



3rd IAHPEDS
International Alliance for Health,
Physical Education, Dance, and Sport
World Congress

Türkiye Olympic
Committee (TMOK)
Ataköy - İSTANBUL



June 24 - 28
2026



Spor Bilimleri
Fakültesi



İstanbul
GEDİK
Üniversitesi



CONGRESS PROGRAM

Time

24 June, 2026

Wednesday

Inclusive Movement and Participation: From Research to Practice, From Involvement to Transformation

SESSION PRESENTATIONS

Inclusive Physical Education Practices and Research

09.00 – 12.00	Paralympic Sport Experience Workshops - TMOK Olympic House
	Content:
	Goalball
	Sitting Volleyball
	Wheelchair Sports
	Paralympic School Day Practices
09.00-12.00	Workshop 1 - Turgut Atakol Conference Hall
	Paul Schempp
	Differentiators Between Good and Great Coaches
12.00-13.00	Lunch
13.00-14.15	Lecture 1 - Turgut Atakol Conference Hall
	Triple Self / Triple Thinking
	Ziya Azazi
13.00 – 14.15	Workshop 2 - TMOK Olympic House
	Dr. Gülsüm Hatipoğlu Özcan
	Developmental Movement Education in Early Childhood
14.15-14.45	Social Activity
	Para Dance Show & Recreational Dance Event
14.45-16.00	Workshop 3 - TMOK Olympic House
	Dr. Sibel Nalbant - Dr. Ahmet Sansi
	Adapted Physical Activity and Sport Practices
16.00-16.45	Social Activity
	BİR'İZ Event
16.45-17.45	Keynote Presentation I - Turgut Atakol Conference Hall
	Dr. Mehmet Yanardağ
	Unlocking the Power of Lifelong Physical Activity in Individuals with Autism: Continuous Professional Development Through a Transdisciplinary Approach
	Opening Ceremony - Turgut Atakol Conference Hall
	Ziya Azazi- Contemporary Sufi Dance Performance



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Time	24 June, 2026
	Wednesday
18.00-18.45	Rhythm and Various Performance
	Protocol Speeches
	Dr. Salih PINAR (Türkiye) - IAHPEDS Europe and Middle East Representative- Congress Co-Chair
	Dr. Gregory Soukup (USA) - IAHPEDS President
	Dr. Av. Murat Aksu (Türkiye) - President of the Turkish National Paralympic Committee
	Dr. Veli Ozan Çakır (Türkiye) - President of Turkish National Olympic Committee
18.45	Opening Reception (Türkiye Olympic Committee)



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CONGRESS PROGRAM

Time

25 June, 2026

Thursday

ORAL SESSIONS (A)

Health / Dance / Sport / Physical Education

09.00.-10.00

Oral Session 1 - Congress Hall A (PE - Turgut Atakol Conference Hall)

Session Chair: Dr. Rajesh Kumar

Assessing Global Works of Quality Physical Education: Instrument Development and Application
Walter Ho

Exploring College Students' Lived Experiences and Attitudes Toward Physical Education: A Qualitative Inquiry
Sabado, Marvin Luis, Arroyo, J.P.M., Maciejewski, R.S.J., Ulanday, M.E.D., Madrigal, N.R.

College Students' Attitude towards Physical Education Classes in a State University in the Philippines
Ulanday, MARIE ELOISA, Arroyo, J.P.M., Maciejewski, R.S.J., Sabado, M.L.C., Madrigal, N.R.

Oral Session 2 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Adil Deniz Duru

Context Conditions of Elite Sport Systems in Singapore and the Philippines: Developing and Applying the Elite Sport System Context Condition Questionnaire (ES-CCQ)
Ralph Ramos, Veerle De Bosscher, Nicholas de Cruz

Talent Development in Sport: A Survey of Policy and Practice in Singaporean Athletes
Lee Kok Sonk, Ian Koe

Play Within Safe Boundaries: Empowering University Sports through Strategic Campus Security
Mirza Raza Ali Baig

Oral Session 3 - Congress Hall C (Health - Jerfi Fıratlı Hall)

Session Chair: Dr. Holly Alperin

Lauve Wellbeing: The Power of Values and the Physical Dimension for Community Health and Development
Timothy Lynch, Xiaofen D. Hamilton, Chenhao Wu, YucenLi, Gregory J. Soukup, Wendy Goff

Rethinking Curriculum: Embedding Field Experience into Undergraduate Public Health
Heather Barton-Weston, Gregory Soukup, Erlinda Lopez-Rodriguez

Vaccine Hesitancy as a Systemic Response: Experiences of Hispanic Female Nurses in South Texas
Kathryn Martinez

Oral Session 4 - Dance - Congress Hall D

Session Chair: Dr. Halil Korkmaz

Lead, Follow, or Both? Reimagining Gender Roles in Social Dance
Peggy Domingue

Effects of Creative Learning in Rhythm-based Dance in Physical Education
Itsuka Tamaki, Akane Yamazaki

What Do Instructors Attend to When Evaluating Creative Dance?
A Focus on Visual Gaze Toward Movement as Influenced by Dance Experience
Akane Yamazaki, Itsuka Tamaki

10.00-10.15

Coffee Break

SESSION PRESENTATIONS (A)



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	Thursday
10.15-11.00	Session Presentation 1 - Congress Hall A (Sport - Turgut Atakol Conference Hall)
	Session Chair: Dr. İlker Yücesir
	Athlete Development Models and Early Specialization in Sports Selda Bereket Yücel
	Session Presentation 2 - Congress Hall B (PE - Sinan Erdem Hall)
	Session Chair: Dr. Marie Eloisa D. Ulanday
	Enhancing Students' Game Performance through Situated Set Plays Fatih Dervent
	Session Presentation 3 - Congress Hall C (Health - Jerfi Fıratlı Hall)
	Session Chair: Dr. Heather Barton-Weston
	Yoga Science Beyond Asanas: A Multidimensional Convergence of Ancient Wisdom, Modern Science, and Holistic Human Well-Being Rajkumar Karve, Chandrakant Biradar
	Session Presentation 4 - Dance-Congress Hall D
11.05-12.05	Session Chair: Dr. Pinar Yaprak
	Using Dance/Movement to Address Social Issues Fran Anthony Meyer, Peggy Domingue, Tarin Hampton
	KEYNOTE PRESENTATION I & ORAL SESSIONS (B)
	Keynote 1- Congress Hall A (Dance - Turgut Atakol Conference Hall)
	Session Chair: Dr. Rajkumar Karve
	Movement as Text, Dance as Lens: The Representation of the Indigenous through Dance in the Philippine Education System Michiko Aseron
	Oral Session 5 - Congress Hall B (Sport - Sinan Erdem Hall)
	Session Chair: Dr. Ralph Andrew Ramos
	Exploring the Motor Coordination, Physical Fitness, and Technical Performance of Young Sailors: Findings of a Scoping Review Irmak Hürmeriç-Altunsöz
	Effect of Weight Training Exercises for the Development of Upper Body Muscle Strength and Endurance among Rowers of Telangana State Vislavath Ashok
11.05-12.05	Effect of Core Strength Training for Development of Explosive Power among Boxers of Osmania University Gurunam Singh Chug
	Oral Session 6 - Congress Hall C (Health - Jerfi Fıratlı Hall)
	Session Chair: Dr. Jyoti Dhama Prakash
	Breaking Down Barriers: Making Health Education Accessible Across Cultures Amy Lauren Smith



