

GÖKTUĞ ŞANLI

EDUCATION

2018 June – August **Loughborough University | Loughborough, Leicestershire, UK**
Visiting Research Student: School of Sport, Exercise and Health Sciences

Supervisor: Dr Laura-Anne Furlong

- Worked in a project on analysis of muscle-tendon mechanics during drop jump and hopping motions in vivo.
- Took part in establishing the test protocol, data collection and analysis of kinetic, kinematic and ultrasound data via inverse dynamics.

2014 – 2018 **Bogazici University | Istanbul, Turkey**

MSc: Biomedical Engineering

Supervisor: Professor Can A. Yucesoy

Thesis Title: Combined Effects of Foot Placement Technique and Sport Specific Habitual Training on Landing Mechanics

2013 – Present **Marmara University | Istanbul, Turkey**

MSc: Sports Health Sciences

Supervisor: Associate Professor Yasar Tatar

Thesis Title: Effects of Eccentric Exercise on Medial Gastrocnemius and Achilles Tendon Structure in Children with Cerebral Palsy.

(Funded by Scientific Research Projects Unit, Marmara University)

Due for submission November 2018.

2006 – 2012 **Yildiz Technical University | Istanbul, Turkey**

BSc: Chemical Engineering

TECHNICAL RESEARCH SKILLS

- **Data Collection:** Biodex System 4 Pro dynamometer, Telemed LS128 Ultrasound system, Tekscan force/pressure mapping systems, Kistler force plates, Vicon motion capture systems, Delsys Trigno wireless EMG system, XSens MTw Awinda inertial sensors, Kyowa PCD-300A strain gauge load cells, Biodex Balance System SD and MyotonPro.
- **Data Analysis:** 2D or 3D kinetic and kinematic analysis of human motion incorporating inverse dynamics, muscle-tendon structural properties from imaging data (muscle-tendon length, fascicle length, cross sectional area, pennation angle, line of action),

myotonometer data (tone, stiffness, elasticity, relaxation, creep), EMG signal analysis, gait analysis, plantar pressure mapping, strength analysis on joint level such as torque-angle relationship, passive resistance, angle of spastic catch and statistical analysis.

- **Software:** MATLAB, F-Scan Research, Nexus, Delsys EMG Works Analysis, Tracker, Echo Wave II, ImageJ and SPSS.

WORK EXPERIENCE

- 2014 – Present **Research Assistant | Marmara University, Istanbul, Turkey**
- Taken part in and contributed to all the stages of many research projects at Sport Sciences and Athletes Health Research Centre (SSAHRC)
 - Conducted data collection and analysis with a large variety of systems.
 - Conducted tests on a variety of groups including national level athletes, non-athletes, people with obesity, physically disabled athletes such as amputee football players and children with physical disabilities such as cerebral palsy and spina bifida.
 - Provided assistance in preparing course materials and acted as an assistant lecturer in the following courses; sports biomechanics, motion mechanics, research methods in human motion, sports in disabled, anatomy and kinesiology.
- 2014 – Present **Voluntary Researcher | Foundation for the Physically Disabled, Turkey**
- Voluntarily worked on the European Union supported Sportive Skills and Coordination project for physically disabled.
 - Participated in neuromuscular evaluation and exercise programming of over 200 children with physical disabilities (mostly cerebral palsy).
 - Significant progress was observed in physical capacities (strength, movement screen and gross motor) of participants after exercise intervention.
- 2013 – 2014 **Fitness Facility Manager | Rings Istanbul, Istanbul, Turkey**
- 2011 – 2012 **Fitness Trainer | Divan Hotel, Istanbul, Turkey**

UNRELATED VOLUNTEER EXPERIENCE

- 2017 October **H2020 - Marie Skłodowska-Curie Actions (MSCA) | Istanbul, Turkey**
- Voluntarily participated in SCI-ALL event to demonstrate basic test methods used in biomechanics to the public in order to raise public awareness about scientific methods.
- 2016 – Present **Erasmus+ Student Exchange Coordinator
Department of Sports Coaching Education, Marmara
University | Istanbul, Turkey**
- 2016 – 2018 **Coordinator of Marmara University American Football Team | Istanbul,
Turkey**

- Voluntarily acted as an advisor for american football team of the university.

2015 – 2016
Turkey

Manager of Campus Fitness Center | Marmara University, Istanbul,

- Voluntarily managed the campus fitness center and undertake the duties of recruiting, training and supervising staff, and financial planning.

