

Prof. Pál Hamar DSc

- Professor
- Pedagogy Department
- 1961

Qualifications, academic degrees

University degrees

- High school physical education teacher
- Gymnastics coach

Academic degrees and titles

- Dr. Univ. (HUPE, 1990)
- PhD Educational Science (Eötvös Loránd University, 2000)
- Dr. Habil Educational Sciences (University of Pécs, 2009)
- Doctor of Science, Hungarian Academy of Sciences (2019)

Professional career

Previous and current jobs, positions and titles

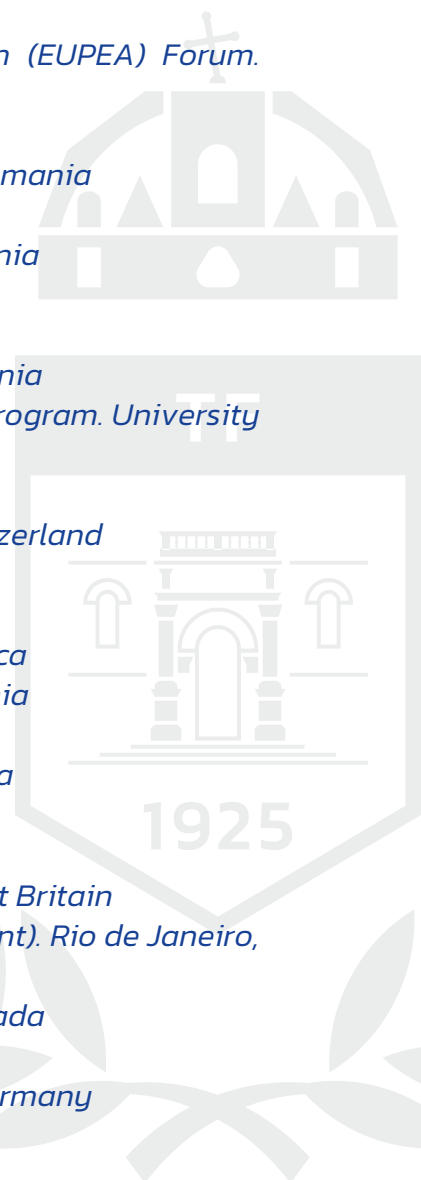
- 1986–1990 Research Assistant, College of Physical Education, Department of Gymnastics
- 1990–1998 Scientific Associate, Hungarian University of PE (HUPE) Department of Gymnastics
- 1998–2001 Assistant Professor, HUPE Department of Gymnastics
- 2001–2011 Associate Professor, HUPE Department of Gymnastics
- 2011–2019 Professor, HUPE Department of Gymnastics, Rhythmic Gymnastics, Dance and Aerobics
- 2019–2023 Professor, University of PE (HUSS) Pedagogy and Methodology Department
- 2023– Professor, Hungarian University of Sports Science (HUSS) Pedagogy Department

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

- Hungarian University of Sports Science Doctoral Council, vice president
- Hungarian University of Sports Science Council of the Doctoral School of Sports Sciences, member
- Hungarian University of Sports Science Habilitation Committee, member

Key study trips, missions

- 1984 *Deutsche Hochschule für Körperkultur. Leipzig, Germany*
- 1984 *University of Jyväskylä. Jyväskylä, Finland*
- 1990–1993 *Circolo Ginnastica Mazara. Mazara del Vallo, Italy*
- 1998 *Jeux Sans Frontieres. Trento, Italy*
- 1999 *Jeux Sans Frontieres. Le Castella, Italy*
- 2000 *Ti-Gym 2000. Ticino, Switzerland*
- 2001 *K & V – Opmeer. Opmeer, The Netherlands*
- 2001 *Handfest. Fondi, Italy*
- 2002 *I3PE Network. Groningen, The Netherlands*
- 2003 *I3PE Network. Worcester, Great Britain*
- 2003 *Bolyai Summer Academy. Sovata, Romania*
- 2004 *I3PE Network. Worcester, Great Britain*
- 2004 *Women's Gymnastics European Championship. Amsterdam, The Netherlands*
- 2004 *Handfest. Fondi, Italy*
- 2004 *I3PE Intensive Program. Worcester, Great Britain*
- 2005 *International Week. Worcester, Great Britain*
- 2005 *I3PE Intensive Program. Worcester, Great Britain*
- 2005 *16th European Physical Education Association (EUPEA) Forum. Trieste, Italy*
- 2006 *International Week. Worcester, Great Britain*
- 2006 *Bolyai Summer Academy. György Sepsiszent, Romania*
- 2006 *I3PE Network. Tilburg, The Netherlands*
- 2007 *Bolyai Summer Academy. Miercurea-Ciuc, Romania*
- 2008 *Meeting of Hungarian Rectors. Cluj, Romania*
- 2008 *I3PE Network. Tilburg, The Netherlands*
- 2008 *Bolyai Summer Academy. Miercurea-Ciuc, Romania*
- 2009 *ERASMUS Teacher Mobility. Teacher exchange program. University of Sunderland, Great Britain*
- 2009 *I3PE Network. Malmö, Sweden*
- 2010 *FIG Meeting of Gymnastics for all. Lausanne, Switzerland*
- 2010 *I3PE Network. Malmö, Sweden*
- 2010 *Gymnastics World Cup. Moscow, Russia*
- 2010 *Gordons Gymnastics Club. Cape Town, South Africa*
- 2012 *Bolyai Summer Academy. Miercurea-Ciuc, Romania*
- 2013 *Bolyai Summer Academy. Sovata, Romania*
- 2014 *World Gymnastics Championships. Nanning, China*
- 2015 *Svetlana Horkina Cup. Belgorod, Russia*
- 2015 *28th Summer Universiade. Gwangju, South Korea*
- 2015 *World Gymnastics Championships. Glasgow, Great Britain*
- 2016 *Aquace Rio Final Gymnastics Qualifiers (Test Event). Rio de Janeiro, Brazil*
- 2017 *World Gymnastics Championships. Montreal, Canada*
- 2018 *Pädagogische Hochschule. Eisenstadt, Austria*
- 2022. *Gymnastics European Championship. Munich, Germany*