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	Thursday
	Socialization of Health Education Teachers: Factors Influencing Curricular and Pedagogical Choices in the K-12 Health Education Classroom Holly Alperin
	Integrating Health Education Skills into Physical Education Erin Sweeney, Shannon Mulhearn, Kaulana Molina
	Panel Discussion I - PE - Congress Hall D
	Session Chair: Dr. Hayri Ertan
	How AI is Transforming and Supporting the Work of Physical Education Teachers. Naoki Suzuki, Xiaofen Hamilton, Walter Ho
12.05-13.00	Lunch
ORAL SESSIONS (C)	
13.00-14.00	Oral Session 7 - Congress Hall A (PE - Turgut Atakol Conference Hall)
	Session Chair: Dr. Fatih Dervent
	Rethinking Assessment: Aligning Practices with the Principles of Nonlinear Pedagogy (NLP) in PE Louis Ho, Chow Jia Yi, Chue Kah Loong
	Brain Breaks in Action: Energizing Classrooms for Active Minds, Healthy Bodies, and Holistic Learning Rajkumar Karve
	Oral Session 8 - Congress Hall B (Sport - Sinan Erdem Hall)
	Session Chair: Dr. Xiaofen Hamilton
	Youth Engagement in Sports and Physical Activity in Singapore: Patterns, Barriers, and Motivators Heng Yeow Yap
	Influence of Health Locus of Control and Emotional Intelligence on Children Athletes' Resilience During Competition in Ijebu-Ode Adeogun Adekunle Olanrewaju
	Oral Session 9 - Congress Hall C (Health - Jerfi Fıratlı Hall)
	Session Chair: Dr. Tarin Hampton
	Impact of One Year of Regular Physical Activity on 60-Year-Old Male's Health- A Case Study Gregory J. Soukup, Sr., Heather Barton-Weston, Timothy Lynch, Erlinda Lopez-Rodriguez
	Perceived Effects of Participation in Exercise on Mental Health and Well-Being among Secondary School Students in Benin Metropolis, Nigeria Faleke Mary Abidemi
	Examining the Role of Perfectionism and Coping Strategies in Predicting Coach Burnout Emine Sapmaz, Ali Kızılet, Gözde Ersöz Ay
	Oral Session 10 - Dance - Congress Hall D
	Session Chair: Dr. İlker Yücesir
	Understanding the Challenges Faced by Pre-Service Physical Education Teachers in Teaching Dance: Implications for Teacher Education Shu Mei Karen Heng



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Time	25 June, 2026
	Thursday
	Perfection in Motion: Differences in Wellbeing Across Perfectionism Profiles in Dancers Luis Calmeiro, Eirean Fletcher
	Martial Arts as Dance Nancy Kane
14.00-14.15	Coffee Break
KEYNOTE PRESENTATION II & ORAL SESSIONS (D)	
14.15-15.15	Keynote 2- Congress Hall A (Health - Turgut Atakol Conference Hall)
	Session Chair: Dr. Selda Bereket Yücel
	Physical Literacy, Healthy Lifestyle, Longevity: Simple or Complex En Route Hasan Birol Çotuk
	Oral Session 11 - Congress Hall B (PE - Sinan Erdem Hall)
	Session Chair: Dr. Tim Lynch
	Topic Modeling the Intersection of Artificial Intelligence and Physical Education Qian Sun, Tanjian Liang
	Using Motion Capture Data to Support Natural Science Perspectives on Movement in Physical Education Naoki Suzuki
	Oral Session 12 - Congress Hall C (Sport - Jerfi Fıratlı Hall)
	Session Chair: Dr. Fran Meyer
	Integrated Fitness-mind-body-dynamics: Interplay of Physical, Physiological and Psychological Parameters on Performance Among University Football Players Jyoti Dhama Prakash, N.G. Kannur
	The Turkish Adaptation and Psychometric Properties of the Perceived Available Social Support in Sport Questionnaire Mehmet Arman Apaydın, Gözde Ersöz Ay
ORAL SESSIONS (E)	
15.20-16.20	Oral Session 13 - Congress Hall A (PE - Turgut Atakol Conference Hall)
	Session Chair: Dr. Naoki Suzuki
	How Pre-Service Physical Education Teachers Generate Practical Knowledge : An Interpretative Phenomenological Analysis Anlu Yang, Ning Wang, Yongshun Wang, Xiaofen Hamilton
	“As Tutors as Friends”: How Teachers as Role Models Facilitate Concurrent Improvement in Academic Achievement and Physical Activity Habits — A Case Study of a Chinese High School Ning Wang, Jianguo Zhang, Anlu Yang, Yongshun Wang, Xiaofen Hamilton
	Physical Exercise – A Tool for Children’s Development Rajesh Kumar
	Oral Session 14 - Congress Hall B (Sport - Sinan Erdem Hall)
	Session Chair: Dr. Fatih Dervent
	Masculinity in Sport: Hegemonic Norms, Resistance, and Negotiation Jeong Dae Lee, Seunghyun Hwang

CONGRESS PROGRAM

Time	25 June, 2026
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	A Comparison of Doping and Neuro-Enhancement in Sports, Arts, and Education within the Context of Fair Play Mehlika Nuran Gündoğmuş; Tuna Uslu
	Effects of a Single Session of Whole-Body Electromyostimulation on Muscle Damage Markers in Sedentary Adults Gaye Madenci, Tuba Melekoğlu, Ayşen Türk, Ramazan Çetinkaya
	Oral Session 15 - Congress Hall C (Health - Jerfi Fıratlı Hall)
	Session Chair: Asst. Prof. Marvin Luis C. Sabado
	Impact of Targeted Nutrition and Strategic Exercise on Physical Fitness in Student-Athletes Alpana Bajpai
	Breaking the Silence: Barriers to Opioid Management in the Lives of Mexican Immigrant Women Angela Delgado, Anali Martinez, Zoe Acosta, Jamie Harrison, Heather Barton-Weston, Gregory Soukup, Erlinda Lopez-Rodriguez
	A Bibliometric Analysis of the Literature on Concussion in Child and Adolescent Athletes Ayşe Yaren Kurden, Gözde Ersöz Ay

POSTER SESSIONS (A) - TMOK Entrance Area

16.20-17.00	Session Chair: Dr. Hasan Birol Çotuk
	The Relationship Between Bilateral Balance and Jump Asymmetries and Neuromuscular Performance Quality in Taekwondo Athletes Şerife Özcan, Şerife Yaprak, Salih Çetinkaya, Emel Çetin Özdoğan
	AI and the Evidence: Can We Trust What We See or Rather PROMPT! David C. Berry
	The Effect of Isometric Hamstring Strength on Deceleration and Change of Direction Performance Yusuf Öksüz
	The Relationship Between Quality of Life and Physical Activity in Community College Students Jerry Loflin





