity High School of Physical Education and Sport, Kayseri, Turkey.

3.Kahramanmaraş Sütçü İmam Üniversity Afşin Vocational School Kahramanmaraş, Turkey.

4. Çözün College, Yozgat, Turkey.

## ABSTRACT

This study aims to indicate the formation of the scores and the usage of dead balls, and how they result in last four years' Champions league final matches. Last four years' UEFA Champions League final matches ( 2012-2013, 2013-2014, 2014-2015, 2015-2016) were analyzed. Goal analysis criteria are determined as; goal(score) time, formation of the goal , the numbers of goal shooting techniques, goal's starting zone and the region of goal shooting, and dead ball analysis criteria are determined as; dead ball time, formation of dead ball and the spot of dead ball.

Matches are registered on Internet. The matches were watched by marking the goal analysis chart and dead ball analysis chart, taken from the department national teams' matches and performance analysis departments. Firstly, the data were transferred to the table by hand notion method and then, the acquired data of the study were analyzed using SPSS for Windows 22.0 software package and the tables were done using non-parametric tests (Mann-Whitney U Test.) The level of significance is taken as $p>0.05$. The significance level of variables was determined between the winner and defeated teams.

In conclusion, there is a numeral difference according to the variables (goal time, formation of the goal, the numbers of goal shooting techniques, goal's starting zone, dead ball analysis criteria such as dead ball time, formation of dead ball and the region of dead ball of winner and defeated teams) but no significant statistical difference was determined.

**Keywords:** Football, Champions League, Goal and Dead Ball Analysis, Achievement.

**S138**

# THE INVESTIGATION OF THE SPORTS PARTICIPATION FACTORS OF HEARING IMPAIRED

**[1]KIZAR O., [2] SAVUCU Y.**

1. University of Bingol High school of Physical Education and Sports Bingöl, Turkey
oktaykizar@mynet.com.

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE**: This study aimed to investigate the factors affecting the participation in sport of people with hearing loss

**METHODS**: The study sample constitute of hearing disabilities 7 total on a voluntary basis in 27 provinces (4 females, 23 males). In the survey were asked about preferences questions about sports skills and the coaches, schools and vocational training, communication, demographic information about the hearing impaired. This survey was used a questionnaire consisting of 44 questions developed by P. Kurková, H. Válková ve N. Scheetz (2011) " Factors impacting Participation of deaf athletes in the sport," Hearing impaired individuals who participated in this survey consists of don't sport and athletics, football, basketball, volleyball.

**RESULTS**: Data were obtained by interview management with the help of experts in the field who knows sign language litera. In the study was found that experienced great difficulties in communication with normal individuals the hearing impaired, no importance trainer preferences. In addition sports was concluded the results of affected an important way of life for the hearing impaired.

**CONCLUSIONS**: As a result, the primary factor affecting participation in sport of people with hearing impairments is inability to reach adequate sports organizations and the lack of physical conditions in the sports facilities to do sports, the coach status

**Keywords:** Hearing impaired, sports, communication, coaches

**S139**

# NARCISSISM IN SPORT

**[1]YASAR O. M. , [1] SUNAY H.**

1.University of Ankara Faculty of Sports Sciences Ankara, Turkey

onurmutluyasar@gmail.com

## ABSTRACT

**OBJECTIVE:** Overall narcissism, self-concept is defined as the reduction of the interest in the abnormal way forward extraction and other areas. Turkish 'are also referred to as the Self-Loving concept of narcissism. In this sense, the main purpose of the study to detect and investigate cases narcissism its place in sports organizations and sports phenomenon of narcissism, has also been created to examine the effects of the sports phenomenon of narcissism.

**METHODS:** The research method was used as a method review. The assembly method is applied to the evaluation process of the work has been completed to a specific area or issue. interpretation function of the situation of concern in this context is also the author of the content of this method. There is no so much studies about narcissism in sport literature and in this concept managing narcissism constitute the basis for this research.

**RESULTS:** Consequently, where a method for managing the phenomenon of narcissism, narcissism could not be considered only in a negative sense, especially in the field of sports can be controlled narcissism has been identified that could lead to positive results. Narcissism is being considered as a negative concept, but we should uncovering the positive aspects of narcissism.

**CONCLUSIONS:** Recent evaluations have been identified as most successful show in the name of narcissistic behaviors sports results and achievements in this regard and narcissism cases were evaluated. Also variations of self-esteem with narcissism patients was evaluated and found to have the meaning of two cases is very different.

**Keywords:** Foootball, Administrators, Competence

**S140**

# EXAMINING RELATIONSHIP BETWEEN TIME MANAGAMENT AND LEISURE TIME EVALUATION PREFERENCES OF FACULTY OF SPORTS SCIENCE STUDENT

**[1] PALA A., [1]GÖKSEL A.G., [2]TOGO O.T., [3]KARGÜN M.**

1.Muğla Sıtkı Koçman Üniversitesi, Spor Bilimleri Fakültesi,Muğla, Türkiye

2.Marmara Üniversitesi, Spor Bilimleri Fakültesi, İstanbul, Türkiye

tolga.togo@marmara.edu.tr

3.Tokat Gazi Osman Paşa Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, Tokat, Türkiye

## ABSTRACT

**OBJECTIVE**: The aim of this study was to investigate the relationship between time management and leisure time preferences of faculty of sports science student. Samples of the study consisted of totally 485 students – From Marmara University, Mugla Sitki Kocman University and Tokat Gazi Osman Pasa University (141 male, 344 female) who have participated as volunteer.

**METHODS**: In this research, "Leisure-Time Scale" which was developed by Binarbasi(2006) and Time Management Questionnaire "which was developed by Alay and Kocak (2002) were used to collect data. For data analysis, descriptive statistics, t-test, one-way analysis of variance (ANOVA), regression analysis and Pearson Correlation tests were used.

**RESULTS**: As a result of this research, according to gender in participation in leisure time evaluation preferences and time management of sports science students statistically there was no significant difference ($p<0.05$).Also according to department of students in leisure time evaluation preferences and time management of students there was no statistically significant difference ($p<0.05$).

**CONCLUSIONS**: Leisure-Time Scale and Time Management Questionnaire between the positive and it has seen that a relationship in force 0,444. The regression analysis results were analyzed, it has seen that time management predict at an intermediate level of leisure time evaluation preferences.

**Keywords:** Maximum 5 words including

**S141**

# DETERMINING THE RELATION BETWEEN EMPATIC TENDENCY AND CRITICAL THINKING INCLINATION OF FOOTBALL COACHES

**[1]ZAMBAK, Ö., [2]ACET M., [3]CENGIZ R., [1]MUMCU E., [1]KUSAN, O.**

1.Dumlupınar Üniversity, Health Sciences Unstitute , Kütahya, Turkey

omer_zambak@yahoo.com

2.Dumlupınar Üniversity, High School of Physical Education and Sport, Kütahya, Turkey

3. Celal Bayar Üniversity, Faculty of Sport Sciences, Manisa, Turkey

## ABSTRACT

The main target of this research is to determine the relation between Empatic Tendency and Critical Thinking Inclination of football coaches. For that purpose, California Critical Thinking Inclination (CCTDI), improved by Facione& Giancarlo (1992) adopted in turkish by Kökdemir (2003), and Scale of Empatic Tendency (SET), improved by Dökmen (Dökmen, 1988), were used in this research. The research group consisted of 174 football coaches worked in three cities of Turkey, Aydın, Uşak, Denizli, during the 2015-2016 football season.
Spss 16.0 statistical program was used for data analysis to make use of its percentage and frequencies. Kolomogrov-Smirnof test was used to determine whether the data from two dependent variables to show a normal distribution or not. To interpret the data, t-test ,corelasyon Analysis for examining relation between 2 dependent groups, non-parametrik test for lack of normal distribution of sub-dimensions, and test of one way anova for more than two goups, were used.

According to findings of the research, there are statistically significant difference between CCTDI scores (t=-9,641) and education level of coaches ($p<0.05$). It has been observed that football coaches with graduate and post graduate education has higher CCTDI result more than coaches with college education. There are statistically significant difference betweenthe result of SET scores (t=-17,451) and education level of coaches ($p<0.05$). It has been confirmed that football coaches with graduate and post graduate education has higher CCTDI result more than coaches with high-school according to the aspect of the difference.

In conclusion, it is understood that there are significantly difference in the SET scores of football trainers when educational level of them and their parents, monthly income are regarded; however, it has been concluded that there is no difference regarding their professional seniority, age ranges and SET score. By the way, it has been concluded that the educational level of football trainers, educational level of parents, monthly income is determinant on tendency of critical thinking, but professional seniority and age ranges are not determinant on the tendency of critical thinking.

**Keywords:** football coaches, Critical Thinking Inclination, Empatic Tendency

**S142**

# INVESTIGATION OF THE AGGRESSION LEVELS OF THE MEMBERS OF MALATYASPOR DEREBEYLERİ FAN ASSOCIATION

**[1]KARATAŞ Ö, [1]AÇAK M**

[1]Inonu University, High School of Physical Education and Sports, Malatya, Turkey

ozgur.karatas@inonu.edu.tr

## ABSTRACT

**OBJECTIVE:** The purpose of this study is to examine the aggression of the members of Malatyaspor Derebeyleri Fan Association.

**METHODS:** The population of the study consisted of the 945 members of Malatyaspor Derebeyleri Fan Association, and the sample consisted of randomly selected 680 members of the same association. Aggression inventory which was developed by İpek İlter (Kiper) has been used as the data tool in the study.

**RESULTS**: 39.6% of the fans participated were between 15-25 years of age, 38.8% of them were in high school, and 41.6% of them were either studying or graduated from a university. 43.1% of them had families that earn a monthly income of 2001 TRY and up. From the results of the study, it's been revealed that there was a statistically significant difference in the recklessness and passive aggression scores of individuals according to their educational levels ($p<0.05$), there was a statistically significant difference in the destructive aggression and passive aggression scores according to the income of the families and educational level of the fathers ($p<0.05$), there was a statistically significant difference in the recklessness and passive aggression scores according to the variable of alcohol consumption at home ($p<0.05$), and that there was no statistically significant difference in the levels of aggression according to the variable of the occupational status of the parents ($p>0.05$).

**CONCLUSIONS**: We can conclude that the fans do not have any destructive aggression, but recklessness and passive aggression might increase because of the tendency to act with herd mentality.

**Key words:** Malatyaspor, aggression, fans, Malatyaspor Derebeyleri Fan Association

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**S143**

# INVESTIGATION ON THE EXPECTATIONS OF PEOPLE WHO GO TO GYMS IN MALATYA

**[1]KARATAŞ Ö. [1]AÇAK M.**

1. Inonu University, High School of Physical Education and Sports, Malatya, Turkey

ozgur.karatas@inonu.edu.tr

## ABSTRACT

**OBJECTIVE**: While it was not too common to exercise regularly in Turkey in the past years, with the increase in the number of gyms people are given opportunities to exercise regularly. Purpose of this study: is to investigate the expectations of people who go to gyms in Malatya.

**METHODS**: 560 people who trains at 14 gyms in Malatya participated in this study. In this study SQAS (Service Quality Assessment Scale ) which is developed as a data collection tool by Lam, Zhang ve Jensen (2005) and whose validity and reliability study is conducted by Gürbüz, Koçak ve Lam (2005) in Turkey is used.

**RESULTS**: At the end of this study, when the sub-dimensions of service quality assessment scale is investigated, according to the sex variable, discrepancy is found only at the sub-dimensions of the physical facility in a meaningful level (p=0.021). When investigated according to the marital status, discrepancy is found only at the sub-dimensions of changing room in a meaningful level (p=0.003). According to the age and education level variables, no discrepancy is found between the sub-dimensions of service quality assessment scale in a meaningful level.

**CONCLUSIONS**: When the expectations of people who go to gyms in Malatya is investigated: the conclusion was reached that people have high expectations from the items; staff in gym having necessary knowledge/experience, gyms having enough space, ease access to changing rooms and being secure, suitable lighting, the place of training being well-kept.

**Keywords:** Fitness, Gyms, Gyms in Malatya, Expectations

**S144**

# SOCCER SPECIFIC BALANCE TRAINING IMPROVES GROUND REACTION FORCES

**[1]GÜLER Ö., [2] BAYRAM İ. , [3] ENİSELER N., [2] ERTAN H., [2] ŞİMŞEK D., [2] CERRAH A.O.**

[1]University of Ankara, Faculty of Sports Sciences, Ankara, TURKEY

ozkanguler@msn.com

[2]Anadolu University, Faculty of Sports Sciences, Eskişehir, TURKEY

[3]University of Celal Bayar, School of Physical Education and Sports, Manisa, Turkey TURKEY

## ABSTRACT

**OBJECTIVE**: The aim of this study is to investigate the effects of soccer specific balance training on ground reaction forces (GRFs) in soccer players.

**METHODS**: Twenty four soccer players, (Control Group: age 22.58 ± 1.62 years, height 178.83 ± 5.04 cm, body mass 74.10 ± 7.79 kg; Training Group: age 22.50 ± 1.24 years, height 176.17 ± 5.65 cm, body mass 73.76 ± 7.71 kg)) with no history of upper and lower extremity injury, participated in this study. Participants were divided into two groups as balance training group (n=12) and control group (n=12). While the control group followed regular soccer training, the balance training group performed a functional balance training program additively. The force data were recorded using a force platform (Kistler 9281EA, Germany) before and after the training period. Ground reaction force excursion during stance was measured according to six conditions: double leg stance with eyes open (A1), double leg stance with eyes closed (A2), right leg stance with eyes open (B1), right leg stance with eyes closed (B2), left leg stance with eyes open (C1), left leg stance with eyes closed (C2). To evaluate postural control ability, objective measurement of balance in fx, fy, fz, medio-lateral (Ay) and anterio-posterior (Ax) directions were used during the trials. Force data were sampled at 50 Hz and normalized according to body weight.

**RESULTS**: The result of this study indicated that soccer specific balance training affects some selected parameters in fx, fy, fz directions for all six conditions between pre and post-tests ($p<0.05$). Besides, there was an improvement on B2 condition for Ax parameter ($p=0.021$). However there were not significant differences in control group.

**CONCLUSIONS**: The findings of current study indicate that the specific intervention of balance training significantly improved balance capabilities in soccer players.

**Keywords:** Balance, Soccer, Force Plate

**S145**

# EFFECTS OF AEROBIC EXERCISE PROTOCOLS ON BALANCE ABILITY

**[1] GÜLER Ö., [1] ATLI A. , [1] ŞAHİN F.N., [1]ERSÖZ G.**

1.University of Ankara Faculty of Sports Sciences Ankara, Turkey

ozkanguler@msn.com

## ABSTRACT

**OBJECTIVE:** Specifically, aerobic exercises may induce fatigue, which is a natural physiological response. Fatigue decreases dynamic balance ability and subsequently may negatively affect technical performance such as passing, shooting and dribling. These technical abilities are an important component of soccer players. Therefore the aim of this study was to investigate the effects of aerobic exercise on balance ability and alart time for return to the orign value in soccer players.

**METHODS**: Twenty soccer players (11 males, 9 females, age = 21.76 ± 3.09 years; wt = 64.5 ± 9.8 kg; ht = 169.4 ± 7.18 cm) with no history of lower extremity injury participated in this study. The Biodex SD balance system was used to determined to non-dominant athletic single-leg stability. To become familiar with athletic single leg balance testing on the BBS, subjects performed six practice testing sessions within a week. Treadmil was used for aerobic exercise. Each subject performed modified astrand treadmill protocol. Subjects were verbally encouraged to continue running as long as possible throughout the test. After modified astrand treadmill test, subsequently subjects performed athletic single leg stability test and then repeated same test with a five-minute passive rest period for 4 times.

**RESULTS**: The result of this study has indicated that, aerobic exercise negatively effects single leg dynamic balance ability. Furthermore single leg balance ability turn to the baseline status after 10 minutes passive recovery duration

**CONCLUSIONS**: The main finding was that aerobic exercises had negative significant impact on one leg dynamic balance ability. The finding of this study has similarities with result of previous studies. However balance recovery time in our study was faster than previous studies, these differences may explained by the better dynamic balance on the non-dominant leg of soccer players.

**Keywords:** Fatigue, Recovery, Soccer, Support Leg

**S146**

# THE RELATION BETWEEN THE BODY MASS INDEX, RESPIRATORY PROBLEMS, DAILY LIFE ACTIVITIES AND MUSCLE SHORTNESS IN THE INDIVIDUALS WITH COPD

**[1]ÖZEL A., [1]ÖZER Ö., [1]TÜTÜN YÜMİN E.**

1.Abant İzzet Baysal University, K.D. the School of Physical Therapy and Rehabilitation, Bolu,Turkey, ptalpozel@gmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of this study is investigating the relation between Body Mass Index (BMI), respiratory problems, daily life activities and muscle shortness in individuals with Chronic Obstructive Pulmonary Disease (COPD).

**METHODS:** 30 individuals with COPD were included in the study. To measure daily life activities of the individuals, Daily Life Activities Questionnaire (Q-ADL) was used; to measure the Shortness Test was applied to measure the shortness of the pectoral, adductor and internal rotator muscles.

**RESULTS:** Average age and Body Mass Indices of individuals were 68±11 years; and 26.5±5.11kg/m2, respectively When the issues of whether the individuals had respiratory problems during the day was questioned, it was observed that 27.6% did not have any problems; 34.5% had mostly problems; 37,9% had always problems. 51.7% of the individuals used devices to help the treatments. 6 of the individuals (20.7) used Nebulizer; 4 of them (13.8) used CPAP; and 5 (17.2%) used Oxygen Concentrators. It was also observed that 25,9% of the individuals had pectoral muscle shortness; 22,2% had shoulder adductor and internal rotator muscle shortness. It was found that there is a relation between the BMI and respiratory problems (r=0,523, p=0,004); and between Q-ADL (r= 0,416, p=0,029); and between age and pectoral muscles (r=0,416, p=0,031); and between shoulder adductor, and internal rotator muscles (r=0,524, p=0.005).

**CONCLUSION:** In the individuals with COPD, the BMI values affect the respiration and daily life activity levels of the individuals. We consider that exercise programs that will be added to physiotherapy and rehabilitation programs; and exercise trainings intended for posture smoothness and increasing physical activity levels, programs that will protect the weight of these individuals will play important roles in making them acquire and sustain independence in daily life activities.

**Keywords:** COPD, Body Mass Index, Respiratory Problems, Life Quality.

**S147**

# EFFECT OF AN EIGHT-WEEK FITNESS EXERCISES ON PLASMA LIPID LEVELS IN OBESE WOMAN

**[1] TUNCALP Ö., [1] ÇINAR V., [1]ÖNER S. ,[1]AKBULUT T., [1]TAMRİŞ Y.Ş.**

1.University of Firat, Faculty of Sports Sciences Elazig, Turkey

ozlem.tuncalp10@gmail.com

## ABSTRACT

**OBJECTIVE**: In this study, the aim was to determine the effect of 8 weeks fitness exercise on blood lipids that important parameters for health in obese females.

**METHODS**: Research group consists of total overweight 20 females; between 24-36 age range with over 30 BMI (body mass index) levels. The participants were divided equally into two groups as control and application group. From the beginning of the study to the end of 8-weeks (90min/4day/week) of fitness exercise, the participants gave resting plasma blood samples in order to analysis the Cholesterol, LDL, HDL and Triglyceride levels.

**RESULTS**: According to findings, there were not significant difference between pre and post tests in control group, whereas there were significant difference on Cholesterol, LDL, HDL and Triglyceride levels in application group between pre and post tests after 8 weeks exercise program ($p<0,05$).

**CONCLUSIONS**: As a result, findings shows that, 8 weeks regular exercise application lead to significant decrease the level of Cholesterol, LDL, HDL and Triglyceride levels in obese females. In addition, current study suggestible as a useful application in terms of community health.

**Keywords:** Training, lipids, women, obese

**S148**

# EFFECT OF REPEATED CARBOHYDRATE MOUTH RINSING ON FEMALE'S SPRİNT POWER OUTPUT

**KARAYİĞİT R.,[1] YAŞLI B.Ç.,[1] KARABIYIK H.,[1] ERTETİK G.,[1] ERSÖZ G.**

1.Ankara University, Faculty of Sport Sciences, Ankara, Turkey.

racikarayigit@hotmail.com

## ABSTRACT

**Objective:** Carbohydrate mouth rinsing (CMR) appears to improve sport performance especially endurance type activities. There are many research paper regard to CMR effect on endurance exercise performance between 30-60 minutes durations but influence of CMR on sprint power output (SPO) has not been adressed by many researcher. To our knowledge, this was the first time investigate that effect of CMR on physically active female's SPO. The aim of this study was to investigate the effects of CMR on physically active female's 30-seconds sprint performance and recovery.

**Methods:** Fifteen physically active female (20.87 ± 2) completed 4 session (familirization,baseline,CMR,plasebo) within a 10-day period. Placebo-controlled, randomized, counter-balanced, crossover and single-blind research design was used. %6.4 w/v maltodextrin in 25 ml water was rinsed around mouth 10 seconds durations. During 5 minute warm-up, maltodextrin was rinsed 8 times in every 30 seconds interludes. After 5-minutes warm up, on a calibrated monark cycle ergometer, participants cycled maximally 30 seconds against resistance to %7.5 body weight followed by 5 minute active recovery and 5 minutes passive recovery, respectively. Before warm-up,immediately after test, active and passive recovery, heart rate, ratings of percieved exertion, lactate and glucose were measured. Data were analysed using one way repeated measures ANOVA followed by Tukey post hoc tests. Data were expressed as mean values ± standard deviation (SD) and standard error (SE).

**Results:** Rinsing of the maltodextrin solution didn't result in a significant improvement in peak power (w/kg), mean power(w/kg) compared with baseline($p=0.70$ and $p=0.43$ respectively) and placebo ($p=0.97$, $p=1.00$ respectively) trial.

**Conclusion:** Our study showed that CMR didn't improve physically active female's SPO significantly. Future research should examine nausea feelings of participants and replicate this protocol with elite female athletes.

**Keywords:** wingate, maltodextrin, cycling performance, mouth wash, nutrition

**S149**

# EVALUATION OF THE INJURIES SUSTAINED BY THE ATHLETES OF TURKISH SUPER LEAGUE TEAMS IN 2014-2015 SEASON

**[1]BAYER R. [2]AÇAK M. [3]KARADEMIR T.**

1. Inonu University, Health Sciences Instıtue, Malatya, Turkey

rmznbayer@gmail.com

2. Inonu University, School of Physical Education and Sports Malatya, Turkey

3. Sutcu Imam University, School of Physical Education and Sports, Kahramanmaras, Turkey

## ABSTRACT

**OBJECTIVE:** Injuries sustained by athletes playing in Turkish super league teams in 2014-2015 season have been evaluated in terms of anatomic region, prevalence and mechanism of occurrence

**METHODS**: The data was obtained from the athletes who filled out the scale of athlete injury incidents in 2014-2015 football season, and for the ones who did not fill out the scale, the data was obtained from records kept by the club physicians, physiotherapists and masseurs. The evaluation was made using the scale form developed by Fysion Blesreg for football.

**RESULTS**: All the athletes stated that they've used protective equipment to prevent injuries during trainings and matches, however, all of them stated that they have been injured at least once during trainings. 51% of the athletes have been injured 3 to 4 times mostly in the 2nd anatomic region with 42.2%. 43.2% of the injuries sustained during the games have happened in the second half. 43.6% of the injuries sustained during training have happened in technical-tactical trainings. 43.1% of the athletes have left the training session or match after they've sustained the injury, 56.9% of them have continued the training/match after the treatment. When the reasons for injuries have been scaled, it was revealed that most common reasons were wet terrain and lower temperatures. 43.5% of the injuries have been caused due to contact with an opponent, 48.6% of them have occurred due to contact with a teammate, 7.9% of them have occurred due to materials used by the athletes The most commonly seen injury type has been edema with 15.43%.

**CONCLUSIONS**: Our study reveals some important results regarding the prevalence of injury incidents, reasons for injuries, injury types and severity of the injuries which have been sustained by the football players in Turkish Super League.

**Keywords:** Football; injury; Super league; Injury incidents.

**S150**

# COMPARISON OF SOME SELECTED PHYSICAL PARAMETERS OF THE STUDENTS WHO PLAYS AT FIRAT UNIVERSITY TABLE TENNIS AND COURT TENNIS TEAMS

**[1]ERDOĞAN, R., [2] KARADAĞ, M.**

1. Provincial Directorate of Youth Services and Sports Elazig, Turkey
ramaznerdogan@hotmail.com
2. University of Firat Faculty of Sports Sciences

## ABSTRACT

**OBJECTIVE**: The purpose of this study is to reveal certain selected physical and motor qualities of table tennis and court tennis players, determine the differences between such variables and create a literature about dominant qualities.

**METHODS**: Population of the study consisted ot students who play court tennis and table tennis at Fırat University and study sample consisted of a total of 40 male students who play court tennis (20 individuals) and table tennis (20 individuals). SPSS 22.0 software package was used in the data analysis, percentage, frequency, average and standard deviation techniques were used as descriptive statistics, and Independent-Samples T was applied to identify the differences between the groups.

**RESULTS**: The findings showed that leg strength of tennis players was 117,93±10,14 kg, and leg strength of table tennis players was 111,52±9,80 kg ($p<0.05$). Balance measurements of tennis players and table tennis players were found to be 4,50±1,35 and 6,30±1,59, respectively ($p<0.05$). Dominant hand grip strength of tennis players was found 44,37±5,11, while the dominant hand grip strength of table tennis players was found 40,57±3,29 kg ($p<0.05$). Body fat percentage of court tennis players was 9,56±1,88, while table tennis players had a body fat percentage of 10,42±1,90 ($p>0.05$). 30-meter speed average of tennis players was found 4,51±0,20 sec., while table tennis players had a 30-meter speed average of 4,50±0,14 sec.

**CONCLUSIONS**: In conclusion, disciplines of compared athlete students affect physical and motoric characteristics at a different level based on the size of playing field, games in said disciplines, duration of games as well as the materials used in these games.

**Keywords:** Racket sports, tennis, table tennis, hand grip strength, balance

**S151**

# IMPACT OF SPORTS AGE ANDSPEND TIME WITHCOACH ON COACH'S COMMUNICATIONLEVELS

**[1]ACET M., [2]KONAK R., [3] IŞIK U., [4]GÜMÜŞGÜL O.,**

1.Dumlupinar Universty School of Physical Education and Sports, Kütahya, Turkey

2.Dumlupinar Universty, Health Sciences İnstitute of Physical Education And Sports Department, rkonak@hotmail.com

3.Dumlupinar Universty School of Physical Education and Sports, Kütahya, Turkey

4.Dumlupinar Universty School of Physical Education and Sports, Kütahya, Turkey

## ABSTRACT

**Objective:** The purpose of this study is to research the impact of sports year and spent time with coach on Coache's Communication Levels among the professional badminton players.

**Methods:** In total, 66 athletes (33 female and 33 male) who were players of the different university teams during the 2015 Intercollegiate Sport Season, had participated to this research. With in the scope of this study, The Coach Communucation Scale (Abakayand Kuru,2009) has been applied to the participants. The Scale is applied to the participants in groups at the places they had been camping for the seasons or before group exercises. The data gathered from the participants was entered into the SPSS program (version 22.0) package and multiple linear regression is applied to it ($p<0..05$).

**Results:** According to statistical analysis, sports time and spending time with coach were evaluated together, there is a significant correlation between the scores of communication coach ($R=0.712$, $R2=478$, $p<0,05$).Name the two variables together explain to us the total variance of communication of the coach is approximately 48%. According to the standardized regression coefficient (β), the order of importance of predictive variables on the contact point of the coaches, sports time, in the way that time together. The significance of regression coefficients t-test results are analyzed, it is observed that only the duration of the sport the coach is a significant predictive of the variable on the communication. Spending time with the coach does not have a significant effect.

**Conclusions:** Consequently, the number of years they spend with their coaches good athletes does not mean that communication is established with the coaches; good communication with the coaches of the athletes, it is not about to spend time with them, it has been associated with sports years This study has a same result of which have done by Abakay and Kuru in 2009. Thus, athletes' establish good communication with their coaches not related their coaches approaches, it is probably related with their sport age and professionalism levels of the sport.

**Keywords:** Sport Age, Badminton, Coach's Communication Levels

**S152**

# THE RELATIONSHIP BETWEEN MOTIVATION OF SUCCESSAND COACH'S COMMUNICATION LEVELS AMONG BADMINTON PLAYERS

**[1]IŞIK U., [1]ACET M., [2]KONAK R., [1]GÜMÜŞGÜL O.**

1. Dumlupinar Universty School of Physical Education and Sports, Kütahya, Turkey
2. Dumlupinar Universty, Health Sciences İnstitute of Physical Education And Sports Department, rkonak@hotmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of this study is to research relationship between motivation of success and Coach's Communication Levels Among Badminton Players.

**METHODS:** In total, 66 athletes (33 femaleand 33 male) who were players of the different university teams during the 2015 Intercollegiate Sport Season, had participated to this research. With in the scope of this study, The Coach Communication Scale (Abakay and Kuru,2009)and Sports Related Success Motivation Scale (Willis, 1982) has been applied to the participants. These Scales are applied to the participants in groups at the places they had been camping for the seasons or before group exercises. The data gathered from the participants was entered into the SPSS program (version 22.0) package and Independent t-test, ANOVA, Pearson Correlation Analysis is applied to it ($p<0..05$).

**RESULTS:** As a results of analysis; in terms of participant's gender; there was no significant differences both motivation successsub-scales and coaches's communucation levels ($p>0,05$). Inaddition; in terms of participant's age; there was no significant differences both motivation success sub-scales and coaches's communication levels ($p>0,05$). Also like others results; in terms of participant's income; there was no significant differences both motivation success sub-scales and coaches's communication levels ($p>0,05$). Between participant's motivation success in spor related and coaches's communication levels also, were no significant differences. ($p>0,05$) Only we found that significant differences between power motive and motive to approach success, motive to avoid failure. (Respectively, r:,458; r:,758;$p<0,05$).

**CONCLUSIONS:** In conclusion, we weren't encounter significant relationship between motivation of success and Coach's Communication Levels Among Badminton Players. Coaches' good communication levels does not affect to athletes motivation of success. In other words athletes' power motive, motive to approach success and motive to avoid failure is not concerned with coaches' communication levels.

**S153**

# THE UNIVERSITY STUDENTS INVESTIGATION OF THE LEVEL OF ANGER AND IMPULSIVE BEHAVIORS

**[1]CENGİZ R, [2] KOÇAK F, [2] SUNAY H.**

1.University of Manisa Faculty of Sports Sciences, Manisa, Turkey

rcengiz1965@gmail.com

2. University of Ankara Faculty of Sports Sciences Ankara, Turkey

## ABSTRACT

**OBJECTIVE**: The aim of this research, University students level of anger and determination of the factors that affect the relationship between impulsivity.The study's sample of 111 women, a total of 372 men 483 students. The respondents of the research method as an incidental sampling method used in the sample.

**METHODS**: Research data collection tool to understand personal information form Spielberger and et al. developed by constant fury Scale-the scale of Anger Expression Style with Whiteside and Lynam was used and developed by UPPS impulsive behavior Scale. Research shows a normal distribution of data with the Shapiro Wilk test have been analyzed. Normal distribution of data points were accepted Pearson Correlation Coefficient, independent research group t-test and one-way ANOVA margin of error in the research $\alpha$=.05. Research of anger and impulsivity, according to the gender and size of any income group does not show differences however, impulsivity and anger of the age and education seen by class change have been identified.

**RESULTS**: Participants UPPS impulsive behavior Scale and constant fury-Anger Expression Style Scale when looking at the relationship between lack of design size scores with rage manifestation, the surfacing of size and anger inward quest for excitement with a positive and significant relationship between dimensions.

**CONCLUSIONS**: As a result, internally experienced as a feeling of anger can be experienced by all students, but the inward and outward anger expression e format or who is and what it may pissing uncertainty can differ. In this case, the relationship between anger and impulsiveness in literature of the occurrence would not be very straight forward personality in such a way to suggest that the anger level of impulsiveness may vary.

**Keywords** : College Students, Anger, Impulsivity

**S154**

# PREDICTING FOOTBALL RESULTS USING THE ARTIFICIAL NEURAL NETWORKS APPROACH

**[1]KAYHAN R.F., [2] GÜNERİ Ş., [2]DURU A.D.**

1.Recep Tayyip Erdoğan University, School of Physical Education and Sports, Rize, Turkey
recepfatih.kayhan@erdogan.edu.tr

2. Marmara University, Faculty of Sport Sciences, İstanbul

## ABSTRACT

The aim of the present study is to explore the correlation between goals and some technical parameters of 16 successful and professional football teams in the Champions League 2014/15. Besides, the study aims to create a football prediction model using Artificial Neural Networks.

Technical data of the research were obtained from the open access match analysis information systems. Match analysis data are limited to the football matches in English Premier League, Italian Serie A, French Ligue 1, German Bundesliga, Spanish La Liga and Champions League in 2014/15. A total of 332 football matches, 236 matches in leagues and 95 matches in Champions League, were analyzed. The data of these analyzed matches (the number of goals scored, the number of goals conceded, shots on target, misplaced shots, the number of successful passes, the number of misplaced passes, the percent of successful passes, successful passes to the forward line, misplaced passes to the forward line, ball possession, successful feints, unsuccessful feints, corner, match category) were studied with 13 variables.

Results were obtained by using the variables in different combinations in the system we created. A statistical significance was determined between the goals scored in the matches in category A and shots on target ($r = 0, 67^{**}$; $P<0.01$), successful passes ($r = 0,36^{**}$; $P<0.01$), the percent of successful passes ($r = 0,34^{**}$; $P<0.01$), misplaced passes ($r = -0,31^{**}$; $P<0.01$), successful passes to the forward line ($r = 0,30^{**}$; $P<0.01$). On the other hand, a statistical significance was determined between the goals scored in the matches in category B and shots on target ($r = 0, 56^{**}$; $P<0.01$), successful passes ($r = 0, 24^{**}$; $P<0.01$), the percent of successful passes ($r = 0,25^{**}$; $P<0.01$), misplaced passes ($r = -0,20^{**}$; $P<0.01$), successful passes to the forward line ($r = 0,20^{**}$; $P<0.01$), misplaced passes to the forward line ($r = -0,17^{**}$; $P<0.01$), successful feints ($r = 0,15^{*}$; $P<0.05$). A quantitative result could not be obtained from the combination in which all the 13 variables were used (NaN Answer). The score prediction answer with the error margin was obtained by using the variables having significant results from the correlation test (0, 9135). The highest score prediction answer with the error margin was obtained from the combination with the variable of corner, which does not have any correlation with goals.

Consequently, the results of future football matches can be predicted with a significant and low error margin using the Artificial Neural Networks Approach.

**S155**

# THE EXAMINATION OF THE INDIVIDUAL MOVEMENT TRAINING PROGRAM WHICH IS APPLIED TO EDUCABLE-TEACHABLE FEMALE STUDENTS WITH BROCKPORT TESTS

**[1]SARAÇOĞLU N., [1]ERCİŞ, S.**

1. Atatürk Üniversitesi, Faculty of Sport Sciences, Department of Recreation, nazimsaracoglu@hotmail.com

## ABSTRACT

**OBJECTIVE:** The aim of this research is evaluation with exammining the individual movement training program which is applied to educable –teachable female students with brockport tests.

**METOD:** Seven educable-teachable female student participated to the research. Student's are 12,13,14,15,16,17 and 18 ages. The test battery was prepared for measured the student's physical properties with brockport tests which are age, height and weight and the applied tests which are 30 sec puch-up, hang to bar with straight arm, 1 mile(1600m) running, 20 m ramp walking, 30 sec shuttle, reverse shuttle , sit-reach flexibility , hang at the bar with twisted arms, right and left hand grip for disabled according to developed brockport test battery.

