



Sándor Sáfár

- *assistant professor*
- *Training Theory and Methodology Research Center*
- *Specialist in sports performance analysis (MSc)*
- *31. 01. 1984.*

Qualifications, academic degrees

University degrees

- *Semmelweis University Faculty of Physical Education and Sport Science, physical education – recreation, 2007*
- *Semmelweis University Faculty of Physical Education and Sport Science, sport management, 2008*

Academic degrees and titles

- *Semmelweis University, summa cum laude, 2014*

Professional career

Previous and current jobs, positions and titles

- *Hungarian Football Association, sports science associate and fitness coach (2011–2020)*
- *Ministerial commissioner (2020–2022)*
- *National Sports Agency of Hungary, director (2022–)*

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

- *Innovation Board and Innovation Cabinet member (2024–)*
- *MSc Sports performance analysis course, head of department*

Key study trips, missions

- *National Taiwan Sport University Short-term Visiting Professor*

Awards, titles, honours

- *• 2005 – 2006 "GOOD STUDENT, GOOD ATHLETE OF HUNGARY"*
- *• 2005, 2007 LEAD IN LEARNING, LEAD IN SPORT honorary title (Budapest Assembly)*
- *• 2003–2004–2005 UNIVERSITY OF PHYSICAL EDUCATION "GOOD STUDENT, GOOD ATHLETE"*



- 2004 – 2005 SEMMELWEIS UNIVERSITY "GOOD STUDENT, GOOD ATHLETE" 3RD PLACE
- 2004 / 2005; '05/'06; '06/'07 HUNGARIAN SCHOLARSHIP
- 2007 "PRO SCIENTIA" GOLD MEDAL
- 2007 SEMMELWEIS UNIVERSITY "EXCELLENT STUDENT"

Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	C1	C1	C1	yes
Deutsch	A1	A1	A1	no

Research, expert activities

Major subjects and topics taught

- Basics of training theory
- Training theory and methodology
- Training theory
- Basics of athletics
- Athletic training
- Theory and methodology of athletics
- Periodization
- Functional biomechanics
- Ergonomics
- Conditional skill development
- Sport-specific training theory
- Training theory of elite sports

Field and discipline

- Sport sciences

Current research topics

- Sports professional values of DNA sequencing and analysis
- Possibilities of creating an optimal load

Former research topics

- Anthropometric and performance tests of youth athletes
- Use of a reactive agility training program with light-based stimulation to improve the physical and cognitive performance of car racers



Key research

- *Opportunities for skill development in elite sports*
- *Training methods in different sports*

Membership of a scientific or professional organization or body

- *“Pro Scientia” gold medalist*

Editorial board memberships and positions

- *MANUAL FOR USING THE XFIT SKILL-CENTERED FITNESS TEST SYSTEM, 2021, reviewer*

Expert advisory activities

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Publications

- *My publications in MTMT (Catalogue of Hungarian Scientific Works) (<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10022247&view=dataSheet>)*

Contacts

University residence

- *Building: K2*
- *Room: II/17*
- *Phone number(s): +36302982900*
- *E-mail address: safar.sandor@tf.hu*

Other professional profiles

- *LinkedIn: Sáfár Sándor*
- *MTMT: Sáfár Sándor*
- *Scholar:*
- *Other(s):*