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26 June, 2026

Friday

ORAL SESSIONS (F)

Health / Dance / Sport / Physical Education

Oral Session 16 - Congress Hall A (PE - Turgut Atakol Conference Hall)

Session Chair: Dr. Greg Soukup

Fitness Testing Anxiety Scale Components: A Literature Review

Xiaofen Hamilton, Chenhao Wu, Yucen Li, Timothy Lynch, Yongshun Wang, Mark Worrell

NEP 2020 and Physical Education in India: Opportunities, Challenges, and Global Comparisons

Anil Kumar Mishra, Rammanohar Lohia

Bibliometric Analysis of Parental Attitudes in Sports Using the VOSviewer Application

Melek Erol, Gözde Ersöz Ay

Oral Session 17 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Fatih Dervent

Endurance Beyond Miles: Influence of Physical, Physiological, and Psychological Parameters on Performance of High School Long-Distance Athletes

Sanjeevkumar Appe, Shivakumar

Effect of Core Strength Training and Plyometric Exercises on the Development of Explosive Power among Women Kho Kho Players of the University of Lucknow

Neeraj Jain, Sumit Singh

The Effects of Face-to-Face and Online HIFT Training on Physical Fitness in Sedentary Individuals

Serra Ayşe Çakar Saka, Asiye Filiz Çamlıgüney

Oral Session 18 - Congress Hall C (Health - Fıratlı Hall)

Session Chair: Dr. Peggy Domingue

Mind-Body Harmony in Adolescence: Impact of Yogasana Practice on Physical, Physiological and Psychological Parameters of High School Students

Chandrakant Biradar, Rajkumar Karve, Pratap Singh Tiwari

Applied Strategies in Play-Based Fitness Training for Enhancing Gross Motor Proficiency in Children with Autism

Elif Tuğçe Şen, Cihan Aygün

Brand Equity in Sportswear: The Case of The Big 3

Kerem Er, İtir Erhart

10.00-10.15 Coffee Break

KEYNOTE PRESENTATION III & ORAL SESSIONS (G)

Keynote 3- Congress Hall A (PE -Turgut Atakol Conference Hall)

Session Chair: Dr. Gıyasettin Demirhan

Enhancing the Quality of Physical Education: Rethinking Sport Instructors' Competencies for the Future

Levent İnce

Oral Session 19 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Seyed Houtan Shahidi



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10.20-11.20	Sport Developmental Effects of Martial Arts–Based Interventions in Individuals with Special Needs: A Review Havvanur Arslan, Sibel Nalbant
	From Olympic Values to Olympic Achievement: An Analysis of Türkiye's Olympic Ecosystem Hülya Ünlü
	A Study to Investigate the Comparative Data Analysis of Regular Physical Activities and Sports Participation among Sports Science Students Mehwish Manzoor
	Oral Session 20 - Congress Hall C (Sport - Jerfi Fıratlı Hall)
	Session Chair: Dr. İhsan Sarı
	A New Validated Psychometric Self-Evaluating Instrument for Measuring Legacy Constructs of the Youth Olympic Games Mary Ser Hui, ANG; Koon Teck, KOH; Gregory Arief, LIEM
	GIS Based Climatic Analogue of Optimal Elite Athlete Training Zones in India for the Los Angeles 2028 Olympics Sundararaja Perumal Jayaraman
	Current trends in athlete engagement: an updated systematic review and bibliometric analysis (2024–2026) Derya Erarslan, Memed Bilgin Aydın
SESSION PRESENTATIONS (B)	
11.25-12.10	Session Presentation 5 - Congress Hall A (Sport - Turgut Atakol Conference Hall)
	Session Chair: Dr. Çiğdem Bulgan Ercin
	Cortical Efficiency and Performance: Neural Markers in Elite Athletes Hayri Ertan
	Session Presentation 6 - Congress Hall B (PE - Sinan Erdem Hall)
	Session Chair: Dr. Amy Lauren Smith
	Inclusion in Sport and Physical Education: It's All Related with How We Teach Nikolaos Digelidis
	Session Presentation 7 - Congress Hall D
	Session Chair: Dr. Pınar Yaprak
12.10-13.10	INTERNATIONAL DANCE COLLECTIVE: A Multicultural Sampling of Dance Genres from the USA and Ghana Tarin T. Hampton, Dance Council Chair, Panel Participants: Fran A. Meyer, Peggy Domingue
	Lunch
SESSION PRESENTATIONS (C)	
	Session Presentation 8 - Congress Hall A (Sport - Turgut Atakol Conference Hall)
	Session Chair: Dr. Hayri Ertan
	Reemphass of Experiential Learning in Higher Education Sport Management Currculums Robert C. Schneider



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Time	26 June, 2026
	Friday
13.10-13.55	Session Presentation 9 - Congress Hall B (PE - Sinan Erdem Hall)
	Session Chair: Dr. Cengiz Karagözoğlu
	Human Movement as a Translating 3D Biomechanics into Functional Exercise Design Çiğdem Bulgan Ercin
	Session Presentation 10 - Congress Hall C (Health - Jerfi Fıratlı Hall)
	Session Chair: Dr. Fahimeh Hassani
	Architects of Motivation: Transforming the Interpersonal Ecosystem in Sport and Exercise Through Evidence-Based Interventions İhsan Sarı
KEYNOTE PRESENTATION IV	
14.00-15.00	Keynote 4- Congress Hall A (SPORT-Turgut Atakol Conference Hall)
	Session Chair: Dr. Gıyasettin Demirhan
	Coaching Practices That Break Down Barriers Through Sport Paul Schempp
15.00-15.15	Coffee Break
CLOSING CEREMONY	
15.15-16.15	Dr. Salih PINAR (Türkiye) - IAHPEDS Europe and Middle East Representative- Congress Co-Chair
	Dr. Gregory Soukup (USA) - IAHPEDS President – Congress Co-Chair
	Dr. Av. Murat Aksu (Türkiye) - President of the Turkish National Paralympic Committee
	Dr. Veli Ozan Çakır (Türkiye) - President of Turkish National Olympic Committee
19.00	Gala Dinner (İBB Florya Social Facilities) Location: https://maps.app.goo.gl/qWj46S1pUmSJi3an7 The shuttle service from the congress venue to the Gala Dinner venue will depart at 18:00 PM



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Online/Virtual Sessions

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Meeting ID: 883 7530 5609

Passcode: 542884

Time

27 June, 2026

Saturday

13.45-13.55

Opening and Introduction

Salih PINAR (Türkiye)- IAHPEDS Europe and Middle East Representative- Congress Co-Chair

Gregory Soukup, IAHPEDS President

ONLINE / VIRTUAL SESSIONS (A)

PE - Turgut Atakol Conference Hall (Room 1)

Session Chair: Dr. Cengiz Karagözoğlu

From Fixed Classes to Student Choice: Effects of an Elective Physical Education (EPE) Program on Core Competencies in Physical Education (CCPE)