2014 – 2016

**Elected Student Representative for postgraduate students
Faculty of Sports Sciences | Marmara University, Istanbul, Turkey**

- Represented the views and requests of the students to the university administration, and enhanced communication between the two parties

SCIENTIFIC PUBLICATIONS

Peer-Reviewed Journal Articles

Tatar, Y., Gercek, N., Ramazanoglu, N., Gulmez, I., Uzun, S., **Sanli, G.**, Karagozoglu, C. & Cotuk, H. B. (2018). Load distribution on the foot and lostrand crutches of amputee football players. *Gait & posture*, 64, 169-173.

Pinar, Y. O., Onen M. E., Erzeybek M. S., **Sanli G.**, Pinar S. (2018). Choosing Exercise Cadence on the Outdoor Stepper for Various Exercise Intensity. *Journal of Education and Training Studies*, 6 (10), 177-182.

Gerçek, N., Gülmez, İ., Tatar, Y., Uzun, S., Ramazanoğlu, N., Yılmaz, S., **Şanlı, G.** (2017). Çocuklarda Golf Antrenmanlarının Statik ve Dinamik Denge Üzerine Etkisi. *İstanbul Üniversitesi Spor Bilimleri Dergisi*, 7 (3), 1-9.

Manuscripts in Preparation

Sanli G., Tatar Y., Yucesoy C.A. Combined Effects of Foot Placement Technique and Sport Specific Habitual Training on Landing Mechanics.

Sanli G., Uzun S., Tatar Y., Cakir Z., Gercek N., Ramazanoglu N. Sport specific training in different environments alters knee joint angle-torque relationship in athletes.

Conference Proceedings

Oral Presentations

Sanli G., Tatar Y., Yucesoy C. A. 'Habitual Loading Increases Stiffness and Elasticity of the Achilles Tendon' *9th International Biomechanics Congress*. Eskisehir, Turkey, September 2018. Abstract Book: 422-423.

Pamuk U., Karakuzu A., **Sanli G.**, Yucesoy C. A. 'Muscles' Activation State Affects Medial Gastrocnemius Fiber Strain Heterogeneity: Assessment Using MRI and DTI Methods' *XXVI Congress of the International Society of Biomechanics*. Brisbane, Australia, July 2017. Abstract Book: 107.

Uzun S., Aksu S., **Sanli G.**, Gercek N., Odabas I. 'The Effects of 12 Weeks Pilates Reformer Training on Maximum Knee Strength and Endurance in Obese and Lean Women' *22nd*

Annual Congress of the European College of Sport Science. MetropolisRuhr, Germany, July 2017. Abstract Book: 89.

Ramazanoglu N., Tatar Y., **Sanli G.**, Uzun S., Piskintas B., Gercek N., Yılmaz S., Gulmez I. 'Relationship Between Isokinetic Knee Strength and Flight Distance at Different Start Techniques in Experienced Swimmers' *21st Annual Congress of the European College of Sport Science*. Vienna, Austria, July 2016. Abstract Book: 442 (Mini-Oral).

Gercek N., Tatar Y., Uzun S., Ramazanoglu N., **Sanli G.** 'The Effects of Virtual And Traditional Golf Programs on Strength, Flexibility and Reaction Time in Children with Cerebral Palsy' *21st Annual Congress of the European College Of Sport Science*. Vienna, Austria, July 2016. Abstract Book: 62.

Tatar Y., Uzun S., **Sanli G.**, Ramazanoglu N., Gerçek N. 'Differences in Optimum Angle of Knee Extensors Between Swimmers and Handball Players' *1st International Symposium of Sports Science, Engineering and Technology*. Istanbul, Turkey. May 2015. Proceeding Book: 7

Poster Presentations

Uzun S., Tatar Y., Gercek N., **Sanli G.**, Ramazanoglu N. 'The Effects of Exercise on Plantar Pressure Distribution in Children with Cerebral Palsy' *XXII ISEK Congress of the International Society of Electrophysiology and Kinesiology*. Dublin, Ireland. June-July 2018. Abstract Book: 455.

Gercek N., Uzun S., Tatar Y., **Sanli G.**, Gulmez I., Ramazanoglu N. 'The Effects of Virtual and Traditional Golf Programs on Balance During Golf Swing in Children with Cerebral Palsy' *XXII ISEK Congress of the International Society of Electrophysiology and Kinesiology*. Dublin, Ireland. June-July 2018. Abstract Book: 307.

Sanli G., Tatar Y., Yucesoy C.A. 'Effects of Landing Technique On Ground Reaction Forces and Joint Kinematics in Specific Athletic Groups' *XXVI Congress of the International Society of Biomechanics*. Brisbane, Australia, July 2017. Abstract Book: 1001.