- 2022. World Gymnastics Championships.. Liverpool, Liverpool, Great Britain
- 2023. World Gymnastics Championships. Antwerp, Belgium

Awards, titles, honours

- "For student sports" award certificate. NPESO, HUSA. 1998.
- Commemorative medal for "Budapest Torna Sport". Budapest Gymnastics Association. 2002 and 2012.
- Excellent Lecturer at Semmelweis University. 2004.
- Semmelweis University's Excellent Academic Student Educator. 2004.
- Endre Kerecsi Award. Semmelweis University Faculty of Physical Education and Sports Sciences. 2009.
- Master Teacher Gold Medal. National Scientific Student Council (NSSC). 2009.
- "For 20 years of Hungarian aerobic sport" commemorative medal. Hungarian Aerobics Association. 2011.
- Árpád Kiss Award. Minister of the Ministry of National Resources. 2012.
- Ferenc Hepp Memorial Medal. University of Physical Education (UPE). 2014.
- Matolay Lifetime Achievement Award. Hungarian National Association of Physical Education Teachers and Hungarian Olympic Committee. 2016.

Language skills

<i>language</i>	<i>speaking skills</i>	<i>writing skills</i>	<i>reading skills</i>	<i>take part in a media event?</i>
<i>Russian intermediate</i>	<i>passive</i>	<i>passive</i>	<i>passive</i>	<i>no TF</i>
<i>Italian intermediate</i>	<i>fluent</i>	<i>fluent</i>	<i>fluent</i>	<i>no</i>
<i>English basic</i>	<i>moderate</i>	<i>moderate</i>	<i>moderate</i>	<i>no</i>

Research, expert activities

Major subjects and topics taught

- *Theory of education (Didactics)*
- *Theory of education - In English*
- *Physical education and sport theory*

- *Conducting an independent course in the Doctoral School of Science – Theoretical and methodological foundations of physical education curricula – in Hungarian and English*
- *Career socialization practice*
- *School career socialization practice*
- *Sport and environmental protection, Optional subject*

Field and discipline

- *Educational Science – Curriculum theory*

Current research topics

- *Cross-Cultural Extension of Project STIL (Sedentary Teenagers, Inactive Lifestyles) (as a co-researcher, 2005–)*
- *Perceived Autonomy Support in Exercise Settings (as a co-researcher, 2016–)*
- *Investigating the motivational strategies of physical education teachers in three countries (the United Kingdom, Spain and Hungary) (as a co-researcher, 2018–)*
- *Researching Black Pedagogy in schools and sports clubs (as a co-researcher, 2020–)*
- *Experience-oriented physical education for national defense and autonomy, which requires order, from the perspective of personal and social responsibility and motivation (as co-researcher, 2024–)*
- *A complex examination of the pedagogical impact system of the Hungarian Football Academies (as co-researcher, 2024–)*

Former research topics

- *An attempt to process the school gymnastics curriculum more effectively in the context of the new curriculum concept (1982–1985)*
- *The effectiveness of the exercise material of a rationalized physical education curriculum on the psychomotor, cognitive and affective levels of students (1986–1990)*
- *Increasing the effectiveness of the teaching of the gymnastics subject in the credit system (with Dr. Klára Bejek)*
- *Curriculum attempt to rationalize the teaching of girls' gymnastics (1996–2000)*
- *Physical education teachers' opinions on curriculum changes following the system change (2001–2005)*
- *Euro-compliant perspectives of physical education curriculum development (2002–2006)*
- *Hardman & Marshall: International Survey of the Status of School Physical Education (as a co-researcher, 2005–2010)*
- *An international research of the affectivity of students aged 11–18 towards physical education (2006–2013)*
- *Mood State and Emotional Intelligence in Academic and Sport Settings (as a co-researcher, 2004–2016)*