Xiaotian Wang

Beyond Skill Acquisition: The Effects of Situated Game Teaching on Decision-Making Efficiency and Visual Search Strategies in Basketball

Jiacheng Chen, Shiming Liu, Zhiwei Huang, Yanan Li

Digital Technologies in Physical Education Teaching Practice and Teacher Professional Development: A Systematic Review

Rui Li, Mingming Guo, Qi Wang

Sport - Sinan Erdem Hall (Room 2)

Session Chair: Dr. Nejla Gerçek

The Correlation Mechanism Among Personality Traits, Self-Control, and Adolescent Sports Moral Character

Cong Liu

Mind-Body Synergy in Volleyball: Position-Specific Interactions between Psychological Resilience and Physical Fitness

RAJANNA

Fitness to Finesse: Influence of Physical and Physiological Capacities on Dribbling, Ball Balance, and Shooting Accuracy in Collegiate Hockey Players

Manjunath Sahadevappa, Chandrakanth Shirolu

14.00-15.00

Health - Jerfi Fıratlı Hall (Room 3)

Session Chair: Dr. Asiye Filiz Çamlıgüney

The Relationship Between Different Types of School Connection and Academic Stress in Secondary School Students

Yuyang Nie



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Saturday

Network Analysis of the Relationship between Different Types of Happiness and Active Health Behaviors among Chinese Adolescents

Tianci Wang

Physical Activity and Psychological Resilience Among University Students: The Mediating Role of Exercise Motivation

Jin Ma, Shuilin Gao, Wenxue Ma, Jiashuo Qi, Jinqi Liang, Yuyang Nie, Cong Liu

Interdisciplinary & Dance- Congress Hall D (Room 4)

Session Chair: Dr. Bahar Ünsal Yılmaz

Technology and AI for Impactful Coaching and Learning: Bridging Research, Practice, and Learning in Sports and Physical Education - Symposium AI for Effective Coaching & Teaching in the 21st Century

Koon Teck Koh

Smart Campus Physical Education in China: Pathways and Challenges

Qi Wang

Shifting Paradigms in Physical Education: Toward AI-Enhanced Student Health Promotion

Fuxue Zhao

ONLINE / VIRTUAL SESSIONS (B)

PE - Turgut Atakol Conference Hall (Room 1)

Session Chair: Dr. Nejla Gerçek

Well-being Literacy among Preservice Physical Education Teachers: A Cross-sectional Comparison of Year 1 and Year 2 Cohorts in Singapore

Lit Khoon Zason

Changes in Self-Efficacy among First Year Physical Education Student Teachers

Hou Cheng Aloysius Tham, Shern Meng Tan, Siti Nureisyah Binte Noor Azman, Yong Xiang Tristan Matthew Wee

Physical Education Classes Barriers Scale: Validity and Reliability Study

Mehmet Akarsu, Mehmet Güllü

Examining the Relationship Between Physical Activity and Gaming and Internet Addiction: A Correlation-Based Meta-Analysis

Mehmet Güllü, Sezer Alagöz, Mehmet Akarsu

Sport - Sinan Erdem Hall (Room 2)

Session Chair: Dr. Rajanna

A Look Back at the Success of the 2025 World Championships in Athletics in Tokyo

Yasuo Shimizu



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27 June, 2026

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15.00-16.20

Short Term Relaxation Interventions for Competition Anxiety in Adolescent Athletes: Autogenic Training vs. Diaphragmatic Breathing

Shuqi Zeng, Xusen Fu, Feng Liu, Yuzhe You, Hushun Feng, Jiacheng Chen

Effects of Moderate-Load Blood Flow Restriction Training on Muscle Size

Ayşe Dinç, Tuba Melekoğlu, Sibel Bakırcı, Ayşen Türk

The Effect of Physical Activity on Smartphone Addiction: A Meta-Analysis

Mehmet Güllü, Sezer Alagöz, Mehmet Akarsu

Health- Jerfi Fıratlı Hall (Room 3)

Session Chair: Dr. Fahimeh Hassani

Associations of Short-Video Viewing and WeChat Use with Depressive Symptoms Among Chinese Youth

Mingming Guo

Effect of Social Media and Technology on Body Image and Self-Esteem of College Students Engaged in Fitness Activities

Olanrewaju Ipinmoroti

Physical Activity and Mental Health: The Role of Exercise in Reducing Anxiety, Depression, and Stress

Y. Srinivas Reddy, Meka Vani

AI-Assisted Football Club Communication, Authenticity, and Fan Trust: Evidence from Generation Y Supporters

Süleyman Rebge

Interdisciplinary & Dance- Congress Hall D (Room 4)

Session Chair: Dr. Damla Ayduğ

A Profile of the Somatotype and Body Composition of Professional Filipino Ballet Dancers

Camille Castro-Mante

Peak Expiratory Flow Rate Response of Female Obesity Following 12-week Aerobic Dance Circuit Training in Tertiary Institutions in Oyo State, Nigeria

Olusegun Adewale Ajayi, Oluwasogo Ruth Ogunleye, Racheal Bolanle Ajala

Breaking Barriers in Educator Wellness: The Impact of an Inclusive Aerobic Dance Program on Fitness and Engagement

Teresita Portugalete Nollado, Lodrigo G. Basco Jr.

Physical Activity, Frailty and the Moderating Effect of Urbanization: Evidence from the CHARLS

Yuxin Tang

16.20-16.25

Break

ONLINE / VIRTUAL SESSIONS (C)



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27 June, 2026

Saturday

PE - Turgut Atakol Conference Hall (Room 1)

Session Chair: Dr. Asiye Filiz Çamlıgüney

Psychological Dimensions of Physical Education: Implications for Mental Health, Motivation, and Lifelong Physical Activity: A Review

Anitha Kariga

Physical Education as an Academic and Behavioral Intervention

Ryan McKinney

Ready for the AI Age? Strategies and Resources for Building AI Literacy Among Physical Education Teacher Educators

Xiaolu Liu, Liyan Tang

Sport - Sinan Erdem Hall (Room 2)

Session Chair: Dr. Erdem Çakaloğlu

AI-Enabled Digital Transformation for Sustainable Development of Chinese Leisure Football

Honghan Xu, Zhihao Xie, Lijia Hou, Tianbiao Liu

Enhancing Game Intelligence and Physical Performance in Aboriginal Youth Football: A Pedagogical Model of Comparison

Mohamad Nor Farihan Sulong, Zulakbal Abd Karim, Rozaireen Muszali, Frederick Josue, Mohd Fadil Abdullah, Sanmuga Nathan K. Jeganathan

The Potential Role of Team Sports in Fostering Social and Emotional Learning Competencies of Chinese University Students

Yuchen Han, Lingshu Li

Health - Jerfi Fıratlı Hall (Room 3)

Session Chair: Dr. Adil Deniz Duru

Time Trends and Shifting Inequalities in Physical Activity Among Chinese Adolescents, 2014-2022

