



Dr. Sándor Béres Ph.D.

- Associate Professor
- Track and Field Department
- Management mandate: Head of Department
- Year of birth: 1970

Qualifications, academic degrees

University degrees

- M.S. in Health and Physical Education – Hungarian University of Physical Education (HUPE), Budapest, Hungary 1993
- Certified Sport Coach – track & field, handball, basketball, football, tennis, ski – Hungarian University of Physical Education, Budapest, Hungary 1993
- M.S. in Coaching, concentration in Track & Field – Hungarian University of Physical Education, Budapest, Hungary 1996

Academic degrees and titles

- Ph. D. in Biomechanics – Semmelweis University, Budapest, Hungary 2005

Professional career

Previous and current jobs, positions and titles

- Szeged University, Juhász Gyula College of Teacher Training, Physical Education and Sport Sciences Institute, Szeged, Hungary 1993–2011 (Associate Professor)
- Eszterházy Károly College, Institute of Physical Education and Sport Science (Associate Professor) (2011–2015)
- Szeged University, Sportcenter, part-time instructor and strength and conditioning coach (2012–2013)
- Hungarian University of Physical Education, Budapest, Hungary (2014–present) (Associate Professor)

Public activities at the university (board memberships, leadership positions)

- Track and Field Department, Head of Department
- Association of Hungarian PE Teachers 1996 –
- Hungarian Committee of Sportsciences 1998
- Central–Eastern–European Recreation Association 2010–2014
- Master athletes council member 2011–2014



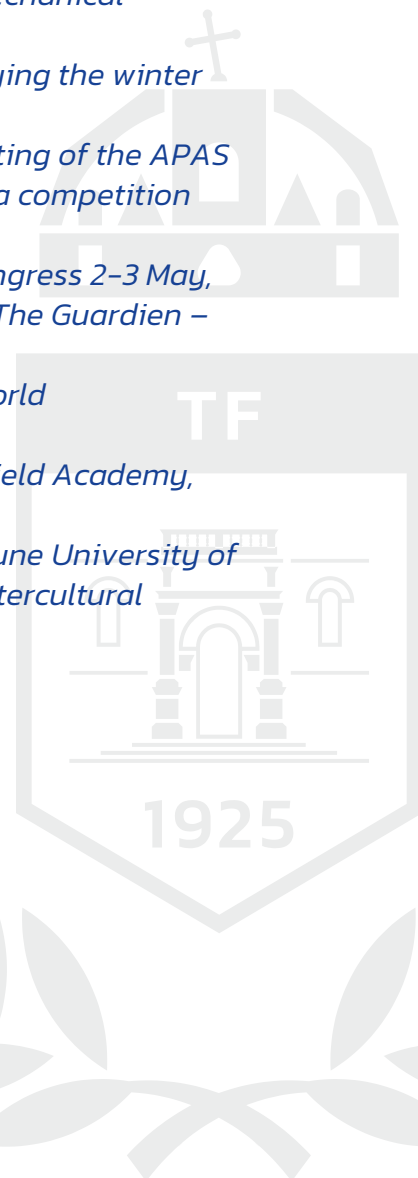
- *Recreatio* – quarterly journal – Közép-Kelet-Európai Rekreációs Társaság – Hungary, Szeged – 2011–2019

Key study trips, missions

- 1995 USA, Indiana, Bloomington, Indiana University – Studying of the Silicon Graphics 3D movement analyzer system
- 1996 Germany, Köln, The German Sport University– Deutsche Sporthochschule Köln – Collecting scientific literature and study trip
- 2001 Slovakia, Nitra, Constantine the Philosopher University In Nitra, Department of Physical Education – Scientific relation – planning and consultation
- 2003 Slovakia, Nitra, Constantine the Philosopher University In Nitra, Department of Physical Education – Scientific relation – planning and consultation
- 2008 Great Britain, Portsmouth, Portsmouth University – ERASMUS – scientific relations care. Studying the biomechanical laboratory, collecting new researching knowledge.
- 2008 Germany, Frankfurt – Goethe-Universität Frankfurt am Main – Raising new scientific connections, studying the biomechanical laboratory, literature collecting
- 2009 Norway, Elverum – University Hedmark – Studying the winter sports, building relations
- 2010 Norway, Elverum – University Hedmark – Presenting of the APAS 3D movement analyzer system, visiting trainings and a competition (gymnastics and swimming)
- 2012 England, London – HC2012 Health Informatics Congress 2–3 May, Business Design Centre, London – In association with The Guardian – Optisoft delegate
- 2017 England, London 08th–14th August, Athletics World Championship, slow motion competition recording
- 2018 Singapore, Singapore Sport School, Track and Field Academy, Jumper Coach
- 2019 USA, New Mexico, Albuquerque, 24th May –15th June University of New Mexico, UPE Complex Education Language and Intercultural Immersion for Junior Faculty

Awards, titles, honours

- *Good learner, good sporter* – HUPE, Budapest, 1992
- *Pro Juventute* – Szeged University, Szeged, 2003



Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	mid-level	mid-level	mid-level	no
German	basic-level	basic-level	basic-level	no

