



Name: Tímea, Lénárt

- *Adapted Physical Education teacher*
- *Department of Health Sciences and Sport Medicine*
- *management assignment:*
- *year of birth:1980*

Qualifications, scientific degrees

University degrees

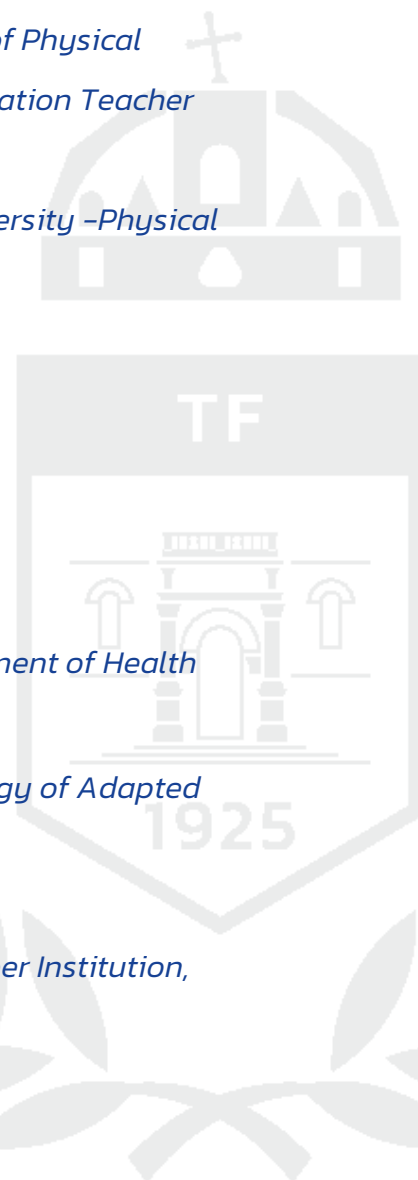
- *1.09/2015 –06/2017University of Physical Education –Pedagogical professional examination in Physical Education,Sport andAdapted Physical Education(Adapted Physical Educationmentor teacher)*
- *2.09/2005 – 06/2007Semmelweis University Faculty of Physical Education and Sport Sciences –Adapted Physical Education Teacher*
- *3. 09/2000 – 06/2004EszterházyKároly Catholic University –Physical Education Teacher*

Academic degrees, titles

Career paths

Earlier and present workplaces, positions, and status

- *2022:Hungarian University of Sports Science – Department of Health Sciences and Sport Medicine;
Teaching of Kinesitherapy and Theory and Methodology of Adapted Physical Education*
- *From 2013:Pest County Pedagogical Service Vác Member Institution, Adapted Physical Education Teacher*



- *From 2009:Hungarian University of Sports Science – mentor teacher*
- *From 2012:private teacher in Együtt-Érted Development House Vác*
 - *Professional educator in Schroth Method,*
 - *Functional sport-specific training.*
 - *Special spinal exercise, based on the examination of movement and posture.*
 - *Development of individual strength and movement of amateur and professional athletes, based on the examination of movement and posture.*

09/2008 – 08/2013 Juhász Gyula Primary School, Vác

Travelling Adapted Physical Education Teacher

03/2005 – 08/2008 Sport facilities in Vác

Swimming trainer in all the schools and kindergartens of the region and in Vác

09/2004 – 08/2005 Földváry Károly Primary School, Vác, Physical

Education Teacher

University public activities (board memberships, management assignments)

Language skills



Language	Speaking skill	Writing skill	Reading skill	Will you take a media role in it?
English	B1/B2	B1/B2	B1/B2	no

Research, expert activity

Main taught subjects and topics

- *Kinesitherapy*
- *Theory and Methodology of Adapted Physical Education*

Academic discipline or field

- *Scoliosis*
- *Kinesitherapy, functional sport-specific training*

Previous research topics

- *The role and place of exercises and games that can be performed in water in today's physical education. 2015*
- *Testing students attitude towards movement who have unnecessary bodyweight. 2007*

Publications

- *My publication in The Hungarian Scientific Bibliography (MTMT) ([link](#))*

Contacts

University residence



- *Building: Department of Health Sciences and Sport Medicine, building L5*
- *Room number: 109*
- *Phone number(s):061 487 9200/1514*
- *Email address: lenart.timea@tf.hu*

Other professional profiles

- *I have been working as an Adapted Physical Education teacher since 2009. I think this profession is a gentle duty for me and brings me novation every year.*

It requires the fresh and operative knowledge, problem solving skills and humility for the profession.

In recent years, I have taken part in many further training courses in order to have up-to-date knowledge in the field of scoliosis and performance enhancement. I only participated in the training of the best professionals who work according to the most modern principles in Hungary. I am constantly improving myself and broadening my knowledge.

- *Trainings which I have done till now:*
 - *March 2022: Schroth Training 1. Module – Horvát Krisztina*
 - *April 2022: Freeing the hip, Eugenio Santos– Takács Kinga*
 - *June 2021: Scoliosis Therapy Special – Horvát Krisztina*
 - *February 2021: Functional Fascia Training – Feövenyessy Krisztina*
 - *March 2020: Functionality–Fitness–Performance – Pozsonyi Zsolt*
 - *June 2020: Biomechanics of Movement– Takács Kinga*

- *March 2019: Movement Matrix – Eugenio Santos, Dan Santos*
- *March 2019: Modern Scoliosis Therapy According to Schroth – Horvát Krisztina*
- *September 2018: Bosu Kids – Unstable environment and proprioceptive development in childhood – Vásárhelyi Nagy Ildikó*