Xinyu Chen, Sitong Zhang, Binping Gong, Da Wang, Mingming Guo

Nutrition Education as a Critical Factor for Body Mass Index

Elizabeth A. Bridges, Dwan M. Bridges, Xiaofen D. Hamilton

Reimagining Nutrition Education: A Framework for Equity, Community, and Joy

Rachael E. Gibson

Interdisciplinary & Dance- Congress Hall D (Room 4)

Session Chair: Dr. Selman Kaya

16.25-17.25



3rd IAHPEDS
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27 June, 2026

Saturday

What Happens During Zumbini for School? -- Physical Activity and Social Behavior During a Commercial Music-and-Movement Program in Daycare Settings

Yung-Ju Chen, Mallory Hoogensen, Hayden Tinker

The Body in Motion: Recontextualizing Indian Classical Dance as a Site of Cultural Negotiation and Social Change Amid Global Displacement

Lopita Nath

Digital Technologies for the Professional Learning of PE Teachers and Sports Coaches: A Systematic Review

Haoyue Shang, Koh Koon Teck

ONLINE / VIRTUAL SESSIONS (D)

PE - Turgut Atakol Conference Hall (Room 1)

Session Chair: Dr. Asiye Filiz Çamlıgüney

Integrating Artificial Intelligence in Adapted Physical Education: Opportunities and Considerations

Dwan M. Bridges, Elizabeth A. Bridges, Beichen Lu, Xiaofen D. Hamilton

Let's See What You Can Do

Heather Burd, Joe Deutsch

Creating and Developing a Home-School Program. Enhancing Your PETE Students and Your Community.

Joe Deutsch

Sport- Sinan Erdem Hall (Room 2)

Session Chair: Dr. Nejla Gerçek

Sports Communication, Global Sport, and National Identity: People's Daily Coverage of the Beijing 2022 Winter Olympics

Lingshu Li, Yuchen Han, Tanjian Liang

The Effect of 12 Weeks of Plyometric and Resistance Training on Agility and Speed among Intercollegiate Women Basketball Players of Osmania University, Hyderabad

Punjala Supriya

Developing a Competency Model for Youth Outdoor Camp Instructors: A Delphi Study

Binping Gong, Yu Huang, Ying Zhang, Mingming Guo

17.25-18.25

Health- Jerfi Firatlı Hall (Room 3)

Session Chair: Dr. Adil Deniz Duru

Fear of Failure and Perceived Psychological Barriers to Physical Activity in Children with Obesity

Yuhang Lei



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Time

27 June, 2026

Saturday

The Bruthas Project (Revised 2026): A Community Engaged, Status-Neutral HIV Prevention Curriculum Integrating Biomedical Prevention Strategies

Dominique Guinn, Grace Loudd

Role of Yoga in Breaking Social and Cultural Barriers among Mahatma Gandhi University, Telangana, India Students

Meka Vani, D. Devaki

Interdisciplinary & Dance- Congress Hall D (Room 4)

Session Chair: Dr. Safer Elmas

From Data to Movement: How AI Empowers Educators and Athletes to Overcome Barriers

Shawn Credit

Seeking Alternatives: Determining Substitute Sport Participant Program Choice; An Artificial Intelligence Approach

Robert Lyons Jr., E. Newton Jackson Jr., Karla Jones

Breaking Down Barriers with Wearable Technology: Expanding Access and Enhancing Movement Literacy in Sport and Physical Education

Mark R. Worrell Jr., Chenhao Wu, Xiaofen Hamilton

18.25-18.30

Break

ONLINE / VIRTUAL SESSIONS (E)

PE - Turgut Atakol Conference Hall (Room 1)

Session Chair: Dr. Cengiz Karagözoğlu

Unaddressed Areas in the Newly Revised SHAPE America K–12 Physical Education Teaching Standards

Bingqing Yang, Chenhao Wu, Yucen Li, Mark Worrell, Timothy Lynch, Yongshun Wang, Xiaofen D. Hamilton

Beyond the Finish Line: Synergistic Effect of Physical Fitness and Psychological Parameters on Performance of Collegiate Middle-Distance Athletes

Mallikarjun Sharanappa, Vijaykumar

Sport - Sinan Erdem Hall (Room 2)

Session Chair: Dr. Fahimeh Hassani

Synergizing Movement and Mind: Effects of Yoga and Exercise Therapy on Physical, Physiological and Psychological Parameters among Collegiate Students

Ramesh H Kittur

18.30-19.10

An Investigation of Postgraduate Theses on Paralympics in Türkiye in Terms of Various Variables

Elif Dilan Atılğan



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Health - Jerfi Fıratlı Hall (Room 3)

Session Chair: Dr. Selman Kaya

Self-determination Theory and Behavior Changes in Physical Education

Tracey Naumann, Chenhao Wu, Yucen Li, Mark Worrell

An Investigation into the Effect of Social and Cultural Activities on the Acquisition of National Values among University Students

Dilek Çağla Alkaşı, Yasemin Yalçın, Rümeyza Doğan, Ekrem Tarık Diler

Interdisciplinary & Dance- Congress Hall D (Room 4)

Session Chair: Dr. Merve Bal

Penalty Kick Success in Football: Turkey 2023-2024 Super League

Rıdvan Ergin

Effects of a Four-Week Norwegian Double-Threshold Training Block on Performance Determinants in Middle-Distance Runners

Abdullah Tugluk, Seyed Houtan Shahidi

CLOSING REMARKS - Turgut Atakol Conference Hall (Room 1)

19.15-19.30

Dr. Salih Pinar, Istanbul World Congress Co-Chair

Dr. Gregory Soukup, IAHPEDS President

Meet-up: 14.30
Tour Duration:
16.00-17.30

ISTANBUL BOSPHORUS BOAT TOUR (Snacks and Refreshments Included)
Note: Participants joining the Bosphorus Boat Cruise on Saturday, June 27, 2026, are informed that a shuttle bus will depart from the Congress Center at 2:30 PM to transfer participants to the Üsküdar Ferry Terminal. The cruise will begin at 4:00 PM. Shuttle services will depart from the Üsküdar Ferry Terminal to the congress venue between 17:30 and 18:00.
Please arrive at the departure point on time.