Pre-test was done for all students and got the information about the physical features. The 10 weeks special movement training program was prepared to improve the weak physical features in accordance with these tests. 50-70 sec trainings were done four days in a week. In fifth week of training, tests were done again and saved. The end of the tenth week, the selected tests were done as last test and were compared with other test results and evaluated. The obtained datas were evaluated with interpretation and tabulated.

**RESULT AND CONCLUSION:** According to research results, the significant diffirences were found in student's body mass index between the beggining of the training and end of the training. In all students the development were observed in tests of 30 sec push-up, hang to bar with straight arm, 20m ramp walking, 30 sec shuttle test, reverse shuttle test, sit-reach flexibility, hang at the bar with twisted arms and right hand grip. Only in the tests of 1 mile (1600m) running, vertical jump and left hand grip there wasn't any development.

**Keywords:** Autistic, individual, movement program, brockport, tests.

**S156**

# INVESTIGATION OF HEALTY LIFE STYLE BEHAVIORS OF TURKISH WRESTLING FEDERATION COACHES

**[1]ÇINAR V., [1]AKBULUT T., [1]ÖNER S., [1]PANCAR Z., [4]KARAMAN M.E.**

1. University of Firat Faculty of Sports Sciences Elazig, Turkey

salihgakko_23@hotmail.com

## ABSTRACT

**OBJECTIVE :** The purpose of this study was to investigate of healty life style behaviors of coach who working in the Turkey Wrestling Federation.

**METHODS:** The population of the research was Turkey Wrestling Federation Coaches, the samples of research created from 108 male coach who participated Turkey Championship stars catagories in 2015 april. In this study was used "Healthy Lifestyle Behaviors Scale II''. The data obtained from the survey results were analyzed with SPSS 17 software package. One Way Anova and Independent Samples t tests were used to analyze the data to determine the differences between the groups.

**RESULTS:** As a result, there were no significant relationship on healty life style behaviors of smoking, age, occupation time. Coach who nonsmokers has higher interpersonal commucination, health resposibility and spiritual development than smokers. Old coaches give more importance to **physical activities.**

**CONCLUSIONS:** Consiquently, coaches who do regular excercise have higher healty life style behaviors than don't exercise.

**Keywords :** Healthy Lifestyle, Wrestling, Coach

**S157**

# SOCIAL RESPONSIBILITY IN SPORT; PEACE BALL PROJECT

**[1]DEVECİOĞLU S**

1.University of Firat, Faculty of Sports Sciences, Elazığ, Turkey

sdevecioglu@firat.edu.tr

## ABSTRACT

"We are inviting the whole mankind to this meaningful project with the wishes of ending the wars in the world and sustaining the peace"

The main purpose of the "Peace Ball Project" is to express that sports has no discrimination of religion, language or race, emphasize that sports is a shared value of mankind and ensure " Peace, Friendship and Brotherhood" by sports.

Moreover, within the activities accomplished in the project, an additional campaign will be started to provide sports equipment to male and female children who are interested in sports in the region by creating an awareness about "Children's right to play" and drawing the whole world's attention and interest to kids residing poor districts.

UNICEF is making effort for reaching 43 million children in worldwide. Because of many children has the same right to thrive, play, and practice sports.

Articles from "Rights of the Child" which went into effect in 2nd of September 1990 and signed by 193 countries;

Article 31/1 "States Parties recognize the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts."

Article 31/2 "States Parties shall respect and promote the right of the child to participate fully in cultural and artistic life and shall encourage the provision of appropriate and equal opportunities for cultural, artistic, recreational and leisure activity."

In 2015, the United Nations General Assembly adopted the 2030 Agenda for Sustainable Development, which contained a set of 17 Sustainable Development Goals. Paragraph 37 of the Agenda states: "We recognize the growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives"

Within the framework of The Article 59 of Turkish Republic's Constitution "The State shall take measures to develop the physical and mental health of Turkish citizens of all ages, and encourage the spread of sports among the masses. The state shall protect successful athletes";

In addition to these articles; Within the "Peace and Sports" understanding, a common goal which was accepted by International Olympic Committee and UN, UNESCO, UNICEF, European Union, Governments, Municipalities, Sports Federations, Universities and Non-Governmental Organizations is; "to achieve more accessible and sustainable sports on neutral and safe grounds, to provide development in underdeveloped regions, to eradicate poverty and inequality, to contribute to education, to convey sport's role in education, health, social, cultural and economics to masses by encouraging lifelong sports and healthy life culture"

**Keywords** : PeaceBallProject, Peace, Game, Ball, Sport

**S158**

# EVALUATION OF LOW INTENSITY OPIOID ADDICTIVE PATIENTS PHYSICAL ACTIVITY SCORES

**[1]BAYKARA S, [1]ALBAN K.**

1.Mental Health Hospital Elazig, Turkey

semabaykara@hotmail.com

## ABSTRACT

**OBJECTIVE**: It was aimed to evaluate the scores of physical activity levels of substance addictive patients compared with healthy control subjects.

**METHODS:** 50 male patients with drug addiction were applied with sociodemographic and clinical data form (SDVF) and Addiction Profile Index Short Test (BAPI-t). 27 of them to be low intensity opioid addictive (<10 points) according to BAPI-t were recruited to the study. International Physical Activity Questionnaire for the patients (IPAQ) and Short Form 36 (SF-36) questionnaires were administered to these patients. The control group was created with healthy volunteers of the same number and gender and they were administered with SDVF, IPAQ and SF-36.

**RESULTS:** The average of BAPI-t index of the addictive group was 6.03 ± 2.15. There was no statistically significant difference of the average of age (p=0.256) between the study group (25.07 ± 5.18), and the control group (26.78 ± 5.6).

Body Mass Indexes (BMI) of the addictive group (22.63±2.77) were significantly different from the control group (24.46 ± 3.43), (p = 0.035).

Although there was no statistically significant difference of physical activity levels according to IPAQ (p = 0.797), "physical activity" subscale of SF-36 showed statistically significant differences between the control group and the addictive group (p = 0.000052), to be higher in the control group.

Negative correlation was observed between BMI scores and addiction severity (r = 0.424; p = 0.028) and BMI scores were reduced while severity of addiction was increasing.

**CONCLUSIONS:** Although there is no difference in activity scores according to IPAQ, the addictioners' physical activity scores were lower than that of control group according to SF-36. This may have occurred because IPAQ evaluates the physical activity of the last week. SF-36 is recommended to evaluate the physical activity of the substance addictioners providing long term assessment.

**Keywords :** Opioid addiction, physical activity.

**S159**

# CYCLING IN URBAN LIFE

**[1]BALCI V., [1] ÖZBEK O., [3]KOÇAK F. [4]ÇEYİZ S.**

1.Ankara University Faculty of Sports Sciences Ankara, Turkey

ceyiz@ankara.edu.tr

## ABSTRACT

**OBJECTIVE :** It is important to spread the use of bicycles due to be both climate-friendly and contribute to the health of individuals in cities crowded every day with population growth. But it's a fact that the use of bicycle is not at the desired level in our country. Therefore, the determination of the various obstacles to the use of bicycles in cities is considered to be a guidance to the local and central government. The aim of this study is to identify barriers faced by individuals using bicycle in daily life for various purposes.

**METHODS:** This study employs the descriptive method. The number of individuals using bicycle in daily life in Turkey can not be determined clearly. Cyclists constituting the study sample was selected based on random sampling. Athletes using bicycle for competition were excluded from the study. 787 cyclists including 172 female and 615 male from different provinces of Turkey participated research as volunteers. As a data-gathering tool for the study, Bicycle Obstacle Scale (BOS) developed by Balcı, Özbek, Koçak and Çeyiz (2016) is used. The scale includes a total of 30 articles under the five sub-dimensions of "individual", "infrastructure", "socio-cultural", "physical and economic" and "laws and regulations".

**RESULTS:** Cyclists have evaluated infrastructure deficiencies in the first as a barrier in the use of bicycle. It was found that men cyclists are affected by physical and economic barriers and lack of infrastructure more than female cyclists. According to the survey, single cyclists are faced obstacles more than married cyclists. It was found that cyclists with a monthly income of 2701 □ and up are faced fewer obstacles.

**CONCLUSIONS:** As a result, it is believed that cycling infrastructure work will increase the rate of of bicycle use. At this point, especially local governments should include the cyclist in their planning and infrastructure work. It appears to be an important component of level of income to overcome the obstacles to cycling. It is expected from the central governing body to produce solution with the application which will encourage the use of bicycles (tax cuts, etc.).

**Keywords :** Bicycle, cyclist, obstacle

**S160**

# INVESTIGATION OF AWARENESS AND CYBER VICTIMIZATION FOR CLASSIFICATION BASKETBALL REFEREE IN TURKEY

**[1]AKARSU E., [2]ORHAN S., [2]SAVUCU Y., [2]YÜCEL AS.**

1. Austrian Basket Fighters Club Basketball Coaches Vienna, Austria
2. University of Firat Faculty of Sports Sciences Elazig, Turkey
sorhan23@gmail.com

## ABSTRACT

**OBJECTIVE:** Referees are a neutral person who takes responsibility to be managed matches according to the rules of competitions. Today, changes and developments in information technology is to attract people into the virtual world and often beyond the limits of criticism can turn into cyber harassment and cyber bullying. Especially, this situation may directly affect before and after match to the performance of the referees. This study was carried out to investigate the cyber victimization and awareness of classification referees of basketball in Turkey.

**METHODS:** Totally 206 basketball referees who serve as A, B and C classification in Turkey Basketball Leagues was participated to the study. Cyber Sensitivity Scale composed of 14 items and Cyber Victimization Scale composed of 24 items developed by Arıcak et al. were applied to basketball referees. The obtained data were analyzed in statistical packages program, T-parametric tests and Tukey's test of variance analysis were performed to compare.

**RESULTS:** In the result of the research; while basketball referees showed more sensitivity against cyber bullying (= 36.29), also male referees showed more sensitivity than females. B classification referees have significantly less sensitivity than other classification referee. Age, marital status, education, occupation, referee experience, first entering the web address on the Internet, daily internet usage time, internet access sites and the internet transport tools were found no affect against cyber bullying.

In other words, basketball referees had a high level of cyber victimization (= 43.55),however B classification referee had been attacked than other classification referees and it was found significantly in term of daily 9-12 hours on the internet usage. Gender, age, marital status, education, occupation, referee experience, first entering the web address on the internet, internet access sites and the internet transport tools were found no affect against cyber victimization.

**CONCLUSIONS:** As a result, despite showing sensitivity of the basketball referees are exposed to cyber victimization, it can be said it is not related to the victimization of daily internet usage time.

**Keywords:** Basketball, referee, cyber victimization, bullying, cyber awareness

**S161**

# PERCEIVED STRESS AND GASTROINTESTINAL SYMPTOMS IN PHYSICAL EDUCATION AND SPORTS SCHOOL STUDENTS

**[1]BABAOĞLU U.T., [2]OZDENK S.**

1.University of Ahi Evran, Faculty of Medicine, Department of Public Health, Kirsehir, Turkey
2. University of Ahi Evran, Faculty of Sports Sciences, Kirsehir, Turkey
sozdenk@hotmail.com

## ABSTRACT

**OBJECTIVE** :Students are exposed to stress due to various stressors like exams, passing courses or concern for their future after the graduation. There are limited studies related to stress and their physical results that college students are exposed. The aim of our study is to analyze stress levels of students of School of Physical Education and Sports and the relation between gastrointestinal symptoms.

**METHODS:**This descriptive study was conducted in School of Physical Education and Sports which is under a college located in Anatolian region. The population of this study was formed by 390 students who are registered at college. Perceived stress index and gastrointestinal symptoms survey were used in addition to survey which contains personal questions. For descriptive analysis, data were expressed as frequency and percentage. Perceived stress was categorized into four groups based on a quartile. Chi-square tests, Fisher's exact test, and logistic regression analysis were performed using SPSS 17.0.

**RESULTS:**Students' perceived stress level mean was found as 18.98±4.80. In addition, students who reported higher perceived stress were significantly more likely tocomplain of GI symptoms. 68.2% of participants indicated that they have at least one gastrointestinal symptom. Moreover, 24.3% of students stated they have at least one esophageal symptoms while 47.4% stated having at least one up dysmotility and 50.8% mentioned having at least one intestinal symptoms. Also this study detected that, high level stress group have 2.1 times higher risk to have gastrointestinal symptoms.

**CONCLUSIONS:**Gastrointestinal symptoms were found among majority of students who were participated in the study. A relationship between perceived stress and gastrointestinal symptoms was found. Subjects such as stress management or overcoming the stress can be added to syllabus or seminars related to those subjects can be arranged during school year to reduce perceived stress.

**Keywords:** Perceived Stress, Gastrointestinal symptom, School of Physical Education and Sport, Student

**S162**

# EXAMINATION OF COLLEAGUE, SCHOOL ADMINISTRATION AND JOB SATISFACTION RELATIONS OF PHYSICAL EDUCATION AND SPORTS TEACHERS

**HACICAFEROĞLU S.**

Recep Tayyip Erdogan University, Faculty of Education Physical Education and Sports, Rize, Turkey

serkanhacicaferoglu@gmail.com

## ABSTRACT

**OBJECTIVE:** This research was conducted for the purpose of identifying the colleague relations of physical education and sports teachers, support of school administration and job satisfaction levels for their professions in terms of gender variable.

**METHODS:** The population of the research, which was made by using general survey model, consisted of regular physical education and sports teachers working in Malatya city center. As for the sampling, it consisted of a total of 108 volunteer physical education and sports teachers, of which 79 are male and 29 are female, randomly selected from the population. As data collection tools, colleague relations, support of school administration and job satisfaction scales were used. In analysis of the data, arithmetic average, t-test and one-way variance analysis were used.

**RESULTS:** According to replies given by male and female teachers to scale, colleague relations, support of school administration and job satisfaction levels were determined to be in medium-level. Also, it was identified that there are no statistically significant difference between the variables of marital status, education level and years worked in the profession of male teachers and arithmetical scores of colleague relations, support of school administration and job satisfaction. As for the female teachers, only marital status variable was identified to have a significant difference in support of school administration for married female teachers and job satisfaction for single female teachers, and no significant difference in other variables and components.

**CONCLUSIONS:** The support physical education and sports teachers receive from other branch teachers and school administrators should be in full, without discrimination of male and female teachers. In this context, the outlook of teachers and administrators on this course should change in positive direction.

Keywords: Physical Education and Sports Teaching, Colleague Relations, Support of School Administration, Job Satisfaction.

**S163**

# THE INVESTIGATION OF THE INDIVIDUAL MOVEMENT TRAINING PROGRAM WHICH IS APPLIED TO EDUCABLE-TEACHABLE MALE STUDENTS WITH BROCKPORT TESTS

**[1]ERCİŞ, S., [1]ŞİRİNKAN, A.**

1. Üniversity of Atatürk, , Faculty of Sport Sciences, Department of Recreation, sertac252011@hotmail.com

## ABSTRACT

**OBJECTİVE:**The aim of this research is evaluation with exammining with brockport tests the individual movement training program which is applied to educable-teachable male students.

**METHOD:** Eight male autistic students participated to the research. Student's ages are 9,10,11,12,13,14,15 and 17. The test battery was prepared to measure the student's physical properties with brockport tests which are age, height and weight and the applied brockport tests by the improved battery for the disabled which are 30 sec puch-up test, hang to bar with straight arm, 1 mile(1600m) running, 20 m ramp wailking test, 30 sec shuttle test, reverse shuttle test, sit-reach flexibility test, hang at the bar with twisted arms, right and left hand grip test.

Pre-test was done for all students and got the information about the physical features. According to these tests, 10 weeks special movement training program was prepared to improve the weak physical features. 50-70 sec trainings were done four days in a week. Fifth week in training, tests were done again and saved. The end of the tenth week, the selected tests were done as last test and compared with other test results and evaluated. The obtained datas were evaluated with interpretation and tabulated.

**RESULTS AND CONCLUSIONS:** According to research results, the significant diffirences was found in student's body mass index between the beggining of the training and end of the training. The development were observed in tests of 30 sec push-up, hang to bar with straight arm, 20m ramp walking, 30 sec shuttle test, reverse shuttle, sit-reach flexibility, hang at the bar with twisted arms and right hand grip in all students. Only in the tests of 1 mile (1600m) running, vertical jump and left hand grip there wasn't any development.

**Keywords:** Autistic, individual, movement program, brockport, tests.

**S164**

# EXAMINING THE PHYSICAL EDUCATION CURRICULUMS OF THE PRIMARY SCHOOL DURING 1923 TO 2016

**[1]UGRAŞ S., [2]GÜLLÜ M., [3]ÖZEN G.**

1.National Education Ministry, Sumer Lower Secondary School, Malatya, Turkey
sinanugras@gmail.com
2.Inonu University, Physical Education and Sport School, Malatya, Turkey

3.Ankara University, Healthy Science Institute, Ankara, Turkey

## ABSTRACT

**PURPOSE:** The purpose of the study was to examine contents, targets, the structures and the topic titles of the curriculums of the physical education classes applied from the Republican Year in 1923 until the present day in Primary Schools (1-5th Grades) in Turkey.

**METHOD:** The Phenomenology Method, which is used in qualitative studies, has been adopted in the study. The document analysis method has been performed to collect the data of the study. 7 curricula (1924, 1926, 1948, 1968, 1987, 2006 and 2013), which have been applied in physical education classes in primary schools (1-5th Grades) since the proclamation of the Republic until our present day, have been investigated in the study. Since the curriculum of 1924 was written in Arabic letters, the Latin transcription of it has been made. The other curricula were written in Latin letters. The Content Analysis has been made for data analysis, and the data obtained have been presented under themes.

**FINDINGS:** The name of the class was "The Disciplining of the Body" in the curriculum of 1924, and was taught as 2 hours in 1st, 2nd and 3rd Grades; and as 1 hour in 4th and 5th Grades. The name of the class was changed as "The Lesson of Gymnastics" in the curriculum, which was amended in 1926, and was taught as 2 hours in all grades. The name was changed as "Physical Education" in 1948 curriculum, and was taught as 1 hour in 4th and 5th grades. The Physical Education classes were applied as 3 hours in 1968 curriculum. The classes were taught as 1 and/or 2 hours in each semester in 1987, 2006 and 2013 curricula with governmental decrees. The purpose of the classes was expressed as "Ensuring that the bodies of the children, which are yet in formation and developing stage, are shaped in an agile and sound form without exhausting them much, by functioning them in perfect condition; and raising a cautious, skillful, active, brave, love-abiding and happy generation" in 1924 and 1926. Today, on the other hand, the purpose of the class is expressed as "Developing healthy life skills, concepts and strategies that will be used by the students throughout their lives via games and physical activities, and preparing them for the next level education". There were no evaluation parts in the curriculum until 1987. The expression of "acquisition" was included as of 2006 curriculum.

**RESULTS:** Although the aims of the physical education classes from the Republican Period until our present day show variations, there are similarities in the bases. The name of the Physical Education classes was expressed in different manners in some periods. It has been determined that the weekly class hours were changed constantly.

**Keywords:** Physical education classes, Curriculum, Primary School

**S165**

# ATHLETIC PERFORMANCE AND ANGIOTENSİN I– CONVERTING ENZYME (ACE) GENE

**[1]BUDAK DİLER S.**

1.University of Niğde Faculty of Science and Letters Department of Biology Niğde, Turkey
budakdiler@gmail.com

**ABSTRACT**

**OBJECTIVE:** The purpose of this review is to discuss the role of science of genetics and especially ACE gene polymorphism over athletic performance.

**METHODS** In recent years, multi-dimensional genetic studies on whether athletic performance of talented athletes are inherited or gained later have been conducted. In these studies that were done with the contribution of molecular genetics, important genes affecting athletic performance have been determined. Polymorphic variations in genes that affect athletic performance have been found out by using advanced molecular techniques. The most studied of these genes is angiotensin I– converting enzyme (ACE).

**RESULTS and CONCLUSIONS** In a special sport, the presence of particular polymorphisms may contribute to high levels of performance. Since 1998, several polymorphisms have been associated with athletic phenotypes. The purpose of this review is to summarize the existing literature on the genetics of athletic performance. ACE I/D gene variants has been consistently associated with endurance (ACE I/I) performance.

**Keywords:** Athletic performance, ACE I/D polymorphism, Genetics

**S166**

# THE EFFECT OF THE STRENGTH TRAINING TO MUSCLE STRENGTH IN THE DOMINANT AND NON-DOMINANT LEG

**[1]HARBİLİ E., [1]HARBİLİ S., [2] KAPLAN A.**

1. University of Selçuk, Faculty of Sports Sciences, Konya, Turkey
sharbili@selcuk.edu.tr
2. University of Hitit, School of Physical Education and Sports, Çorum, Turkey

## ABSTRACT

**OBJECTIVE:** The purpose of the study was to examine the effect of the strength training to the knee extensor and flexor muscles in the dominant and non-dominant leg.

**METHODS:** Thirteen male students (age: 23.6±1.3 yrs, height: 1.80±0.1 m, body mass: 72.9±9.1 kg) of the Faculty of Sport Sciences voluntarily participated in the study. The students performed the maximal strength training using pramidal method with leg extension and leg curl exercises three times in a week (with rest intervals a day). Before two days from training, the 10 repetition maximum (10-RM) was determined for leg extension and leg curl. After three weeks, the 10-RM renewed for exercises. The concentric strength of the knee extensor and flexor muscles in the dominant and non-dominant leg was measured at angular velocities of 60 and 180 deg/s using isokinetic strength dynamometer (Cybex). Repeated ANOVA (leg (2) x time (2)) was used for the statistical treatment of the data. Bonferroni correction was used as post-hoc test.

**RESULTS:** No significant interaction was found for the development of the strength in the dominant and non-dominant leg neither at angular velocity of 60 deg/s ($F(1,24) = 0.047$, $p>0.05$ for extensors, $F(1,24) = 0.050$, $p>0.05$ for flexors), or at angular velocity of 180 deg/s ($F(1,24) = 0.005$, $p>0.05$ for extensors, $F(1,24) = 1.094$, $p>0.05$, for flexors). At the same time, it was revealed that a significant increase was in the strength of both legs in post-training with respect to pre-training both at 60 deg/s ($F(1,24) = 50.801$, $p<0.05$ for extensors, $F(1,24) = 19.033$, $p<0.05$, for flexors) and at 180 deg/s ($F(1,24) = 25.074$, $p<0.05$, for extensors, $F(1,24) = 29.657$, $p<0.05$, for flexors).

**CONCLUSIONS:** It was revealed that the maximal strength training caused a similar strength development on the knee extensor and flexor muscles in the dominant and non-dominant leg.

**Keywords :** Strength machine, knee extensor, knee flexor, isokinetic, concentric.

**S167**

# ANALYZING LIFE QUALITY AND SOCIAL APPEARANCE ANXIETY LEVELS OF HEARING-IMPAIRED STUDENTS ACCORDING TO EXERCISE VARIABLES

**[1]YAVUZ EROĞLU S., [2]ACET M.**

1.Dumlupinar Universty, Health Sciences İnstitute Of Physical Education And Sports Department, Kütahya, Turkey

sultan-YVZ@windowslive.com

2.Dumlupinar Universty School of Physical Education and Sports, Kütahya, Turkey

## ABSTRACT

The purpose of this study is to analyze life quality and social appearance anxiety levels of hearing-impaired students, studying in different Hearing-Impaired Primary Schools according to exercise variables. Sample group consist of Eighty-three 4th and 8th graders who are studying at Hearing-Impaired Primary Schools in Adana, Kütahya and Trabzon provinces. Personal Info established by researcher and Social Apperance Anxiety Inventory (SAAI) which was created by Hart et al.(2008), adopted to Turkish by Doğan (2009) and tranlated into Turkish by Aksungur (2009) were used in study. The data obtained were analyzed by using SPSS 16.0 Pocket Programme, T-test were conducted for pair comparisons and Regression analysis were used in order to predict their sports and exercising status. As a result, There were no significant differences determined in social appearance anxiety and life qualities of hearing-impaired students between who do exercise and who don't do exercise. At the same time, there were no any predictors both in life quality and social appearance anxiety levels of hearing-impaired students according to their sport status.

**Keywords**: Hearing Impaired, Sport, Social Appearance Anxiety, Life Quality

**S168**

# EFFECTS OF HAND GRIP STRENGTH EXECISE ON TARGET HIT SCORE FOR ARCHERS

**BİÇER S.Y.**

University of Firat Faculty of Sports Sciences Elazig, Turkey.

ybicer1@firat.edu.tr

## ABSTRACT

The purpose of this study is to evaluate the effects of hand grip strength exercise on target hit scores for male archers. The study incorporated 30 sportsmen of 18-20 (n1=15, 19.85±1.35, n2=15 19.71±1.31) from the archery team of Elazığ Provincial Directorate of Youth and Sports.

In the framework of the study, the experimental group was exposed to 12 weeks, 3 days a week, 1 hour on a day strength exercises. After all tests and evaluations (age, height, body weight, heart rate at rest measurement, exercise heart rate measurement, grip strength, pull up, chin up, push up, target hit test) were carried out before starting the exercise program, these tests were also applied in the first week following the end of exercise program.

The differences of strength test results were analyzed via analysis of variance, Kruskal Wallis H Test and t-test. The effects of the strength exercises on the scores of shooting arrows on target were examined by means of regression analysis. It was found out that the statistically most significant change of the exercise on the experimental group was the increase on hand grip strength (63.21±5.81 before the exercise, 75.12±5.80 after the exercise) (p=0,001) and the arrow shooting scores (58.21±4.72 before the exercise, 69.12±3.24 after the exercise) (p=0,001).

Consequently, we can clearly state that hand grip strength and the exercises are remarkably important in the archery sports and one of the factors which positively affect the arrow shooting scores.

**Keywords:** Archery, hand grip strength, strength exercise

**S169**

# EFFECT OF UNIT EXERCISE ON HAND GRIP STRENGTH OF THE ARCHERS

**[1] BİÇER S.Y., [1] ÇELİKEL B.E., [1] KARADAĞ M., [2]POLAT Y**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey.
ybicer1@firat.edu.tr
2.University of Erciyes School of Physical Education and Sports Kayseri, Turkey.

## ABSTRACT

The purpose of this study is to evaluate the difference of hand grip strength for male archers before and after one unit exercise. The study incorporated sportsmen of 16-19 (n=16) from the archery team of Elazığ Provincial Directorate of Youth and Sports.

All tests and evaluations (age, height, body weight, sports age, hand grip strength test) applied to the experimental group before starting exercise under the research were applied to the sportsmen immediately after the end of the exercise and relevant evaluations made. One unit exercise program consisted of the warm-up, cool down and shooting 200 arrows on target which were scheduled by the coach of the archery team for that day.

For descriptive statistics analysis, paired t-test was utilized to determine the significance levels of hand grip strengths before and after the exercise. Significance level was indicated as $\alpha = 0.05$ in analysis. While the right hand grip strength of the sportsmen (n=16) was 41,4250 ± 2,24892 before the exercise, it was found significant as 42,2875 ± 2,24870 ($p<0,000$) after the exercise, and left hand grip strength determined as 39,2125± 2,04811 before the exercise was found significant as 39,3938± 2,12762 ($p<0,000$) in the aftermath.

Consequently, it is no wrong to say that a statistically positive increase was observed on the hand grip strengths of the archery sportsmen following a unit of exercise, and this was linked to the complete in-muscle warming and coordination due to exercise performed with moderate, correct techniques.

**Keywords:** Archery, hand grip strength, arrow shooting exercise.

**S170**

# ANALYSIS OF ATHLETES' WARM-UP HABITS AND WARM-UP KNOWLEDGE LEVELS

**[1]ÜNVER Ş., [2]İSLAMOĞLU İ., [3]ARSLAN H., [4]ATAN T**

1.2.4. University of Ondokuz Mayıs Faculty of Yasar Dogu Sports Sciences, Samsun, Turkey saban.unver@omu.edu.tr
3. University of Erciyes School of Physical Education and Sports, Kayseri, Turkey

## ABSTRACT

The objective of this study is to examine the warm-up habits and warm-up knowledge levels of athletes participating in University Sport League (UniLeague).
A total of 280 (143 male, 137 female) students with an average age of 22.03±2.55 years and 11.42±3.06 average age of starting sport who were studying at different universities of Turkey and who were participating in UniLeague in branches of winter sports (59 person), team sports (140 person) and futsal (81 person) participated in the study voluntarily. Warm-up habits of athletes were collected with "Athlete Warm-up Habits" questionnaire form developed by Arslan et al. (2011). SPSS 21 package program was used in the statistical analysis of the data. Statistical analyses were conducted with independent sample t test, Anova test and chi-square.

Our results showed that 21.1% of the athletes were winter sports athletes, 50.0%were team sports athletes and 28.9%were futsal athletes. It was found that 51.8% of the female athletes who participated in UniLeague had never been injured while 48.2% of the male athletes had never been injured. Significant difference was found between groups in the comparison of the expression "Warm-up has no influence on athletes' performance" ($p<0.05$). Winter sport, team sport and futsal athletes stated that they did not agree with this expression with a response average of 2.18±0.65, 2.56±0.84 and 2.65±1.03 respectively. Significant difference was found between groups in the comparison of the expression "Warm-up decreases the injury risk of athletes" ($p<0.05$). Winter sport, team sport and futsal athletes agreed with this exspression with a response average of 4.93±0.40, 4.85±0.53 and 4.54±0.93 respectively.

It was found that 40.7% of the athletes had never been injured, the most common injury was "muscle joint injuries" with a rate of 25.4% and the rate of athletes who did not have cooling exercise habits were found as 8.6%.

It was found that the athletes who participated in UniLeague had the views about warm-up that it had a positive influence on performance, it decreased injury risk, increased the movement angle of joint areas and muscle strength, and it should be long in cold weather while the required warm-up should be done in hot weather. As a conclusion, it can be said that university students have a high level of warm-up knowledge since they do sports consciously and since they have the required education.

**Keywords:** UniLeague, Warm-up, Branch, Sport

**S171**

# A COMPARISON OF ATHLETES' COGNITIVE FLEXIBILITY IN INDIVIDUAL AND TEAM SPORTS

**[1]ASLAN Ş., [1]AVŞAR D.**

1.University of Pamukkale, Faculty of Sports Sciences Denizli, Turkey

sehmusa@pau.edu.tr

## ABSTRACT

**OBJECTIVE:** Cognitive flexibility is considered part of executive functioning that encompasses the ability to produce diverse ideas, consider response alternatives, and modify behaviors to manage changing circumstances and which is an important construct in psychology. This study compared athletes' cognitive flexibility in individual and team sports.

**METHODS:** One hundred and thirty-two team sports athletes and 118 individual sports athletes, in totally 250 athletes aged between 16 to 32 years participated in the study. Average age of participants were 20,41± 3,05 years. The sport branches included football, volleyball, basketball, hentball in the team sports group, whereas individual sports were athletism, judo, swimming, wrestling, teakwondo, karate, boxing, badminton, archery. Cognitive flexibility of the participants assessed with Cognitive Flexibility Scale (CFS). The CFS is 12-item questionnaire. The original English language version of the CFS was developed by Martin and Rubin to assess three aspects of cognitive flexibility: (a) the awareness that options and alternatives are available in any given situation, (b) the willingness to be flexible and adapt to the situation, and (c) self-efficacy in being flexible. Total scores of the scale range is 12 to 72. Higher scores of CFS indicate greater cognitive flexibility. The CFS has been translated into Turkish by Celikkaleli (2014) and confirmed to be valid and reliable.

**RESULTS:** It was found a significant difference in cognitive flexibility of individual and team sports athletes (p=0.04). The CFS total score of team sports athletes (51.24±7.17) were higher than total score of individual sports athletes (49.45±6.73).

**CONCLUSIONS:** Our results suggested that team sports athletes had more cognitive flexibility compared with individual sports athletes.

**Keywords:** Cognitive flexibility, individual sports, team sports

**S172**

# THE IMPACT OF MUSCULAR STRENGTH AND ROPE JUMPING EXERCISE PROGRAM ON AEROBIC CAPACITY WITH LOW VISION STUDENTS

**[1]ASLAN UB., [1] ÇALIK B.B., [2]ASLAN Ş., [1] GÜR E.**

1. Pamukkale University School of Physical Therapy and Rehabilitation

2.University of Pamukkale, Faculty of Sports Sciences Denizli, Turkey

umbaslan@pau.edu.tr

## ABSTRACT

**OBJECTIVE:** Physical fitness can be defined as the overall capability of one's body to adapt to life and the environment, and is a necessary condition for everyday activities. Aerobic capacity is an important parameter of physical fitness. The levels of aerobic capacity of individual with visually impaired are generally lower compared with average people. The aim of study was to investigate the effect of a muscule strength and rope jumping exercise program on aerobic capacity of low vision students.

**METHODS:** A total of 8 low vision students, with an age range of 12–14 (13,12±0.64 years, 5 girls and 3 boys), were recruited from the school for students with visual impairments in Denizli, Turkey. Aerobic capacity of the participants were evaluated with one mile run/walk test at pre- and post-training period. The muscular strength and rope jumping exercise programme was performed at school two times a week for 8 weeks. The exercise programme consisted of rope jumping (maksimum 100 repetetion), abdominal muscle strength (Sit-ups repetetion), core exercises (hip extention 10×3 repetetion) and exercises with free weights for arms (arm flexion and abduction 10×3 repetetion).

**RESULTS:** There was a significant difference in one mile run/walk test times (p=0,012) after the muscular strength and rope jumping exercise program.

**CONCLUSIONS:** The results indicated that muscule strength and rope jumping exercise program improved level of aerobic capacity. Strength and rope jumping exercise program could be recomended for improving aerobic capacity to children and adolescents with low vision.

**Keywords:** Mentalty disabled, anger, sports, exercise

**S173**

# A RESEARCH UPON ANALYSING TENNIS OUTFITS THROUGHOUT HISTORY AND MODERN DAY

**[1]HASRET F., [2] TUNÇOK Ş. P.**

1. Istanbul Gelişim University, Vocational School, Department of Fashion Design, Istanbul, Turkey

2. Istanbul Gelişim University, Vocational School, Department of Fashion Design, Istanbul, Turkey
sptuncok@gelisim.edu.tr

## ABSTRACT

Even though it was expected that, with the rise of Industrial Revolution labor force would no longer be needed; on the contrary, rising production capacity never let this expectation come true. Instead, today's capitalist system's was founded back then. Mass production is becoming more and more prevalent, this has resulted in more need of labor force, cheap labor and working overtime. As a consequence of these working conditions and limitations against laborers' social life, they started searching for their fundamental rights; equality, justice, independence. Thorough this act of searching, they founded socialism. Thus, they gained right of expressing themselves and their needs freely.

After all these progresses, they started to be accepted as individuals in social life. When in fact people were participating in several activities in social life, they become gradually more involved in sports, which is a social event and has existed since early times in history.

If analysed throughout history, it has been as it has always been in general; there were racial and sexual discrimination and also male dominance in sports. After 19th century mass productions increased even more and sports gained more popularity, letting woman also participate in sports; in parallel with these developments tennis became the most preferred sport amongst women.

With regard to tennis as a field of sports, its origin dates back to France in 13th century, when this game was performed in presence of King and England in 16th century, when this game became common amongst public. From 19th century to now on, this game has alternated in several other ways and made it to modern day. These changes that the game has gone thorugh are not only limited to rules but also include design and ergonomics of the tennis outfits. Much as sports outfits were mostly like regular daily wear, this fact has changed through historical progress.