Research, expert activities

Major subjects and topics taught

- Sport biomechanics
- 3D movement analysis
- Sport physiology

Field and discipline

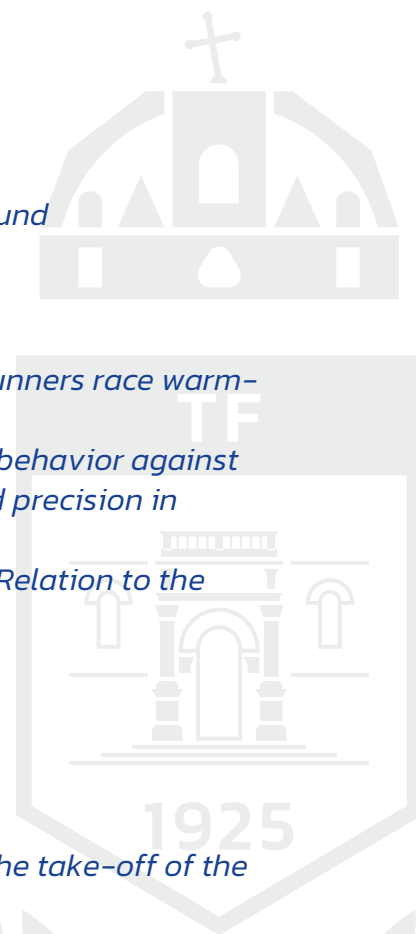
- Sport biomechanics
- Track and Field Physiology
- Sport Shooting techniques and psychological background

Current research topics

- The control run in the top level Hungarian 400m flat runners race warm-up
- Investigation of tactical rifle scope cross-hair moving behavior against sun path and angle from point of view of accuracy and precision in long-range shooting
- A Quality Requirements for Front and Rear Support in Relation to the Precision of a Bolt Action, Big Calibre Precision Rifle
- Investigating human performance in motor racing

Former research topics

- 3D movement analysis
 - Biomechanical analysis of the last strides and the take-off of the long jump
 - The biomechanics of the unbind at the Olympic bow
 - 3D comparative movement analysis of adults with obesities
- Long term speed endurance development of Hungarian top sprinters
- Short term adaptation during sprint events warm up



- *The cellular-basis of the low-laser treatment*
- *The present day situation of the senior track & field in Hungary*
- *The possibilities of hitting speed development at the junior age tennis players – 3D comparative movement analysis*
- *Assumption of heart frequency at championship contest of the adult women water polo players*
- *The techniques of the athletics events*
- *The history of roller skating*
- *The biomechanics of athletics sprint events block start*
- *The subculture of fixie bicycle riders*
- *The history and race events of fixed gear bicycles*
- *The relationship between exercise, oxidative stress and the antioxidant defensive system.*
- *The biomechanics of strokeout and the freeing in the Olympic 200m and 1000m canoe race technique*
- *The control run in the top level Hungarian 400m flat runners race warm-up*
- *The correlations of the anatomical marks of the foot and the running speed*
- *Improving the spreading pattern of precision rifles by modeling and optimizing barrel harmonics*

Key research

- *Biomechanics of the long jump*
- *Biomechanics and physiology of sprint events*

Membership of a scientific or professional organization or body

- *Association of Hungarian PE Teachers 1996 –*
- *Hungarian Committee of Sportsciences 1998 –*
- *Central-Eastern-European Recreation Association 2010–2014*

Editorial board memberships and positions

- *Recreatio – quarterly journal – Közép-Kelet-Európai Rekreációs Társaság – Hungary, Szeged – 2011–2019*

Expert advisory activities

- *Precision Shooting – IPRF class – F-Class – Long distance tactical shooting*



Coaching positions, results

- Long jump technical coach
 - Nóra Hódi – 2010 MEFOB Long Jump 1st place (6.14m), best result in the national ranking at that time.
- Conditioning coach – Szegedi Gellért Tennis SE – 2007–2011.
 - Hungary's most successful youth coaching club in 2010.
 - 7 national age group championship titles
 - 3rd place in the European Individual Championships for André Bíró
 - 11 regional championship titles
 - Winner of the regional championship points competition
 - Zsófia Susányi's first adult \$10,000 prize
 - Eszter Pálinkás national age group title
 - Lilla Barzó national age group title.
- Speed development for junior football players (Tisza Volán Szeged junior team)
- MLSZ licensed football coaching course – instructor – speed development 2007–2008.
- Speed and movement coordination development for U10–U14 football players (Honvéd FC)
- TFSE NB1 women's volleyball team conditioning coach, movement analyst 08.08.2016 – 04.04.2018.
- KTS Kovács Training System training camp – instructor – canter speed, starting speed, special endurance and running technique training (theory and practice, language: English) 2016
- Oláh-Benkő beach volleyball team fitness trainer and movement analyst 09. 2016 – 03.2018.
- Singapore Sports School, Athletics Academy, Jumping Coach (National School Games 1st–3rd place – Andrew George Medina – Triple Jump 1st place, Sherlynn Yen Chin – Long Jump 2nd place,); Tia Rosario Triple Jump Technical Coach – Singapore National Record 02.2018 – 06.2018
- Canadian Hungarian Hockey Club Sports Association U16, U18 and adult women's team conditioning coach 21.08.2020 – 2021 EWHL Final Four 1st place – assisting as conditioning coach 01.08.2021.
- Budapest Ice Hockey Academy strength and conditioning coach and acting sports science officer 02.08.2021 – 30.04.2022.

Publications

<https://m2.mtmt.hu/api/publication?format=html&labelLang=hun&sort=publishedYear,desc&cond=authors;eq;10035849>

Contacts

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Other professional profiles

- LinkedIn: <https://hu.linkedin.com/in/beress>
- MTMT: <https://m2.mtmt.hu/api/author/10035849>
- Scholar: -
- Other(s): <https://www.researchgate.net/profile/Beres-Sandor-2>