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Sunday

ORAL SESSIONS (A)

Health / Dance / Sport / Physical Education

Oral Session 1 - Congress Hall A (PE - Turgut Atakol Conference Hall)

Session Chair: Dr. Hülya Ünlü

Bibliometric Analysis of Academic Studies on Pickleball: Global Trends and Research Gaps
Pickleball Üzerine Yapılan Akademik Çalışmaların Bibliyometrik Analizi: Küresel Eğilimler ve Araştırma Boşlukları
Canay İmrek

The Effect of Social-Emotional Learning Skills of National Athletes on Their Xenophobic Levels
Milli Sporcuların Sosyal-Duygusal Öğrenme Becerilerinin Ksenofobi Düzeylerine Etkisi
Şimal Orman, Hasan Ceyhan Can

A Comparative Study of Motor Skill Levels in Children with Special Needs Compared to Their Typically Developing Peers
Özel Gereksinimli Çocukların Motor Beceri Düzeylerinin Tipik Gelişim Gösteren Akranlarıyla Karşılaştırmalı Olarak İncelenmesi
Havva Şahan, Rukiye Canan Kafadar, Gökçe Oktay Kaya, Gülsüm Hatipoğlu Özcan

Oral Session 2 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Ayşe Oya Erkut

Early Advantage, Lasting Success? The Impact of the Relative Age Effect in Youth and Elite Tennis
Erken Avantaj mı, Kalıcı Başarı mı? Genç ve Elit Tenisçilerde Göreceli Yaş Etkisi
Ayşe Billur Çavunt, Hatice İlhan Odabaş, Okan Kılıçkaya

Who Has the Advantage? The Effect of Relative Age and Performance Results at the European U17 Wrestling Championships
Avantaj Kimde? 17 Yaş Altı Avrupa Güreş Şampiyonası'nda Göreceli Yaş Etkisi ve Performans Sonuçları
Burhan Demirkıran, Ali Işın, Tuba Melekoğlu

Attitudes of Physical Education Teacher Candidates Toward Gender Roles: A Cross-Sectional Study
Beden Eğitimi Öğretmen Adaylarının Toplumsal Cinsiyet Rollerine Yönelik Tutumları: Kesitsel Bir Araştırma
Doğa Yalçın, Ümitcan Köse, Yağız Yıldız, Aleya Gürbüzcan, Şule Korkmaz, Ebru Özen, Sibel Nalbant

Oral Session 3 - Congress Hall C (Sport - Jerfi Fıratlı Hall)

Session Chair: Dr. Çağla Karacan Şimşek

09.00-10.00

CONGRESS PROGRAM (TURKISH)

Time

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Sunday

Evaluation of the Effects of Knee Flexion, Knee Extension, and Hip Adduction Strength on In-Water Jump Performance in Elite Adult Male Water Polo Players

Elit Yetişkin Erkek Su Topu Oyuncularında Diz Fleksiyonu, Diz Ekstansiyonu ve Kalça Adüksiyon Kuvvetinin Su İçi Sıçrama Performansına Etkilerinin Değerlendirilmesi

Rıdvan Pehlivan, Alper Aşçı, Yusuf Kahraman

Investigation of the Effects of Short-Term Supramaximal Loadings on Blood Lactate Levels in Taekwondo Athletes of Different Competitive Levels

Farklı Müsabaka Düzeylerindeki Tekvando Sporcularında Kısa Süreli Supramaksimal Yüklemelemlerin Kan Laktat Düzeyleri Üzerindeki Etkilerinin İncelenmesi

Tuğçe Yeşilçimen, Serdar Orkun Pelvan

The Effect of Integrated Training Model on Mountain Bike Performance

Entegre Antrenman Modelinin Dağ Bisikleti Performansı Üzerine Etkisi

Fatih Koçak, Salih Pınar

Oral Session 4 - Health-Congress Hall D

Session Chair: Dr. Bahar Ünsal Yılmaz

Time-of-Day Effects of Caffeine Supplementation Following Acute Partial Sleep Deprivation: A Triple-Blind Randomized Trial

Akut Kısmi Uyku Yoksunluğu Sonrası Kafein Takviyesinin Günün Saatine Göre Etkileri: Üçlü Kör Randomize Çalışma

Hamza Durası, Semih Karaman, Yavuz Öztürk, Yeşim Çalışkan

The Effect of Beetroot Juice Loading on Endurance Performance, Perceived Exertion, Fatigue, and Recovery Levels in Adolescent Badminton Players

Ergen Badminton Sporcularında Pancar Suyu Yüklemesinin Dayanıklılık Performansı, Hissedilen Şiddet, Yorgunluk ve Toparlanma Düzeyine Etkisi

Feyza Erden, Emir Hasan Yavuz, Şerife Vatansever

Investigation of Heart Rate Changes in Ballet Movement Combinations

Bale Hareket Kombinasyonlarındaki Kalp Atım Hızı Değişimlerinin İncelenmesi

Gökçe Akgün

10.00-10.15

Coffee Break

ORAL SESSIONS (B)

Oral Session 5 - Congress Hall A (PE - Turgut Atakol Conference Hall)

Session Chair: Dr. Nusret Ramazanoğlu

Game Design Based on Different Obstacle Situations for Inclusive Education: Its Effect on Middle School Students' Attitudes and Levels of Empathy Towards Individuals with Disabilities

Kapsayıcı Eğitime Yönelik Farklı Engel Durumları Oluşturularak Tasarlanan Oyunlar: Ortaokul Öğrencilerinin Özel Gereksinimli Bireylere Yönelik Tutumlarına ve Empati Düzeylerine Etkisi

Esra İrem Özcan, Hasibe Çoruh, Nimet Haşıl Korkmaz

CONGRESS PROGRAM (TURKISH)

Time

28 June, 2026

Sunday

The Effects of Inclusive Sports Project on Attitudes of Sports High School Students Towards Individuals with Special Needs

Spor Lisesi Öğrencilerinin Kapsayıcı Spor Projesi ile Özel Gereksinimli Bireylere Karşı Tutumlarının Etkileri

Uğur Karakaş, Yusuf Dumlu, Tuna Uslu

Adapted Exercise Programs for Individuals with Disabilities: Strategies and Best Practices

Engelli Bireyler İçin Uyarlanmış Egzersiz Programları: Stratejiler ve En İyi Uygulamalar

Ekin Karlık

Oral Session 6 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Şeval Kaygusuz

A Periodic Comparison of the Construction and Usage Models of Summer and Winter Olympic Venues from a Sustainability Perspective

Yaz ve Kış Olimpiyat Oyunları Tesislerinin İnşa ve Kullanım Modellerinin Sürdürülebilirlik Perspektifinden Dönemsel Karşılaştırması

Nazlı Hilal Kaya, Tuna Uslu

Examining the Mediating Effect of Club Image in the Relationship Between Team Identification and Spectator Consumption Among Football Spectators

Futbol Seyircilerinde Takım Özdeşleşmesi ile Seyirci Tüketimi Arasındaki İlişkide Kulüp İmajının Aracılık Etkisinin İncelenmesi

Oktay Akyüz, Gözde Ersöz Ay, Aydın Pekel

Examining the Relationships Between Internet Gambling Addiction and Internet Gaming Disorder Among E-Sports Players and University Students

E-Spor Oyuncuları ve Üniversite Öğrencilerinde İnternet Kumar Bağımlılığı ile İnternet Oyun Bozukluğu Arasındaki İlişkilerin İncelenmesi

Hasan Ceyhun Can, Alp Kaan Kilci, Tuna Uslu

10.20-11.20

Oral Session 7 - Congress Hall C (Health - Jerfi Fıratlı Hall)

Session Chair: Dr. Merve Bal

Assessing Anatomy Recognition in Medical Students Through Silhouettes: An Innovative Approach to Evaluating Visuospatial Processing Abilities

Tıp Öğrencilerinde Silüetler Yoluyla Anatomi Tanımanın Değerlendirilmesi: Görsel-Uzamsal İşleme Yeteneklerini Değerlendirmek için Yenilikçi Bir Yaklaşım

