



Marcell Fridvalszki

- Assistant Research Fellow
- Department of Kinesiology
- Year of birth: 1984

Qualifications, academic degrees

University degrees

- **2016**, Sports coach, master's degree – University of Physical Education, Budapest (Hungary)
- **2014**, Certified recreation leader, master's degree – Semmelweis University Faculty of Physical Education and Sport Sciences, Budapest (Hungary)

Professional career

Previous and current jobs, positions and titles

- **2019** – Assistant research fellow – Hungarian University of Sports Science, Budapest
- **2024** – Strength and conditioning coach – Genesys OSC-Újbuda water polo team
- **2023** – Strength and conditioning coach – Hungarian women's national water polo team (Olympic games 5th place, Paris, 2024; World Championships 2nd place, Doha, 2024)
- **2020-2024** – Strength and conditioning coach – A-Híd VasasPlaket water polo team (LEN Euro Cup 1st place, 2023; LEN Super Cup 2nd place, 2023; Hungarian Championships 2nd place, 2023/2024; Hungarian Cup 2nd place, 2023/2024)
- **2018** – Performance enhancement specialist – Benedek Oláh (Finnish table-tennis player)
- **2017** – Strength and conditioning coach – Katalin Burián (Olympian swimmer, 2x European Championships bronze medalist)
- **2020-2022** – Strength and conditioning coach – Hungarian Synchronized Swimming Federation

- **2019–2020** – Strength and conditioning coach – A-Híd OSC–Újbuda water polo team
- **2018–2020** – Strength and conditioning coach – Hungarian swimming team members (Nándor Németh, Benjamin Grátz, Sebestyén Bóhm, Hubert Kós)

Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	B2	B2	B2	no
Spanish	A1	A1	A1	no

Research, expert activities

Major subjects and topics taught

- Theory and methodology of functional training

Field and discipline

- Sport Science
- Relationship between agility and cognitive functions in water polo

Current research topics

- Development of various agility tests in water polo (in focus: decision-making, shooting efficiency)
- Laboratory measurements of the perceptual-cognitive skills in water polo
- Analysis of match performance indicators in water polo

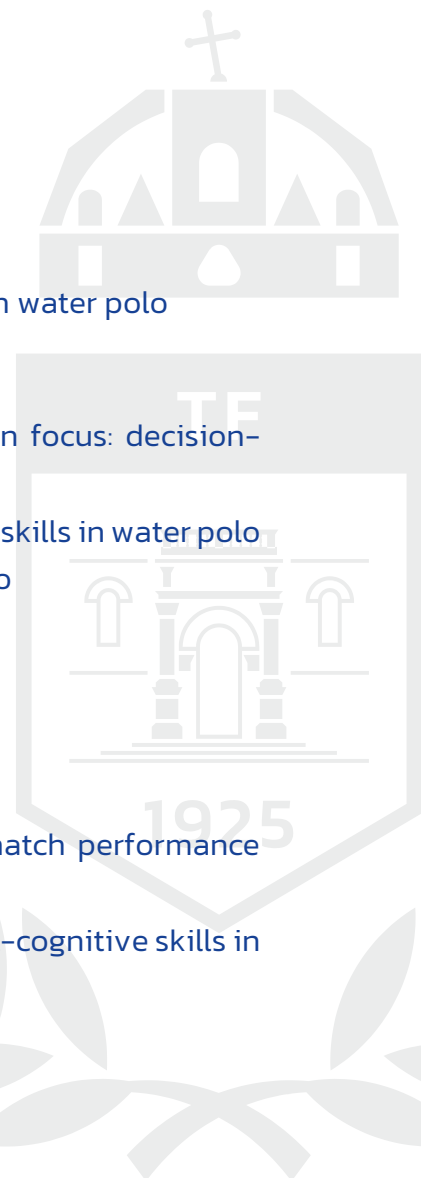
Former research topics

- Blood flow restriction in human skeletal muscle

Key research

- **2022** – The assessment of cognitive functions and match performance indicators in elite water polo players (TEKA)
- **2022** – The relationship between agility and perceptual-cognitive skills in elite young water polo players

Membership of a scientific or professional organization or body



- Hungarian Society of Sport Sciences

Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works):
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10060092>

Contacts

University residence

- Building: L3
- Room: F-04
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Other professional profiles

- **LinkedIn:**
<https://www.linkedin.com/in/marcell-fridvalszki-45507125a/>
- **MTMT:**
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10060092>
- **Scholar:**
https://scholar.google.com/citations?view_op=list_works&hl=hu&user=juds2PQAAAAJ
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