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She graduated from Ankara Atatürk High School in 1986. After completing her undergraduate (1991) and master's (1994) education at METU Physical Education and Sports Department she pursued her PhD in "Exercise Physiology and Training Science" at UNM, USA. Her research interests include effects of different exercise types on the young athletes and exercise physiology at extreme conditions. She has research articles, book editor and author in international and national refereed journals.

She started her academic life in 1992 as a research assistant at METU Physical Education and Sports Department. After receiving her PhD from the University of New Mexico, She completed her compulsory service between 1999 and 2014 at Celal Bayar University. She still continues to lecture and research as a professor at Marmara University Faculty of Sport Sciences.

In 1993, she became the first women coach of Turkish University National Volleyball Teams and the manager in 2007. For the next two years, she worked as the team manager of the Turkish Volleyball Federation Junior National Teams. Since 1999, she has been a member of the Education Board of the Turkish Volleyball Federation, the Scientific Committee and various commissions.