

Instr.Bahar SAYGILI

Bahar Saygılı, whose Republic of Turkey, is a national athlete at triathlon branch who has been representing our country successfully at various races since 2001. Besides, she is continuing her studies for her academic career.

She started her bachelor degree in 2005 at Marmara University at Physical Education and Sport Teaching Department and graduated in 2009. She had represented Marmara University in 2006 at Athens University as an Exchange student with Erasmus programme for 1 year.

She started her master degree at Marmara University, Health Sciences Institute, Movement and Training Major. She studied the effect of maximal strenght trainings on performance at her branch. She is continue her PhD programme at Marmara University Health Sciences Institute, Movement and Training Major. On the other hand she is giving triathlon branch as a lecturer at Marmara University. She is currently Instructor at İstinye University, Vocational School, Sports Management Programme.

Research Areas: Endurance Sports, Athlete Nutrition.