In this research, tennis outfits, which has existed from early dates in the history to modern day, are analysed by descriptive survey model; tennis outfits are studied regarding their design, use of material, glamorization and accessory. Through this research local and foreign sourced images are used and evaluations are made. The research itself has importance in accordance with fact that it aims to position sports outfit in fashion history and offer an insight into further generations' sports outfits designs.

**Keywords:** Sport, Tennis, Outfit, Clothes, Fashion

**S174**

# RESEARCH of THE EDUCATIONAL GOALS of SOCIAL NETWORKS of SCHOOL of PHYSICAL EDUCATION AND SPORT STUDENTS

**[1] BİNGÖL. Ş, [1] BİNGÖL. H, [1] KARATAŞ. Ö, [2] ÖZTÜRK KARATAŞ. E,**

1. Inonu University, Physical Education and Sports Colleges, Malatya, Turkey

2. Inonu University, Health Sciences Institute, Malatya, Turkey

ozgur.karatas@inonu.edu.tr

**OBJECTIVE:** The aim of this research is to examine the educational goals of social networks of Inonu University School of Physical Education and Sport Students.

**METHODS:** The scale of the educational goals of social media developed by Mazman (2009) has been used in terms of collecting data.

**RESULTS:** When students' goals of social media have been examined by gender, age, department and class variables, the statistically significant differences have not been found ($p>0,005$). When the relationship of the educational goals of social media has been examined by the social media usage, the statistically significant difference has been found between the educational goals of social media and the frequency of social media usage and persistency of social media ($p<0,05$).

**CONCLUSIONS:** The "communication" perception scores and "cooperation" perception scores of students who are using social media a few times in a year are higher scores according to other groups. In this case, it shows that the basic aim of group who are using the social media a few times in a year is "communication" and "cooperation". The "source and material sharing" perception scores of group who are using the social media a few times in a month are higher scores according to other groups. On the other hand, the "educational" perception scores of group who are not using social media are quite low. The "communication" and "cooperation" perception scores of group who are using the social media more than 6 hours are higher. In addition to this, it has been found that the "source and material sharing" perception scores of group who are using social media 1-3 hours are higher scores according to other groups.

**Keyword:** Social media, education, physical education, sports

**S175**

# WEB-BASED SYSTEM DESIGN FOR DOING SPECIAL TALENT EXAMS ONLINE

**[1]MURATHAN,T., [2]KÜÇÜK,K.**

1Ardahan University, Scholl of Physical Education and Sport, Ardahan, Turkey.
talhamurathan@ardahan.edu.tr

2Ardahan University, Faculty of Engineering, Ardahan, Turkey

## ABSTRACT

In every education and training year by special talent exams students are taken to Physical Education and Sports Education Faculty, Sports Management and Coaching and Recreation Departments that are extensions of our universities of Sports Science Faculty and School of Physical Education and Sports. In these examinations, in addition to physical qualification tests such as parcour, coordination and branch, candidates' weighted high school GPA, points of higher education examination are also taken into consideration. All the stages such as; Announcement of the examination and the phase of application, evaluation of the applications, announcement of the winning candidates and the conclusion of the registration process are maintained manually by the jury that is formed by Faculties and Vocational Schools. In this study, Web-Based Online Examination System, which is developed for alleviating the workload, accelerating the process and ensuring more reliance by transfering manual processes to digital media, will be discussed. After many trials of the software it has been used successfully between the years of Education and Teaching 2014-2016 in Special Talent Exams of Ardahan University School of Physical Education and Sports School.

**Keywords:** Physical Education and Sports, Online exam, Automation, Special Talent Exam, Web-based.

**S176**

# APPEARANCE OF DIGITAL SPORTS GAMES in TURKEY

**[1]MURATHAN,T.**

1.Ardahan University, Scholl of Physical Education and Sport, Ardahan, Turkey.

talhamurathan@ardahan.edu.tr

## ABSTRACT

With the developing technology, the era which we are in is called as "information age". At this age, the most important role belongs to information technology and an evolution of technology internet. The technologies of computer, smartphone and internet are the most important tools that affect our lives in recent years. This interaction includes the areas of science, technology, commerce, public services, sports and education like the relations of our environment and family. The most important materials in the formation of these environments are computers and by-products. Developing technology has provided internet come into our lives and made easier our work loads and so the digital revolution has started. Advances in the information technologies has revealed the digital sports concept by developing and visualizing the concept of game that forming the basis of sport through softwares. Many digital sports organizations and tournaments as professional and amateur, national and international, official and special, are arranged as award-winning. The individuals who play the game are referred to as digital players. Arranged organizations are done to a large extend by the concerned federations which have completed their process of establishment. It is observed that participation to digital sports in Turkey occurs for recreation and at amateur and professional level. According to the sports and games played in the physical environment, computer games have advantages as well as disadvantages for individuals. The network structure of digital sports and having the structure online or offline and having the same equipments have enabled digital sports rapid development compared to traditional sports. It was observed that participation from Turkey to World Cyber Games as individual and with team is not to be underestimated. In the name of having a say in digital sports in the international arena, it is important to do the necessary infrastructure studies and popularization in Turkey. In this study, the appearance of digital sports in our country was examined by using documentation method. The developments in this field in the World and Turkey have been analyszed.

**Keywords:** IT, Digital, Sports, Games

**S177**

# THE ANALYSIS OF FOREIGN TRADE IN SPORTS INDUSTRY

**[1]KAZAR, G., [2] KAZAR, A., [3]SERT, T.S.**

1. Mersin University, Faculty of Economics and Administrative Sciences, Mersin, Turkey

2. Tunceli University, Faculty of Economics and Administrative Sciences, Tunceli, Turkey

3. Mersin University, Institute of Social Sciences, Mersin, Turkey

gorkemli@mersin.edu.tr

## ABSTRACT

**OBJECTIVE :** Since the 1990s, the sports industry get great turnovers through the incomes received such as advertising, sponsorship , broadcasting rights. Today, the sports industry has taken its place among the industries with the highest turnover . Therefore, the sports industry become one of the important industries in economics. The high turnover of this industry connect other industries and countries via international trade. Accordingly, in the last two decades sports industry developed into a multinational sector. In this study our main objective is to analyze the structure of the foreign trade in sports industry.

**METHODS:** We will use intra-European Union sporting goods panel data to analyze relationship between foreign exchange rates and the foreign trade in sports industry. For this purpose, 2005-2014 trade statistics that are obtained from the Eurostat database will be used. The **analysis will cover all European Union countries including the candidates that has available data.**

**RESULTS:** The available data shows that France and Germany are the main importers of sporting goods in the Union. On the other hand, Italy and Belgium are the main exporters of sporting materials in European Union. Turkey falls behind these countries concerning both exports and imports. In addition, a high level of volatility is observed in sporting goods trade for Turkey.

**CONCLUSIONS:** In the literature many researchers study sports industry. Since the data about sports are not available for all countries, the studies are limited to just a few of them. Unlike previous studies in this study, sports industry will be taken into consideration by import-export analysis and this will greatly contribute to economics literature by including such a high value-added industry.

**Keywords :** Sports , Trade, Panel Analysis, European Union

**S178**

# THE EVALUATION OF THE PREVALENCE OF OBESITY AMONG THE SECONDARY SCHOOL STUDENTS IN THE CITY CENTER OF KAHRAMANMARAS AND THE FACTORS AFFECTING IT

**[1]KARADEMIR T, [2]AÇAK M**

1. Sutcu Imam University, School of Physical Education and Sports, Kahramanmaraş, Turkey
tamer.karademir@hotmail.com

2. Inonu University, School of Physical Education and Sports, Malatya, Turkey

## ABSTRACT

**OBJECTIVE:** In this study; the prevalence of obesity among the secondary school students in the city center of Kahramanmaraş and the factors affecting it has been examined.

**METHODS:** 14 randomly selected schools in Kahramanmaraş city center with grades 9, 10, 11 and 12 have been included in the study and information has been obtained from 1001 students by means of a survey, in line with the purpose of the study.

**RESULTS:** 436 of the 1001 students participated in the study were females and the rest were males. BMI rates of participants: below 18.5 (underweight) 17.8%, 18.5 - 24.9 (normal weight) 71.5%, 25 - 29.9 (overweight) 9.2%, 30 - 39.9 (obese) 1%, and 40 and above (morbid) 0.5%. 81.3% of the obese consumed white bread. 52.2% of overweight students declared that they consumed fast food 1-2 times a week. 50% of obese did not do any physical activity, exercise or sports at least 30 minutes for at least 3 days a week. 40% of the obese students spent 3 to 4 hours and 58.72% of them spent 1 to 2 hours a day watching TV. 22.9% of them spent 3 to 4 hours a day using a computer. 50% of the students used the computer for educational purposes, 30% used it for gaming. 40% of the obese students participated in the study stated that they went to school via a school bus.

**CONCLUSIONS:** First of all, the parents should be good role models for the children and help them about a balanced diet and physical activity. For this purpose, it is especially necessary to limit the time spent watching TV or using a computer. School and the community should battle together, hand in hand against this health problem called obesity.

**Keywords :** Obese, Secondary education, Nutrition

**S179**

# THE EFFECT OF 6-WEEK ZINC SUPPLEMENT AND WEIGHT TRAINING ON THE BLOOD LIPIDS OF THE SEDENTARIES AND ATHLETES

**[1,]ÇINAR V., [1]AKBULUT T., [2]KILIÇ Y., [3] SARIKAYA M., [4]ASGHARI A.**

1. University of Firat Faculty of Sports Sciences Elazig, Turkey

takbulut@firat.edu.tr

3. University of Sakarya Faculty of Sports Sciences Sakarya, Turkey

3. University of Van Yuzunciyil School of Pysical Education and Sport Van, Turkey

4. University of Firat Health Sciences Institute, Elazig, Turkey

## ABSTRACT

**OBJECTIVE :** In this study, the aim was to determine the effect of 6-weeks zinc supplement and weight training on the blood lipids of the sedentaries to which referring people who have a sedentary lifestyle and athletes.

**METHODS:** Research group consists of total 40 males; 20 sedentaries and 20 athletes who do regularly physical exercises. The subjects were divided equally into four groups. These groups were constituted in that way: the first group is a natural sedentary group which called control group as well (S); the second group is another sedentary group which is supplied with only zinc (Z+S); the third group is training group which composing of athletes and is supplied with zinc (Z+T); the fourth group is the natural training group or athletes (T). From the beginning of the study to the end of 6-weeks of training, the participants gave blood samples before and after every applications in order to measure the total cholesterol, LDL cholesterol and HDL cholesterol and the levels of Triglyceride

**RESULTS:** This study identifies that the values of the total cholesterol, LDL cholesterol and Triglyceride of the groups which were supplied with zinc supplement decreased, whereas the levels of HDL cholesterol increased in these groups.

**CONCLUSIONS:** Consequently, this work demonstrates that the 6-weeks zinc supplement and training can make a significant contribution to the performance by changing positively the levels of blood lipid.

**Keywords :** Training, lipid, zinc supplement, cholestero

**S180**

# STUDYING SELF-CONFIDENCE PERCEPTION OF SCHOOL OF EDUCATION AND SPORTS STUDENTS IN TERMS OF DIFFERENT VARIABLES

**[1] BOSTANCI T.G., [2] ÖZEN G., [2] YILDIZ N.O., [2] ÜZÜM H.**

1. Kafkas University , Sarıkamış School of Physical Education & Sports , Kars , Turkey
2. Abant İzzet Baysal University , School of Physical Education & Sports , Bolu , Turkey

tayfun-92@hotmail.com

## ABSTRACT

**OBJECTIVE:** Self confidence is described as an individual's belief aimed at successfully performing a certain activity and trusting one's own judgement , ability , strenght and decisions rather than being a general characteristic. Aim of this study is to evaluate the self confidence perceptions of students who are studying in School of Physical Education and Sports in terms of different variables.

**METHODS:** In this study, Relational Screening Model , one of the general screening models , is followed. Survey method is used to collect data. Self-Confidence Scale which is developed by Akın (2007) is employed for this study.The sample of research is same as the population of study and it consists of 190 volunteers (109 male , 91 female) studying in school of Physical Education and Sports in our University.

**RESULTS:** As the result of the statistical analysis, it was found that the students scored 3.5 points, therefore they are perceiving highly self-confident.Also, it was noted that the differences in gender , interest in individual or team sports , department of study and grade don't create any statistical difference among self-confidence scores($p>0.05$) and age , sports age and academic avarage don't have a statistically significant relation with self-confidence scores ($p>0.05$).

**CONCLUSIONS:** According to results of this study, it can be said that independent variables such as department , grade , sports age and choise of sports aren't effective on self-confidence after a certain age.

**Keywords:** Self confidence,sports age, academic average

**S181**

# THE PSYCHOMOTRICITY DEVELOPMENT IN PHYSICAL EDUCATION CLASS AT STUDENTS IN PRIMARY SCHOOL IN THE COUNTRYSIDE

**[1] ICONOMESCU T.M., [2] TALAGHİR L.G., [3] YALCİN İ.**

1, 2. University "Dunarea de Jos" of Galati, Romania

ticonomescu@ugal.ro

3. Sakarya University of Sakarya, Turkey

## ABSTRACT

**OBJECTIVE:** The purpose of this research is to educate components Psychomotricity under the four aspects of its speed, coordination, strength, endurance coordinates: dynamic coordination of hands, coordination dynamic general equilibrium, rapidity, spatial orientation through play method in physical education class primary school.

**METHODS:** The research was conducted in the school year 2014-2015 on a sample of 32 subjects, including 11 boys and 21 faces, students in fourth grade, from the School "Negoiţă Danail" Bucești, Galati County. The average age of students is 10-11 years. Psychomotor component testing was performed by test Ozeretski - Guillmain test aims to identify the main components driving under the four aspects of its speed, coordination, strength, endurance coordinates: dynamic coordination of hands, coordination dynamic general equilibrium, and speed and orientation space.

**RESULTS:** Data obtained highlight psychomotor delay coefficient of test subjects, the degree of inability psychomotor and its classification.

To students 10 years may notice a decrease inability psychomotor average with a percentage of 14% in final testing, and hence that the program used led to an increase in capacity of psychomotor the subjects of the same amount, they came up one notch framing above.

If students for 11 years, highlights the same decrease in psychomotor inability average of 10%, this amount is divided equally for both stage and for normal psihomotric inability psychomotor easy.

**CONCLUSIONS:**

The main conclusion is that after developing and testing training program focused on the play method in teaching activity leads to the acquisition of qualities psychomotor noticeable and valuable than the mere use of methods based on simple exercises for strength, running speed or endurance or skill, confirming the hypothesis investigated.

**Keywords:** countryside, psyhomotricity, physical education, cultivate.

**S182**

# SITUATIONAL ANXIETY AND SPORTIVE VARIABLES AS PREDICTORS OF SPORTSPERSONSHIP ORIENTATIONS IN HANDBALL PLAYERS

**ÇEKİN,R., KALKAN, T., YÜCEL, A.G. ÖZLÜ,K.**

University of Gelişim, Institute of Health Sciences,. Department of Exercise and Training Science, İstanbul,Turkey
teomankalkan@gmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of this study was to examine the association between sportspersonship orientations, situational anxiety and sportive variables in female handball players.

**METHODS:** Participants were 144 amateur women handball player participating in the handball tournament held in Amasya and Giresun and completed Turkish versions of Multidimensional Sportspersonship Orientation Scale and State-Trait Anxiety Inventory and also reported demographics and sporty factors.

**RESULTS:** Correlation analyses suggested that respect for the social conventions of sport, respect for one's commitment toward participation in sport, respect for rules and officials subscale scores associated with state anxiety scores, duration of sport, and played league (stars, minor, and major league). Multiple regression analysis also showed that state anxiety scores and duration of sport negatively predicted the scores for respect for the social conventions of sport, respect for one's commitment toward participation in sport, respect for rules and officials. However, played league positively predicted the scores for respect for the social conventions of sport, respect for one's commitment toward participation in sport, respect for rules and officials.

**CONCLUSIONS:** This study found that state anxiety and duration of sport negatively associated with sportspersonship behaviors. In order to increase sportspersonship behaviors in handball players, practitioners should focus on decreasing anxiety levels of players before competitions and highlighting positive role models during competitions. Additionally, practitioners also focus on senior handball players to improve sportspersonship behaviors from different leagues. Because this study was only performed on amateur female handball players, further studies can be performed in both female and male amateur handball players or samples that included the professional league players.

**Keywords:** Handball , spors personship orientations, situational

**S183**

# PRELIMINARY FOR ADAPTING THE PERFORMANCE ENHANCEMENT ATTITUDE SCALE TO TURKISH FOR VOLLEYBALL PLAYERS

**[1]TOROS T., [2]YILDIZ R., [3] KARAÇ Y.**

1Mersin Universty, High School of Physical Education and Sports, Mersin, Turkey

turhantoros@yahoo.com

2.Mersin Üniversity, Physical Education and Sports Master Program, Mersin, Turkey

3. General Directorate of Sports, Ankara, Turkey

## ABSTRACT

**INTRODUCTION AND PURPOSE** : The Performance Enhancement Attitude Scale –PEAS, which will be used in this research, finally created with Petrocz(2002)'s works by 17-6 Likert type form and gained to the literature. The main goal is; Performance Enhancement Attitude Scale which is improved by Petrocz is preliminary for adapting to the volleyball players. Gaining the scale to the Turkish literature which will be used to increase the performance attitude of the volleyball players in Turkey, will have beneficial consequences.

**METHOD:** The Performance Enhancement Attitude Scale consists of 17 items according to the six assessment stage of proceeding. In the progress of translating the scale to Turkish, there has not been added a new expression, nothing has been removed and the original scale is completely holded.

**RESULTS:** Three experts on linguistics has individually translated the Scale into Turkish. These people who are experts on their own field came together, debated over every problematical statements. After they built consensus the Turkish draft of the Scale has obtained. After checking the draft and agueing the problematical statements, two experts working on Sports science made a common consensus and they generated the last draft. Later on this draft translated from Turkish to English form an expert who made his postgraduate in a foreign country, working on psychology and has a language sufficiency. Translated scale by taking into account of both expert group's evaluation is compared with the original Scale and extreme similarities observed.

**DISCUSSION AND CONCLUSION:** Knowing that there is no problem on understandability of the Scale, preliminary show the scale can be used.

**Keywords:** Volleyball, Performance Enhancement, Attitude, Doping, Sport

**S184**

# THE EXPECTATIONS OF PARENTS WHOSE CHILDREN ATTEND TO SPORTS COURSES IN YOUTH CENTERS (ELAZIG SAMPLE)

**[1]İNCE, U. , [1]COŞKUNER, Z., [1]SAVUCU, Y., [1]ÇOBAN, B.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

ugurince023@gmail.com

## ABSTRACT

This study was conducted to determine the expectations of parents who guide their children to courses of Table Tennis and Sports for People with Disabilities in Elazığ Youth Center.

A questionnaire form with 35 questions, which was developed by Keskin V. (1), was conducted on the parents who participated in the study, which consist of 51,6% males (n:32) and 48,4% females (n:30). The alpha value (α) of the questionnaire is 86%. In the evaluation of the questionnaires, the SPSS 21 package software was used and the percentages, distributions, arithmetic means and standard deviations were determined and interpreted. In the two-group comparison, independent groups t-test was conducted and in the multiple comparisons, "Anova" test was conducted and the significance level was determined to be $p<0,05$.

In the investigation of the monthly income of the parents who send their children to free of charge Table Tennis and Sports for People with Disabilities courses, it was determined that 41,9% of the group consists of low-income and moderate-income families between 1250-2000 TL (Turkish Liras). Among the parents who participated in the study, only a 9,7% consists of families with 4000 TL and above income. As for the education levels of the parents, the group consists 48,4% of parents with a bachelor's degree, 9,4% of parents with primary school graduate and 12,9% of parents with post-graduate education. The age group of parents who participated in the study consists 35,5% of parents between the ages of 30-40 and 64,5% of parents who are 41 and above.

Among the parents who send their children to the Table Tennis course, 77,4% believe that sports activities will have a positive effect on the physical and physiological developments of their children and they will have a healthier and decent posture (an upright body). 22,6% of the parents, who are the parents of 14 children with disabilities and send their children to courses of Sports for People with disabilities, believe that their children will develop an active lifestyle with sports activities. These rates indicate a statistical significance level with a rate of 0,05 ($P<0,05$).

**Keywords:** Sports, Parents, Children, Expectation.

**S185**

# WINTER OLYMPICS RESEARCH ERZURUM EXAMPLE

**[1.] KALKAVAN A., [2] ALAEDDİNOĞLU V.**

1. University of Recep Tayyip Erdoğan, Faculty of Sciences, Rize, Turkey
2. Atatürk University, Horasan Vocational School, Erzurum, Turkey

v.alaeddinoglu@atauni.edu.tr

## ABSTRACT

The aim of this research is to examine the demographic structure and perceptions of the Winter Olympics of the people who live in the central districts of Erzurum province. The study was conducted by interviewing with a total of 750 people face-to-face considering the balance who live in the districts of Palandöken, Aziziye, Yakutiye of Erzurum province. A questionnaire was used as data collection tool in the research. The questionnaire was formed by benefiting from the literature and receiving expert opinion by the researcher. The survey questions were prepared over the selective criteria of the jury in the determination of the Olympic cities. The IOC Candidacy File to which our survey questions which will be presented has to have the structure of the IOC in the form of standard questions, i.e., it has to respond to some questions under the specific headings. Word for word definitions range among different documents, the levels of detail can also be less or more. These criteria are evaluated as Vision, concept and legacy, Sports and facilities, Environment and meteorology, Accommodation, Transport, Medical services and doping control, Safety and security, Technology and energy, Legal issues, customs, visa procedures, Government and public support, Finance and marketing. Our survey questions and expectations of the questions are expected to be in the direction of the fulfillment of these criteria.

The first part of the survey is located concerned 16 choice questions. The second assessment survey consists of 36 questions. The first survey to determine the demographics features of our department the first six questions of socio-economic characteristics of students is related to the 8 questions sports interest and participation levels and 6 question also participants the perception of the Olympics. The first 13 questions at the second survey in our rubric were prepared for the detection of the Winter Universiade. 14 - 23 the questions are for detecting EYOF to be held in 2017. 24 - 36 questions to made the Olympic candidates cities were compiled from questions of the Olympic Committee. The data obtained from the survey were analyzed with SPSS 21.0 statistical software package on the computer. Besides the data to evaluate the frequency and percentage analysis, the district where participants lived, the socio-economic characteristics, the comparison of the level of interest and participation in sports and the Olympic sense "Ki Kare" analysis was utilized.

**Keywords:** Olympics, Winter Olympics, Perception, The Universiade

**S186**

# ANALYZING OF THE LEVEL OF AGGRESSION FANS ASSOCIATION MEMBERS OF ELAZIĞSPOR

**[1]ALBAYRAK V., [1]GACAR A.**

1.University of Firat Faculty of Sports Sciences, Elazig, Turkey

albayrakvysl@gmail.com

## ABSTRACT

**OBJECTIVE :** The aim of study is determining aggression tendency of Elazığspor Fans Association Members and what kind of aggression tendency that they show under what conditions within their psychological state.

**METHODS:** Personal information form that is consisted of 8 questions and aggression scale that was developed by İpek İlter Kiper in 1984 were used within the scope of this study. Sample group of this study consisted of at least 306 individuals (70%) who were selected by voluntarily participated in our study from among a total of 437 fan groups composed of fan associations in the Elazığ province (147 members of Gençlik 23 Association, 116 members of Abluka Association, 174 members of Taraftar 23 Association ). A survey was conducted on the sample group and their aggression levels were examined. After conveying obtained data to computer, according to some variables "aggression level" of parties is determined by determining of independent groups with t test (independent samples t-test) in comparison of two groups, in differences between groups and multiple comparisons with Anova test. Tukey test was applied to understand significant difference emerged in one-way variance analysis in favour which group. The comments are supported by tables. Significance level was taken $p<0.05$ in the analyses.

**RESULTS:** According to results of study, there is no statistically significant difference between fan groups in consideration of personal information. General aggression level of Elazığspor fans is in 30.70 +7.39 medium-level.

**CONCLUSIONS**: In the consideration of these results, it can be thought that not only educational activities but also socialising behaviours can be gained with fans groups like fraternity, taking responsibility social activities (visiting to rest home, society for the protection of children, hospital, jail, organizing educational activities to families) is beneficial for minimizing the aggression level of Elazığspor fans association members whose at medium level.

**Keywords:** Association, Fans, Aggression, Elazığspor, Football

**S187**

# NAMAZ AS A RELIGIOUS RITUAL:

# AN EVALUATION TRIAL IN TERMS OF SPORTIFY

**1. NARGÜL V., 2. UZUN M.**

1. Bozok Üniversity, Faculty of Theology,Yozgat, Türkiye

v.nargul@gmail.com

2. Hitit Üniversity Social Sciences Institue Doctora Program, Çorum, Turkey

melihauzunn16@gmail.com

## ABSTRACT

As in every religion, there are worship in Islam too. One of the most important worship of İslamic religion is the Namaz. Namaz is divided into sections as obligatory, necessary and Sunnah. Obligatory ones are performed five times a day: Morning, noon, afternoon, evening and night prayer. There are also physical benefits of namaz besides the spiritual benefits which provide to people. The body performs some sportive acts by uprising in namaz (standing), bowing (bendin down firmly of back) prostration (putting head on the floor) and tahiyyat (holding straight of body by sitting on feet). Doing these sportive acts in five times a day protects people against many diseases. In this notification, It will be discussed the sportive benefits of namaz as a religious ritual.

In this paper , the sportive benefits of namaz as a religious ritual are mentioned and it has been conclueded that it has great benefits.

**Keywords**: Namaz, Benefits of Namaz, Sports, Religion.

**S188**

# THE EFFECT OF 8-WEEK TRAINING PROGRAM ON PHYSICAL AND ANTROPOMETRIC CHARACTERISTICS OF TEEN MALE NATIONAL BOXING TEAM

**[1]KILIÇ Y. [2]ÇINAR V.**

1.Sakarya Üniversity, Faculty of Sports Sciences, Sakarya, Turkey

yakup@sakarya.edu.tr

2.Fırat Üniversity, Faculty of Sports Sciences, Elazig, Turkey

## ABSTRACT

To obtain a high level of performance, outstanding performance of nowadays athletes be characterized as complement of physiological, psychological and biomechanical factors. The aim of this study is exploration the effect of 8 weeks training program on certain physical and anthropometric values of 13-14 years' male boxers. 24 boxers from Teen Male National Boxing Team Participating in the camp program realized in Kastamonu in 2011 are composed the research of study. 8 weeks training program determined by Boxing Federation applied to training group participated in the study. Weight, body fat percentage, body mass index, anthropometric measurements of biceps circumference, leg circumference, shoulder circumference, chest circumference, waist circumference are taken from the athletes at the start and end of the camp. It was applied Pre-test and post-test model. Independent t-tests implemented in data analysis. SPSS 15.0 packaged software to Window was used in analysis and level of significance taken as $P<0.05$. It wasn't find out any statistical discrepancy among the measurements worth weight of athletes forming the study group. But it is significant discrepancy among the measurements in body fat rates ($P<0,05$).

**Keywords**: Boxing, physical fitness, anthropometric features

**S189**

# THE EFFECT OF THE EIGHT WEEKS TRAINING CAMP TO PHYSICAL FITNESS AND PHYSIOLOGICAL PROPERTIES ON BOXERS

**ÇINAR V., KILIÇ Y.**

1.Sakarya Üniversity, Faculty of Sports Sciences, Sakarya, Turkey

yakup@sakarya.edu.tr

2.Fırat Üniversity, Faculty of Sports Sciences, Elazig, Turkey

## ABSTRACT

Outstanding performance of nowadays athletes is qualified as a whole of many physiological, psychological and biomechanical factors to be a high level of performance. The aim of this study is to research the effect on some physiological and physical prices of 8 weeks boxing camp program in 13-14 years boxers. Research material including 24 boxers in 13-14 years from Yıldız Men's National Boxing Team, who participated in camp program realized in Kastamonu. It was applied 8 weeks training program organized by Boxing Federation to training team participated in practice. It was taken vertical jumping, flexibility, aerobic power, anaerobic power, pulse rate at rest and fatigue from sportsmen at the start of the camp. It was applied pretest-posttest model and Independent t-tests in data analysis. SPSS 15.0 packaged software to Window was used in analysis and level of significance taken as $P<0.05$. It wasn't find out any statistical discrepancy among the flexibility, anaerobic power, resting and fatigue pulse rate. But it is significant discrepancy among the vertical jump, anaerobic power and anaerobic power parameter ($P<0,05$).

**Keywords:** Boxing, physical fitness, physiological development.

**S190**

# THE EFFECT OF LEG PRESS WORKOUTS APPLIED FROM DIFFERENT ANGLES ON THE LEG STRENGTH

**[1]KÖROĞLU Y. [1]KOÇ H.**

1 Erciyes University, School of Physical Education and Sport Kayseri Turkey

hurmuzkoc@hotmail.com

## ABSTRACT

**OBJECTIVE :** In this study, the effect of leg press workouts on leg strength applied three times a week for eight weeks have been investigated.

**METHODS:** 26 male students from the School of Physical Education and Sports at Erciyes University between the ages of 18-25 who have not been regularly following a training scheme voluntarily participated in this study. Volunteers were split into two groups. By using the pyramidal training method, the first group worked out leg press at 90 degrees, and the second group 120 degrees three times a week for eight weeks. Having filled in the voluntary consent form prepared for the volunteers, pre and post workout measurements of the participants were recorded. Birth certificate was accepted as the criteria for determining age. Measurements of stature, body weight, leg height and thigh were performed. Body mass index and body fat percentage were calculated with a formula. To determine to the strength of legs, measurements were taken for standing long jump, and vertical jump; and also Tanita dynamometer was used. Data collected through measurements have been analysed with IBM SPSS Statistics version 22. To determine whether data showed normal distribution was tested with Shapiro-Wilk test. Measurement results were given as arithmetic average ( ) and standard deviation (SS). In the determining the difference between pre and post values within groups, t test was used in dependent groups; while in the comparison of intergroup, t test was applied in independent groups. $p<0.05$ was considered **significant.**

**RESULTS:** At the end of the study, when measurement values were compared for pre and post training results; decrease in body fat percentage and increase in thigh mass, standing long jump and Tanita measurements were statistically significant ($p<0.01$), while in other variables they were found to be insignificant ($p>0.05$).

**CONCLUSIONS:** As a result, results obtained showed that doing leg press at 90 and 120 degrees three times a week for eight weeks has an effect in increasing leg strength. It is thought that if similar studies are conducted a number of times, they will help establish norm in this field.

**Keywords:** Leg Strength, Leg Press, Pyramidal Method,

**S191**

# THE COMPARISON of ANAEROBIC POWER on THREE DIFFERENT SPORT BRANCHES

**[1]AKSOY Y. [2] AĞAOĞLU S. A.**

Ondokuz Mayıs University, Institute of Health Sciences, Physical Education and Sports Department-Samsun

yeneraksoygsim@gmail.com

Ondokuz Mayıs University, Yaşar Doğu Faculty of Sport Sciences, Coaching Education Department-Samsun

## ABSTRACT

This study is carried out in order to investigate the differences on anaerobic power of football players, volleyball players and wrestlers by comparing them with each other. The heights of the subjects are measured with 0,1 cm and weights with 0,01 kg sensitivity by Newtest Powertimer 300 which is set to the starting and finish points. The heights and the weights of the sportsmen are recorded in the tool. After the heights and weights of the sportsmen are recorded on the tool, they are made to run 35 m. sprints 6 times successively by having breaks of 10sec between sprints. This tool has measured anaerobic power by using Watt(AG: weight x running distance2 /running time3, The Index of Fatigue = Maximum –Minimum Power / Total Running Time3) . For the minimum power, the determination of the differences between groups on statistical evaluation and the differences between sport branches are identified by Wallis-H test and Dunn multiple comparison test. For the peak power, average power and the index of fatigue, One-way Anova and Tukey multiple comparison tests are used in order to find the differences between branches.

When the results of the anaerobic tests are analysed, it is found out that there is a significant difference statically between branches in terms of football and volleyball players' and wrestlers' as in the following :Football Players; 278,51± 60,46 watt, volleyball players: 263,23±44,17 and wrestlers: 235,51±40,92 watt. In other words, the peak power values of football players are the highest while the peak power of the wrestlers are the lowest. When the average power values are compared, there isn't any significant difference between footballers and volleyball players but a significant difference is found between wrestlers and the other branches ($P<0,05$). The average power values of the sportsmen are measured as 209,51±47,06 watt for football players, 180,37±34,40 watt for volleyball players and 180,97±32,40 watt for wrestlers. The average power value is identified as the lowest for the wrestlers and the highest for the footballers. While there isn't any significant difference between footballers and volleyball players when the minimum power values are compared, there is a significant difference between wrestlers and the other branches statistically ($P<0,05$). The minimum power value of the wrestlers appeared to be the lowest while football players are the highest. The minimum power values between branches are stated as; 166,55±40,14 watt for footballers, 163,29±40,32 watt for volleyball players and 143,22±33,23 watt for the wrestlers. When the index of fatigue values between branches are compared, a significant difference is found statistically ($P<0,05$). The index of fatigue between branches are identified as: 2,48±0,77 watt/sec for football players, 2,23±0,83 watt/sec for volleyball players and 1,99±0,55watt/sec for the wrestlers. It is appeared that the index of fatigue value is the lowest on the wrestlers while it is the highest on footballers. When the index of fatigue values between branches are compared, a significant difference is found statistically ($P<0,05$). The index of fatigue between branches are identified as: 2,48±0,77 watt/sec for football players, 2,23±0,83 watt/sec for volleyball players and 1,99±0,55watt/sec for the wrestlers. It is appeared that the index of fatigue value is the lowest on the wrestlers while it is the highest on footballers. It is normal that the anaerobic power of the footballers is better than volleyball players and wrestler as the footballers make short distance runs during the matches.

**Keywords:** Anaerobic Power, Football, Wrestlers, Volleyball

**S192**

# THE COMPARISON OF REACTION TIMES OF FOOTBALLERS, VOLLEYBALL PLAYERS AND WRESTLERS

**[1]AKSOY Y. [2] AĞAOĞLU S. A**

1.Ondokuz Mayıs University, Institute of Health Sciences,
Physical Education and Sports Department, Samsun, Turkey
yeneraksoygsim@gmail.com
2.Ondokuz Mayıs University, Yaşar Doğu Faculty of Sport Sciences,
Coaching Education Department, Samsun, Turkey

## ABSTRACT

This study is carried out to search the differences between the reaction times of footballers, volleyball players and wrestlers by comparing them with each other.
After some working environment is supplied to all subjects, the measurement is done through Lafayette Moart brand tool. Before the main test, a 5 exercising repetition test is applied. The subjects focus their eyes on the screen by holding their head 40cm ahead of the screen. They are asked to hold their dominant point finger above the button slightly. After they get ready, they are asked to press the warning button between 1-3sec as soon as they see the light. 10 repeated measurements of all participants are taken and the worst and the best values are reduced and finally measured through arithmetical mean. Reaction time values are measured and sportsmen are divided into three groups according to the branches. The statistical evaluations of the determination of the differences between groups are revealed through Kruskal Wallis-H test and Dunn multiple comparison test.

When the reaction time values are analysed , it is determined that there is not a significant difference statistically between wrestlers and volleyball players while there is a significant difference between footballers and the other branches ($P<0,05$). It is itendifined that the reaction value of the footballers are better than the volleyball players and wrestler. According to the results of the reaction time values; for the footballers : 0,164 ± 02sec, for the volleyball players: 0,182 ± 0,02 sec and fort he wrestlers :0,0185±0,01sec are measured. In other words, the best score belongs to the footballers and the worst score belongs tot the wrestlers in terms of reaction times.
According to the findings of the reaction time test, when the differences between the branches are evaluated, it is found out that there is not a significant difference statistically between the wrestlers and volleyball players but there is a significant difference between the footballers and the other branches ($P<0,0025$). While the reaction values of the footballers are the lowest , the wrestlers' are the highest.