- *Curriculum theoretical survey of the situation of school physical education in twenty-first century Hungary (2013–2019)*

Membership of a scientific or professional organisation or body

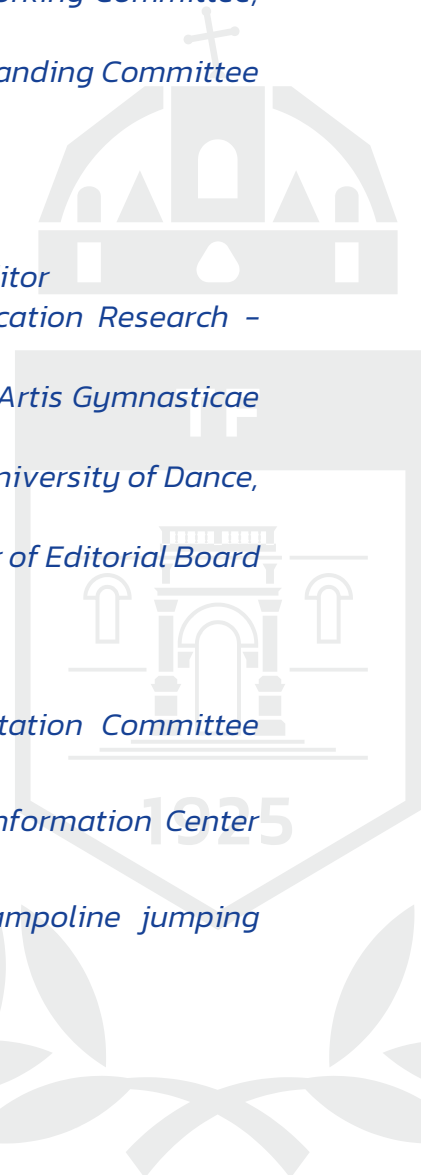
- *Hungarian Academy of Sciences Pedagogical Scientific Committee Somatic Education Subcommittee, president*
- *Hungarian Biological Society Movement, Behaviour and Cell Biology Department, president*
- *National Council of Public Education (NCPE), president*
- *Hungarian National Association of Physical Education Teachers (HNAPET), president*
- *Presto Sport and Leisure Time Association (PSLTA), president*
- *Hungarian Pedagogical Society, Department of Somatic Education, member*
- *Hungarian Sports Science Association, member*
- *European College of Sport Science, member*
- *Hungarian Rectors' Conference Teacher Training Committee, member*
- *Hungarian Academy of Sciences, 1st Department of Linguistics and Literature, Ethnography Committee, Dance Studies Working Committee, member*
- *Hungarian Academy of Sciences, Interdepartmental Standing Committee of Musculoskeletal and Sports Science, member*
- *Hungarian Olympic Committee, member*

Editorial board memberships and positions

- *Physical Education, Sports, Science scientific paper, editor*
- *Graduate Journal of Sport, Exercise & Physical Education Research – Editorial Advisory Board*
- *Journal Studia Universitatis Babeş-Bolyai – Educatio Artis Gymnasticae Series: Member of Scientific Editorial Board*
- *Dance and Education is the journal of the Hungarian University of Dance, member of the Advisory Board*
- *Journal SPRINT – Sport Research International: Member of Editorial Board (2023–)*

Expert advisory activities

- *Expert of the Hungarian Higher Education Accreditation Committee (HHEAC)*
- *He is an expert at the Hungarian Equivalence and Information Center (HEIC) of the Education Office*
- *Development of the system and rules of mini-trampoline jumping student competitions*



- *"Sporty, fit Mountain Region". Budapest Hegyvidék XII. development, organization and implementation of the physical culture program of the district Self-Government*
- *National Gymnastics Program (NGP). Development of the Innovation Plan of the Hungarian Gymnastics Federation for Leisure and Student Sports*
- *As a curriculum theoretician, he is involved in the preparation of the "Public education-type sports school framework curriculum" of the Csanádi Árpád Primary School and High School*
- *"Implementation possibilities of the Kids Athletics Program of the International Athletics Federation in the framework of daily physical education in the lower grades of elementary school" project expert*
- *"Content-methodological development and teacher training in the field of daily physical education" priority project expert*
- *EFOP-3.1.2-16-2016-00001. Methodological renewal of public education in order to reduce school leaving without a qualification – Introduction of a complex basic program in public education institutions professional expert of the program*
- *EFOP-3.2.15-VEKOP-17-2017-00001, prominent pedagogical expert of the project EDUCATION 2030*

Publications

- *My publications in MTMT (Catalogue of Hungarian Scientific Works) ([link](https://m2.mtmt.hu/api/author/10013499))*

Contacts

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