Sanli G., Uzun S., Tatar Y., Cakir Z., Gercek N., Ramazanoglu N. 'The Effects of Plyometric Training On Knee Joint Angle-Torque Relationship in Elite Handball Players' *34th International Conference of Biomechanics in Sports*. Tsukuba, Japan, July 2016. Proceeding Book: 1000-1003.

Tatar Y., Uzun S., Ramazanoglu N., Sayli O., Piskintas B., Gercek N., **Sanli G.** 'Foot Pressure Analysis of The Grab, Track and Kick Start Techniques in Swimming' *21st Annual Congress of the European College of Sport Science*. Vienna, Austria, July 2016. Abstract Book: 171.

Uzun S., Ramazanoglu N., Tatar Y., **Sanli G.**, Gercek N. 'A Comparison of Limits of Stability Testing Between Swimmers and Karate Players' *1st International Symposium of Sports Science, Engineering and Technology*. Istanbul, Turkey. May 2015. Proceeding Book: 131-135

Ramazanoglu N., Tatar Y., Piskintas B., **Sanli G.**, Gerçek N., Uzun S., Yılmaz S., Gulmez I. 'Kinematic Evaluation of Different Start Techniques on Swimming Performance' *13th International Sport Sciences Congress*. Konya, Turkey, November 2014. Proceeding Book: 359-360

CONFERENCES ATTENDED

2018	9th International Biomechanics Congress Eskisehir, Turkey
2018	8th World Congress of Biomechanics Dublin, Ireland
2017 Australia	XXVI Congress of the International Society of Biomechanics Brisbane,
2017	<i>Connective Tissues In Sports Medicine</i> Ulm, Germany
2016 Japan	34th International Conference of Biomechanics in Sports Tsukuba,
2016 Science Vienna, Austria	21st Annual Congress of the European College of Sport
2015 Turkey	1st Int. Symposium of Sports Science, Engineering and Tech Istanbul,
2014 Istanbul, Turkey	5th Int. Cerebral Palsy and Developmental Disorders Congress
2014	18th National Biomedical Engineering Meeting Istanbul, Turkey
2014	13th International Sport Sciences Congress Konya, Turkey
2013	IDEA Personal Trainer Institute Washington, USA

TRAVEL GRANTS

2017 - July	Granted by Faculty of Sports Sciences, Marmara University to present in XXVI Congress of the International Society of Biomechanics in Brisbane, Australia \$ 2,108.50 (AUD)
2017 - March	Granted by Foundation for the Physically Disabled to attend the congress of <i>Connective Tissues In Sports Medicine</i> in Ulm, Germany € 141.40
2016 - July	Granted by Faculty of Sports Sciences, Marmara University to present in 34th International Conference of Biomechanics in Sports in Tsukuba, Japan. \$ 2,148.20 (AUD)
2016 - July	Granted by Departments of Health, Culture and Sports, Marmara University to present in 21st Annual Congress of the European College of Sport Science in Vienna, Austria € 871.25

TEACHING EXPERIENCE

Teaching Assistantships

2016 - Present	Motion mechanics Faculty of Sports Sciences, Marmara University
2016 - Present University	Res. methods in human motion Faculty of Sports Sciences, Marmara
2015 - Present	Sports biomechanics Faculty of Sports Sciences, Marmara University
2015 - Present	Anatomy Faculty of Sports Sciences, Marmara University
2015 - Present	Kinesiology Faculty of Sports Sciences, Marmara University

Other Teaching Experience

2016 August Federation	Fundamental Anatomy Coach Education, Turkish Underwater Spo.
2016 February Federation	Fundamental Biomechanics Coach Education, Turkish Sailing
2015 August Federation	Fundamental Anatomy Coach Education, Turkish Swimming

CERTIFICATES

2017	Publishing Academy for Clinical Research Springer Nature
2016	Lifestyle Fitness Coaching American Council on Exercise (ACE)
2013	Certificate in Exercise Nutrition Precision Nutrition
2012 Medicine	Performance Enhancement Specialist National Academy of Sports
2012	Corrective Exercise Specialist National Academy of Sports Medicine
2012	Personal Trainer Certificate American Council on Exercise (ACE)

PROFESSIONAL MEMBERSHIPS

2016-2017	Student member European College of Sport Science (ECSS)
2016-2017	Student member International Society of Biomechanics (ISBS)
2013-present	Member National Academy of Sports Medicine (NASM)
2012-present	Member American Council on Exercise (ACE)

REFERENCES

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