As the footballers have to take sudden decisions in a large game field and they are supposed to play by seeing their team friends which should be thought the reason that the reaction time of the footballers are better than wrestlers and volleyball players.

**Keywords:** Raection Times, Football, Volleyball, Wrestling

# SPORTS EDUCATION SYSTEMS IN HIGHER EDUCATION: PROBLEMS, TRENDS, AND SUGGESTIONS

**[1] KARAKAYA Y. E. [2] YAVUZ C. [2]YILMAZ M.**

1. University of Firat, Faculty of Sport Sciences, Department of Physical Education and Sport Teacher, Turkey
emrekarakaya@firat.edu.tr

2. University of Firat, Health Sciences Institute, Elazig, Turkey, e-mail:

**ABSTRACT**

**OBJECTIVE**: In Turkey, studies about determining the qualifications in sports sciences and within this framework, various studies and discussions about training sports educators are being pursued at speed and the agenda of efforts to increase the quality of sports education remains. Especially in undergraduate education, which is one of the keystones of sports sciences and remains significant due to its roles and qualities in the society, is the leading topic of discussions which remains up to date and preserves its significance.
In this study, it was aimed to present a discussion about restructuring the sports education institutions in Turkey within the scope of problems, trends, and suggestions in a chronological manner. Accordingly, the current states of sports education on an undergraduate education level in Turkey and the World were referred and sports educator training qualifications of the current undergraduate sports education faculties in Turkey were evaluated in a qualitative and quantitative way. Within this framework, several suggestions were presented by considering the trend frames around the world with an orientation of restructuring the sports education in higher education.

**METHODS**: This study was organized with qualitative research model and document analysis method. Additionally, with this study, which possesses a situation research quality, the current state was aimed to be determined.

**RESULTS AND CONCLUSIONS**: As a result, it was observed that the undergraduate sports education in Turkey was in need of a structural transformation. Sports educator training system should be saved from being a system which carries out or collects its problems with outdated applications and it should be reformed in a system frame which can constantly renew itself. With the changes to be done in sports sciences, it is unavoidable to benefit from the systems of other countries. However, it is notable that every country has unique standards in sports education systems. Due to the significance of education output of sports educator candidates, it is necessary to perform improvements constantly, by evaluating the education, in order to provide them with skills and experiences.

**Keywords :** Sports Sciences, Undergraduate Sports Education, Universities.

**S194**

# COMPARISON OF SUSTAINED ATTENTION SKILLS OF DEAF ATHLETES AND NON-ATHLETES

**[1]GÜR Y., [2] GENÇAY S., [3] GÜR E.**

1.Necip Fazil Kısakurek Anatolian High School, Gaziantep, Turkey

yunusgur123@gmail.com

2. Sutcu Imam University, School of Physical Education and Sports, Kahramanmaraş, Turkey

3.Firat University, Sport Sciences Faculty, Elazig, Turkey

## ABSTRACT

**OBJECTIVE**: In this research it is aimed to compare the attention skills of hearing-impaired children playing sports and who do not.

**METHODS:** In total, 233 hearing-impaired children paticipated to the research consisting of 135 children,in 12-15 age group, who have habit of playing sports regularly and 98 children who do not. Burdon Attention Test was used to determine the attention skills of participants. The Kruskal-Wallis H test and Mann-Whitney U test in SPSS program were used for statistical analysis of the data obtained in the study and the level of statistical significance was determined as $p < 0.05$.

**RESULTS:** It has been found that the attention levels of hearing-impaired children who do not play sports show statistically significant difference according to their age group,city, the status of having their own room in home, the status of using hearing aids and glasses($p<0.05$). In contrast; it has been determined that there is no statistically significant difference among the attention levels of hearing-impaired children who do not play sports according to their gender, status of like reading, the reasons for emergence of hearing impairment, reading frequency and the status of interest in computer games ($p>0.05$). It has been found that the attention levels of hearing-impaired children who play sports show statistically significant difference according to their gender and the status of having their own room in home ($p<0.05$). In contrast, it has been found that there is no statistically significant difference among the attention levels of hearing-impaired children according to their age group,cities,the reasons for emergence of hearing impairment,the status of using hearing aids and glasses,the status of like reading ang frequency, interest in computer games and the timethey spend to computer games ($p>0.05$).

**CONCLUSIONS:** As a result, it seems that when it is compared with hearing-impaired children who do not play sports, the demographic variables have a lower impact on the attention levels of the ones, who play sports.

**Keywords :** Impairment, hearing impairment, children, sport, attention level

**S195**

# ANALYSIS OF THE GOAL ORIENTATIONS AND LIFE SATISFACTION LEVELS OF MALE PLAYERS AGED 14-15 CALLED TO THE DEVELOPMENT CAMP OF NATIONAL VOLLEYBALL TEAM

**[1]DOĞRU Z., [1]KAMUK Y. U.**

1. University of Hitit School of Physical Education and Sports Çorum, Turkey

zaferdogru@hitit.edu.tr

## ABSTRACT

**OBJECTIVES:** It is aimed to determine the goal orientations and life satisfaction levels of promising young players, and to show the importance of knowing the player very well in order to get him to perform to the best of his potential, and of using scientific methodology to provide a suitable environment for training.

**METHODS:** A total of 72 male volleyball players, aged 14-15, called to the development camp of the national volleyball team participated in the study (( age=14,58±0,496 years). The goal orientations of the volleyball players were measured by the "Task and Ego Orientation Scale in Sports" (TEOSS), which includes a total of 13 items and two subscales, namely the task orientation and the ego orientation. The volleyball players' perceived life satisfaction was measured by the "Life Satisfaction Scale" (LSS) made up of 5 items.

For the purposes of this study, descriptive statistics, Pearson correlation, t-Test, and variance analyses were carried out where appropriate.

**RESULTS:** Mean scores of Task Orientation, Ego Orientation, and Life Satisfaction of the volleyball players (n=72) were found to be ( =3,68±0,805, ( =2,83±0,826, and ( =4,77±1,282, respectively. No statistically significant difference was found as regards the experience, considerable achievements, payment status at host club, and age group of players through the comparison of Ego, Task, and Life Satisfaction mean scores. Players studying at middle school have higher mean scores of task and ego orientation when compared to high school students. Players living in provinces have higher life satisfaction scores than those living in towns. The analysis of correlations between Goal Orientation and Life Satisfaction revealed positive significant correlations between Task Orientation and Ego Orientation ($r = 0,358$; $p < 0,01$), Task Orientation and Life Satisfaction ($r = 0,308$; $p < 0,01$), and Ego Orientation and Life Satisfaction ($r = 0,246$; $p < 0,05$).

As regards the total scores of Life Satisfaction, 29,2% of volleyball players were found to have low life satisfaction.

**CONCLUSIONS:** Employing the already existing positive significant correlation between the life satisfaction and goal orientations of young male players called to the development camp of the national volleyball team to improve their performance can be beneficial. In goal determination, the use of scientific methodology to determine the motivational environment to be created according to the ego and goal orientation scores of the players can help improve the performance of promising players.

**Keywords:** Goal Orientation, Ego Orientation, Task Orientation, Life Satisfaction

**S196**

# INVESTIGATION OF VISUAL AND AUDITORY SIMPLE REACTION TIME OF 15-18 AGED YOUTH

**[1.]PANCAR Z., [2.]ÖZDAL M., [3.] PANCAR Z., [1.]ÇINAR V.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey
z_pancar@hotmail.com

2. Gaziantep University Physıcal Education and Sports Gaziantep, Turkey

3. Uludağ University Faculty of Sports Sciences Bursa, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was investigation of visual and auditory basic reaction time differences in age groups of 15-18 youth.

**METHODS:** Totally 400 male (n = 200) and female (n = 200) sedentary youth in the age groups as 15 (n = 100), 16 (n = 100), 17(n = 100), and 18 (n = 100) voluntarily participated in this study. Computerized reaction time tests (GRZ: www.humanbenchmark.com; İRZ: cognitivefun.net) was used for visual reaction time (VRT) and auditory reaction time (ART). Reaction time was measured five times, and the mean variable saved as millisecond in both tests. One Way ANOVA and Tukey tests were used for analysis between age group, Independent Sample T test was used for difference in male and female youth.

**RESULTS:** There was no statistical significance observed between male and female youth ($p > 0.05$). Significant difference was found in VRT and ART parameters between age categories ($p < 0.05$). Significances were determined between 18 and 15, 17 and 15, 16 and 15 age groups both VRT and ART ($p < 0.05$).

**CONCLUSIONS:** In conclusion, it could be said that sedentary youth perform faster reaction with increasing age between 15-18 years.

**Keywords:** Reaction, Visual, Auditory, Youth

**S197**

# EFFECT OF SMOKING ON OXYGEN SATURATION IN HEALTHY SEDENTARY MEN AND WOMEN

**[1.]ÖZDAL M. [2.] PANCAR Z., [2.] ÇINAR V., [3.]BİLGİÇ M.**

1. Gaziantep University Physıcal Education and Sports Gaziantep, Turkey
2.University of Firat Faculty of Sports Sciences Elazig, Turkey
z_pancar@hotmail.com
3. Kırıkkale University Faculty of Sports Sciences Kırıkkale, Turkey

## ABSTRACT

**OBJECTIVE**: The purpose of our study was to investigation of differences in oxygen saturation ($SpO_2$) level of smoker and non-smoker healthy sedentary men and women.

**METHODS**: Totally 406 individual who are sedentary and healthy smoker (n = 189) and non-smoker (n = 217) men (n = 179) and women (n = 227) participated in this study as subject. Pulse oximetry was utilized for determination of $SpO_2$. Independent samples T test was used for analysis of $SpO_2$ parameter of smoker with non-smoker, and men and women.

**RESULTS**: Non-smoker individuals had significantly higher $SpO_2$ value than smoker individuals ($p< 0.05$). Smoker women showed higher $SpO_2$ value than smoker men ($p<0.05$). Also, there was no significant difference between non-smoker men and women ($p>0.05$).

**Tablo 1.** Sigara içen ve içmeyen bireylerin $SpO_2$ değerlerinin karşılaştırılması

| Değişken | Sigara | n | Ortalama±SS | t | p |
|---|---|---|---|---|---|
| **$SpO_2$ (%)** | İçiyor | 189 | 97.28±1.19 | -5.627 | 0.001 |
| | İçmiyor | 217 | 97.92±1.09 | | |

**Tablo 2.** Sigara içen erkek ve kadınların $SpO_2$ değerlerinin karşılaştırılması

| Değişken | Cinsiyet | n | Ortalama±SS | t | p |
|---|---|---|---|---|---|
| **$SpO_2$ (%)** | Erkek | 97 | 97.08±1.27 | -2.377 | 0.018 |
| | Kadın | 92 | 97.49±1.11 | | |

**Tablo 3**. Sigara içmeyen erkek ve kadınların $SpO_2$ değerlerinin karşılaştırılması

| Değişken | Cinsiyet | n | Ortalama±SS | t | P |
|---|---|---|---|---|---|
| $SpO_2$ (%) | Erkek | 82 | 97.83±1.25 | -0.918 | 0.333 |
| | Kadın | 135 | 97.98±0.99 | | |

**CONCLUSIONS**: In conclusion, it could be considered that smoking may reduce to oxygen saturation, and the reduction in oxygen saturation may higher in smoker men than women.

**Keywords:** Smoking, oxygen saturation, $SpO_2$

**S198**

# THE IMPACT OF THE TRANSITION TO HIGHER EDUCATION EXAMINATION, WEIGHTED HIGH SCHOOL GRADE POINT AVERAGE AND SPECIAL TALENT EXAMINATION SCORES ON THE ACADEMIC SUCCESS OF PRE-SERVICE PHYSICAL EDUCATION TEACHERS

**1.PEHLİVAN Z.**

University of Mersin, School of Physical Education and Sports, Mersin, Turkey

zpehlivan_59@hotmail.com

## ABSTRACT

**PURPOSE:** Purpose is to analyze the impact of the transition to higher education examination (YGS), weighted high school grade point average (AOBP) and special talent examination scores (ÖYSP) on the academic success (GNO) of pre-service physical education teachers.

**METHOD:** Sample group includes 189 pre-service physical education teachers graduated from Department of Physical Education and Sports Teaching in the last five years. Data was collected from official sources via retrospective archive searching. The data analysis was conducted by t test, One-Way ANOVA, Kruskal-Wallis H and Welch test if the variances are inhomogeneous. Scheffe and Tamhane's T2 tests are post-hoc tests. Correlation analysis was used to test the relation between independent variables while multi-linear regression analyses were used to test the predictive power between dependent and independent variables. Error margin is 0,05.

**FINDINGS:** YGS scores differ by sex. Men's points average (M= 264,99; SD= 37,05) are significantly higher than women's points (M= 241,22; SD= 34,66). Those having YGS score interval between 160,00-210,00 have higher ÖYSP scores than those between 310,01-360,00. Those scoring 310,01-360,00 in YGS have higher GNO than those scoring 160-210 and 210,01-260,00 ($p<0,05$). There is positive and high correlation between Placement Score (YP) and ÖYSP, AOBP ($p<0,01$) while negative and low correlation is detected between YP and YGS ($p>0,01$). Although there is no correlation between YP and GNO, a positive correlation is observed between GNO, YGS and AOBP ($p<0,01$). Regression analysis reveals a significant correlation between YGS, AOBP and GNO and there is no significant correlation between GNO and ÖYSP (R= ,49; R2= ,24; $p>0,01$). YGS scores and AOBP only explain 24% of total variance in academic success.

**RESULT:** Those with lower YGS scores are more successful in ÖYS, yet this success has no impact on the academic success of teachers. The most effective variance in academic success is AOBP.

**Keywords:** YGS score, AOB score, Special Talent Examination, Academic success, Pre-service physical education teacher.

**S199**

# AN ANALYSIS OF SOCIAL ENTREPRENEURIAL QUALIFICATIONS OF PRE-SERVICE PHYSICAL EDUCATION TEACHERS IN TERMS OF CERTAIN VARIABLES

**[1]PEHLIVAN, Z., [1]AVCI, G.**

1.University of Mersin School of Physical Education and Sports, Mersin, Turkey
zpehlivan_59@hotmail.com

## ABSTRACT

**OBJECTIVE:** This study aims to determine the impact of social entrepreneurial qualifications of pre-service physical education teachers in terms of certain variables such as sex, theoretical or practical courses that they find themselves successful, self-assessment for academic achievement level and active participation in sports.

**METHODS:** Study group of this descriptive study consists of 126 pre-service teachers who study in the related field of three different universities. The datas are collected via "Scale of Social Entrepreneurial Qualifications of Pre-Service Teachers (SES)". Five-point Likert type scale is developed by Konaklı and Gogus (2013) and consists of 21 items and 3 sub-dimensions. Cronbach alfa confidence interval for the general of the scale is found as .83. During data analysis, One-Way ANOVA and *t* test for independent groups are used in order to test the significance level between groups. The relation between continuous variables are identified via Pearson Correlation test. Error margin is 0,05.

**RESULTS:** The results show that there is no significant correlation between the variables of age and total SES and its sub-dimensions ($p>0,05$ and 0.01). In the total score of SES and sub-dimension of *risk-taking* and *self-confidence*, self-assessment of the participants proves that the participants who consider themselves having "high level" of academic achievement have significantly higher scores than those who consider themselves having "medium level" of academic achievement ($p<0,05$). Yet the difference between groups in *Personal Creativity* sub-dimension is not found significant ($p>0,05$).

**CONCLUSIONS:** It is concluded that according to individual evaluation of pre-service teachers, those who consider themselves academically successful have more qualifications of social entrepreneurship in terms of risk-taking and self-confidence. From this point of view, it is suggested that teacher training institutions should emphasize certain studies aiming to increase the academic success of pre-service teachers.

**Keywords:** Physical education, Pre-service teachers, Social entrepreneurship

**S200**

# CUSTOMER SATISFACTION AND EXPECTATIONS OF SKI RESORT LEVEL: (KAYSERİ ERCİYES SKI CENTER SAMPLE)

**[1]COŞKUNER,Z., ATAŞ İ. [1]**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

coskunerzeki@gmail.com

## ABSTRACT

The purpose of this study, Kayseri Erciyes ski resort customers were satisfied with how the ski resort they go in order to ski, to identify their expectations if the ski center and make some suggestions to determine what should be done for the display of more interest to this ski resort.
In the sample of the study, with the goal of skiing the Kayseri-Erciyes ski from 362's male (58.4%) and 258 women (41.6%) had received a total of 620 people participated.

Data collection used as an intermediary scale, in 2013 the satisfaction level of Hatice Toy Ski Resort has received from the customer certain demographic Master Thesis Comparison of Relations with variable customer satisfaction level is the scale. This scale consists of two parts. In the first part of the participants while giving room for questions to identify the demographics, the second section is located scale that will determine the expectations of the customer satisfaction level and the ski resort. The purpose of the study were asked 37 questions in line with demographic questions.

As a result; According to the answers given by the participants, "Every level of Piste Available" with propositions X = 3.89 mean, "Mechanical Plant to Boarding and Landing Platforms enough and equipped" with the proposition X = 3.82 mean, "Security Guard Available" proposition X = 3.78 and mean, "Ski and Snowboard Tutorials Available" propositions X = 3.78 at the highest level with the arithmetic mean "Agree" agreed on that. Based on the results obtained in terms of customer satisfaction in Kayseri-Erciyes Ski Center it said that the center was adequate and safe. Therefore, skiers say they are satisfied with this choice because of the quality of services to be offered in the center.

**Keywords:** Skiing, Ski, customer, service, expectations.

**S201**

# ASSESMENT OF THE EXPECTATIONS AND SATICFACTION LEVELS OF PARTICIPANTS AN ACTIVITIES OF THE SCOUT FEDERATION IN TURKEY

**[1]COŞKUNER,Z., [1]ÇOBAN.B.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

coskunerzeki@gmail.com

## ABSTRACT

When scouting was in its peak as worldwide youth movements, scouting could not establish its youth oriented organization in Turkey. Scouting activities are administered by two institutions in Turkey: National Education Ministry (NEM) and Turkish Scouting Federation (TIF).

Purpose of this study is to find out What TIF scouts and scouting leaders expectations and satisfaction levels are. Currently, TIF has 39 thousands licensed scouts and 154 Scout leaders. 13 thousand scouts have attended TIF camps in 2011 under the supervision of 154 Scout leaders. Study is conducted with 1675 Scouts and 136 Scout leaders.

Surveys used in the research are used in researcher's graduation thesis and, its validness, accepted by its respected committee members. Survey has two sections. In first sections, questions about participants‟ demographic information are asked. In the second section, participant expectations, satisfaction levels, and questions regarding camps‟ physical conditions are asked. To find out scouts‟ and their leaders‟ opinions, arithmetic average, eviation, one way anova and T-test methods are utilized. Standard Data regarding scouts and scout leaders‟ personal information such as gender, age, how many times they have attended scouting camps and scout leaders; seniority are analysed with 0.05 level of significance.

According to research results, scouts and Scouting leaders state that they attend scouting activities for pleasure and like what they are doing. They also state that a wide spread campaign to outreach more people. Both groups also agree that scouting activities not only helps physical but also emotional growth of youth. Also, scouting leaders state that TIF and NEM should be combined under one umbrella organization. Suggestions are as follows, scouting activities should be under TIF, which is recognized by World National Scouting Institution. Secondly, scouting leaders should be educated and trained with the international norms to serve best to their respected nations.

**Keywords:** Turkey Scouting Federation, Scout, Scout Leadership, Expectations and Satisfaction levels.

**S202**

# INVESTIGATION OF PRIMARY SCHOOL STUDENTS IN TERMS OF OBESİTY AWARENESS AND PHYSİCAL ACTIVITY LEVELS (SAMPLE OF VAN CITY)

**[1]ÖZKAN Z., EROĞLU B., EROĞLU A.K.**

1.Yüzüncü Yıl Üniversity, Van, Turkey

zekiyeozkan06@hotmail.com

## ABSTRACT

The aim of this study was to investigate the relationship between obesity awareness and physical activity levels of 2nd stage primary school students. In this research which was carried out with scanning model, totally 558 students consisting of 285 males and 273 females getting education in Van City in the education year of 2015-2016 term participated. The data of the research were evaluated with "Physical Activity Scale for Children (CFAO)" developed by Crocker et al. (1997) and Turkish validity as well as reliability of which were performed by Tanır (2012), with "Obesity Awareness Scale " developed by Allen (2011) and Turkish validity as well as reliability of which were performed by Kafkas and Özen (2014) and finally with "Personal Information Form". For the analysis of the research data, SPSS statistical software program was used and descriptive statistics, Anova, Kruskal Wallis, t test, Duncan, Tukey and Pearson correlation tests were applied.

When the findings of the research were evaluated, average of total obesity awareness grade of students was 54.17±12.34 while average of physical activity grade was determined as 2.32±0.73. A significant difference was found between the situations of students such as the income level, academic success, number of siblings, satisfaction from physical appearance, participation in any sports team and their physical activity levels ($p<0.05$). A significant difference was also determined in sub-dimensions of income level of students, mother's job together with obesity awareness ($p<0.05$). A positive and very significant relationship was determined between physical activity levels of primary school students and their obesity awareness ($r=0.116$, $p=0.00$). Moreover, a positive and significant relationship was observed between CFAO grade and obesity ($r=0.103$, $p=0.015$), nutrition ($r=0.111$, $p=0.008$) and physical activity ($r=0.095$, $p=0.024$) sub dimensions.

Consequently, the participation of students in sports activities increases for the students who can define their level of income and academic success well. Moreover, high number of sisters/brothers positively affects getting duty in a team and satisfaction with physical appearance positively affects participation in physical activities. As obesity awareness of students improves, their physical activity levels also increase.

# POSTER PRESENTATIONS

**P001**

# EFFECT F AGUATIC PROGRAM ON SPATIOTEMPORAL PARAMETERS OF GAIT IN PATIENTS WITH PARKINSON'S DISEASE

**[1]YAZICI A.G., [2]MOHAMMADI M.**

1. Atatürk University, Physical Education and Sport Sciences, agokhan.yazici@atauni.edu.tr

2.PhD. Student in Atatürk University, Physical Education and Sport Sciences, Erzurum, Turkey

## ABSTRACT

**OBJECTIVE:**Parkinson's disease (PD) is a neurodegenerative disorder due to the depletion of dopamine in the basal ganglia, with progressive reduction in the speed and amplitude of movements. The purpose of this study was to evaluation effect of aquatic training program on spatiotemporal parameters of gait in patients with PD

**METHODS:** The 11 patients with PD male with an average age of 68.7±2.6 yr, the height of 165.5±3.6 cm and weight 65.1±4.3 kg participated in this study. Characterize patients with PD were measured from the Hoehn and Yahr (H&Y) modified scale. The patients with PD participated in an aquatic training program for six weeks, four sessions per week and 30 minutes per session. Spatiotemporal parameters of gait were assessed with a four camera video-based system (120 Hz). The Eight reflective markers were bilaterally attached to the skin surface on anatomic points. Gait was assessed by meters walked during a 6-minute walking test [1]. The paired sample T-test was used to compare the differences between the pre and post-test. All statistical analyzes were performed using SPSS statistical software version 19.

**RESULTS:**Spatiotemporal parameters of gait in patients with PD are presented in table 1. Significant difference found between pre and post of subjects in all variables ($P < 0/05$)

**CONCLUSION:**According to the results of the present research, it could be concluded that for improvement of gait in patients with PD, the aquatic training program is recommended.

**Keywords:** Aquatic Training, Kinematics Parameters of Gait, Patients with Parkinson's disease

**P002**

# A THEORETIC APPROACH TO CONTRIBUTION OF RECREATIONAL LOCAL PARKS TO DEVELOPMENT PROCESS

**[1] BAYRAM A., [1]CEVIK H., [1]SIMSEK K.Y.**

[1]Anadolu University, Faculty of Sport Science, Eskisehir, Turkey

alicanbayram@anadolu.edu.tr

## ABSTRACT

**OBJECTIVE;**In this study, by being analyzed the studies that were done in this field before, the contribution of recreational local parks to development process has been scrutinized.

**METHODS:**The study has been presented by scanning the master thesis, doctorate thesis and the articles in which parks and recreational work fields are analyzed.

**RESULTS:**We can state that local parks and recreational activities may contribute to society's fields such as socio-cultural, sports and arts. It might be referred that this contribution has positive effects on development process.

**CONCLUSION:**It was revealed in the studies that recreational park in Turkey had positive effects on community. But it cannot be said that there are parks which meet the needs of community in real terms. In this case, it may be a guide to determine standards of recreational local parks for building parks which meets community needs.

**Keywords:** Recreation, Parks, Local Parks, Development, Municipa

**P003**

# AGRICULTURE FACULTY STUDENTS KNOWLEDGE AND OPINIONS ABOUT GENETICALLY MODIFIED FOODS

**[1]BULUT A.; [2]ERÇİM R.E.**

1. University of Bingöl, Faculty of Health Sciences, Department of Nursing, Bingöl, Turkey

aliyedemirok@yahoo.com

2. University of Bingöl, Faculty of Health Sciences, Department of Nutrition and Dietetics, Bingöl, Turkey

## ABSTRACT

**OBJECTİVE:**As well as all over the world, scientific and technological advances bring new developments in agricultural and livestock area, as in many areas. Today one of the most common and controversial issue is also genetically modified organisms (GMO). This study was aimed at to investigate the Faculty of Agriculture students' knowledge and opinions about genetically modified organisms students.

**METHODS:**This was a cross-sectional and descriptive study. Sample was consisted of a total of 122 (male:69, 56.6%; female:53, 43.4%) university students in Bingol University. The participants' knowledge and opinion about genetically modified foods were determined by using a questionnaire. The Chi-square test or Fisher's exact test, where appropriate, was used to compare proportions in these different groups. Statiscally analyses were performed using the SPSS software version 22.0 and an overall %5 type-1 error level was used to infer statistically significance.

**RESULTS:**In the study, the students mean age was 23.1 ± 2.9 years. The 76.3% of students were in 3rd and 4th class. Also, not doing regular physical activity ratio of men and women were 66.2% and 75.5% , respectively. For about the reasons were shown that lack of time (33.7%), not enough space for physical activity (22.9%) and the lack of personnel habit (21.7 %). The students' knowledge about GMO ratio was 87.6% and the information sources about GMO were 55.4% of internet and television ratio and 36.4% of lessons in the school.

**CONCLUSIONS:**Technological and scientific advances in the health field as well as in all areas, is growing rapidly and it also affect human health. In this regard, it will be more ethical that to give information about GMO and its advantages and disadvantages to individuals and to give them a chance to choose consumption or not.

**Keywords:** Genetically modified organisms, agriculture faculty.

**P004**

# INVESTIGATION OF THE NUTRITION HABITS OF THE STUDENTS WHO PREFER VOLLEYBALL IN THE CAMPUS

**[1]KARADAĞ M., [1]SAVUCU Y., [1]BİÇER SY., [2]KARADAĞ A., [1]GÜR E., [1]ORHAN S.**

[1]Firat University Faculty of Sports Sciences, Elazığ, Turkey
mkaradag@firat.edu.tr

[2] Ardahan University Physical education and Sports, Ardahan, Turkey

## ABSTRACT

**OBJECTIVE:** In this research, it was aimed to search the eating habits of the students who prefer volleyball in the Firat University Campus according to the variants of gender, education and volleyball playing years.

**METHODS:** 55 male and 33 female totally 93 students who do volleyball sport in campus create the universe of the research. In this research SPSS 21 packet program has been used. To identify the demographic dispersion of the individuals that take place in the research, percentage (%) and frequency (f) analysis have been done and chi-square test done in a=0,05 significance level to search whether there is an important difference between eating habits and variants.

**RESULTS:** According to the research results related to the eating habits of the individuals gender that attended in the research a significant difference has proceeded that taking calories enough for Daily necessity knowing the caloric value of the foods (sigma, 0,36 $p< 0,05$), having breakfast regularly (sigma, 0,10; $p<0,05$) taking doping materials before the trainings (sigma, 0,38, $p<0,05$) when the significant differences between the educational status and eating habits are reviewed, significant differences have come out among the variants of providing the needs for minerals and vitamins steadily (sigma, 010; $p<0,05$) having more than three repasts ( sigma, 0,33;$p<0,05$) taking enough daily calories by knowing the caloric quantity (sigma, 0,24 $p< 0,05$) knowing the energy system and need, and eating according to it (sigma ,038 $p< 0,05$) taking vitamin drugs (sigma, 038 $p<0,05$) using energy drinks (sigma, 048 $p< 0,05$), in terms of volleyball playing duration, ıt has been seen that the variant of the significant differences among the eating habits exists in paying attention to the fact that consuming the foods containing high levels of proteins while doing trainings at weight lifting that improves one's strength. No significant difference can be found among other items.

**CONCLUSIONS:** No found significant differences so it is thought that this situation may be resulted from the fact that the individuals taking part in the research are the people who have done sports between the same years.

**Key words:** Student, Volleyball, Nutrition

**P005**

# INVESTIGATION OF IMPACTS IN WHICH THEIR PREFER WITH FAMILY AND COMMUNITY FACTORS OF THE STUDENTS WHO PREFER VOLLEYBALL IN THE CAMPUS

**[1]KARADAĞ M., [1]SAVUCU Y, [1]BİÇER SY, [2]KARADAĞ A, [1]GÜR E, [1]ORHAN S.**

[1]Firat University Faculty of Sports Sciences Elazig,
mkaradag@firat.edu.tr

[2]Ardahan University Department of Physical Education and Sports Ardahan Turkey

## ABSTRACT

**OBJECTIVE:** In this study, it was aimed to determine the effect of family and community factors and their elections of students who prefer the volleyball in Firat University campus.

**METHODS:** The study groups were composed of women and men students in Firat University campus who prefer volleyball. Survey method used to collect all data in the study. Questionnaire which composed of 23 items were evaluated and 97 individuals totally participated to the study. SPSS 21.0 software package was utilized for statistical solutions. Chi-square, frequency and percentage tests were applied. Significance also was obtained as $p<0.05$.

**RESULTS:** The families of the children have seen that do sport almost always positive (66%), and it did not find a significant difference between the sexes. It had seen that teachers may be more effective in selection volleyball (54.6%), and also friend's effect of their selection is 29.0% ($p<0.05;002$). Also no found a significant difference between the sexes.

**CONCLUSION:** It had seen that teachers provide positive impact for doing volleyball of students. Furthermore it is believed that lack of facilities and sport equipment affect negatively to participants.

**Keywords:** Student, volleyball, Community, Family

**P006**

# A RESEARCH CONCERNING TO THE APPLICABILITY OF THE LEGISLATION OF SPORTS SPONSORSHIP

**[1]HALICI.A., [2]EYNUR.B.R**

Kafakas University, Sarıkamış School of Physical Education and Sports, Kars, Turkey

Dumlupınar Unıversity School of Physıcal Educatıon and Sports, Kütahya, Turkey

alperen_h@hotmail.com

**ABSTRACT**

The objective of this research is to determine the situation of the applicability of the legislation about sports sponsorship that was come into force in 2004 in order to encouragement of the sponsorship from the point of amateur sports clubs and federations except football that are connected to the Ministry of Youth and Sports and offer the solutions by determining the trials and tribulations in the legislation. The research is a descriptive study on survey basis. Within the context of this method, by knowledge sharing, descriptions have been done in the direction of obtained data. According to the data that were given by General Directorate of Sports, 33 of the 58 federations that are connected to the Ministry of Youth and Sports have generated sponsorship income as of December 2015. It reveals that the federations use sponsorship in the rate of 57% approximately. 83% of the total income has been obtained by the basketball federation. Just 149 of 13.642 amateur sports clubs have obtained income through sponsorship agreement. This data reveal that 1% of sports clubs use sponsorship only. This figures reveal that the business organizations in our country do not use sponsorship adequately, in the same way, the clubs and organizer persons and institutions could not benefit from the sponsorship income regarding sports that there are inability to solve finance problems in our country for many years. Among the major causes are appealing the amateur sports clubs to the local mass and in parallel to this, lack of time in appearing media can be concerned. Another reason is, the institutions and sports club managers have no sufficient information regarding the legislation that is related with tax advantages that may be obtained through sponsorship agreement.

**Keywords** : Sponsorship , sports,legislation ,amateur , federation

**P007**

# CORRELATION BETWEEN BALL FREQUENCY AND TARGETING PERFORMANCE DURING TENNIS SPECIFIC AGILITY TRAINING

**[1]ŞAHAN A., [1] ERMAN KA., [1]OKAN C.**

Akdeniz University, School of Physical Education and Sports, Antalya, Turkey

asusahan@akdeniz.edu.tr

## ABSTRACT

**OBJECTIVE:** Tennis is a sport requiring moving at high speeds in various directions. Players not only need movers in a laterally direction, but also multidirectional. Therefore, to improve their performance tennis-specific agility training and practice forms is extremely important. The aim of study examined the relationship between ball frequency and target performance in tennis in agility training.

**METHODS:** All participants hit the 8 ball with respectively 5-4-3 sec intervals (forehand and backhand ground stroke) tried to throw the ball on the target. Heart rates (HR) and each test scores immediately were recorded after tennis specific agility test.

**RESULTS:** Thirty university students (20 male, 10 female) participated in the study voluntary (mean+/-SD, age: 21.73±2.60 yrs, weight: 69.10±11.44 kg, height: 176.40±7.10 cm). According to the results of ANOVA Repeated Measure between 5 sec (11.03±3.27 points), 4 sec (10.47±2.73 points) and 3 sec (9.43±3.17 points) frequency ball and the targeting performance no significant difference was found (p=0.00). Between HR value of 5 sec (120.53±23.13 beats/min), 4 sec (130.13±20.50 beats/min) and 3 sec (142.53±21.90 beats/min), significant difference was found (p=0.00).

**CONCLUSIONS:** As a result, this study determined to be effect of ball frequency on targeting performance during tennis specific agility practice. Also, it is recommended HR can be easily used as a means of performance analysis and training control.

**Keywords:** Tennis, Agility, Performance, Heart Rat

**P008**

# INVESTIGATION OF DECISION MAKING STYLES AND SELF CONFIDENCE LEVELS OF FOOTBALL REFEREES İN DIFFERENT CLASSIFICATIONS

**[1]AKSU A., [2] ARSLAN C.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

aksuaksuatakan@hotmail.com

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE** :The analyzing of decision-making style of football referees in the different divisions and their confidence level in terms of some variables are aimed in the study.

**METHODS**: Football referees of different divisions in the 2015-2016 season in Turkey generate the study population. 178 football referees who assigned in the different divisions in Eastern Anatolia Region generate the study population. Demographic information; "Personal Data Form "in 10 questions, Decision-making styles is determined by using "Melbourne Decision-Making Scale" developed by Mann and Ark. (1998), Confidence level is determined by using "Self-Confidence Scale" developed by Akın (2007). Data are evaluated by SPSS 22.0 statistical package program and the level of significance is taken $p<0.05$. T test is used in the dual comparisons, Anova test is used in more than two comparisons.

**RESULTS**: Considering the self-confidence level of football referees according to obtained data; according to age variable, 26-30 year old football referees are found to be significant differences in comparison with 21-25 year old football referees in terms of point averages. ($p<0.05$) According to professional years it's determined that the self-confidence level of referees who have 7 years and older seniority in refereeing is higher than self-confidence level of referees who have 1-3 year seniority. ($p<0.05$) Considering decision-making style and self-respect in decision-making the significant differences are found in their divisions, professional and educational level and monthly income level. ($p<0.05$)

**CONCLUSIONS**: As a result, it's determined that when refereeing years and educational level are increased self-respect and careful decision-making style in decision-making are increased positively, avoidant, postpone and panic decision-making styles are affected negatively, decision-making styles of married referees are increased positively. It's concluded that refereeing years, educational level, monthly income and the divisions affect significantly on self-respect, decision-making styles and self-confidence of referees to be sufficient.