Naz Soyer, Meryem Efe, Seyda Ulusahin, Eren Öğüt

Evaluation of Dynamic Knee Valgus in Latin Dancers: A Cross-Sectional Observational Study

Latin Dansçılarda Dinamik Diz Valgusunun Değerlendirilmesi: Kesitsel Gözlemsel Bir Çalışma

Beyza Karaduman, Özlem Feyzioğlu, Gizem Türker Çatal, Begüm Türker Acu, Büşra Hussain

CONGRESS PROGRAM (TURKISH)

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Sunday

The Effect of Sleep Hygiene Training on Sleep Behaviour, Sleep Quality and Sleepiness in Elite Male Gymnasts

Uyku Hijyeni Eğitiminin Elit Erkek Jimnastikçilerde Uyku Davranışı, Uyku Kalitesi ve Uykululuğa Etkisi

Semih Karaman, Songül Çağlar, Ümid Karlı

Oral Session 8 - PE-Congress Hall D

Session Chair: Dr. Hülya Ünlü

Intervention-Based Practices in Preparing Pre-Service Physical Education Teacher Candidates for Inclusive Education: A Systematic Review

Hizmet Öncesi Beden Eğitimi Öğretmen Adaylarının Kapsayıcı Eğitime Hazırlanmasında Müdahale Temelli Uygulamalar: Sistematik Bir Derleme

Fatma Demir Zengin, Nimet Haşıl Korkmaz, Selen Uğur Mutlu, Hasibe Çoruh

Development and Feasibility of a Cross-Cultural Training Programme for Sport Coaches

Spor Antrenörleri için Kültürlerarası Bir Eğitim Programının Geliştirilmesi ve Uygulanabilirliği

Dr. Deniz Urgun

Paralympic Sport Standards Measurement System (PSSÖS): Conceptual Framework and Development Process

Paralimpik Spor Standartları Ölçüm Sistemi (PSSÖS): Kuramsal Temelleri ve Geliştirme Süreci

Sinan Kalkan, Fatma Erdoğan, Sibel Nalbant, Tuğçe Örsoğlu, Aysel Kızılkaya, Büşra Süngü, Ferman Konukman, Gülsüm Hatipoğlu Özcan, Mustafa Yunus Eryaman, Dilara Fatoş Özer, Durmus Özbasi

ORAL SESSIONS (C)

Oral Session 9 - Congress Hall A (Sport - Turgut Atakol Conference Hall)

Session Chair: Dr. Damla Ayduğ

Measurement Invariance of the Compulsive Sport Consumption Scale Across Individual and Team Sports in a Turkish Sample

Kompulsif Spor Tüketim Ölçeği'nin Türk Örnekleminde Bireysel ve Takım Sporları Arasında Ölçüm Değişmezliği

Zeynep Ayça Terzioğlu, Sertan Kağan

The Relationship Between Physical Activity Healthy Eating Behaviors And Quality Of Life Among University Students

Üniversite Öğrencilerinde Fiziksel Aktivite, Sağlıklı Beslenme Alışkanlıkları ve Yaşam Kalitesi Arasındaki İlişki

Tuğçe Adıgüzel

Evaluation of Stage Performance in Folk Dances

Halk Danslarında Sahne Performansının Değerlendirilmesi

Muhammet Ali Temizel, Rıdvan Ergin

Oral Session 10 - Congress Hall B (Sport-Sinan Erdem Hall)

CONGRESS PROGRAM (TURKISH)

Time

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Sunday

Session Chair: Dr. Bahar Ünsal Yılmaz

Investigation of the Effects of Taekwondo-Specific HIIT Training on Technical Performance and Physiological Load

Tekvandoya Özgü Yüksek Yoğunluklu İnterval Antrenmanın Teknik Performans ve Fizyolojik Yük Üzerindeki Etkilerinin İncelenmesi

Ebrar Şevval Coşkun, Tuğçe Yeşilçimen, Ahmet Talha Öztürk

Effects of Different Grip Variations on Rate of Force Development and Dynamic Parameters in Inverted Row Exercise

Balistik Yatay Barfiks Egzersizinde Farklı Tutuş Varyasyonlarının Kuvvet Gelişim Oranı ve Dinamik Parametreler Üzerindeki Etkileri

Ceren Zehra Ergin, Nusret Ramazanoğlu, İrfan Gülmez, Fatih Sani, Semih Yılmaz, Buse Türkyılmaz

Examination of Reactive Strength Index and Rate of Force Development in Plyometric Push-Up Applications

Reaktif Kuvvet İndeksi ve Kuvvet Geliştirme Oranının Pliometrik Şınav Uygulamalarında İncelenmesi

Buse Türkyılmaz, Nusret Ramazanoğlu, Fatih Sani, Ceren Zehra Ergin, İrfan Gülmez

11.30-12.30

Oral Session 11 - Congress Hall C (Health - Jerfi Fıratlı Hall)

Session Chair: Dr. Çiğdem Bulgan Ercin

Individualized Training Needs of Paralympic Athletes from a Coaching Perspective

Antrenör Perspektifinden Paralimpik Sporcuların Kişiyeye Özgü Antrenman Gereksinimleri

Sinan Kalkan, Fatma Erdoğan, Sibel Nalbant, Tuğçe Örsoğlu, Aysel Kızılkaya, Büşra Süngü, Dilara Fatoş Özer, Gülsüm Hatipoğlu Özcan, Durmus Özbasi, Ferman Konukman, Mustafa Yunus Eryaman

Barriers Faced by Paralympic Athletes in Olympic Preparation: A Qualitative Analysis

Paralimpik Sporcuların Olimpik Hazırlık Sürecinde Karşılaştıkları Engeller: Nitel Bir Analiz

Sinan Kalkan, Fatma Erdoğan, Sibel Nalbant, Tuğçe Örsoğlu, Aysel Kızılkaya, Büşra Süngü, Ferman Konukman, Gülsüm Hatipoğlu Özcan, Dilara Fatoş Özer, Mustafa Yunus Eryaman, Durmus Özbasi

Paralympic Sport Facility Standards Scale (PSTSÖ): Validity and Reliability Study

Paralimpik Spor Tesisleri Standartları Ölçeği (PSTSÖ): Geçerlik ve Güvenirlik Çalışması

Fatma Erdoğan, Sinan Kalkan, Sibel Nalbant, Tuğçe Örsoğlu, Büşra Süngü, Dilara Fatoş Özer, Gülsüm Hatipoğlu Özcan, Aysel Kızılkaya, Durmus Özbasi, Ferman Konukman, Mustafa Yunus Eryaman

Oral Session 12 - Dance-Congress Hall D

Session Chair: Dr. Osman Ateş

The Effect of an Explosive Power-Focused Training Program Applied to Volleyball Players on Physical Performance Parameters

Voleybolculara Uygulanan Patlayıcı Güç Odaklı Antrenman Programının Fiziksel Performans Parametreleri Üzerindeki Etkisi

Abdulaziz Demir, Samet Sitti, Serdar Adıgüzel

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The Effect of Different Large-Sided Games on Physical Performance Parameters in Football and Comparison with Official Match Performance

