



Zoltán Tánczos

- Assistant lecturer
- Department of Recreation
- Year of birth: 1980.

Qualifications, academic degrees

University degrees

- Semmelweis University Faculty of Physical Education and Sports Sciences
Adapted Physical Education Teacher
- Eötvös Loránd University Faculty of Education and Psychology
Physical Education Teacher, Recreation Planner

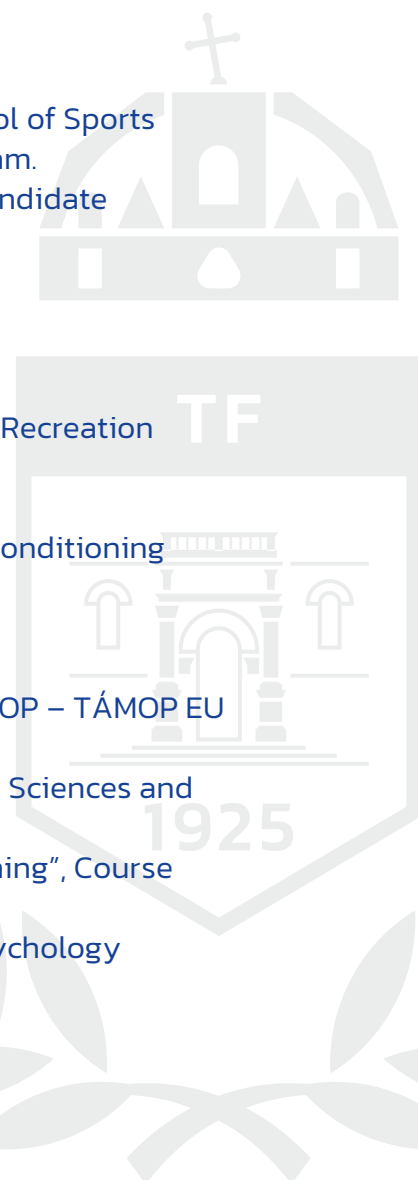
Academic degrees and titles

- Hungarian University of Sports Science Doctoral School of Sports Sciences. Sports, Education and Social Sciences Program.
PhD pre-degree certificate (absolutorium), doctoral candidate

Professional career

Previous and current jobs, positions and titles

- Hungarian University of Sports Science Department of Recreation
Assistant Lecturer
- Springday Health Club
Practice Group Leader, Personal trainer, Strength and Conditioning Specialist, Sports, and Movement Therapist
Personal Fitness Manager Ltd. CEO
- "Reménység" Catholic Primary School
PE Teacher, Class teacher, Professional coordinator, SROP – TÁMOP EU project
- University of Physical Education Department of Health Sciences and Sports Medicine
Lecturer, Fitness, Founder of the course "Personal Training", Course leader
- Eötvös Loránd University Faculty of Education and Psychology
Lecturer
- UNIQA Insurance Company. UNIQA VitalClub
Workplace Health Promoter, Head Coach



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

- Sports Examination Center – Examination Supervisor
- Education Center – Course leader

Key study trips, missions

- United States of America, Albuquerque, New Mexico
University of New Mexico
- United States of America, Houston, Texas
USA Gymnastics National Team Training Center at Karolyi Ranch

Awards, titles, honours

- Ministry of the Interior, Scientific Internship Programme

Language skills

language	speaking skills	writing skills	reading skills
English (intermediate level language exam)	B2	B2	B2
Spanish (basic level language exam)	A2	A2	A2

Research, expert activities

Major subjects and topics taught

- Fitness, personal training
- Work health promotion
- Fitness body shaping, fitness trends
- Fashion trends in the field of fitness and wellness
- Methodology of physical recreation and grassroots sports
- Recreational sports and exercise routines
- Wellness management



Field and discipline

- Sports science
- Health science
- Educational science
- Social science

Current research topics

- Workplace Health Promotion, Workplace recreation-based physical activity programs
- Fitness, personal training, personal trainers

Membership of a scientific or professional organisation or body

- Hungarian Society of Sport Science (Magyar Sporttudományi Társaság)
- Hungarian Coaching Association (Magyar Edzők Társasága)
- Association for Healthier Workplaces (Egészségesebb Munkahelyekért Egyesület)

Expert advisory activities

- Workplace Health Promotion
- Fitness, personal training

Publications

- [My publications in MTMT \(Catalogue of Hungarian Scientific Works\)](#)

Contacts

University residence

- Building: K1
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- E-mail: tanczos.zoltan@tf.hu

Other professional profiles

- [Scholar](#)
- [LinkedIn](#)
- [MTMT](#)
- [Academia](#)
- [ResearchGate](#)
- [ORCID](#)