**Keywords:** Football, Referee, Division, Decision-Making, Self-Confidence

**P009**

# INVESTIGATION OF AGGRESSION STATUS OF HIGH SCHOOL STUDENTS WHO PARTICIPATING THE INTERSCHOLASTIC SPORT COMPETITIONS (ZONGULDAK - KOZLU EXAMPLE)

**[1]KESKİN, C. [2] ŞENTÜRK A., [3]KALKAVAN, A.**

1. Dumlupinar University Health Sciences Institute, Kütahya, Turkey

2. University Of Dumlupinar, Department Of Physical Education and Sport, Kütahya, Turkey
aydin.senturk@dpu.edu.tr

3. University Of Recep Tayyip Erdoğan, Department Of Physical Education and Sport,Rize,Turkey

## ABSTRACT

**OBJECTIVE** : The aim of this study is to put forward considering the status of various aspects of aggression of students participating to interscholastic sport competitions.

**METHODS**: The four hundred athletes who are selected according to random cluster sampling method from three high schools participating interscholastic sport competitions between 2013 - 2014 years participated in the study. The personal information form and the aggression inventory were used as data collection tool. While the personal information form was developed by user, the aggression inventory was developed by İpek İlter ( Kiper ). Firstly, normality test (Kolmogorow-Smirnov D test) was performed to determine the distribution of the data. At the results of normality test, it was seen that data have normal distribution. The distribution and percentages of the athletes who participated in the study were determined with descriptive statistics.

**RESULTS**: At the result of obtained findings, the significant differences according to doing sports year, living environment and income levels were obtained. While doing sports year and living environment were presented the significant differences in all subscales, the significant difference was found only in passive aggression subscale according to family income level. As a result of, five years and older who athletes have offensive more than four years and younger who athletes. The athletes living in town have offensive more than the athletes living in province, and it was found that the aggression has increased with increasing income according to family income level.

**CONCLUSIONS**: This study are such as to support the previous studies. The level of aggression is increased with increasing income and significant differences according to doing sports year, living environment and income.

**Keywords :** Sport, Adolescence, High School, Aggression

**P010**

# THE INVESTIGATION OF DUMLUPINAR UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS AND EDUCATION FACULTY STUDENTS' ATTITUDES TOWARDS THE DISABLED PERSONS

**[1]EYNUR A., [1]EYNUR B. R., [1] ACET M.**

1. Dumlupınar University, Kütahya, Turkey
aytul.eynur@dpu.edu.tr

## ABSTRACT

**OBJECTIVE:** The purpose of this study; Dumlupınar University School of Physical Education and Sports (PES) and the Faculty of Education (EF) to determine their attitudes toward students with disabilities.

**METHODS:** In this study; to determine towards attitudes was used a scale prepared in Charity of Disabled Persons of Primery Ministery. Attitudes towards Persons with Disabilities (APDI), five-point Likert-type scale. Negative item is scored on the scale inverted. A high score in the APDI expressed positive attitudes towards disabled people. APDI the obtainable score for all scale both for each subscale. The lowest and the highest scores from all APDI ranged from 43 to 215. Independent samples t evaluation of the data obtained from this study have been utilized test and ANOVA test. The level of significance was accepted as $\alpha = 0.05$.

**RESULTS:** An analysis of data obtained from research; According to the gender variable in attitudes towards working life; According to the variable part of the educational environment, working life, family life, personal characteristics and attitudes towards independent living skills; According to the class variables between the groups in attitudes towards working life it has been found to be a significant difference.

**CONCLUSIONS:** Other variables in the research outcomes and the lack of a difference significantly among subgroups revealing the existence of a general level of attitudes towards the disabled, the existence of differences contained in other areas where variable in social life also shows have not put forward an adequate formal studies on people with disabilities.
Keywords : Disabled Person, Attitudes, University, Student, Education

**P011**

# THE EFFECTS OF UNIT EXERCISES ON THE HAND GRIP STRENGTH OF ARM WRESTLERS

**[1]ÇELİKEL B.E., [1] BİÇER S.Y. , [1] KARADAĞ M.,AKSU A., [1] SAVUCU Y.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey.
ybicer1@firat.edu.tr

## ABSTRACT

The aim of this research is to evaluate the change in the hand grip strength of the male arm wrestlers before and after a unit of exercise. The participants of the research consist of sportsmen (n=16) of Fırat University arm wrestling team in 18-25 age group.

Within the scope of the research, all of the tests and measurements (age, length, body weight, sports age, hand grip strength) were carried out on the experimental group before they started training and the same tests were repeated just after the exercises. A unit of exercise program consisted of warm up, cool down, and 5 sets of weight lifting with 12 repetitions and intensity of 70% that were in that day's plan and program applied by the trainer.

While descriptive statistics were adopted in the statistical analysis, to identify the significance level between the hand grip strength before and after the exercise paired sample t-test analysis was used. The significance level was shown as $\alpha = 0.05$ in the analyses. While the right hand grip strength of the sportsmen (n=16) was statistically significant at $51.1062 \pm 1.69709$ before and $49.0437 \pm 1.71770$ ($p=0.000$) after the exercise, the left hand grip strength was statistically significant at $46.9000 \pm 1.16179$ before and $45.8063 \pm 1.30078$ ($p=0.000$) after the exercise.

In conclusion, it was observed that there is a statistically significant negative decline in the hand grip strength of the arm wrestling sportsmen after a unit of exercise and it can be said that it is because of the exhaustion expected after the exercise.

**Keywords:** Arm wrestling, hand grip strength, strength exercise

**P012**

# INVESTIGATION OF THE LEISURE ACTIVITIES OF RECREATION DEPARTMENT STUDENTS IN TERMS OF LEISURE ACTIVITIES AND SPORTS (SAMPLE OF FIRAT UNIVERSITY)

**[1]ÇELİKEL B.E., [1]BİÇER SY., [1]SAVUCU Y., [1]KARADAĞ M., YÜCEL A.S,**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey.
ybicer1@firat.edu.tr

## ABSTRACT

This study was aimed to investigation of the leisure activities of Firat University Recreation Department students in terms of leisure activities and sports.
A questionnaire consisting of 3 parts was used to measure the leisure participation as a data tool of the participants in the study and in terms of leisure activities and sports. Frequency, percentage analysis, crosstabs and Chi-square test was used to analyze the data.

Experimental group consisted of Firat University Sports Science Faculty Recreation department students (70 males and 30 females). 1 weekly leisure time of the participants (56%) was 8 hours and up. Participants spend their time by watching TV 34%, listening to music 18%, doing sport 14% at home. Also the majority of participants who doing sport was men. 71% of them are doing sport in their free time outside. Most of them (32%) expressed that leisure activities are fun and happiness (22%).

At the end of the our research, it has been found that there are significant differences in terms of leisure activities and sports in participate to the leisure activities according to the gender variable of the participations who want to be areas of leisure assessment in their faculty. It has been identified that males usually want to participate between the class and departments sports competitions most, females also want to participate for sports programs for health. It had been seen that while males have mainly preferred soccer, taekwondo and swimming, females have also preferred folk dances.

**Key words:** Leisure, Recreation, Student, Sport

**P013**

# CONSIDERATIONS ON PSYCHOMOTOR EDUCATION: PERCEPTUAL-MOTOR BEHAVIORS

**[1]ABALASEİ B., [2] IACOB M.R.**

1. Alexandru Ioan Cuza University of Iași, Physical Education and Sport Faculty, Iasi, Romania

2.Alexandru Ioan Cuza University of Iași, Physical Education and Sport Faculty, Iasi, Romania

beatrice.abalasei@uaic.ro

## ABSTRACT

**OBJECTIVE** : The psychomotor discipline stands at the crossroad of several sciences and at the same time, it is an active therapy or theory studying the growth and development, as well as the education and re-education of the child. Before children are able to speak, movement is their only mean of expression and the first instrument of their psyche.

**METHODS**: Study case.

**RESULTS**: Psychomotricity is explained both as ability and as a complex function adjusting the individual behaviour; for the first statement, we explain that the psychomotricity is visible through the participation of the physical processes and functions, ensuring both the information retrieval from the environment and the onset of response. In simple words, psychomotricity is a complex function, a skill that integrates both aspects of motor activity and manifestations of perceptual functions.
The psychomotor behaviour of each individual evolves depending on his aptitude endowment, the degree of physical and intellectual development and educational influences to which he has been subjected throughout childhood.

**CONCLUSIONS**: Psychomotricity is the result integrating education and maturation of motor and mental functions, and, regarding the movements, it refers to their determination (will, affection, needs, and impulses).
Hence, psychomotricity speaks about the influence of the physical processes on the body (processes that shape the body), and about the influence of the motor actions on the human psyche. Păunescu C. (1994: 31) states that the body is "the most natural human communication instrument", ensuring "the adaptation, the homeostatic and psychosocial regulation, through symbolic arrangements set by the social group by defining the allowed or prohibited attitudes, the meaning of gestures, positions or movements".

**Keywords:** psychomotricity, motor behaviour, education.

**P014**

# INVESTIGATION OF THE BİNGÖL UNIVERSITY STUDENT EATING HABITS AND PHYSICAL ACTIVITY LEVELS

**[1]DEVRAN B.S, [2]KIZILTAN G.**

1.Bingöl Üniversitesi Sağlık Bilimleri Fakültesi, Beslenme ve Diyetetik Bölümü, Bingöl
bsdavran@bingol.edu.tr

2.Başkent Üniversitesi, Sağlık Bilimleri Fakültesi, Beslenme ve Diyetetik Bölümü, Ankara

## ABSTRCAT

**OBJECTIVE :** Students studying at the University of Bingol, studies aiming to evaluate physical activity levels and eating habits are planned.

**METHODS:** Research population; University faculty due to Bingol, by establishing schools and vocational schools. All 506 volunteer students from these units were selected by random sampling method. Questionnaires distributed to students during the interview, was asked to fill in at the same time. Statistical analyzes of the data in SPSS 15.0 statistical software package is used in a Windows environment

**RESULTS:** 10.3% of students consumed one main meal, while the proportion of students who consume three main meals were found to be 39.3%, and it was determined that the most skipped meal is lunch meal. When students are often home cooking and eating place regarding the situation outside eating choices questioned, 11.7% were eating out every day, the majority (28.7%) stated that at least 2-3 times a week they ate dinner outside. Male students often (55.4%) kebab, while the girls mostly (49.1%), fast-food restaurants have seen their choice.
When the students to look at physical activity status, both men (61.4%) and girls (82.3%) were found not to do any training exercises in the last 7 days the majority. At least 30 min walk to the rate of 86.4% for males and females were found to be 82.0%.

**CONCLUSIONS:** Most of them week his walking at least 30 minutes and was found to be in the range of normal BMI

**Keywords :** University students, dietary habits, physical activity

**P015**

# EXAMINATION OF THE ORGANIZATIONAL STRUCTURE OF PROFESSIONAL SPORTS CLUBS

**ÖZTÜRK B.**

University of Usak of Sports Sciences Uşak, Turkey
burakozturk_1987@hotmail.com

## ABSTRACT

This research has been made to examine institutional structure of professional sports clubs in Turkey, according to understanding of contemporary sports management. For this reason, interviews were conducted with managers of professional sports clubs, such as Denizli Football Club and Denizli Municipality Football Club. The questions asked to managers were prepared according to developed concepts (Flexibility/Rigidity, Complexity/Simpicity, Autonomy/Dependency, Unity/Disengagement) of Samuel P. Huntington. While have been asking 8 questions to the managers, demographic informations were gathered by "Personal Information Form".

The analysis was made with "According To Predetermined Coding Concepts" method. By bringing together different and similar aspects of codes, thematic codes method has been used. For the reliability and validity of the data, the phenomenon of both internal and external consistency was analysed.

According to the study, it is observed that the level of institutionalization of professional sports clubs in Turkey are not in good conditions.

**P016**

# THE RELATIONSHIP BETWEEN SOME PHYSICAL FEATURES AND 50 M. FREESTYLE SWIMMING PERFORMANCE IN PRETEEN SWIMMERS

**[1] ÖLMEZ C., [1] YÜKSEK S., [1] ÜÇÜNCÜ M., [1] AYAN V.**

1. Karadeniz Technical University, Physical Education and Sports High School, Trabzon, Turkey.

cengolmez@gmail.com

## ABSTRACT

**OBJECTIVE**:The purpose of this study was to investigate the relationship between some physical features and 50 m. freestyle swimming performance in preteen children in Trabzon.

**METHODS**:11 girls (age 11,09±0,94 years, height 1,52±0,88 m, weight 47,45±8,88 kg) and 12 boys (age 11,09±0,90 years, height 1,49±0,11 m, weight 42,3±8,10 kg) total 23 swimmers participated in this study voluntarily. Data related to stroke, only arm, hand, leg and foot measurements and 50 m. freestyle swimming degrees were collected. Data were expressed as mean ± standard deviation. Correlation between some physical features and 50 m. freestyle swimming performance in preteen children were studied with Pearson correlation analysis. All analyses were executed in SPSS 23.0 and the statistical significance was set at $p<0.05$.

**RESULTS**:The results indicated that there are statistically significant relationship between 50 m. freestyle swimming performance and one arm length ($r=-0,57$, $p<0,05$), stroke length ($r=-0,58$, $p<0,05$).

**CONCLUSIONS**:This relationship indicates that when the one arm length and stroke length increase, 50 m. freestyle swimming performance duration will decrease. We believe that the data taken from this study will contribute to the knowledge available at present about the talent identification and talent selection in sports and to benefit to sports people at a maximum level as well as add to the studies performed on this field in our country.

**Keywords:** physical measurements, arm length, stroke length, 50 m. freestyle swimming

**P017**

# THE ANALYSIS OF GOAL SCORING PATTERNS OF A FOOTBALL TEAM WHICH WAS PLAYING REGIONAL AMATEUR LEAGUE IN 2010-11/2011-12 SEASONS

**MOLLAOĞULLARI, H., GÖRAL K., BABAYİĞİT İREZG., BUDAK C.**

1.University of Mugla Sitki Kocman, Faculty of Sports Sciences, Mugla,Turkey

kgoral1980@yahoo.com

## ABSTRACT

**OBJECTIVE:** This study was aimed to analysis of scored and conceded goals of a football team that is in Turkish Football Federation (TFF) Regional Amateur League team playing in a seasons of 2010-11/2011-12 years.

**METHODS:** The data was obtained from TFF legal internet site and analyzed using percent and frequency analyses. The goals that scored and lost infield and outfield were examined per 15 minutes time.

**RESULTS:** In the 24 football match for 2010-2011 season, the percentage of goal scoring average was 1.33 match and 17 scored goal (53.13%) were infield while 15 scored goal were outfield of this total 32 scored goals. In this season, total 32 goals were conceded and 15 goals (46.87%) were infield and 17 of them(53.13%) were outfield. In 2011-2012 season, in total 22 played match was resulted with the average of 1.59 goal per match. This total 35 scored goals were performed infield as 16 goals (45.71%) and outfield as 19 scored goals (54.29%) .In this season, 6 goals in total 14 goals (42.86%) were conceded infield and 8 goals (57.14%) were lost outfield. When considering the time zone in matches, it was seen that infield and outfield scored goals were increased in last time periods similarly with the literature.

**CONCLUSIONS:** In consequences, there was decrease in the average of conceded goals both infield and outfield while there was a similarities scored goals when it was compared previous season. It could be explained by the team's top place position in this league teams.

**Keywords :** Regional Amateur League, Football, Goal, Match, Analysis.

**P018**

# THE IMPACT OF SPORTS ON EXPRESSING ONE'S FEELINGS

**[1]YAVUZ SÖYLER D., [2]ALTUNGÜL O., [2]KARAHÜSEYİNOĞLU F.**

1. University of İnönu, Department of Sport , Turkey, dysoyler@firat.edu.tr
2. University of Firat, Department of , Elazig, Turkey

## ABSTRACT

**OBJECTIVE**: The benefits of joining sports activities are quite many. Doing sports helps in socializing the individual by increasing the number of friends around the individual, and it also helps establishing an organized and disciplined life. Physical activities may also assist people to overcome aggression easily and express their feelings in a better way. This research aims at examining the impact of sports on expressing Fırat University students' feelings based on different factors (age, gender, academic program)

**METHODS**: Screening model was applied to the research sample. Data collected from the students during the Fall Semester, 2015-2016. The research sample included 175 students studying at different departments at Fırat University. The emotion expressing scale used in this research was developed by King and Emmons (1990) as data collection tool to measure individuals' tendencies in expressing their feelings. Kuzucu (2006) adopted this scale to Turkish society. A 15-item Likert-type questionnaire is designed to measure the tendencies in expressing emotions as positive, negative or warm feelings. Items score between 1(Strongly Disagree) to 7(Strongly Agree) where high scores indicate high tendency in expressing feelings. In the scale, reverse-scoring is applied to item 6 and to item 14.The data obtained is analyzed using SPSS software. The independent samples T-Test and one-way analysis of variance tests are used for data analyses purpose.

**RESULTS AND CONCLUSIONS**: As result of the research, Sports Sciences Faculty students were able to express their feelings in a better way than other faculties' students.

**Keywords :** Sports, emotion, express the feelings

**P019**

# COMPARISON OF ANXIETY LEVELS OF COLLEGE STUDENTS WHO ARE LIVING WITH OR SEPARATED FROM THEIR FAMILIES

**[1]CENGİZ R, [2]DONUK B, [2]SERDAR E.**

1. University of Manisa Faculty of Sports Sciences, Manisa, Turkey.

2.University of İstanbul Faculty of Sports Sciences. İstanbul, Turkey.

serdar-emrah@hotmail.com

## ABSTRACT

**OBJECTIVE**: The purpose of this study is to compare anxiety levels of the college students who are living with or separated from their families

**METHODS**: The sample group of the study consist of 343 males and 104 females, 447 in total, in the academic year of 2015-2016 at Bartın University.

In the research, Spielberger State-Trait Anxiety Inventory has been used. In order to determine that if the data had a normal distribution ratio or not, Shapiro-Wilks normality test has been conducted; and as a result, after it has been seen that the data was suitable for non-parametric test conditions, Mann-Whitney U and Kruskal-Wallis tests have been carried out in order to determine the significant differences ($p<0,05$).

**RESULTS**: There has not been found any major differences between the state-trait anxiety levels of the students living with and separated from their families based on their genders. However, female participants have made higher points in proportion to male participants. There has not been found any significant differences between the state-trait anxiety levels of the students living with and separated from their families. However, participants living separated from their families have made higher points in proportion to the participants living with their families. There has not been found any significant differences between the state-trait anxiety levels of the participants based on their ages. However, state-trait anxiety points of the participants aged between 23-25 are higher than the state-trait anxiety points of the participants with other age ranges.

**CONCLUSIONS**:As a result; it has been determined that the state-trait anxiety levels of the students living separated from their families have been higher than the participants living with their families.

**Keywords:** College Students, Living separated from family, Anxiety

**P020**

# A STUDY ON UNIVERSITY STUDENTS' SATISFACTION LEVELS AND PERCEIVED DEGREE OF FREEDOM IN RELATION TO THEIR MODE OF PARTICIPATION IN LEISURE ACTIVITIES.

**[1]SERDAR E, [2] MUNGAN AY S.**

1.University of İstanbul Faculty of Sports Sciences İstanbul, Turkey

serdar-emrah@hotmail.com

2. University of Marmara Faculty of Sports Sciences İstanbul, Turkey

## ABSTRACT

**OBJECTIVE :**The purpose of this study is to investigate university students' satisfaction levels and perceived degree of freedom in accordance with their mode of participation in leisure activities. For this purpose, a total number of 566 students, 241 female and 325 male, who are selected by random sampling method, have voluntarily participated in this research.

**METHODS:**The research is based on screening model. The sample of the research covers students of Sports Sciences Faculties at Istanbul and Marmara Universities. During the research, in addition to the personal information form prepared by the researcher, data were collected through Leisure Time Satisfaction Scale, which is developed by Beard and Raghed (1980) and adapted to Turkish language by Karlı et. al (2008) and through Perceived Freedom in Leisure Scale, which is developed by Witt and Ellis (1985) and adopted into Turkish language by Yerlisu Lapa and Ağyar (2011). Percentage (%) and frequency (f) methods are used to determine the distribution of participants' personal information while Shappiro Wilks normality test was applied in order to determine whether the data were normally distributed. As a result, it is determined that the data were in compliance with the terms of non-parametric tests. After that, Mann-Whitney U test was applied in order to determine the significant differences.

**RESULTS:** While no significant difference is found in sub-scales of leisure time satisfaction scale ($p>0.05$) in relation to mode of participation in sports activities; active participants get higher scores than passive participants in the "relaxation" dimension of leisure time satisfaction scale ($p<0.05$) in relation to mode of participation in social activities. Active participants in artistic/cultural activities get higher scores compared to passive participants in "social" sub-dimension of leisure time satisfaction scale ($p<0.05$). In relation to mode of participation in sportive, social and artistic/cultural activities, active participants get higher scores in comparison with passive participants in "knowledge and skill" sub-dimension of perceived freedom in leisure scale ($p<0.05$)

**CONCLUSIONS:** In conclusion, satisfaction levels of active participants in social and artistic/cultural activities are higher compared to satisfaction levels of passive participants. Active participants in social, sportive and artistic/cultural activities have higher perceived degree of freedom compared to passive participants.

**Keywords :** Leisure, Leisure Participation, Perceived Freedom in Leisure, Leisure Satisfaction

**P021**

# COMPARISON OF ENVIRONMENTAL BEHAVIOR AND ENVIRONMENTAL ATTITUDE WITH RESPECT TO SOME DEMOGRAPHICAL VARIABLES OF SECOND AND THIRD GRADE SCHOOL STUDENTS: ANTALYA CASE

**[1]ARDAHAN, F., [1]KELEŞ, A., [1]ÇAYIR, Y.E.**

1.University of Akdeniz, School of Physical Education and Sport, Antalya, Turkey

ardahan@akdeniz.edu.tr.

## ABSTRACT

**OBJECTIVE** : Main aim of this study was to compare of Environmental Behavior and Environmental Attitude with Respect to Some Demographical Variables of Second and Third Grade School Students in Antalya City Center.

**RESULTS:** This is a descriptive study and the sampling group consists of decisional selected four schools which has one private and three public schools in each group depends on low, medium, high socioeconomic situation among 519 schools in center of Antalya. First group has 312 students educate in 6. and 7. grade and second group has 329 students educate in 9. and 10. grade, total 641 students.

**METHODS**: In this study, "Environmental Behavior Scale for Second and Third Grade Students" developed by Ardahan (2016) and "Environmental Attitudes Scale" developed by Uzun and Saglam (2006) were used. In order to analyze the data, the descriptive statistics, ANOVA test (F) and Independent sample T-test (t) were used and the results have been assessed according to significant level 0.05.

**FINDINGS:** The findings of studs are; a) second grade students have higher score on Environmental Behavior than third grade students, b) the second grade girl students have higher score on Environmental Behavior than the second grade boys, the third grade girl students have higher score on Defining the Environmental Problems than the third grade boys, c) sixth class students have higher score on Environmental Behavior than other class students in second grade, ninth class students have higher score on Environmental Behavior than other class students in third grade, d) 14 years old students have lower score on Environmental Behavior than other students in second grade17 years old students have lower score on Environmental Behavior than other class students in third grade.

**CONCLUSIONS**: As a result of this study, it can be said that having environmental consciousness is an awakening process, the youngest children in each grade, girls and lower class students have great sensitive to environment and have necessary environmental behavior.

**Keywords :** Environment, Environmental Behavior, Environmental Attitude, Second Grade Students, Third Grade Students

**P022**

# ANALYSIS OF YOUTH CENTERS

**[1]TURHAN F. H. , [2] GACAR, A.**

1.University of Karabuk Physical Education and Sport Karabuk, Turkey

fharunturhan@karabuk.edu.tr

## ABSTRACT

It is seen that Youth Centers under the Ministry of Youth and Sports are offering opportunities that can help the young with a recreation and with their personal and social maturing in Turkey which is one of the leading countries that have the biggest number of young population. Youth Centers are the institutions that aim to take the young from bad envrionments and habits away and they also direct them to a socio-cultural life.

In this paper, the definition of Youth Centers under the Turkish Republic's Ministry of Youth and Sports is the aim. Therefore, the data in our study were obtained through a literature review and face to face meetings.

Consequently, it is seen that the young who live in a disadvantageous district cannot make us of these centers as the majority of 212 Youth Centers in Turkey were established in the districts with high standard of living in the cities.

**Keywords :** Youth, Sport, Center

**P023**

# DETERMINATION OF ACADEMIC MOTIVATION LEVELS OF THE APPLICANTS OF THE PHYSICAL EDUCATION AND SPORTS MASTER PROGRAM (AN EXAMPLE OF CUMHURIYET UNIVERSITY)

**[1]ÖZGÜL, F.** **[1]DİKER,G.**

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1.University of Cumhuriyet, High School of Physical Education and Sports, Sivas, Turkey

fozgul@cumhuriyet.edu.tr

## ABSTRACT

**OBJECTIVE** : Aim of the research is determining the level of academic motivation of the students who applied to the physical education and sports master programme.

**METHODS**: The academic motivation scale developed by Bozanoğlu (2004) was applied to the applicants who applied to the physical education and sports department master programme of the Cumhuriyet University in 2016 – 2017 autumn term in the research. The scale consists of three subscales as self-transcendence, use of knowledge and discovery. The Cronbach alpha value of the scale was found as .84.

**RESULTS**: For the analysis of data obtained from the 50 voluntarily participated candidates the SPSS ver.23.00 pocket programme was used. The academic motivation scores of the candidates were assessed by t-test according to their departments.

**CONCLUSIONS**: As a result, academic motivation levels of physical education and sport master program applicants is determined at a moderate level.

**Keywords :** Academic Motivation, Physical Education, Master, Sports.

**P024**

# INVESTIGATION OF THE ACADEMIC SELF-EFFICACY OF GRADUATE EDUCATION CANDIDATES

**[1]ÖZGÜL F., [1]DİKER G.**

1.University of Cumhuriyet, High School of Physical Education and Sports, Sivas, Turkey
mgul@cumhuriyet.edu.tr

## ABSTRACT

**OBJECTIVE**
The purpose of this research, evaluation of the academic self-efficacies of the students falling within graduate education exam according to the some variables

**METHODS**
50 students who were falling within Master examination of the Institute of the Health Sciences of the Cumhuriyet University have been included to the study. The academic self-efficacy scale prepared by Owen ve Froman (1988), which has been translated into Turkish and the validity-reliability study has been done by Ekici (2012) was performed to the students with face to face interviews before the written exam. The scale consists of 3 Dimensions as social status, cognitive practices and technique skills, and a total of 33 items. The reliability coefficient was also found as .86.

**RESULTS**
When assessing the data obtained from this study at the SPSS software package ver.23.00, the academic self-efficacy scores of the students are compared to gender, age, department and in terms of marital status with using ANOVA and t-test.

**CONCLUSIONS**: As a result of graduate education candidates who participated in the research, it was found that the academic self-efficacy scores differ significantly to the gender.

**Keywords :** Academic Self-Efficacy, Graduate Education, Student

**P025**

# CREATIVE ART THERAPY IN MOVEMENT GRADIENT: THE IMPORTANCE OF MOVEMENT GRADIENT

**ALDEMİR G.Y.**

İstanbul üniversitY, İstanbul, Turkey

g.yaseminaldemir@hotmail.com

## ABSTRACT

In this study, the definition, history, purpose, method and used fields of creative art therapy, how the dance movement therapy is explained in psychosocial theories, and the relationship of psychology with the fields of art is examined.

The purpose of this study is to highlight the status of creative art therapy in psychosocial field as well as the status and importance in movement gradient. It is also examined how the creative art therapy is applied in the treatment of mental disorders, personal development processes and movement gradients. Human beings have used art as a way of expression of the internal experiences and emotions since the very first day. Art, creativity and therapy have an important place to self-understanding, self-explanation, self-expression and the effort to self-prove for the individual. In order to heal, improve and rehabilitate their spiritual, mental, emotional and physical brings, this therapy is a field where art is used. The creative art therapy is considered to be the merge of psychology and the other art fields (drama, dance, music, sculpture, etc.). Accordingly this kind of therapy is used for the treatment of the mental disorders of children, grownup and elderly people, to cling elderly people to life, for the disabled ones as well as cancer patients. Creative art therapy has started to be used popularly in the world and Turkey.

In accordance with our study, the importance of creative art therapy is high in movement gradient. It is suggested for the physical educators, trainers and executive candidates to use creative art therapy activities in movement gradients according to the fields of interests for this kind of therapy will help individuals to contribute to their cognitive, mental, physical and personal development.

**Keywords:** movement gradient, dance/movement therapy, creative art threapy

**P026**

# AN ANALYSIS OF THE INFLUENCE OF METACOGNITIVE AWARENESS LEVELS OF ATHLETES ATTENDING SUMMER SPORTS SCHOOLS ON THEIR HEALTHY LIFESTYLE BEHAVIORS

**[1]MURATHAN, G., [2] BİÇER, Y.S., [3]UĞURLU F.M., [4]MURATHAN, F.**

1,2,3. University of Firat Faculty of Sports Sciences Elazig, Turkey

4. University of Adiyaman, Physical Education and Sports Department Adiyaman, Turkey

fmurathan@gmail.com

## ABSTRACT

To have top class athletes, it is important to know the problem-solving and metacognitive awareness levels of young athletes as metacognitive skills are considered important and technology is progressing rapidly. This study seeks to reveal the metacognitive awareness levels of young athletes in terms of various variables and compare healthy lifestyle characteristics. To this end, 164 female and 268 male athletes regularly attending sports schools in Adiyaman province in the 2015-2016 academic year participated in the study based on voluntariness. Data collection tool of the study is Metacognitive Awareness Inventory, whose translation, validity, and reliability studies were conducted by Yıldız (2010). The inventory consists of 52 items, and its internal consistency coefficient is 0.83 (Cronbach's alpha). The dimensions of the scale are cognitive knowledge and cognitive regulation. There are 8 sub-dimensions under these two sub-dimensions.

The variance analysis results regarding the athletes' metacognitive awareness levels indicate a significant difference between their metacognitive awareness by sports branch (2.368) =12.312, ($p<0.05$).

The analysis results show that the young athletes' problem-solving skills, metacognitive awareness, and healthy lifestyle behaviors differ from one another. In addition, there is a weak negative between the athletes' healthy lifestyle behaviors and metacognitive awareness characteristics. More comprehensive research needs to be organized to scrutinize the reasons for this result. Furthermore, research focusing on the activities performed may be designed.

**Keywords:** young setup, metacognitive awareness, healthy lifestyle

**P027**

# VIRTUAL VICTIMIZATION OF FOOTBALL REFEREES

**[1]YILMAZ İ. H., [2]KARAHÜSEYİNOĞLU M. F.**

1. Ministry of National Education, Esra Z. E. Yıldırım Middle School, Elazig, TURKEY.
ibrahimyilmazelz@gmail.com

2. University of Firat Faculty of Sports Sciences Elazig, Turkey.

## ABSTRACT

**OBJECTIVE**: This research aims to determine the level of virtual sensitivity of referees that works actively at Turkish Football Federation in the 2014-2015 season.

**METHODS**: The study consists of two dimensions; the first part is intended to detect the personal information and 24 items "Cyberbullying Related Susceptibility Scale". The low scores taken from the Double Likert Type scale shows that there is low level victimization towards cyber-bullying. In analyzing the data frequency, percentage, t-test and in the multiple group comparisons one-way analysis of variance were used.

**RESULTS**: The highest average related to virtual sensitivity in the age variable taken from 23-27 years old out of 141 football referees that works in different categories, in the refereeing variable national referee, and in the refereeing period variable the highest avarage taken from referees that works ten years and over. The avarage of vicitimization level is found ($\bar{x}$=27.01) and avarage scale value was 1.12 and close to 'No'.

**CONCLUSIONS**: These results show that victimization of referees is at a very low level. This also show that referees has an enough consciousnes level that can ensure their personal security related to cyberbullying.

**Keywords:** Football Referee, Virtual Victimization, Information and Communication, Social Media

**P028**

# THE EFFECTS OF FOOTBALL COACHES ANXIETY LEVEL ON PROBLEM SOLVING SKILL

**[1] KATRA H, [2]ADILOGULLARI İ.**

1.University of Canakkale Onsekiz Mart, Ezine Junior Technical College, Canakkale, Turkey.
2. University of Canakkale Onsekiz Mart
Physical Education and Sport High School, Canakkale, Turkey.
ilhanadilogullari@gmail.com

## ABSTRACT

**OBJECTIVE :** This study aim of the examination relationship between anxiety and problem solving skills who participated to the study coaches of the football

**METHODS:** 95 volunteers football coaches participated to the study where were Bursa and Canakkale provinence. To obtain trait anxiety state data of 20-item developed by Beck Traiy Anxiety State Inventory were used. Problem Solving Skills data, developed by Heppner and Petersen (1982) and to the Turkish version adopted by Sahin and Heppner (1993) 35-item inventory problem solving skills are used. The data analyses in SPSS 20.00, Descriptive Statistic, T-test, One-Way Anova test and Correlation (r statistic) were used.

**RESULTS:** The coaches of the TAS and PSS mean scores did not change significantly compared to the working time in the profession and marital status variables, according to the education level was found to be significantly changed.

**CONCLUSIONS:** Coaches higher levels of anxiety, has decreased and problem solving skills. Preparation of anxiety and stress management programs, and the implementation is expected to contribute to the problem solving skills of the coaches.
Keywords : Trainer, trait anxiety, problem solving

**P029**

# COMPARISON OF KNOWLEDGE LEVELS AND CONSUMPTION HABITS OF ASSOCIATE DEGREE STUDENTS ON ENERGY DRINKS

**[1]ÇELİK KAYAPINAR, F. ,[2] ÖZDEMİR, İ.**

1. Mehmet Akif Ersoy University, School of Physical Education and Sport, Burdur, Turkey
2. Pamukkale University, Acıpayam Vocational High School, Denizli, Turkey
nurozdemir@pau.edu.tr

## ABSTRACT

**OBJECTIVE**: The aim of the study is to determine the knowledge levels of associate degree students on energy drinks, their contents, influences on health, consumption habits and consumption levels; and to examine whether there are differences among them.

**METHODS**: The universe of the study consists of the students studying at Honaz Vocational High School and Acipayam Vocational High School, and the sampling of the study consists of 200 students, who agreed to fill in the questionnaire. Questions were asked to the students on demographic characteristics, knowledge on energy drinks, consumption habits, and the influences of these drinks on health. The Chi-Square Analysis was performed to make comparisons on the bases of school types and genders on the data obtained from the students whose ages varied between 18 and 25.

**RESULTS**: It was determined that the participants smoked and used alcohol at similar rates, consumed mostly tea aside from water, had irregular sleep habits, and did sports at similar rates. It was also determined that the students of Honaz Vocational High School consumed more energy drinks than the other high school students; and the reason for this was that they liked the taste, and had the habit of consuming it with alcohol. Acipayam Vocational High School students stated that they thought that energy drinks were unhealthy, contained additives that were unknown to them, and they caused addiction; and therefore they did not prefer them. The students of both high schools also stated that energy drinks were dangerous and contained sugar and caffeine.

**CONCLUSIONS**: As a conclusion, the consumption rates and reasons of the students studying at different high schools are also different. Students at primary and secondary school level may be informed by teachers on this topic.