Futbolda Farklı Geniş Sahalı Oyunların Fiziksel Performans Parametreleri Üzerine Etkisi ve Resmi Maç Performansı ile Karşılaştırılması

Kaan Kaya

Effects of Blood Flow Restriction Training on Sprint Performance, Explosive Power Performance, and Lower Extremity Strength

Kan Akışı Kısıtlama Antrenmanının Sprint Performansı, Patlayıcı Güç Performansı ve Alt Ekstremitte Kuvveti Üzerindeki Etkileri

Mahir Sefa Selen, Pelin Aksen

12.30-13.30

Lunch

ORAL SESSIONS (D)

Oral Session 13 - Congress Hall A (PE - Turgut Atakol Conference Hall)

Session Chair: Dr. Seyed Houtan Shahidi

Examining the Relationship Between Self-Compassion, Perceived Parental Involvement and Burnout in Swimmers

Yüzücülerde Öz Şefkat, Ebeveyn Dâhiliyeti ve Tükenmişlik Arasındaki İlişkinin İncelenmesi

Nida Eliz Üstündağ, Gözde Ersöz Ay

Examining the Effects of Yoga and Meditation Practices and Frequency of Practice on Individual Authenticity Through Mindfulness Level

Yoga ve Meditasyon Uygulamaları ile Uygulama Sıklığının Bilinçli Farkındalık Düzeyi Aracılığıyla Bireysel Özgünlük Üzerindeki Etkilerinin İncelenmesi

Çağla Kocur, Tuna Uslu

Oral Session 14 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Fatih Kayhan

The Relationship Between Vertical Jump Performance and Spike Velocity in Adolescent Volleyball Players

Adolesan Voleybolcularda Dikey Sıçrama Performansı ve Smaç Hızı Arasındaki İlişki

Burak Bölükbaşoğlu, Ali Günay

13.30-14.30

Fatigue and Psychological Well-Being in Elderly Individuals

Yaşlı Bireylerde Yorgunluk ve Psikolojik İyi Oluş

Akif Arslan, Zehra Betül Koç

Oral Session 15 - Dance-Congress Hall D

Session Chair: Dr. Ayşe Oya Erkut

Selective and Developmental Effects of SEL-Based Dance Education on Social-Emotional Competencies: A Mixed-Methods Perspective

Sosyal-Duygusal Öğrenme Temelli Dans Eğitiminin Sosyal-Duygusal Yetkinlikler Üzerindeki Seçici ve Gelişimsel Etkileri: Karma Yöntemli Bir Perspektif

Nurgül Erol, Bijen Filiz, Mehmet Gökay Kılıç, Sevda Kılınç Çırakoğlu

CONGRESS PROGRAM (TURKISH)

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The Relationship Between Midwifery Department Students' Attitude Towards Sports and Psychological Resilience Level: The Example of Marmara University
Ebelik Bölümü Öğrencilerinin Spora Yönelik Tutumu ile Psikolojik Sağlamlık Düzeyi Arasındaki İlişki: Marmara Üniversitesi Örneği

Anıl Siyahtaş, Gamze Fışkın Siyahtaş

Investigation of the Acute Effects of Post-Activation Potentiation Induced by Free Squat and Smith Machine Squat on 60-Meter Sprint Performance

Serbest Squat ve Smith Machine Squat Kaynaklı Post Aktivasyon Potansiyelinin 60 Metre Sprint Performansı Üzerindeki Akut Etkilerinin İncelenmesi

Şakir Baskan, Kaan Nazım Nazik

14.30-14.45

Coffee Break

ORAL SESSIONS (E)

Oral Session 16 - Congress Hall B (Sport - Sinan Erdem Hall)

Session Chair: Dr. Merve Bal

An Examination of the Relationship Between Self-Confidence and Performance in Team and Individual Athletes

Takım ve Bireysel Sporcularda Özgüven ve Performans İlişkisinin İncelenmesi

Aysima Karakaya, Gözde Ersöz Ay

An Examination of the Relationship Between Weight-Cutting Processes and Levels of Depression and Burnout in Elite Wrestlers

Elit Güreşçilerde Kilo Düşürme Süreci ile Depresyon ve Tükenmişlik Düzeyleri Arasındaki İlişkinin İncelenmesi

Furkan Eken, Gözde Ersöz Ay

Examination of Digital Addiction and Psychological Resilience Levels of Students in the Faculty of Sports and Health Sciences

Spor ve Sağlık Bilimleri Fakültesi Öğrencilerinin Dijital Bağımlılık ve Psikolojik Sağlamlık Düzeylerinin İncelenmesi

Serkan Esen, Serpil Başer, Tuna Uslu

Oral Session 17 - Congress Hall C (Sport / Dance - Jerfi Fıratlı Hall)

Session Chair: Dr. Murat Tutar

Paralympic Training Program Standards Scale (PAPSO): Validity and Reliability Study

Paralimpik Antrenman Programı Standartları Ölçeği (PAPSO): Geçerlik ve Güvenirlik Çalışması

Fatma Erdoğan, Sinan Kalkan, Tuğçe Örsoğlu, Sibel Nalbant, Dilara Fatoş Özer, Büşra Süngü, Aysel Kızılkaya, Gülsüm Hatipoğlu Özcan, Ferman Konukman, Durmus Özbasi, Mustafa Yunus Eryaman

14.45-15.45

CONGRESS PROGRAM (TURKISH)

Time	28 June, 2026
	Sunday
	Paralympic Sports Equipment Standards Scale (PASGÖ): Validity and Reliability Study <i>Paralimpik Spor Ekipmanları Standartları Ölçeği (PASGÖ): Geçerlik ve Güvenirlik Çalışması</i> Sinan Kalkan, Fatma Erdoğan, Sibel Nalbant, Tuğçe Örsoğlu, Büşra Süngü, Dilara Fatoş Özer, Gülsüm Hatipoğlu Özcan, Aysel Kızılkaya, Durmus Özbası, Ferman Konukman, Mustafa Yunus Eryaman
	Oral Session 18 - Sport-Congress Hall D
	Session Chair: Dr. Utku Tuna
	Referee Communication and Perception Management in the Digital Age <i>Dijital Çağda Hakem İletişimi ve Algı Yönetimi</i> Ahmet Taha Kuzyaka, Cemal Güler
	The Impact of 21st Century Skills on Turkish Dual Career Student Athletes <i>21. Yüzyıl Becerilerinin Türk Çift Kariyer Öğrenci Sporcular Üzerindeki Etkisi</i> Deniz Refika Çülha, Hasan Ceyhun Can
	A Phenomenological Assessment of the Olympic Movement and National Initiative Impact on Türkiye's Capacity to Host the Olympic Games Through Good Governance and Sport Culture <i>Olimpik Hareketin ve Ulusal Girişimin Türkiye'nin İyi Yönetişim ve Spor Kültürü Aracılığıyla Olimpiyat Oyunlarına Ev Sahipliği Yapma Kapasitesine Etkisinin Fenomenolojik Bir Değerlendirmesi</i> Tuna Uslu