**Keywords:** Associate degree, energy drink, habit, knowledge level.

**P030**

# EXPECTATIONS AND TENDING ON SWIMMING OF PRIMARY SCHOOL STUDENTS IN PROVINCIAL SPORT CENTERS SAMPLE OF BİNGÖL CITY

**[1]POLATCAN İ., [2]COŞKUNER Z., [3] ALTUNGÜL O.**

1.University of Firat, Health Sciences Institue, Elazig, Turkey

ipolatcan@hotmail.com.

2.University of Firat Faculty of Sports Sciences Elazig, Turkey

3.University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE :**In researchs, was made in order to branc of swimming determine the expectations, tendencies and efforts of primary school studends who participating in provincial sport centers, which we think is a factor for studends to socialize better.

**METHODS:** In research was conducted on 139 primary school students (92 male, 47 female) who joined in Provincial sports centers in Bingöl in 2016. Survey tecnique was used in this study. n the study , Dağlıoğlu (2012) was developed by primary school studends of the City Sports Swimming Sports Center Orientation on Causes and Prospects Scale was used .

**RESULTS:** Studens the fist factor directing children to swimming was their parents attitudes their own attitudes and desires to learn how to swim. The mean scores of these two factors were the highest and the mean scores of other factors were found medium or low. When it cames to their ideas about the reasons of their efforts, the love of swimming was the first factor; however the first factor related to their expectations was found as being healty and keeping it for a long time.

**CONCLUSION:** As a rusult, the students expressed their preference to swimming effective branch of the infulence of parents and their effect on learning to swim too high, the impact of television organizations have been identified in the medium level. When we look at why bother with swimming branch dealing with being healthy swimming branches, it was found to be too high score for swimming to love expression. The swimming branches in size from expectations to be healthy and maintain my healthy, were found to be high on the expression of points of view to have a good physical appearance.

**Keywords :** Expectations, Socialization, Tending to Sport, Swimming

**P031**

# THE EFFECT OF USING SPORTS THEME ON TELEVISION ADVERTISEMENTS ON THE BRAND ATTITUDE

**[1]POLATCAN İ., [2]ARSLAN C., [3] DEVECİOĞLU S.**

1. University of Firat, Health Sciences Institue, Elazig, Turkey

ipolatcan@hotmail.com

2.University of Firat Faculty of Sports Sciences Elazig, Turkey

3.University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE**: The objective of this study is to present the extent of the effect of the television advertisements where sports theme has been used on the brand attitude of the high school students.

**METHODS**: We have examined some of the television advertisements with the sports theme as a sample and explain the attitude, opinion and perception of the high school students toward such advertisements in a descriptive research. The research cluster of the study includes students that study in high school in the city of Bingöl. 358 students (184 male, 174 female) have attended to the research.

**RESULTS**: It is identified that the brand is effective on the student. It has been found out that 85, 4% of the students pay attention to the brand while purchasing the product or service. There is a significant difference in watching the sports programs on television by the students as per the gender; it has been identified that female students do not watch sports programs. It has been found that purchase rate of the male students for sports brands is considerably higher than female students. It has been observed that 68, 7% of the students like the advertisements in which sportsmen take part and purchase the branded products.

**CONCLUSION**: The basic idea of this study is that television advertisements where sports theme has been used are effective on the brand attitude of the high school students. When we compare the subjects, it has been identified that male students find sport-themed advertisements more persuasive than the female students and such advertisements are more effective on their purchase attitude. It has been observed in the research that female students do not actively do and interest in the sports and therefore they have al ower rate of purchase for sports brands and services. There should be consciousness raising activities for female students to participate in the sports actively and watch sports programs in the media.

**Keywords :** Brand, Sports Theme, Television Advertisements

**P032**

# LEISURE SATISFACTION LEVEL OF VETERAN TENNIS PLAYERS

**[1]ERMAN K.A., ŞAHAN A., DEMİRCAN B.**

1. Akdeniz University School of Physical Education and Sports, Antalya, Turkey
ermana@akdeniz.edu.tr

## ABSTRACT

**OBJECTİVE:** The purpose of this study was to evaluate of Leisure Satisfaction Scale (LSS) points (Scale sub-dimensions: Psychological, Educational, Social, Relaxation, Physiological and Esthetic factors) and cause of playing tennis of veteran tennis players.

**METHODS:** 155 men (age 24.86±6.62 year) and 124 women (age 23.61±6.82 year) veteran tennis player participate in the study (n=279). The participant's satisfaction of leisure time level was assessed by LSS. And also demographic knowledge of participants evaluated by a questionnaire (12 questions) form.

**RESULTS:** According to the research results, %36.2 of participants thinking that tennis is an expensive sport, besides, 45.9% of participants stated that tennis is not expensive. Participants obtained from LSS sub-dimension factors as following: Psychological %80.95, Educational %77.10, Social %81.57, Relaxation %89.10, Physiological %77.91 and Esthetic %81.92.

**CONCLUSIONS:** In conclusion, best LSS point was Relaxation sub-dimension factor. While in women obtained minimum point was Physiologic sub-dimension, in men think that least important feature of Leisure was Educational sub-dimension (P>0.05).

**Keywords:** Tennis, Leisure time, scale, Women, Men

**P033**

# EXAMINATION OF COMMUNICATION SKILLS OF ELITE BOXERS

**[1]ŞENBAKAR K., [2]SAVUCU Y.**

1. University of Fırat, Health Sciences Institue, Elazığ, Turkey
2. University of Firat Faculty of Sports Sciences, Elazig, Turkey
ysavucu@hotmail.com

## ABSTRACT

Being a social being, humans can't live alone. Needs communication with other human beings to continue on existing. Sports is one area where athletes are constantly in communication. In this study, it was aimed to evaluate the communication skill perceptions of elite boxers constituting Turkish National Team of Boxing in terms of education levels and residency areas between gender and age groups.

80 athletes, of which 28 are female and 52 are male, present in Turkish National Team of Boxing camps have participated in the study. In the study, "Communications Skills Evaluation Scale (CSES)" developed by Korkut (1996b) was used. Scale consists of two different sections as a data collection tool. First section formed the socio-demographical properties of athletes and second section consists of questions.

All data were evaluated with SPSS 21 packaged software. Likert scale was used and frequency tables were formed besides definitive statistics. On the other hand, Independent Two Sample T Test for examining of averages of two different groups and One Way Variance Analysis for examining averages of more than two groups were used in examination of differences between averages of two different groups.

As a result of the study; despite boxers communication skill scores being high no statistical difference were found between gender and age groups in terms of education levels and residency areas ($p>0.05$).

**Keywords:** boxing; elite boxer; communication skill

**P034**

# THE ANALYSIS OF OPINIONS OF CHILDREN IN PRIVATE AND STATE SCHOOLS ON CHILDREN'S GAMES: A CASE STUDY IN ERZURUM PROVINCE

**[1]KARAKAŞ L., [1] PAÇACI S., [3]KAYA F.**

1.Erzincan University, Graduate School of Health Sciences, Erzincan, Turkey

karakaslokman@gmail.com

2.Erzincan University, Department of Physical Education and Sport, Erzincan, Turkey

## ABSTRACT

**OBJECTIVE** : In this research the game playing behaviours of 7-10 year age group children in state and private schools was analysed.

**METHODS**: Research was conducted among a total of 160 students at five private and three state schools depending on National Education Department in Erzurum (57 girls and 103 boys). In order to analyse the game playing behaviours of children, administered a questionnaire with 14 items consisting of multiple choice and open-ended questions. In data analysis, chi-square ($\chi 2$), percentage and frequency analyses were used.

**RESULTS**: The survey results show that children usually spare time for game playing; according to both gender and type of school pc games are among the top listed favourite games; children play mainly in the parks; at school the most played games are hide-and-seek and hopscotch; they tend to play more group games than individual games and children know our traditional games of hide-and-seek, blindman's buff and hopscotch; lessons are the most important factor obstacle to play the game. Furthermore, the parents support was higher in private schools and they played more games with parents of children in these schools, most of the children in state schools were play to computer group games, while children in private schools were play to children's games.

**CONCLUSIONS**: As a result, computer games is still the biggest problem for children in terms of inactivity. In order to preventing them from health problems due to inactivity, to enhance natural game fields may provide children move more and lessen health problems. On the other hand, families have great responsibility for their children's game playing behaviours.

**Keywords :** Children, Children's games.

**P035**

# INVESTIGATING THE IMPELLENT AND ATTRACTANT FACTORS EFFECTING THE DEVELOPMENT OF SPORT TOURISM POINT OF VIEW OF THE PHYSICAL EDUCATION AND TOURISM EXPERTS OF ARDEBIL PROVINCE IRAN 2014-2015

**[1]IMANZADEH M., [2]KARAHÜSEYİNOĞLU M. F., [3]ALTUNGÜL O., [4]KULTAPA M. P., [5]POURASKARXİAVİ. M.**

1. Islamic Azad University, Department of Physical Education and Sport, Ardabil, Iran. mas.sport2010@gmail.com
2. University of Firat, Faculty of Sports Sciences, Elazig, Turkey.
3. University of Firat, Faculty of Sports Sciences, Elazig, Turkey.
4. Phd. Student of sport Management Karaj Branch Islamic Azad University, Karaj, Iran.
5. High School Teacher of Education Department, Ardabil, Iran

## ABSTRACT

**OBJECTIVE:** The purpose of this research was the investigation of impellent and attractant factors effecting the development of sport tourism point of view of the physical education and tourism experts of Ardebil province, Iran 2014-2015

**METHODS:** The research method was monitoring and casual- comparative type. Statistical population was included of all the managers, experts and personnel of the cultural heritage organization and handicrafts–tourism (92 individual) and the managers, experts and personnel of administration of sport and youth (80 individual) of Zanjan province.According to the definiteness of the statistical population numbers (172 individual) and Morgan's table, 119 individual was estimated as sample volume. The measurement tools were the questionnaire of impellent and attractant factors with 40 questions include of 7 factors. In this research for determining the effective factors of tourism development, sport tourism industry of Ardebil province, Iran was centered, the research questionnaire of Parisa Sedaghati (2010) was used that the validity coefficient of them was 0.86 by Cronbach's alpha. According to the definiteness of the statistical population numbers (172 individual) and Morgan's table, 119 individual was estimated as sample volume. Descriptive statistical methods and inferential statistic (T-Test and Friedman test) was used for classification of raw scores and investigation of research theory, respectively.

**RESULTS:** The results showed that all of the impellent and attractant factors had significant effect ($P<0.05$) on the development of sport tourism of Ardebil province, Iran, that in order of preference from the Friedman test: the accommodation, recreational and economic facilities factors, beautification of venue, nationalism, cultural orientation, the levels of competitions, the presence of families and income of people were in preference of the effecting factors of sport tourism development of Ardebil province, Iran.

**CONCLUSIONS:** However, newly the province was acted in holding the international competitions such as Vosho Pars cup that was the long step in the development of this sport. It seemed that in line of the government policies, the private part could had important effect in development, because of the much sources there were in this province, the private part in the development of the sport tourism industry with different patterns could be used. Costumes facilities in holidays was the other factor that could had a role in the sport tourism development in the province and the other important factor was the usage of educated and youth forces that Naseri (1996) were posed the lack of educated and youth forces as a problem in the tourism development. Fortunately, in recent years the number of the youth graduates had been increase in tourism and physical education affairs. Therefore, the use of these forces was appeared as a logical method in both of the planning and implementation of sport tourism plans.

**Keywords:** Sport Tourism, Physical Education and Tourism, Ardebil Province.

**P036**

# INVESTIGATING THE EFFECT OF ASSERTIVENESS ON MAKING DECISION POWER IN PHYSICAL EDUCATION MANAGERS OF ARDEBIL, IRAN

**[1]KARAHÜSEYİNOĞLU M. F., [2] IMANZADEH M., [3]ALTUNGÜL O., [4]KULTAPA M. P., [5]ASVADİ. D. A.**

1. University of Firat Faculty of Sports Sciences Elazig, Turkey
2. Islamic Azad University, Department of physical education and sport, Ardabil, Iran
mas.sport2010@gmail.com.
3. University of Firat Faculty of Sports Sciences Elazig, Turkey
4. Phd. Student of Sport Management Karaj Branch. Islamic Azad University Karaj Iran
5. High School Teacher of Education Department, Ardabil Iran.

## ABSTRACT

**OBJECTIVE**: The aim of this study was to investigate the effect of assertiveness on making decision power in physical education managers of ardebil, Iran.

**METHODS**: The research method was monitoring and casual-comparative type. The population was all managers and specialists in physical education of universities and education office in Zanjan, Iran (33 individuals) that 30 subjects were randomly selected according to Morgan table. The measuring instrument were used questionnaire of Ratous (1983) with 7 dimension and inventory management decision making of Scott and Bruce (1995) that Cronbach's alpha reliability coefficient were obtained 0.81 and 0.86, respectively. Descriptive statistical methods were used to classify the raw scores and inferential statistics (t-test and Friedman test) was used to evaluate the hypothesis.

**RESULTS**: The results showed that all elements of assertiveness had significant effect on decision-making power of physical education managers in ardebil city, Iran ($p<0.05$). That in order of preference Friedman test the following were achieved as important effective factors on the decision-making power of physical education managers: factors of assertiveness in the service situations, positive feelings expression of managers, refusing to request restrictions on personal expression, dissent managers, starting establishment of social relationships and criticizing the managers.

**CONCLUSIONS**: Based on the result, there was significant relationship between the amount of the positive emotions expression of managers with Sports managers decision-making and the results were in line with results of Vismeloun (2005). Thinking about a tragic event for athletes increases their chances of repeating while a positive emotion not only helps to discharge emotions and stress. It is recalled that, where appropriate, Confirmed a positive rather than a negative message, he is ready to Criticism. When in sport environment, a team sport with different beliefs and ideologies face to each other and play within the framework of fair rules and regulations of a game that has no connection with these ideas, people habits to accept people with religious or different political beliefs and know that his rival is human and foremost only rival in sport and nothing more, his opponent is not an enemy, to assume that he does not agree.

**Keywords:** Sport Psychology, Predomination, Decision-making, Assertiveness

**P037**

# REACTION TIME OF FOOTBALL REFEREES WHO ARE ON DIFFERENT CLASSIFICATIONS

**1.DEMİR M.B., 2.GÜR E.**

1 Erciyes University, High School of Physical Education and Sports, Kayseri, Turkey
demirr2346@hotmail.com

2.Fırat University, Sport Sciences Faculty Elazığ, Turkey

## ABSTRACT

In this study, football referees' reaction time who work on different classifications in Turkey are compared . In our research 121 football referees who worked as National Referee, National Assistant Referee, Regional Referee and Regional Assistant Referee in PTT 1. Leage, Spor Toto 2. Leage, Spor Toto 3. Leage and Regional Amatuer Leages classifications which were dependent to Turkish Football Federation in 2014-2015 football season were chosen randomly.

On measurement of reaction; New-Test 1/1000 (Reaction timer) equipment was used. By using New-Test equipment, simple sound-light and multiple-choice light reaction time was measured with sensitivity of 1/1000 (1). Obtained data was analysed with SPSS program.

Referees' reaction time to sound and light were compared on basis of their classifications. According to this, referees' right hang light reaction time is ,2521 s averagely, left hand light reaction time is ,2597 s averagely, right hand sound reaction time is ,2498 s averagely and left hand sound reaction time is ,2552 s averagely. In this study it was noticed that auditory (sound) and visual (light) reaction time were different. Kosinski found reaction time to light 0,19 s and to sound 0,16 s averagely (2). So, reaction time to sound is shorter than to light. The results that support these data were obtained also in our study.

**Keywords :** Football, Referee, Reaction Time.

**P038**

# ANALYSIS OF THE RELATION BETWEEN THE JOB SATISFACTION AND THE PERCEPTION OF THE CONFLICT MANAGEMENT OF THE PERSONNEL EMPLOYED IN THE KOCAELI PROVINCIAL DIRECTORATE OF YOUTH AND SPORTS AND THE DISTRICT DIRECTORATES

**[1]KARA, R. [1]ŞENTÜRK A., [2] DEMİREL, M**

1. Dumlupinar University Health Sciences Institute, Kütahya, Turkey

2. University Of Dumlupinar, Department Of Physical Education and Sport, Kütahya, Turkey

mehmet.demirel@dpu.edu.tr

## ABSTRACT

**OBJECTIVE :**The aim of the study is to specifying the job satisfaction and the perception of the conflict management of the personnel employed in the Kocaeli Provincial Directorate of Youth and Sports and the district directorates.

**METHODS:**The Test for The Conflict Management (ÇYÖ) which covered 25 questions, was improved by Ural (1997) and the reliability and validity of which was proven was applied on the subjects in order to test their perception of the conflict management as well as applying the Test for Job Satisfaction (İDÖ) which covered 32 questions, was improved by Çetinkanat (1995) and the reliability and validity of which was proven in order to test their job satisfaction level. Initially, the frequency and percentage distributions were fulfilled so as to evaluate the data as a statistic method. The One Way Analysis of Variance and T-Test were applied at 0.05 significance level for determining whether there was an important difference among the groups or not, and Tukey HSD multiple comparison test was applied.

**RESULTS:** The results of the researches demonstrated that; the difference between the Educational Background and the Perception of the Conflict Management of the Personnel was not important, the difference between the Age Variable and the Perception of the Conflict Management of the Personnel was not important, the difference between the Professional Seniority Variable and the Perception of the Conflict Management of the Personnel was not important.

**CONCLUSIONS:** This study are such as to support the previous studies. The meaningful difference between the service period of the personnel in the institution and the command style which is one of the conflict management styles is considered as an indicator of the discomfort of the personnel's administers which they feel about the conflict management style.

**Keywords :** Conflict Management, Job Satisfaction, Personnel, Sport

**P039**

# THE ACUTE EFFECT OF FATIGUE WHICH IS RESULTANT AN ANAEROBIC EXERCISE ON SHOT HIT RATE OF THE BASKETBALL PLAYERS

**[1]KALAYCI M.C. , [2]EROĞLU H.**

1. Kahramanmaras Sutcu Imam University, Institute of Health Sciences, Kahramanmaras/Turkey

m.c.k@windowslive.com

3. Kahramanmaras Sutcu Imam University, School of Physical Education and Sports, Kahramanmaras/Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to determined the acute effect of fatigue which is resultant an anaerobic exercise on shot hit rate of the basketball players..

**METHODS**: In line with the defined aim of the research; the study was made pursuant to one group pretest-posttest experimantal design. For this purpose; study group was formed from total 14 basketball players who are the players of a basketball team in Turkey Men's Basketball 3. Leagues. Line Drill Test was performed to basketball players as a anaerobic exercise. Fatigue was designated in comparison with heart rate. Heart rate was established with a pulsimeter that are trademark POLAR and version FT7M. Shot hit rate was staked out via Shooting Test of which is a component AAPHERD Basketball Test Battery. The statistic of obtained data were made via SPSS 17.0 for Windows which is a statistic packaged software. The acute effect of fatigue which is a resultant anaerobic exercise on shot hit rate of the basketball players was testted by Paired Samples T- Test. Significance was regarded as $p<0.01$.

**RESULTS:** According to statistical analysis findings; a significant falling off was found %27,7±5,8 in shot hit rate of the basketball players after the fatigue that is resultant an anaerobic exercise.

**CONCLUSIONS:** As a result; It can be said that a notable decrease will be observed in shot hit rate of the basketball players.

**Keywords:** Basketball, Shot Hit Rate, Fatigue.

**P040**

# THE RELATIONSHIP BETWEEN COMMUNICATIVE STRUCTURE AND TEAM SUCCESS OF THE SPORTSMEN, SPORTS TRAINERS AND DIRECTORS IN MALE REGIONAL BASKETBALL LEAGUE

**[1]YILMAZ,M [2] COŞKUNER,Z [1]TUTAŞ,S. [2]ALTUNGUL,O.**

1. 1. The Provincial Directorate Of Sports And Youth Services Elazig, Turkey
2. University of Firat Faculty of Sports Sciences Elazig, Turkey

coskunerzeki@gmail.com.

## ABSTRACT

Communication is a process of transmitting information, thoughts, and feelings of verbal and nonverbal transferring from group to individual or group of individuals. The coach holding an important place in the communicative structure with team success in sports clubs are the people who help to athletes' capacity of physical, mental, emotional and social development.

This research was conducted to determine the relationship between communicative structures inside the club with sporting success in Basketball Federation of the 2015-2016 season in Turkey Men's Regional Basketball League in the clubs, athletes and the current communication status between the coach and manager. "Club Media Contact Survey Form", studied by Erkan (2002) in terms of the validity and reliability was used in the research. The study sample consists of 52 athletes competing in the Men's Regional Basketball League. The data obtained from the study were analyzed with SPSS 22.0 statistical software; percentage, frequency, mean and standard deviation techniques were applied as descriptive statistics.

According to the survey; the average age of the athletes participating in the survey was found as 20.78. Considering of athletes' how many years they were in the same club, in the range of 48.1% of athletes were 1-3 years and in the range of 30.8% of athletes were 3-5 years has been shown to be of the same club athletes. 55.8% of athletes who participated in the survey indicated that coach of the team pay attention more to the friendship to be successful in the club. 42.3% of the athletes stated that the relationship between coaches and club managers in a good level. 51.9% of the athletes were found to perform well in the competition by means of communication established in the team among the friends.

As a result it was revealed that team unity among athletes, coaches and team managers establishing a healthy communication increases the success of the team. At the same time the advanced age of athletes has been shown to have a stronger communication with their coaches but the communication among teammates, coaches and directors of the athletes who change too much clubs was seen as insufficient.

**Keywords:** Basketball, communicative structure, team success.

**P041**

# THE EFFECTS OF REGULAR AND PLANNED TRAINING PROGRAMME ON THE BODY COMPOSITION, ENDOGENOUS AMINO ACIDS AND SOME BLOOD PARAMETERS IN FEMALE ARMWRESTLER

**[1]KARADAĞ M, [1]BİÇER Y.S., [1]SAVUCU Y, [2]KARADAĞ A,**

1.Firat University, Faculty of Sports Sciences, Elazig, Turkey
kent00023@hotmail.com2

2. Ardahan University Physical education and Sports Ardahan, Turkey

## ABSTRACT

The aim of this study was to determine the effects of training duration on body composition, glucose-insulin levels and endogenous amino acids of female armwrestler collegiate students. 24 female arm wrestlers were determined by random method and separated as a two groups consist of training (n=12, 21.0 ±1.77) and non-training (n=12, 22.3 ±1.69) groups. In the study, there were no statistical significant differences between body weight, body mass index (BMI), body fat weight and fat free mass parameters in female arm wrestling athletes ($P$<0.05). However, body mass index parameter showed a difference among two groups ($P$<0.005). Body parameters were not affected with interaction on group-time. Serum insulin and insulin/glucose ratio levels showed no significant change ($P$>0.05). Serum glucose level was affected with group and group-time interaction ($P$<0,01). Endogenous amino acids levels were generally enhanced after the exercise but glycine and proline decreased. Correlations between BMI, insulin, glucose values and endogenous amino acids identified in female armwrestling athletes. In conclusion, our data suggested that in female armwrestling sports, regular training duration is effective on body composition and endogenous amino acids thus these results are contributive to current literature.

**Keyword:** female, armwrestling, exercise, amino acids, insulin

**P042**

# EXAMINATION ON THE EFFECT OF THE TRAINING PROGRAM IMPLEMENTED DURING PREPARATION PERIOD ON THE PHYSICAL CHARACTERISTICS OF TENNIS PLAYERS

**[1]SARIKAYA M., [2] ÇINAR V., [3] SELÇUK M.**

1. University of Van Yuzunciyil School of Phsical Education and Sport Van, Turkey
mucahit.sarikaya@hotmail.com

2. University of Firat, Faculty of Sports Sciences, Elazig, Turkey

3. University of Van Yuzunciyil, School of Phsical Education and Sport, Van, Turkey

## ABSTRACT

**OBJECTIVE**: This study has been conducted to examine the effect of the training program implemented during preparation period on the physical characteristics of tennis players.

**METHODS**: The research group comprises 14 male tennis players who play at the tennis clubs in Van province. Pre and post the 8-week training period, the hand grip strength, sit & reach, vertical jump, standing long jump, cooper, sit-up, push-up and speed over 30 meter measurements were done. The statistical analyses were conducted via SPSS 22.0 and Paired-Samples T test was used to determine the differences between the pre and post test results.

**RESULTS**: It was identified statistically significant differences between the athletes' pretest dominant hand grip strength values (43,3±7,18 kg) and their posttest values (48,98±6,32 kg) ($p<0.05$). It was determined statistically significant differences between the athletes' pretest vertical jump values (40,71±6,10cm) and their posttest values (46,14±6,40) ($p<0.05$). Any statistically significant difference was not found between the athletes' pretest speed average over 30 meters (4,71±0,27 sec) and their posttest values (4,60±0,32 sec) ($p>0.05$).

**CONCLUSIONS**: Consequently, it can be said that trainings executed during preparation period affect the physical conditions of tennis players positively; thus, tennis training programs implemented in the preparation period may influence the performance of athletes.

**Keywords :** Preparation period, male, tennis, physical characteristics

**P043**

# THE CONTENT ANALYSIS OF THE SPORTS STUDIES REGARDING INDIVIDUALS WITH DISABILITY IN POSTGRADUATE THESIS

**[1]BAKIR N., [2]SAVUCU Y., [1]KARADAĞ M., [1]YÜCEL A. S., [1]BİÇER Y.S.**

1. Firat University, Health Sciences Institue, Elazig, Turkey
2. Firat University Faculty of Sports Sciences Elazig, Turkey
ysavucu@hotmail.com

## ABSTRACT

The aim of this research was to investigate the content analysis of the sports studies regarding individuals with disability in postgraduate thesis. Postgraduate theses in Turkey related to the sport in individuals with disability were scanned and investigated.

Postgraduate thesis between 2001 and 2014 years was investigated and literature review method was used (From Council of Higher Education Pages). In this study, we have found a total of 27 postgraduate thesis, which are n=20 master thesis and n=7 PhD thesis.

As a result, it has been observed that master thesis are mainly performed in the psycho-social field. It has been seen that master thesis is inadequate in the application field. In our research, we have found that postgraduate thesis are made too much on individuals with physically disabled. However, PhD thesis are made mainly in the application field and it need to increase the number of studies in these field.

**Keywords:** Disabled People, Sports

**P044**

# ASSESSMENT OF THE NUTRITION HABITS OF AMERICAN FOOTBALL PLAYERS

**[1]TOKTAŞ TORUN, N. [1] UĞURHAN, H.**

1.Akdeniz University, School of Physical Education and Sport, Turkey

nesetoktas@akdeniz.edu.tr

## ABSTRACT

**OBJECTİVE:** 71 male volunteers with the average age of 23,67±3,61, the average height of 180,46±7,13 cm, and the average weight of 85,24±18,26 kg participated in the study that aims to assess the nutrition habits of American football players.

**METHODS:** The research is for determining the situation, and the questionnaire prepared for the objective of the study was used. Determinative statistical methods such as frequency (f) and percentage (%) were used in the assessment of the data.

**RESULTS:** Consequently, 76,1% of the individuals stated that they were informed of the adequate and balanced nutrition, 37% said that they obtained this information from the Internet/newspaper/TV, 14,8% obtained it from their families/relatives/friends, and 13% stated that they obtained this information from their trainers. 73,2% of the individuals participating in the study skip meals and the most frequently skipped meals are breakfast and elevenses. While 52,1% of the individuals eat out 3-4 times a week, 29,6% eat out 1-2 times, 14,1% every day, 2,8% eat out once in 15 days, and 1,4% eat out once a year. While 32,4% of the individuals prefer foods that are rich in protein before the match, 46,5% prefer foods that are rich in protein after the match. 85,9% of the individuals stated that they do not eat anything during the match, while 91,5% said that they only drink water during the match. The frequency of food consumption of the individuals was examined. 60,6% of the individuals participating in the study said that they do not drink milk (whole-fat) at all, 35,2% said that they do not consume yoghurt (whole-fat) at all, 21,1% said that they do not drink yoghurt drink (whole-fat) at all, 25,4% said that they do not eat fish at all in the summer, and 40,8% stated that they do not eat fish at all during winter. Furthermore, while 31,0% of the individuals consume cheese, 8,5% red meat, 21,1% fruits, and 32,4% consume vegetables every day/every other day, the ratio of the individuals saying that they consume fizzy drinks such as coke and soda every day/every other day is 57,7%.

**CONCLUSION:** An adequate and balanced diet is very important in each period of life for a healthy life and good sports performance. A great majority of American football players stated that they are informed of adequate and balanced diet, however, there are problems in practice. Sports people and trainers they obtain information from should be given training on nutrition, and studies on determining their nutritional status should be carried out.

**P045**

# INVESTIGATING PHYSICAL EDUCATION AND SPORTS TEACHERS' AND PEDAGOGICAL FORMATION CERTIFICATE PROGRAM STUDENTS' ATTITUDES TOWARDS TEACHING PROFESSION

**[1]YÜKSEL, Y., [2]KAYIŞOĞLU N.B., [3]DOĞAN, İ.**

1. Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

2. Karabük University, Hasan Doğan School of Physical Education and Sports, Karabük, Turkey

yilmazyuksel@gmail.com

3. Karabük University, Hasan Doğan School of Physical Education and Sports, Karabük, Turkey

## ABSTRACT

**OBJECTIVE :** The purpose of this study is to investigate the attitudes of students of department of physical education and sports teacher (PEST) and students of pedagogical formation certificate program (PFCP) toward teaching profession with regard to different variables.

**METHODS:** Survey method was used in the study. The population of the research consists of 3rd and 4th grade students studying in PEST and PFCP during the autumn term of the 2014-2015 academic year in Karabük Üniversity. In total 165 students participated in the research, 90 (56 male, 34 female) of whom were PEST students and 75 (42 male, 33 female) of whom were PFCP students. The data of the study were obtained by 5 point, 23 item Attitude Scale for the Profession of Physical Education Teaching likert scale was administered as a data collection tool. Data were analyzed using descriptive statistics, independent samples t-test.

**RESULTS:** Results showed a significant difference in the "Dimension of Affection for Profession" between PEST student ($\overline{X}$= 3.69, SS= 0.67) and PFCP student ($\overline{X}$= 3.92, SS= 0.43), (p= 0.012). For "Dimension of Concern about the Profession" a significant difference was found between PEST student ($\overline{X}$= 3.61, SS= 0.83) and PFCP student ($\overline{X}$= 3.87, SS= 0.67), (p= 0.034). For total points a significant difference was found between PEST student ($\overline{X}$= 3.82, SS= 0.67) and PFCP student ($\overline{X}$= 4.07, SS= 0.46), (p = .007). There is no significant difference in terms of gender and age

**CONCLUSIONS:** As a result, it was found that PEST and PFCP student have high positive attitudes but PFCP students have more positive attitudes.

**Keywords :** Preservice Physical Education Teacher, Pedagogical Formation Certificate Program, Attitudes towards Teaching Profession, Attitude

**P046**

# REVIEW OF HOME TEAM ADVANTAGE IN 2ND FOOTBALL LEAGUE OF TURKEY

**[1.] GURKAN O., [2] GORAL K., [2]SAYGİN O.**

1. Ankara University, Faculty of Sport Sciences Ankara, Turkey
ogurkan@ankara.edu.tr
2. Mugla Sitki Kocman University, Faculty of Sport Sciences Mugla, Turkey

## ABSTRACT

**OBJECTIVE:** This study was carried out in order to examine and analyze the advantage of being home team in 2nd Football League of Turkey.

**METHODS:** The study data were obtained from official website of Turkish Football Federation (TFF), and the variables such as being home team or away team, number of wins, and the home team advantage of the teams in league were analyzed. The data obtained were recorded in SPSS software, and frequency and percentage values were calculated and interpreted.

**RESULTS:** In total of 2945 games played in last 5 seasons of 2nd Football League of Turkey, home teams won 1290 games (43.80%) and lost 795 games (27.00%). 860 games ended with draw (29.20%). Among the teams that played in 2nd Football League of Turkey in all of last 5 seasons, the highest advantage of home team belongs to Sarıyer (65.36%), while the lowest advantage belongs to Pendikspor (54.54%). While the home team advantage of the teams that have succeeded to upper league in last 5 years was found to be 57.81%, the same rate was calculated to be 63.85% for the teams dropped from the league.

**CONCLUSIONS:** In conclusion, taking the advantage of being home team in a game is one of the factors affecting the success of football teams. It is thought that the points won in away games are important for both of the teams struggling for championship and the teams struggling for not dropping from the league, and that the points, which have been won as home team in games for succeeding to upper league or for not dropping from the league, play important role besides the points won in home games.

**Keywords:** Football, Home Team Advantage, 2nd League, Analysis

**P047**

# SPORTS ADMINISTRATORS EFFECT OF THE EFFICIENCY OF THE WORK LOAD

**[1] KIZAR O., [2] KARGÜN M., [3] AĞOĞLU Y.S.**

1.University of Gaziosmanpaşa High school of Physical Education and Sports, Tokat, Turkey

oktaykizar@mynet.com.

2. University of Bingol High school of Physical Education and Sports, Bingöl, Turkey

3. University of Gaziosmanpaşa High school of Physical Education and Sports, Tokat, Turkey

## ABSTRACT

**OBJECTIVE** : In this study, the effects on the efficiency of sports administrators workloads were examined.

**METHODS**: The data collection tool in this study,Workload scale, Aycan and the old (2005) by Turkish 'had adapted to the workload scale questionnaire was used. Survey form located questions relating to demographics, productivity scale and workload scale ground. The universe of study, sports managers in the province of Istanbul constitutes employees. The sample of the study consisted of 100 sports manager. Sampling the selection is used simple random sampling method. All of the participants were male. The data analysis was conducted in SPSS 16 software package. Data analyzed by frequency, percentage, standard deviation from the mean and as descriptive statistics and t-test, ANOVA and correlation statistics have been utilized.

**RESULTS** : When the relationship between productivity and workload perception, there seems to be a significant relationship between productivity and workload perception ($p < 0.05$).

**CONCLUSIONS**: Scope of research, has been found that the negative effect on productivity the workload. Increased workload is adversely affected of efficiency.

**Keywords :** Workload Efficiency, Sport manager

**P048**

# A STUDY ON THE LEVEL OF COMPETENCE OF THE SPORTS FACILITIES WITH REGARD TO MAKING SPORT WIDESPREAD IN BİNGÖL

**[1]ÇELİK Ö., [1] SEZER S.Y., [1]KARADAĞ M., [1]TEL M.**

1.University of Firat, Faculty of Sports Sciences Elazig, Turkey

malatya3812@hotmail.com

## ABSTRACT

**OBJECTIVE** : In this study, the competence of the sports facilities and people's tendency towards doing sport with regard to making sport widespread in Bingöl has been analysed. To make sport widespread in social sphere, the number and diversity of the sports facilities and both expectations and demands of the society in terms of sport need to be handled within the frame of a policy.

**METHODS**: Six hundred people from different jobs, age and sex who live in Bingöl have attended this study voluntarily and a questionnaire has been conducted. The questionnaire includes thirty one questions. Tradesmen and their customers have been reached with random sampling. To obtain some data in accordance with the aim of this study, the questionnaire has been conducted face to face. In assessment of the data, frequency and percentage distribution has been calculated and chi-square test has been used order to see if there is any relation between variables.

**RESULTS**: With this study it has been concluded that a great majority of people in Bingöl are interested in the sports, football is the top sports among the sports people are interested, the first factor that prevents people from the sports is incompetency of the sports facilities, and public institutions do not have enough sports facilities.

**CONCLUSIONS**: In both the construction of the new sport facilities and preparation of the new sport programs, people's interest and expectations need to be taken into account. Also, it has been concluded that in order to make mass sports widespread in Bingöl, both the number of the sports facilities and sports clubs need to be increased.

**Keywords :** Sport, Sport widespread, facilities

**P049**

# THE CAPACITY OF THE SPORTS FACILITIES AND PRODUCTION OF SERVICES

**[1]ÇELİK Ö., [1]SEZER S.Y. , [1]KARADAĞ M., [4] ÇELİKEL B.E.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

malatya3812@hotmail.com

## ABSTRACT

**OBJECTIVE** : The aim of this conceptual study is to analyse the capacity and service production of the sports facilities in making sports widespread.

**METHODS**: With this study, how the new sports facilities need to be in terms of their capacity and diversity of the service production has been handled.

**RESULTS**: One of the underlying structures for the sport is the sport facility. In serving the society in terms of the sports well, the capacity and service production of the sports facilities play a significant role. In making sports widespread, the capacity of the sports facilities need to be assessed and service areas need to be constructed in accordance with scientific studies.

**CONCLUSIONS**: In this sense, this study explains what needs to be taken into consideration in the construction of sports facilities in a detailed way, thus, it offers information about the growth of facilities in terms of their capacity and optimal usage.

**Keywords :** Sport, Facility, Capacity, Production of Services

**P050**

# DETERMINING THE RELATION BETWEEN EMPATIC TENDENCY AND CRITICAL THINKING INCLINATION OF FOOTBALL COACHES

**1ZAMBAK, Ö., [2]ACET M., [3]CENGIZ R., [1]MUMCU E., [1]KUSAN, O.**

1. Dumlupınar Üniversitesi, Health Sciences Institue, Kütahya, Türkiye
omer_zambak@yahoo.com
2. Dumlupinar Universty School of Physical Education and Sports, Kütahya, Turkey
3. University of Manisa Faculty of Sports Sciences, Manisa, Turkey

## ABSTRACT

The main target of this research is to determine the relation between Empatic Tendency and Critical Thinking Inclination of football coaches. For that purpose, California Critical Thinking Inclination (CCTDI), improved by Facione& Giancarlo (1992) adopted in turkish by Kökdemir (2003), and Scale of Empatic Tendency (SET), improved by Dökmen (Dökmen, 1988), were used in this research. The research group consisted of 174 football coaches worked in three cities of Turkey, Aydın, Uşak, Denizli, during the 2015-2016 football season.

Spss 16.0 statistical program was used for data analysis to make use of its percentage and frequencies .Kolomogrov-Smirnof test was used to determine whether the data from two dependent variables to show a normal distribution or not. To interpret the data, t-test ,corelasyon Analysis for examining relation between 2 dependent groups, non-parametrik test for lack of normal distribution of sub-dimensions, and test of one way anova for more than two goups, were used.

According to findings of the research, there are statistically significant difference between CCTDI scores (t=-9,641) and education level of coaches ($p<0.05$). It has been observed that football coaches with graduate and post graduate education has higher CCTDI result more than coaches with college education. There are statistically significant difference betweenthe result of SET scores (t=-17,451) and education level of coaches ($p<0.05$). It has been confirmed that football coaches with graduate and post graduate education has higher CCTDI result more than coaches with high-school according to the aspect of the difference.

In conclusion, it is understood that there are significantly difference in the SET scores of football trainers when educational level of them and their parents, monthly income are regarded; however, it has been concluded that there is no difference regarding their professional seniority, age ranges and SET score. By the way, it has been concluded that the educational level of football trainers, educational level of parents, monthly income is determinant on tendency of critical thinking, but professional seniority and age ranges are not determinant on the tendency of critical thinking.

**Keywords;** football coaches, Critical Thinking Inclination, Empatic Tendency

**P051**

# ANALYSIS ON THE COLLECTIVE COMPETENCE PERCEPTIONS OF HANDBALL PLAYERS IN TERMS OF SOME VARIABLES

**[1]YÜCEL A.S., [2]KARATAŞ Ö., [1]SAVUCU Y.**

1.University of Firat, Faculty of Sports Sciences, Elazig, Turkey

asyucel@firat.edu.tr

2. İnönü University, School of Physical Education and Sports, Malatya, Turkey

## ABSTRACT

The purpose of this research is to analyze the collective competence levels of the athletes playing in top-level handball teams in Turkey (Super League, First League and Second League) in terms of different variables. The research was conducted on a total of randomly selected 483 athletes within 65 teams ranking among Super League, First League and Second League. The questionnaires used in this study were previously used in another study and its reliability was ensured. In the first part of the questionnaire, personal information (sex, education, marital status, age, positions in the team etc.) was asked to the participants as descriptive variables with classificatory variable. In the second part, 7 opinions were directed regarding the collective consciousness for the team and the opinions were questioned with a 5-point likert scale. 0.921 was ensured as the Cronbach's Alpha coefficient. Descriptive statistics, reliability analysis, Jonckheere terpstra, t-test analysis, Variance analysis (ANOVA), Kruskall Wallis and Man Whitney were applied within the scope of the analysis.

At the ends of the study, it has been concluded that the opinions of the participants concerning the collective competence scale differ by age, education, sex of the trainer, income and duration of sports; but they don't differ by sex, the league played, license and the position in the team.

**Keywords**: Handball, collective competence, athlete, league

**P052**

# THE EFFECT OF REGULAR EXERCISE ON LIVER ENZYME LEVELS IN OVERWEIGHT WOMEN

**[1]ÇINAR V.,[1] TUNCALP Ö. , [1]ÖNER S.,[1]AKBULUT T., [2]POLAT Y.**

1. University of Firat Faculty of Sports Sciences Elazig, Turkey

ozlem.tuncalp10@gmail.com

2. University of Erciyes School of Pysical Education and Sport Kayseri, Turkey

## ABSTRACT

**OBJECTIVE** : The aim of this study was to investigate the effects of 8 weeks regular exercise on liver enzymes in overweight women.

**METHODS**: Research group consists of total overweight 20 females; between 24-36 age range with over 30 BMI (body mass index) levels. The participants were divided equally into two groups as control and application group. From the beginning of the study to the end of 8-weeks (90min/4day/week) of fitness exercise, the participants gave resting plasma blood samples in order to determine the AST, ALT and LDH levels.

**RESULTS**: There were not significant difference between pre and post tests in control group, however there were significant difference on AST, ALT and LDH values in application group between pre and post tests after 8 weeks exercise program ($p<0,05$).

**CONCLUSIONS**: Our findings shows that, 8 weeks regular exercise application increase the level of AST, ALT and LDH in overweight women.

**Keywords :** Exercise, enzyme, liver

**P053**

# PHYSICAL EDUCATION, SPORTS AND PHYSICAL THERAPY

## PILOT STUDY ON EVALUATION OF ANAEROBIC LACTACID CAPACITY IN REDUCED FIELD FOOTBALL

**[2]TROFİN P.F, [2] HONCERİU C.**

1. Alexandru Ioan Cuza University of Iași, Romania

florintrofin@gmail.com

## ABSTRACT

**OBJECTIVE** : Objective: This study seeks to propose a field test that aims to assess the ability of athletes to support a maximum intensity effort that rely on anaerobic glycolysis as an energy source.

**METHODS**: Effort capacity testing of athletes took on a greater specificity, given that the effort during the sport game practiced is complex and can be in turn analyzed on several levels. An important component of physical effort during a sports game is lactacid anaerobic capacity. The test proposed for evaluating this component was generic called 8x (10 + 10) m and it involves making eight consecutive sprints, with change of direction on 20 m. A pilot assessment was carried out in three teams: one of juniors in football (21 athletes), one of youth in minifootball (12 athletes) and one of seniors in futsal (14 athletes). In performing the test we used an electronic timekeeping system (TracTronix), the accuracy of the obtained data being high.

**RESULTS**: We analyzed the obtained results and compared the lactacid anaerobic capacity between the three disciplines. The futsal team obtained a result of 8.89 ± 2.95%, the minifootball one 10.43 ± 2.81 % and football one 10.05 ± 6.85%.

**CONCLUSIONS**: We assumed that the best values obtained for anaerobic capacity lactacid are those of futsal players, followed by the mini-football players and then those of football players. We found that the futsal team is superior at the lactacid anaerobic capacity, the other teams being close as results, the junior football team having a reduced homogeneity.

**Keywords :** physical test, anaerobic, lactacid, field test

**P054**

# THE EFFECTS OF L-CARNITININE ON OXIDATIVE STRESS AND GLUCOSE TRANSPORTERS IN RUNNING RATS

**[1]GENÇ E., [1]PALA R., [2]ORHAN C., [3]TUZCU M., [2]SAHİN N, [1]ÇINAR V., [2]SAHİN K**

1. Department of Movement and Training Science,
Faculty of Sports Sciences, Firat University, Elazig, Turkey
rpala@firat.edu.tr

2. Department of Animal Nutrition, Faculty of Veterinary Medicine, Firat University, Elazig, Turkey.

3. Department of Biology, Faculty of Science, Firat University, Elazig, Turkey.

## ABSTRACT

**OBJECTIVE**: In the present study, the effect of L-Carnitine supplementation on the level of oxidative stress, glucose transport, and serum biochemical parameters were investigated in exercised rats.

**METHODS**: Six groups (Control, L-Carnitine, Exercise, Exercise + L-Carnitine, Acute Exercise and Acute Exercise + L-Carnitine) 7 including a total of 42 8-week-old male Wistar albino rats have been used. Rats were initially started to run 10 m / min. At the end of 2-weeks run period, 30 m / min, 0% grade, 30 minutes of jogging protocol has been applied with a controlled rise. After using L-Carnitine dietary, rats were subjected to a 5 days per week for 6 weeks of exercise and the last day of exercise protocol (rats running in the treadmill until exhaustion) was applied.

Data was assessed using ANOVA procedure on the package of IBM SPSS (version 22). Comparisons between groups were analyzed by the Tukey post hoc test. Data group average and standard error of mean (SEM) were calculated. For statistical significance, the probability values have been identified as significant for values that are less than 0.05.

**RESULTS AND CONCLUSIONS**: L-Carnitine did not effect on liver and kidney functions, glucose which is on cardio metabolic biochemical parameters but it has been shown to decrease the cholesterol and triglycerides levels. Acute exercise increases oxidative stress, and however, chronic exercise and L-Carnitin reduced the level of lipid peroxidation. It also showed the effects of PPAR-γ and by regulating the glucose transporters. In addition, PPAR-γ carnitine consumption in rats showed the effect of increasing the level of GLUT-2 and GLUT-4. Meanwhile chronic exercise and carnitine showed a synergistic effect has been found to reduce oxidative stress.

**Keywords:** Exercise, L-Carnitinine, Oxidative Stress, Glucose Transporters.

**P055**

# EFFECTS OF COENZYME Q10 ON THE OXIDATIVE STRESS AND HEAT SHOCK PROTEINS IN EXERCISE RATS

**[1]BEYAZ F., [1]PALA R., [2]ORHAN C., [3]TUZCU M., [2]SAHİN N, [1]ÇINAR V., [2]SAHİN K**

1. Department of Movement and Training Science, Faculty of Sports Sciences, Firat University, Elazig, Turkey.

rpala@firat.edu.tr

2. Department of Animal Nutrition, Faculty of Veterinary Medicine, Firat University, Elazig, Turkey.

3. Department of Biology, Faculty of Science, Firat University, Elazig, Turkey.

## ABSTRACT

**OBJECTIVE**: In this reserach,it has been tried to observe the effects of coenzym Q10 on oxcidative stress, heat shock proteins and biochemistry serum parameters in rats applied exercise.

**METHODS**: It has been used totally 42, aged eight weeks, Wistar Albino Rats which is grouped of 6 (control,coenzym Q10,exercise,exercise+coenzym Q10,acute exercise ve acute exercise+coenzym Q10) each of them contains 7 rats. In the begining, the rats are made to run 10 m/min and at the end of two weeks, the thirty minutes running process being %0 slope and 30 m/min was implemented in a controlled increase. The rats have been tested to run 5 days a week along six weeks after applying coenzym Q10 on a diet and on the last day, acute exercise process (running on the band untill tired) has been applied.

Datas have been evaluated by using ANOVA process in the IBM SPSS (version 22) packaged software.The comparison among groups have been analized with the help of Turkey Post Hoc Test.The datas have been given as group avarage and standart error of mean (SEM). Statistical significance has been defined as meaningfull for the ones whose probablity values are under the point of 0.05.

**RESULTS AND CONCLUSIONS**: Finally, it's been seen that there is no effect of coenzym Q10 on the functions of liver or kidney and coenzym Q10 doesn't effect glucose on cardiometabolic biochemical parameters.In adddition to these, it decreases cholesterol and triglyceride.While acute exercise increases oxcidative stress,chronic exercise decreases oxcidative stress by reducing the level of lipid peroxydation. It has shown this effect by means of regulating heat shock proteins.Also, it has shown the effect of consumption of coenzym Q10 by reducing heat shock protein.Moreover, it has been observed that chronic exercise and coenzym Q10 decreases oxcidative stress by working synergisticallly.

**Keywords:** Exercise, Coenzym Q10, Oxidative Stress, Heat Shock Proteins.

**P056**

# EVULATION OF NUTRITION AND HEALTH CONDITION LEVELS IN STUDENTS WHO STUDYING AT FACULTY OF SPORT SCIENCES (SAMPLE OF FIRAT UNIVERSITESI, ELAZIG)

**[1]AKBULUT T., [1]ÇINAR V., [1]ERDOGAN R., [2] MURATHAN F.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey
ramazanerdogan@hotmail.com
2. University of Adiyaman School of Phsical Education and Sport Adiyaman, Turkey

## ABSTRACT

**OBJECTIVE**: The purpose of this study was to investigate of situation of nutrition and health condition levels of students who studying in Faculty of Sport Sciences at Firat university.

**METHODS**: The research population was students studying at the Firat University, The sample group of the research was determined 210 (132 male, 78 female) students that studying in Faculty of Sport Sciences. At the study, it was applied nutrition and health knowledge scales. The datas were analyzed with SPSS 22 programe. Techniques of frequencies, distribution of percents were used to analyze the data of the study. The level of significance was chosen as $p < 0.05$

**RESULTS**: According to data there were an important relationship between make sportive activite and feel vigorous, between use of alcohol and feel vigorous and between the number of meals and feel vigorous.

**CONCLUSIONS**: It can be said that who studying in Faculty of sport science training and education as well as they have done in addition to a positive sporting activities to affect health. Students have not enough and balanced diet.

**Keywords :** Nutrition, Health condition, Students

**P057**

# INVESTIGATION OF OBESITY LEVELS OF UNIVERSITY STUDENTS

**[1]ÇINAR V., [1] PALA R. , [1]ERDOGAN R., [2] ÖNER S.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

ramazanerdogan@hotmail.com

2.University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE**: The aim of this study was to determine of obesity case in students who studying at Firat university.

**METHODS**: The research population was students studying at university in Turkey, The sample group of the survey was formed 200 (95 male, 105 female) students that studying at Firat university. At the study, nutrition habits, physical activities and diet condition scale that consists from 23 questions was applied to participants. The datas were analyzed with SPSS 22 programme. Techniques of frequencies, distribution of percents were used to analyze the data of the study. The level of significance was chosen as $p < 0.05$

**RESULTS**: As a result, it is determined 48.0% of students were obes, 27.5% pre-obes,18.5% ideal and 6.0% weak. In addition it is determined 62% of students did not sport, while 38% of them did sport.

**CONCLUSIONS**: It was observed that there were a positive relationship among nutrition habits, physical activity and inactivity.

**Keywords :** Obesity, Nutrition, Physical Activity.

**P058**

# COMPARISON OF EFFICIENCY OF PHYSICAL EDUCATION AND SPORTS COURSE OF TURKEY WITH SOME EUROPEAN COUNTRIES

**[1]AĞIRTAŞ R., [1] KARADAĞ M., [1]SAVUCU Y., [1]SEZER S.Y.,[2]KIZAR O.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

resulagirtas@hotmail.com

2.University of Bingöl High school of Physical Education and Sports

Bingöl, Turkey

## ABSTRACT

**OBJECTIVE** : The overall aim of this study was implemented in Turkey, Elementary Physical Education Curriculum and to examine the comparative efficiency of the administration of Physical Education Teaching Program in European countries.

**METHODS**: This study is a descriptive study. Descriptive studies, events, objects, institutions, groups and what is to describe a variety of fields are working trying to explain. Comparison of sports education system at primary level in European countries and for the evaluation of the current situation, "Document Analysis" and has been designed.

**RESULTS**: The annual number of physical education classes in developed countries , while higher education system is seen seated and the developing countries is less than the number of physical education classes. Elementary age children , as obesity in our country seems to be a common situation in Europe.

**CONCLUSIONS:** As a result, physical education classes for the more seriously in European countries, physical education classes the only curriculum and is not limited by the number of courses and other courses such as evaluation that is not given the importance seen the need in Turkey, usually "empty course" seems to evaluate the expression. physical education classes rejected by the society of the importance to the course lowers productivity. As of physical education classes in Turkey seem to be just be an alternative solution to obesity in Europe. önemsenmeyiş of physical education classes in Turkey causes major problems in athletes upbringing. One of the athletes from the average of every 8 people in European countries this rate it is growing up as 1 115 people growing up athletes.

**Keywords:** Physical Education and Sports, Education , Physical Activity.

**P059**

# APPOINTMENT AND RELOCATION ON DIRECTING TEACHER OF TEACHERS AND OPINIONS OF PRINCIPALS

**[1]AĞIRTAŞ R., [1] SAVUCU Y., [1]KARADAĞ M., [1]ARABACI B.İ.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

resulagirtas@hotmail.com

## ABSTRACT

**OBJECTIVE**: The aim of the study dated 04.17.2015 and numbered 29329 Ministry of National Education Teacher Appointment and Relocation Regulations to determine the manager and teachers about their views.

**METHODS**: The research group, Diyarbakır, Malatya and Elazığ work in schools affiliated to the Ministry of Education in the provinces are a total of 60 administrators and teachers. Research in descriptive research model, which is a qualitative research design "case study" approach was used.

**RESULTS**: Data were collected using semi-structured interview technique is used and the content of the data are analyzed. According to the results obtained; Many administrators and teachers have understood that very well aware of their personal rights.

**CONCLUSIONS:** In addition, managers and teachers, and it is not fair determination of the direction of displacement and expressed the view that they are victims. It was found to be only partially some applications though acceptable.

**Keywords:** Teacher, Assignment, Relocation, Manager.

**P060**

# THE RELATION BETWEEN OBESITY AND MEDITERRANEAN DIET QUALITY INDEX IN UNIVERSITY STUDENTS

**[1].ERÇİM R.E.; [2]BULUT A.; [3]VARSAK S.**

1.University of Bingöl, Faculty of Health Sciences, Department of Nutrition and Dietetics, Bingöl, Turkey

reercim@bingol.edu.tr

2.University of Bingöl, Faculty of Health Sciences, Department of Nursing, Bingöl, Turkey

3.University of Bingöl, Health Services Vocational School, Bingöl, Turkey

## ABSTRACT

**OBJECTIVE:** Obesity in our country as it is also a common health problem worldwide. Mediterranean diet is a healthy lifestyle that includes all of the nutritional recommendations. The purpose of this study was to evaluate obesity, physical activity and nutrition status of university students.

**METHODS:** This was a cross-sectional and descriptive study. Sample was consisted of a total of 280 (male:123, 43.9%; female:157, 56.1%) university students in Bingol University. For determine obesity status Body Mass Index (BMI, kg / m2) and waist-hip ratio were calculated and for nutritional status 'Mediterranean Diet Quality Index' was applied. Generally characteristics and physical avtivity levels were determined by using a questionnaire. The Chi-square test or Fisher's exact test, where appropriate, was used to compare proportions in these different groups. Statiscally analyses were performed using the SPSS 22.0 and an overall %5 type-1 error level was used to infer statistically significance.

**RESULTS:** The mean age of students who participating in the study was 22.3 ± 1.8 years. 21.7% of students were determined to do regular physical activity. Students BMI mean was 21.8 ± 3.0 kg / m2 and obesity ratio of students was 15.4%. The waist-to-hip mean for male and female students 0.84 ± 0.05 and 0.78 ± 0.06, respectively. It was observed that both men and women have low cardiovascular risk. Mediterranean diet quality index score mean was 5.8 ± 2.0 point. Also, it was showed that 25.6% of students are low diet quality and non of them have healthy diet quality.

**CONCLUSION:** Obesity is a risk factor of disease's formation for each age group. In fighting against obesity, the combination of physical activity and healthy diet is an important component to creation of awareness and to propose healthy lifestyle changes.

**Keywords:** Obesity, Physical Activity, Mediterranean Diet Quality Index, Students

**P061**

# PHYSICAL ACTIVITY, NUTRIONAL HABITS AND SNACK FOOD CHOICES IN EMERGENCY PERSONNEL

**[1]ERÇİM R.E., [2]BULUT A.**

1. University of Bingöl, Faculty of Health Sciences, Department of Nursing, Bingöl, Turkey
reercim@bingol.edu.tr

2. University of Bingöl, Faculty of Health Sciences, Department of Nutrition and Dietetics, Bingöl, Turkey

## ABSTRACT

### OBJECTIVE:

Healthy life style is consists of an active physical life and an adequate-balanced nutrition. The aim of the study was to determine healthy lifestyle components, which were the physical activity and nutritional habits, in emergency personnel.

### METHODS:

This was a cross-sectional and descriptive study. Sample was consisted of a total of 67 (male: 41, 61.2%; female: 26, 38.8%) emergency personnel in Bingol State Hospital. The participants' physical activity, nutritional habits and food choices were determined by using a questionnaire. The nutritional habits were consisted of meal skipping, main meals number and snack food choices.The Chi-square test or Fisher's exact test, where appropriate, was used to compare proportions in these different groups. Statiscally analyses were performed using the SPSS 22.0 and an overall %5 type-1 error level was used to infer statistically significance.

### RESULTS:

The mean age of participants' was 34.1±6.7 (male:35.2±6.9; female:32.2±6.0) years old. It's found that physical activity level in women 84.6% of mild and 11.5% of moderate; in men 61% of mild and of 31.7% moderate. The 61.2% of the participants consumed 3 main meals a day; 65.7% of them were skipping meals and 88.1% of them consumed snacks outside meal. Snack foods that participants consumed were found that 49.3% of fruit, 29.9% of tea and coffee, 13.4% milk and ayran, 4.5% of nuts and 3% of species of sweet cakes. Also the tea and coffee consumption in the main meals and snacks, at least 3 cups of tea per day was 83.6% and 1-2 cups of coffee a day was 46.3% of the paticipants.

### CONCLUSIONS:

Regular physical activity and proper nutrition habits constitutes healthy lifestyle, also it can provide to reduce stress and to increase the social interaction in employees in businesses where more workload as emergency services.

**Keywords**: Physical Activity, Nutritional habits, Emergency personnel

**P062**

# INVESTIGATION OF LIFE STYLE AND PERSONAL HABITS OF WRESTLING REFEREES

**[1]ÇINAR V., [2] ÖNER S. , [1]AKBULUT T., [1] PALA R.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

2. University of Firat Health Sciences Institue, Elazig, Turkey

salihgakko_23@hotmail.com

## ABSTRACT

**OBJECTIVE:** The aim of this study was to investigate of life style and personally habits of referees who working in the Turkey Wrestling Federation.

**METHODS:** The population of the research was Turkey Wrestling Federation referees, the samples of research created from 108 male coach who participated Turkey Championship stars catagories in 2015 april. In this study was used "Healthy Lifestyle Behaviors Scale''. The data obtained from the questionnaire results were analyzed with SPSS 17 software package. One Way Anova and Independent Samples t tests were used to analyze the data to determine the differences between the groups.

**RESULTS:** The data obtained from the survey results mean values of referees were found 131.21±15.01 point (min:98, max:169). To contribute behaviors for development of health the highest mean scores, self-actualization, health responsibility, which found support in stress management and interpersonal dimension respectively, and the lowest average exercise and eating habits. There were no significant relation on healty life style behaviors of age, category, occupation time and smoking. Referees who new starting to work has higher nutrition level than old referees.

**CONCLUSIONS:** As a result, coach who working in Turkey Wrestling Federation have low life style and personal habits. Therefore it could say that to gain these behaviors can be helpful.

**Keywords:** Lifestyle, habits, wrestling, referee

**P063**

# COMPARISON OF PHYSICALACTIVITY LEVELS OF UNIVERSITY STUDENTS

**[1]ÖNER S., [2]OZBAR N. , [1]ÇINAR V., [3] KİLİC Y.**

1.University of Firat Faculty of Sports Sciences Elazig, Turkey

salihgakko_23@hotmail.com

2. University of Duzce Faculty of Sports Sciences Duzce, Turkey

3. University of Sakarya Faculty of Sports Sciences Sakarya, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of the study was to determine of Physical Activity Level of Firat University students studying at the Faculty of Sports Sciences and the Faculty of Education

**METHODS:** The sample of research group, with random sampling method 161 woman and 239 men a total of 400 persons were participated from Faculty of Sport Sciences and Faculty of Education. In this study, for collecting the data "Bouchard Three – Day Physical Activity Record" was used. In the analysis of the obtained data, SPSS 17 software package and independent samples t test was used.

**RESULTS:** According to findings; there were not significant difference between female students who is studying at faculty of sport sciences and faculty of education in height, basal metabolic rate and daily energy consumption ($p>0,05$). In addition there were difference statistically between male students in the these faculties in height, weight and basal metabolic rate ($p<0,05$).

**CONCLUSIONS:** Students of faculty of sport sciences more better than students of education faculty. There was no significant difference between two groups in body mass index and energy consumption

**Keywords:** Physical Activity level, University Students, Lifestyle

**P064**

# LEADERSHIP STYLE OF INDIVIDUAL AND TEAM SPORTS COACHES

**[1]TUTAŞ,S. [2.]YILDIRIM, E. [2]COŞKUNER,Z. [1]CAN, N. [2]ALTUNGUL,O. [1]YILMAZ, M.**

1. University of Firat, Health Sciences Institue, Elazig, Turkey

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

coskunerzeki@gmail.com

## ABSTRACT

The aim of this study was to examine the leadership styles of individual and team coaches in Elazig province.

Data in this study were collected through questionnaires. Leadership style questionnaire was used that is develepod by David R. Frewin in 1977. T.his questionnaire has 20 questions. Questions have been prepared according to the Likert scale 5s. In this study, 122 individuals were reached in Elazığ that individual and team coaching.

In this study, 57.4 % of the coaches involved 21 - 29 age range, 59% of single coach, while 70.5 % are university graduates. Coaches surveyed were found 59% certificates from college of Physical Education and Sports. 91.8% of the coaches who participated in the study 5 - 6 years were found to deal with more sports. 60.7% of the trainer have been found to work between 1 to 5 years. 31.1% of coaches said they are champions in their team 7 times and over. Also in this study 70'5'% of the coaches are individual, while 29.5% is engaged in coaching the team. Considering the age of the coach Located case study 21-29 age range located in the autocratic coach, 40 - 49 age range is located in the coach had seen that very autocratic.

According to the survey; coaching style of coach varies according to team sports and individual sports.

**Keywords:** Leader, Leadership, Coaching, Leadership Style, Team

**P065**

# A COMPARISON OF SOCIAL SKILL LEVELS OF UNIVERSITY STUDENTS WHO PLAY/DO NOT PLAY SPORTS

**[1]ÖZDEMİR, S., [1] GÜLLÜ, S.**

1. University of Istanbul Faculty of Sports Sciences İstanbul, Turkey

sevim.gullu@email.com

**ABSTRACT**

**OBJECTIVE:** The purpose of this study is to examine the relationship between social skill levels of university students who play and do not play sports by certain demographic variables. The study group of the research was composed of 100 students who were attending at the Faculty of Sports Sciences in İstanbul University in the academic year of 2015-2016.

**METHODS:** Percentage, frequency, and crosstab methods were used to find about the distribution of participant demographics. To test whether subdimensions of the scale exhibits normal distribution, the Kolmogorov-Smirnov test was performed and it was found that all subdimensions of the Social Skills Rating Scale for Children (Matson, Rotatory ve Hessel, 1983; Çiriş, 2014) exhibited normal distribution. ($p<0.05$). Accordingly, the independent t-test and the One-Way Variance (ANOVA) test were applied for two-variable data at the significance level of $\alpha = 0.05$ and multi-variable data respectively. Post-Hoc tests were utilized for finding the difference between the groups.

**RESULTS and CONCLUSIONS:** According to the results obtained from the findings, 83% of the participants played/play sports while 17% do not. There was no difference between social skill levels of the university students who play/do not play sports by their genders, ages, and monthly income levels. Their social skill levels did not differ significantly and statistically by whether they play sports or not, there are sports facilities in their universities or not, and they have athletes in their families or not, either. In addition, there was no difference between their positive, negative and general social skill levels by the educational levels of parents. Their positive, negative and general social skill levels did not differ statistically by the number of years for which they played sports. There was no statistically significant difference by whether there are sports facilities in their universities.

On the other hand, positive social skill levels of the fourth-year students were higher than the positive social skill levels of the second-and-third-year students. Moreover, the fourth-year students had higher levels of general social skills than the second-year students.

**Keywords:** Sports, university students, social skills

**P066**

# EXAMINING THE ENTREPRENEURSHIP LEVELS OF STUDENTS WHO PLAY/DO NOT PLAY SPORTS

**PORDOGAN, M.B., GÜLLÜ, S.**

University of Istanbul Faculty of Sports Sciences İstanbul, Turkey

sevim.gullu@email.com

## ABSTRACT

**OBJECTIVE:** The purpose of the research is to examine the entrepreneurship levels of the university students who play/do not play sports. The research was conducted in the survey model. Scales asking the participants about their demographics and entrepreneurship levels were applied to the students. The Entrepreneurship Scale was acquired from Cemal Özman (2013).

**METHODS:** The study group of the research was composed of the fourth-year female and male students who were attending the School of Business Administration and the fourth-year female and male students who were attending at the Department of Sports Administration and Coaching Education at İstanbul University. A total number of the participants was 100.

Percentage, frequency, and crosstab methods were used to find about the distribution of participant demographics. To test whether subdimensions of the scale exhibits normal distribution, the Kolmogorov-Smirnov test was performed and it was found that all subdimensions of the The Entrepreneurship Scale exhibited normal distribution. ($p<0.05$). Accordingly, the independent t-test and the One-Way Variance (ANOVA) test were applied for two-variable data at the significance level of $\alpha = 0.05$ and multi-variable data respectively. Post-Hoc tests were utilized for finding the difference between the groups.

**RESULTS and CONCLUSIONS:** According to the results obtained from the findings, 52.3% of the participants reported that they do not play sports while 17% reported that they play sports. The entrepreneurship levels of the participants did not differ significantly by whether they play/do not play sports. There was no difference between their levels of entrepreneurship by their genders, monthly income levels, and ages. Their entrepreneurship levels did not differ by whether they took the entrepreneurship class.

As a result, no variables within the scope of the research affected the entrepreneurship levels of the participants.

**Keywords:** Sports, university students, entrepreneurship

**P067**

# ANALYSIS OF WRESTLERS' THINKING STYLES

**[1]ISLAMOĞLU I., [1]ATAN T., [1]UNVER S.**

1.Ondokuz Mayıs Üniversitesi, Yaşar Doğu Spor Bilimleri Fakültesi, Samsun, Türkiye

saban.unver@omu.edu.tr

## ABSTRACT

The objective of this study is to analyze the thinking styles of wrestlers. 267 licensed wrestlers participated in the study. "Rational-Experiential Thinking Styles Inventory" developed by Epstein et al. (1996) and adapted into Turkish by Buluş (2003) was used to find out the thinking styles of wrestlers. In statistical analysis of the data, t test was used for independent groups while one way variance analysis was used for the comparison of multiple groups. When the rational thinking style levels of wrestlers were examined in terms of age, no statistical difference was found ($p>0.05$). When the intuitive thinking style levels of wrestlers were examined in terms of age, it was found that wrestlers between the ages 21 and 27 had higher intuitive thinking style levels than wrestlers between the ages 18 and 20 ($p<0.01$). No significant difference was found between high school or university students in terms of rational and intuitive thinking styles ($p>0,05$). It was found that being a national team athlete did not have an influence on rational or intuitive thinking styles of athletes ($p>0.05$). No differences were found between wrestlers' rational or intuitive thinking styles in terms of their sports age and the degrees won in competitions ($p>0.05$). As a conclusion, when athletes' scores from thinking styles were examined, it was found that both thinking styles were used at an intermediate level. It was found that age had an influence on intuitive thinking style, while being a high school or university student, being a national team athlete, sports age and degrees from competitions did not have an influence on thinking styles.

**Keywords:** Wrestling, rational-intuitive thinking, sport

**P068**

# A COMPARISON OF ATHLETES' COGNITIVE FLEXIBILITY IN INDIVIDUAL AND TEAM SPORTS

**[1]ASLAN Ş., [1]AVŞAR D.**

1.University of Pamukkale, Faculty of Sports Sciences Denizli, Turkey

sehmusa@pau.edu.tr

## ABSTRACT

**OBJECTIVE:** Cognitive flexibility is considered part of executive functioning that encompasses the ability to produce diverse ideas, consider response alternatives, and modify behaviors to manage changing circumstances and which is an important construct in psychology. This study compared athletes' cognitive flexibility in individual and team sports.

**METHODS:** One hundred and thirty-two team sports athletes and 118 individual sports athletes, in totally 250 athletes aged between 16 to 32 years participated in the study. Average age of participants were 20,41± 3,05 years. The sport branches included football, volleyball, basketball, hentball in the team sports group, whereas individual sports were athletism, judo, swimming, wrestling, teakwondo, karate, boxing, badminton, archery. Cognitive flexibility of the participants assessed with Cognitive Flexibility Scale (CFS). The CFS is 12-item questionnaire. The original English language version of the CFS was developed by Martin and Rubin to assess three aspects of cognitive flexibility: (a) the awareness that options and alternatives are available in any given situation, (b) the willingness to be flexible and adapt to the situation, and (c) self-efficacy in being flexible. Total scores of the scale range is 12 to 72. Higher scores of CFS indicate greater cognitive flexibility. The CFS has been translated into Turkish by Celikkaleli (2014) and confirmed to be valid and reliable.

**RESULTS:** It was found a significant difference in cognitive flexibility of individual and team sports athletes ($p=0.04$). The CFS total score of team sports athletes (51.24±7.17) were higher than total score of individual sports athletes (49.45±6.73).

**CONCLUSIONS:** Our results suggested that team sports athletes had more cognitive flexibility compared with individual sports athletes.

**Keywords:** Cognitive flexibility, individual sports, team sports

**P069**

# NAMIK KEMAL WHO PLAY SPORTS IN DIFFERENT DISCIPLINES AT THE UNIVERSITY LEVEL OF ASSERTIVENESS ON THE STUDENT'S INVESTIGATION OF

**[1]YİĞİT Ş.**

1.Namık Kemal University School of Physical Education and Sports,Tekirdağ, Turkey.

syigit@nku.edu.tr

## ABSTRACT

**OBJECTIVE:** Namik Kemal University participating in competitions in different disciplines studying at the University and is actively involved in sports, the level of assertiveness of the licensed athletes have been investigated.

**METHODS:** In the academic year 2015-2016, namık Kemal University is to create athletes that participate in competitions in different disciplines. Research Group; a total of 164 Men, 46 women athlete constitutes 118.Namık Kemal university research in different disciplines of athletes participating in competitions at the personal information form created by the researcher to collect information regarding their level of assertiveness and assertiveness Rathus made by Voltan in the 1980's of validity and reliability scale was applied. The data were analysed using SPSS 20.0 packet program for the interpretation and solution of analysis and tests of normality in frequency analysis, descriptive statistics, reliability analysis, independent sample t-test, one way ANOVA and Pearson correlation analysis was used

**CONCLUSIONS:** As a result of this study; Namik Kemal University athletes participating in competitions in different disciplines; age, gender, Grade, there was a significant difference according to branch; according to the variables you are doing Sport for a few years; making sports period were examined with Pearson's correlation analysis the relationship between their level of assertiveness, and assertiveness is a meaningful relationship between the level of positive directional with the duration of the sport it was determined that there.

**Keywords:** Physical Education, Assertiveness, Sports.

**P070**

# EXAMINATION OF PERCIEVED FREEDOM IN LEISURE LEVELS OF INDIVIDUALS PARTICIPATING IN RECREATIVE SWIMMING ACTIVITIES

**[1]AYYILDIZ, T., [1]KARAMAN, M., [1]KARAKÜÇÜK, S.**

1.Gazi University Faculty of Sports Sciences Ankara, Turkey

tebessum@gazi.edu.tr

## ABSTRACT

**OBJECTIVE:** This study aims to determinate individuals' perceived freedom in leisure levels, who participate to swimming activities as a recreational activity and examine that according to some variables

**METHODS:** 203 individuals participate to research by randomly selected. In the study "Free Time Perceived Freedom Scale-SZAÖÖ" (Perceived Freedom in Leisure) which has 25 items and part of the Leisure Diagnostic Battary, and developed by Witt and Ellis (1985) was used as data collection tool. Perceived Freedom in Leisure Scale contain questions about perceived competence in leisure, perceived control perceived intrinsic motivation and designed as a one-dimensional scale. In analyzing the data descriptive statistics, independent sample t test, one-way ANOVA and Tukey test are used.

**RESULTS:** Analysis results, participants' perceived freedom in leisure levels are not varied by gender, age, education level and perceived income level, meanwhile participants' perceived freedom in leisure level scores was found 95.18 ± 14.34.

**CONCLUSIONS:** As a result, perceived freedom in leisure levels individuals' who participate in swimming activities as a recreational activity is determined as high.

**Keywords:** Swimming, recreational activity, percieved freedom in leisure

**P071**

# A STUDY ON ENVIRONMENT ATTITUDES OF THE FOOTBALL FANS (BESIKTAS EXAMPLE)

**[1]KARAMAN, M., [1]AYYILDIZ, T., , [1]AKGÜL, B.M.**

1.Gazi University Faculty of Sports Sciences Ankara, Turkey

tebessum@gazi.edu.tr

## ABSTRACT

**OBJECTIVE:** The aim of this research football fans' ecocentric attitudes towards the environment (nature center), anthropocentric (human-centered) and to examine the antipathetic approach for environmental protection according to some variables evaluated under three approaches.

**METHODS:** 300 fans of Beşiktaş are selected through random sampling and participated in the survey, To collect data, a scale developed by Thompson and Barton (1994) and adapted to Turkish by Erten (2007) measuring ecocentric, anthropocentric and antipathetic attitudes towards the protection of the environment is used. To analyze the data, descriptive statistics of the Beşiktaş fans' attitudes towards environment were calculated. For other variables' comparison, independent t-test and ANOVA were applied.

**RESULTS:** As a result analysis; among Beşiktaş fans' ecocentric (58,13±14,79), anthropocentric (40,22±9,52) and antipathetic attitudes (21,00±8,93) towards the environment, the ecocentric attitudes' mean was found the highest. All attitude values vary according to fans' gender variable, women participants have higher points in ecocentric attitude and anthropocentric attitude values meanwhile men participants have higher points in antipathetic attitudes. Ecocentric attitude levels vary towards age variable. Accordingly ecocentric attitude highest score 31 and older individuals showed and the lowest score were observed in individuals under the age of 20. In addition, according to the participants' perceived level of income anthropocentric attitude is changing. Anthropocentric attitude scores of the participants described it as a high income is higher than that of medium and low. Lowest anthropocentric attitude qualifies as low income showing scores of participants, evaluating the medium income anthropocentric attitudes have demonstrated higher scores by about those who qualify as low.

**CONCLUSIONS:** As a result, a positive attitude towards the environment is greater than the female respondents said that advancing age develop a positive attitude towards the environment. In addition, the higher the income level of environmental attitudes can be expressed again as a result of research that correlates positively.

**Keywords:** Besiktas, fans, environmental attitude.

**P072**

# THE RELATIONSHIP OF LEISURE-TIME EXERCISE SCORES AND PSYCHOLOGICAL WELL-BEING

**[1]YERLİSU LAPA. T., [2]KARAOĞLU, C.**

1.University of Akdeniz, School of Physical Education and Sports, Recreation Department, Antalya, Turkey

tennur@akdeniz.edu.tr

2. University of Akdeniz, School of Physical Education and Sports, Antalya, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to examine the leisure-time exercise and psychological well-being according to gender differences and the relationship of leisure-time exercise and psychological well-being in participants of regular exercise in different fitness centers in Antalya city center.

**METHODS:** Population of the study consisted of women and men participants making regular exercise in 4 different fitness centers in Antalya city center. Sample consisted of 170 women (Mage=24.31±5.03) and 240 men (Mage=23.46±4.83) making a total of 410 (Mage=23.81±4.93) who were randomly selected. Data collection tools consisted of Leisure Exercise Questionnaire" developed by Godin & Shephard (1985) and adapted to Turkish by Yerlisu Lapa & Yağar and "Psychological Well-being Scale" developed by Diener et al. (2010) and adapted to Turkish culture by Telef (2013). In the research; frequency, mean and standard deviation were used to analysis the data. Homogeneity of variance and test of normality were not able to use in this study, therefore Mann-Whitney U test was applied with the purpose of determining differences. The Spearman's rank correlation coefficient was used to find correlation. Results were assessed in .05 and .01 significance level.

**RESULTS:** No significant differences were detected in leisure exercise scores of participants according to gender ($p>0.05$), meanwhile psychological well-being scores showed significant differences ($p<0.05$) and women had higher psychological well-being scores. An intermediate level of positive linear relationship ($r=.23$; $p<0.001$) was detected between leisure-time exercise and psychological well-being in participants of regular exercise.

**CONCLUSIONS:** In conclusion, this results parallel with other studies with same subject.

**Keywords:** leisure-time exercise, psychological well-being

**P073**

# ANALYSIS OF DOMINANT AND NON-DOMINANT BICEPS AND DELTOID MUSCLE VOLUMES OF BADMINTON PLAYERS

**[1]ATAN T., [2]YÜCELOĞLU KESKİN Ö.D., [3]ÇAMLIDAĞ İ., [4]GÜNAY D.**

[1,2,4,] University of Ondokuz Mayis, Faculty of Sports Sciences Yasar Dogu, Samsun, Turkey

[3] University of Ondokuz Mayis, Faculty of Medicine, Department of Radiology Samsun, Turkey

takman@omu.edu.tr

**ABSTRACT**

In racquet sports, the players hit the ball or other objects with their racquets. The players hold the racquet with their dominant hands in badminton, which is one of the racquet sports. In this case, differences may be observed in biceps and deltoid muscle volumes of dominant and non-dominant hands. The main purpose of this study is to analyze whether there is a difference between dominant biceps and deltoid muscle volumes and non-dominant biceps and deltoid muscle volumes of badminton players. 14 registered badminton players between the ages of 11 and 14, who have been playing badminton for at least 5 years and practicing at least 5 days a week, have participated in this study. The muscle volumes of the participants were determined through an MR (1.5 T Philips Achieva Netherlands) device. The T1 weighed MR images of 5 mm section thickness of dominant and non-dominant deltoid and biceps muscle volumes of the participants were obtained, and the lines were drawn at each section at the work station of the related muscle and the sectional area was calculated. The muscle volume was obtained by multiplying the resulting sectional area by the section thickness (Cavalieri principle). Wilcoxon signed rank test and Spearman correlation analysis were used to analyse the data obtained in this study.

It was observed that the dominant deltoid muscle volumes of the players were more than their non-dominant muscle volumes ($p<0.01$). Dominant and non-dominant biceps muscle volumes of the players were analyzed and it was observed that the dominant biceps muscle volumes of the players were more than their non-dominant biceps muscle volumes ($p<0.01$). A statistically significant and positively strong relationship was determined between the right deltoid, left deltoid, right biceps, left biceps muscle volumes of badminton players ($p<0.01$). In addition, a positively strong relationship between the heights and the biceps and deltoid muscle volumes of the players ($p<0.01$). And a positively strong relationship between the bodyweights and the biceps and deltoid muscle volumes ($p<0.01$).

It was consequently observed that the dominant biceps and deltoid muscle volumes of badminton players were higher. These results suggest that the badminton players should also focus on exercises for improving the non-dominant side of their bodies.

**Keywords:** Badminton, muscle volume, MR

**P074**

# AN INVESTIGATION OF THE CORRELATION BETWEEN TIME MANAGEMENT UNDERSTANDINGS AND COMMUNICATION SKILLS OF PHYSICAL EDUCATION AND SPORT STUDENTS

**[1]ERSOY, A., [1]ÜSTÜN, Ü.D., [2]BERK, A.**

[1] Dumlupınar University Physical Education and Sport Department, Kutahya, Turkey

[2] Dumlupinar University Health Sciences Institute, Kutahya, Turkey

umit.dogan.ustun@gmail.com

## ABSTRACT

**OBJECTIVE:** This study aimed to investigate the relationship between time management understandings and communication skills of physical education and sport students.

**METHODS:** A total of 233 randomly chosen students voluntarily participated for the study. In the study as data gathering tools in addition to personal information form Time Management Scale and Communication Skills Scale were used. In the evaluation of data first normality of the data assessed and then Pearson Correlation statistical method was used as a hypothesis test.

**RESULTS and CONCLUSION:** As a result significant correlations were found between time management understandings and communication skills of the participants.

**Keywords:** Time Management Understanding, Communication Skills, Physical Education and Sport

**P075**

# WINTER OLYMPICS RESEARCH ERZURUM EXAMPLE

**[1.]KALKAVAN A., [2.] ALAEDDİNOĞLU V.**

1.University of Recep Tayyip Erdoğan, Faculty of Sciences, Rize, Turkey

2.Atatürk University, Horasan Vocational School, Erzurum, Turkey

v.alaeddinoglu@atauni.edu.tr

## ABSTRACT

The aim of this research is to examine the demographic structure and perceptions of the Winter Olympics of the people who live in the central districts of Erzurum province. The study was conducted by interviewing with a total of 750 people face-to-face considering the balance who live in the districts of Palandöken, Aziziye, Yakutiye of Erzurum province. A questionnaire was used as data collection tool in the research. The questionnaire was formed by benefiting from the literature and receiving expert opinion by the researcher. The survey questions were prepared over the selective criteria of the jury in the determination of the Olympic cities. The IOC Candidacy File to which our survey questions which will be presented has to have the structure of the IOC in the form of standard questions, i.e., it has to respond to some questions under the specific headings. Word for word definitions range among different documents, the levels of detail can also be less or more. These criteria are evaluated as Vision, concept and legacy, Sports and facilities, Environment and meteorology, Accommodation, Transport, Medical services and doping control, Safety and security, Technology and energy, Legal issues, customs, visa procedures, Government and public support, Finance and marketing. Our survey questions and expectations of the questions are expected to be in the direction of the fulfillment of these criteria.

The first part of the survey is located concerned 16 choice questions. The second assessment survey consists of 36 questions. The first survey to determine the demographics features of our department the first six questions of socio-economic characteristics of students is related to the 8 questions sports interest and participation levels and 6 question also participants the perception of the Olympics. The first 13 questions at the second survey in our rubric were prepared for the detection of the Winter Universiade. 14 - 23 the questions are for detecting EYOF to be held in 2017. 24 - 36 questions to made the Olympic candidates cities were compiled from questions of the Olympic Committee. The data obtained from the survey were analyzed with SPSS 21.0 statistical software package on the computer. Besides the data to evaluate the frequency and percentage analysis, the district where participants lived, the socio-economic characteristics, the comparison of the level of interest and participation in sports and the Olympic sense "Ki Kare" analysis was utilized.

**Keywords:** Olympics, Winter Olympics, Perception, The Universiade

**P076**

# ANALYZING OF THE LEVEL OF AGGRESSION FANS ASSOCIATION MEMBERS OF ELAZIĞSPOR

**[1]ALBAYRAK V., [2] GACAR A.**

1. University of Firat, Health Sciences Institue, Elazig, Turkey

2. University of Firat Faculty of Sports Sciences Elazig, Turkey

albayrakvysl@gmail.com

## ABSTRACT

**OBJECTIVE:** The aim of study is determining aggression tendency of Elazığspor Fans Association Members and what kind of aggression tendency that they show under what conditions within their psychological state.

**METHODS:** Personal information form that is consisted of 8 questions and aggression scale that was developed by İpek İlter Kiper in 1984 were used within the scope of this study. Sample group of this study consisted of at least 306 individuals (70%) who were selected by voluntarily participated in our study from among a total of 437 fan groups composed of fan associations in the Elazığ province (147 members of Gençlik 23 Association, 116 members of Abluka Association, 174 members of Taraftar 23 Association ). A survey was conducted on the sample group and their aggression levels were examined. After conveying obtained data to computer, according to some variables "aggression level" of parties is determined by determining of independent groups with t test (independent samples t-test) in comparison of two groups, in differences between groups and multiple comparisons with Anova test. Tukey test was applied to understand significant difference emerged in one-way variance analysis in favour which group. The comments are supported by tables. Significance level was taken $p<0.05$ in the analyses.

**RESULTS:** According to results of study, there is no statistically significant difference between fan groups in consideration of personal information. General aggression level of Elazığspor fans is in 30.70 +7.39 medium-level.

**CONCLUSIONS:** In the consideration of these results, it can be thought that not only educational activities but also socialising behaviours can be gained with fans groups like fraternity, taking responsibility social activities (visiting to rest home, society for the protection of children, hospital, jail, organizing educational activities to families) is beneficial for minimizing the aggression level of Elazığspor fans association members whose at medium level.

**Keywords:** Association, Fans, Aggression, Elazığspor, Football

**P077**

# COMPARING THE SPRINT TIMES OF AMATEUR FOOTBALLERS, VOLEYBALL PLAYERS AND WRESTLERS

**[1]AKSOY Y., [1]AĞAOĞLU S.A.**

1. Ondokuz Mayıs University, Institute of Health Sciences, Physical Education and Sports Department-Samsun

yeneraksoygsim@gmail.com

2. Ondokuz Mayıs University , Yaşar Doğu Faculty of Sports Sciences, Department of Movement and Training Science, Samsun, Turkey

## ABSTRACT

Our study aims at researching the differences between the sprint and power of the footballers, volleyball players and wrestlers by comparing with each other.

In this work, there are 28 footballers, 28 volleyball players and 28 wrestlers whose ages are between 15 and 17 and having competed at amateur leagues between 3 and 4 years. A photocell which has 0,01 second sensitivity is set to the starting and finish points. Then, the subjects are settled at the starting point allowing them to leave whenever they want in order to take the measurements. Following three repetitions with resting breaks, the best results are recorded as seconds. The speed results of the subjects are evaluated and then divided into 3 groups according to their branches. One-way, Anova and Tukey multiple comparison are used define the differences between the branches and the detect the differences between the groups at statistical evaluations.

While there isn't any significant difference between wrestlers and volleyball players statistically when their 20m sprint results are compared, a significant difference between footballers and the other branches is figured out. The 20m value of the footballers is identified better than the other branches ($P<0.05$). 20m sprint value is measured as 3,24±0,12 sec between the footballers, 3,38±0,18 sec between the volleyball players and 3,42±0,15 sec between the wrestlers. It is found out that footballers are the fastest and the wrestlers are the slowest at 20m.

The maximum speed distance at a match is 40m and it is 15-17m on average (Aşçı, 2006). According to the other literature findings, it is informed that a footballer runs the 22.4 m sprints 35-52 times on average during a play (Gool and Boutmans, 1988; Tumilty, 1993). Therefore, a footballer should improve his speed. As speed is one of the main motoric qualities, it can be considered as the reason the sprint value of the footballers is better than wrestlers and voleyball players.

**Keywords:** Football, Wrestling, Volleyball, Sprint.

**P078**

# INVESTIGATING COACHES LIFE SATISFACTION DIFFERENCES IN LEADERSHIP BEHAVIOR AND SPORT BRANCHES

**[1]KARAÇ Y., [2] YAMANER F., [3]KIRTEPE A.**

1.Sports General Manager, Ankara,Turkey
ysm74@hotmail.com

2.Hitit University physical education and sports Çorum,Turkey

3.University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**PURPOSE:** The aim of this study was to investigate the coaches' life satisfaction differences with regard to leadership behavior and sport branches.

**METHOD:** Forty three females (Mage=33.56±4.69), 116 males (Mage=36.08±6.75) totally 159 coaches (Mage=35.40±6.34) voluntarily participated in this study. Coaches' sport branches were categorized as tennis (N=56), table tennis (N=29) and badminton (N=74). The Life Satisfaction Scale and Leadership for Sport Scale were used to participants. Multivariate Analysis of Variance was used to assess the coaches' life satisfaction differences in leadership behavior and sport branches.

**RESULTS:** Analysis results indicated that there were no significant differences in coaches' life satisfaction with regard to leadership behavior and sport branches ($p>0.05$).

**CONCLUSION:** In conclusion, coaches' leadership behaviors and their branches didn't have effect on their life satisfaction.

**Keywords:** Leadership, Life Satisfaction, Coaches

**P079**

# THE COMPARISON OF PHYSICAL EDUCATION AND SPORTS TEACHER TRAINING SYSTEMS IN TURKEY AND IRAQ

**[1]KARAKAYA Y. E., [2]ABDULLAH Q. M., [2]SADEQ B. J.**

1. University of Firat, Faculty of Sport Sciences, Department of Physical Education and Sport Teacher, Turkey,
emrekarakaya@firat.edu.tr
2. University of Firat, Health Sciences Institute, Elazig, Turkey,

## ABSTRACT

**OBJECTIVE**: In this study, it was aimed to reveal the similarities and differences of educations of Physical Education and Sports Teachers in Turkey and Iraq by comparing the conditions to be accepted into university, education process and evaluation systems and develop suggestions accordingly.

**METHODS**: In the study, the survey model from the qualitative research models was practiced. As for the approach, the horizontal approach from the comparative education approach was utilized. The document review method was applied as the data analysis method. In addition to the web pages from three universities, available articles and books related to the subject of the study were benefited from.

**RESULTS AND CONCLUSIONS**: As a result of the study, it was determined that several meaningful differences existed in many variables which were compared between the physical education and sports teaching systems in Turkey and Iraq. Within the framework of education of physical education and sports teacher, it was concluded that variables as conditions to be accepted to the faculty, received education, the contents of the syllabus, education process, and evaluation systems were differentiated between the two countries. It was observed that education systems of each country for physical education and sports teachers were restructured according to their own cultures and social, political and economic conditions. In light of this data, several suggestions were made about the physical education and sports teaching education systems of both of the countries.

**Keywords:** Comparative Sports Education, Teacher Education, Universities, Turkey, Iraq

**P080**

# INVESTGATION OF THE BULLYING TENDENCIES AND VALUE PREFERENCES OF HIGH SCHOOL STUDENTS ACCORDING TO LEVEL OF TAKING PHYSICAL EDUCATION AND SPORTS COURSE

**[1]SAVUCU Y., [2]KANAT M., [1]KARADAĞ M., [1]BİÇER YS. [1]YÜCEL A.S.**

1.Firat University Faculty of Sports Sciences, Elazig, Turkey
yavucu@hotmail.com

2. University of Firat, Health Sciences Institute, Elazig, Turkey,

## ABSTRACT

The purpose of this study was to describe the bullying tendencies and value preferences of high school students according to level of taking physical education and sports course.

The research population of the study was composed of high school students studying in Yeşilyurt and Battalgazi districts of Malatya province during the 2013-2014 academic years. Sample stratified sampling method has been used in the sample selection. In order to collect the necessary data for the research, Personal Information Form, Schwartz Portrait Values Survey and Bullying Tendencies Scale have been used.

In the study, the distribution of the scores belonging to dependent variables at the pores of the subunits of the independent variables has been analyzed in terms of the assumptions of normality. In the analysis process, non-parametric statistical methods have been preferred. For this purpose, data have been tested in accordance with sub-problems of the research using descriptive analysis (mean and standard deviation) and non-parametric analysis such as Mann-Whitney U test and Kuruskal Wallis H test. In analysis of the data, statistical package software program has been used and the significance level of $p<.05$ has been taken.

A significant level of difference has been found between total value scores of students according to their classes and the number physical education and sports courses taken by those students. A significant level of difference has been found between total bullying tendency scores of students according to their genders, the number physical education and sports courses taken by those students and the students' family income. A significant level of difference has been found between total bullying tendency scores of students according to the type of schools they attend. A significant level of difference has been found between total value scores of students according to the type of schools they attend.

A moderate negative relationship has been found between the total value scores and total bullying tendency scores of students. Accordingly, as the total value scores of student increase, their bullying tendency scores decrease.

**Keywords**: Basic Values, Student, Bullying Tendencies, Physical Education and Sports.

**P081**

# INVESTIGATING THE RELATIONSHIP BETWEEN DYNAMIC BALANCE SKILL AND AGILITY PERFORMANCE

**[1]İRİ R., [1]AKTUĞ Z.B.**

1.Ömer Halisdemir University, School of Physical Education and Sports, Niğde, Turkey

zaitburak@hotmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of the study was to investigate the relationship between dynamic balance skills and agility performances of amateur football players. Totally 14 amateur football players were included into the study. Height average of the amateur football players who participated into the study was 176±5.68 cm, weight average was 70.97±6.4 kg, and age average was 23.14±1.61 years old.

**METHODS:** Dynamic balance skill of the football players who participated into the study was determined with isokinetic balance system, and agility performance was determined using Illinois agility test. Obtained data were entered into SPSS 15.0 package software, and subsequently, Pearson correlation analysis was performed in order to determine the relationship between dynamic balance and agility.

**RESULTS:** As result of analyzing the obtained data, positive significant relationship was determined between dynamic balance skills and agility performances of the amateur football players ($p<0.05$).

**CONCLUSIONS:** Consequently, it was specified that development of dynamic balance skill increased agility performance, and in this case, this would be efficient upon the performance of movements such as immediate stopping and swing that were frequently used in football.

**Keywords:** Soccer, dynamic balance, agility performance.

**P082**

# COMPARING THE STATIC AND DYNAMIC BALANCE PERFORMANCES OF PROFESSIONAL AND AMATEUR FOOTBALL PLAYERS

**[1]IBİŞ S., [1]AKTUĞ Z.B.**

1Ömer Halisdemir University, School of Physical Education and Sports, Niğde, Turkey

zaitburak@hotmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of the study was to compare static and dynamic balance performances of professional football players and amateur football players. Into the study, 13 professional and 15 amateur football players were included. Height average of the professional football players who participated into the study was 181.9±4.94 cm, weight average was 78±5.47 kg, and age average was 25.4±5.07 years old; height average of the amateur football players was 176±6.58 cm,weight average was 71.2±7.91 kg, and age average was 23.1±159 years old.

**METHODS:** Static and dynamic balance performance of the football players who participated into the study was determined using isokinetic balance system (Biodex, Inc, Shirley, NewYork). Obtained data was entered into SPSS 15.0 package software, and subsequently Mann-Whitney U-Test was performed in order to determine the difference between the groups.

**RESULTS:** As result of analyzing the obtained data, whereas no significant difference was found between the static balance performances of professional football players and amateur football players, dynamic balance performance was determined to be in favor of professional football players significantly ($p<0.05$).

**CONCLUSIONS:** Consequently, it was specified that dynamic balance performance as one of the remarkable factors of high performance and displaying of motoric properties increased in parallel with the league level.

**Keywords:** Professional footballer, amateur footballer, balance.

**P083**

# COMPARING SOME MOTORIC AND PHYSICAL PROPERTIES OF CHILDREN SWIMMING AND NOT SWIMMING AS SPORTS

**[1]İRİ R., [2]AKTUĞ Z.B., [3]İBİŞ S.**

1.Niğde University, School of Physical Education and Sports, Niğde, Turkey

zaitburak@hotmail.com

## ABSTRACT

**OBJECTIVE:** The purpose of the study was to compare some physical and motoric properties of the children swimming as sports and not doing sports regularly.

**METHODS:** Totally 120 children (60 male and 60 female) voluntarily participated into the research. Motoric and physical properties of the children who participated into the research were determined through the tests specified according to Turkish Swimming Federation (TSF) sportsmen selection criteria. After entering the obtained data into SPSS 16.0 package software, paired t-test was performed in order to determine the difference between the children doing and not doing sports.

**RESULTS:** As result of the analysis of the obtained data, it was proved that biceps circumference, forearm circumference, and calf circumference ($p<0.001$) and upper leg circumference ($p<0.001$) differed significantly in favor of male children swimming as sports, and shoulder mobility differed significantly in favor of male children not swimming as sports. In terms of female children, biceps circumference, upper leg circumference, flexibility, standing long jump distance ($p<0.01$), vertical jump distance ($p<0.01$) and calf circumference ($p<0.001$) were determined to differ significantly in favor of female children swimming as sports.

**CONCLUSIONS:** Consequently, physical properties of the male children swimming as sports were specified to be better rather than the children not swimming as sports. Furthermore, both physical and motoric properties of female children swimming as sports were found to be higher rather than the ones not doing sports.

**Keywords:** Children, Swimming, Motoric Properties, Physical Properties.

**P084**

# INVESTIGATION OF NUTRITION HABITS AND NUTRITION KNOWLEDGE LEVELS OF PHYSICAL EDUCATION AND SPORT TEACHERS

**[1.]ÇINAR V., [2.]AKBULUT T., [3.]PANCAR Z., [4.]MURATHAN F., [5.]ONER S.**

1.2.3.University of Firat Faculty of Sports Sciences Elazig, Turkey

z_pancar@hotmail.com

4. University of Adiyaman School of Phsical Education and Sport Adiyaman, Turkey

5. University of Firat Faculty of Sports Sciences Elazig, Turkey

## ABSTRACT

**OBJECTIVE:** The aim of this study was to determine the eating habits and nutritional knowledge levels of Physical education teachers who working at primary and secondary schools in Elazig, in addition to create a norm in this topic.

**METHODS:** Face to face survey technique was used in this survey. The sample group of the research was formed 150 (114 men, 36 women) teachers that working in primary and secondary education schools in Elazig city centre. At the study, nutrition knowledge and habits scale that consists from 3 sections and 33 questions was applied to participants. The datas were analysed with SPSS program. Techniques of frequencies, distribution of percents were used to analyze the data of the study.

**RESULTS:** Teachers' Body Mass Index (BMI) levels were normal 69%, slightly overweight percent was 20.5%. While teachers who use alcohol were 10%, the rate of teachers who smokers were 72.5%. 81.1% had graduated from schools which give teacher education.

**CONCLUSIONS:** Results of research showed that most of participants received education on diet, they always interest to nutrition issues for professionals. 64.7% of teachers ate 3 meals per day, the most important reason of skipping meals they could not have been found time.

**Keywords:** Physical Education, Nutrition, Teacher

**P085**

# INVESTIGATION OF THE ATHLETE AND COACH VIEWS ABOUT THE COACHES' ADHERENCE TO PROFESSIONAL ETHIC CODES

**[1]CERTEL Z., [1]ALKIŞ A., [1]GÜRPINAR B.**

1.University of Akdeniz Physical Education and Sport Antalya, Turkey

zcertel@akdeniz.edu.tr

## ABSTRACT

**OBJECTIVE:** Sport is a multidimensional pattern, social phenomenon and indispensable element of human life. At the same time it is a valuable cultural practice based on the ethical foundation. The main objective of the sport ethics is to infuse accepted universal ethical principles in sport to the individuals and to ensure these priciples exhibited in the sport environment. What is important here is education of the coaches about sport ethics at the same time coaches should exhibit these ethical principles. In this context, the aim of this research is to evaluate the coaches' adherence to the professional ethic codes according to the the views of coaches and athletes.

**METHODS:** There are 144 coaches (individual sports = 78 team sports = 66) and 229 active athletes (individual sports = 135 team sports = 94) totally 373 person from Antalya participaded the study. 103 of athletes are female and 126 are male and 54 of coaches are female and 90 are men. The avarage age of athletes are 22:47 ± 4:02 and the avarage sport experince of athletes are 4.76±3.08. The avarage age of coaches are 35.12±9.75 and the avarage sport experince of coaches are 10.60±7.38. Coaches' Professional Ethics Code Scale (CPECS) developed by Dolaşır Tuncel and Büyüköztürk (2009) is used as data collection tool. The scale is a 34-item 5 point type Likert scale and it has 2 subscasles named respect and responsibility. Because the data is not normally distributed Mann-Whitney U test was used in analysing the data.

**RESULTS:** According to gender, there is no statistically significance differences in Professional Ethics Code scores of coaches (U=-.786, p=.432; p>.05) and athletes (U=-.596, p=.551; p>.05). Also according to the education level (U=-.531, p=.596; p>.05) and sport type (individual and team) (U=-1.721, p=.085; p>.05), of coaches'; coaches professional ethic code levels is not differ. According to the education level (U=-.1.174, p=.240; p>.05) and sport type (individual and team) of athletes (U=-1.628, p=.104; p>.05), coaches professional ethic code levels is not differ.

**CONCLUSIONS:** According to position variable, compared to athletes coaches mentioned that they adhere the ethical principles at a higher level (U=-10.982, p=.000; p<.05).

**Keywords:** Ethics, professional ethics, ethical codes of coaches, athlete.

**P086**

# A CORRELATIVE STUDY BETWEEN THE AUTOMATIC THOUGHTS, COPING WITH STRESS AND LEVELS OF STRESS SYMPTOMS OF ELITE AND NON-ELITE ARCHERS

**[1]TERZİOĞLU, Z. A.,[1] ÖZÇELİK, M. A., [1] YILDIZ, M.**

[1] Akdeniz University, Physical Education and Sports Department
Antalya, Turkey
aycaterzioglu@gmail.com

## ABSTRACT

The purpose of this study is to determine if there is a significant difference between the mean values of the automatic thoughts, coping with stress and levels of stress symptoms in elite and nonelite archers, and to investigate the degrees of correlation between them. The samples for the study consist of 50 sports persons including 22 women and 28 men. The age range of the archers are 15 – 28, and the age average is 19.98. During the study, the Automatic Thoughts Qestionnaire-Revised (ATQ-R), Stress Self-Assessment Checklist, and the Scale of Coping with Stress were used as data collection tools. The automatic thought points of non-elite archers, in comparison to that of elite archers, was found to be meaningful. From the perspective of coping with stress, a high and meaningful difference was found in the coping with stress points of the non-elite archers when compared to the elite sportspersons. Upon an examination of the sub-scales of the stress symptoms, meaningful differences between elite and non-elite sports persons were found in the sub-scales of "self-confident approach", and "submissive". In the other sub-scales of the stress symptoms, namely, "optimistic", "helpless", and "seeking of social support", it was found that there was no meaningful difference between the elite and non-elite archers. According to the results of the study, it can also be said that the high points achieved by non-elite archers in automatic thoughts have adverse effects on performance.

**Keywords:** Automatic thoughts, Stress symptoms, Coping with stress.

**P087**

# THE EFFECT OF ZINC SUPPLEMENT ALONG WITH WEIGHT TRAINING ON THYROID HORMONES

**[1]ÇINAR V., [1]AKBULUT T., [2]SARIKAYA M**

1. University of Firat Faculty of Sports Sciences Elazig, Turkey
2.University of Van Yuzuncuyil School of Pysical Education and Sport Van, Turkey
takbulut@firat.edu.tr

## ABSTRACT

**OBJECTIVE :**The aim of this study was to determine the effect of 6-week zinc supplement and weight training on the thyroid functions.

**METHODS**: Research group has consisted of total 40 male subjects; 20 sedentaries and 20 individuals who do physical exercises. Subjects were divided equally into 4 groups. Which is: The sedentary group (S) control group, Sedentary group which is supplied with only zinc (Z+S), Training Group which is supplied with zinc (Z+T) and Athletes Group that train regularly (T). At the beginning of the study and after 6-week training, the blood samples were drawn from the participants before and after the treatments; and TSH, FT3 and FT4 levels of the participants were determined.

**RESULTS**: It was identified that thyroid values of groups which were supplied with zinc decreased owing to the training and zinc supplement.

**CONCLUSIONS**: Consequently, it is thought 6-week zinc supplement and training can contribute to the athletes' performance by changing thyroid values positively.

**Keywords :** Exercise, thyroid, zinc-supplement, Weight

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# DETERMINATION OF LİFE QUALITY AND BODY AWARENESS STATUS OF PHYSICAL EDUCATION TEACHERS AND OTHER TEACHERS

**[1]ORHAN S., [2]ARSLAN C.**

1.University of Firat, Health Sciences Institute, Elazig, Turkey
slmaorhan23@gmail.com
2.University of Firat, Faculty of Sports Sciences, Elazig, Turkey

## ABSTRACT

**Purpose:** This study was conducted to compare body awareness of Physical Education Teachers (PET) and Other Branch Teachers (OBT).

**Method:** Total 308 volunteer teachers including 150 Physical Education Teachers and 158 branch teachers working in the center province of Elazig were included in the study. The Body Awareness Levels of research groups were evaluated according to Body Awareness Survey (BAS) (developed by Shields, Mallory Simon in 1989). Visual Analog Scale (VAS) and Body Mass Index (BMI) were evaluated according to The World Health Organization's adult BMI classification.The results were analyzed by SPSS Statistics 22 program. Independent Samples T-test was used for pairwise comparisons and Pearson's chi-square analysis was used to determine the difference between the percentages. The significance level were taken as $p<0.05$

**Results:** It was observed thatthe average age of the Physical Education Teachers (PET) is 37.11± 6.07, the average age of Other Branch Teachers (OBT) is 38.65 ±8.47. The Body Awareness Level (BAL) of Physical Education Teacher is 97.34±16.59 and The Body Awareness Level (BAL) of Other Branch Teacher (OBT) is 95.25±17.16.It was observed that there was no significant difference between the BAL and BMI between research groups ($p>0.05$). The BAL level of men teachers was calculated to be95.98±16.58 and the BAL level of women teachers was calculated to be96.66±17.39. PETteachers and OBT teachers have been observed to be a significant difference between the BAL level ($p<0.05$). Male teacher (BMI:26.43±3.39) and female teacher (BMI:24.09±3.13) have been observed to be a significant difference between the BMI level ($p<0.05$).The VAS scores in the PET teachers was found to be 2.79 ± 2.72 and the VAS scores in the OBT teachers was found to be3.33±2.78. There were no significant differences in between VAS scores ($p>0.05$).According to pain complaints, it was observed that 47.8 percent of the PET teachers and 52.2 percent of the OBT teachers have most backache complaint.The average waist circumference of PET teachers was measured as 82.76±12.70 likewise the average waist circumference of OBT teachers82.16±14.08.It was found to be a significant difference between the mean values of waist circumference of woman teacher (75.97±14.16) and man teacher (87.19±10.60).

**Conclusion:**According to the results of research physical awareness of the Physical Education Teachers (PET) is higher than Other Branch Teacher (OBT) in BAL values. Also it was observed that overweight man teachersand normal weight woman teachers in BMI values.It has concluded that no significant association between groups (BAL and VAS) and waist circumference.

**Keywords:**Physical Education, Body Pain Scale, Body Awareness Survey

# ENDORSEMENTS & SPONSORS

# CONTACT

Fırat University Faculty of Sports Sciences
Post Code: 23200
Elazig / Turkey
Phone: +90 424 237 00 00 / 6501- 4424
Fax : +90 424 2416512

sdevecioglu@firat.edu.tr
carslan@firat.edu.tr
ctan@firat.edu.tr

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