



Mira Ambrus, PhD.

- *Senior Lecturer*
- *Research Center for Sport Physiology*
- *Management mandate: responsible for education at the Research Center for Sport Physiology*
- *Year of birth: 1990*

Qualifications, academic degrees

University degrees

- **2021–2022** *International sports relations and sports diplomacy, MA*
- **2012–2015** *Physical education and Italian language teacher, MA*
- **2009–2012** *Physical education and trainer, Bsc*

Academic degrees and titles

- **2016–2020** *Sport Science PhD*

Professional career

Previous and current jobs, positions and titles

- **02.2021 – Senior Lecturer, Hungarian University of Sports Science, Research Center for Sport Physiology, Budapest, Hungary**
- **06.2021 – 11.2022 Functional Movement Analyser, BMM– Musculoskeletal private clinic, Budapest, Hungary**
- **01.2021 – 01.2023 Research associate, OrthoSera GmbH, Budapest, Hungary**
- **09.2020 – 12.2020 Assistant professor, University of Physical Education, Research Center for Sport Physiology, Budapest, Hungary**
- **09.2019 – 06.2020 Spinning instructor, University of Bern, Switzerland**
- **01.2018 – 06.2018 PhD internship in Sport Science, University of Bern, Switzerland**
- **03.2015 – 08.2015 Fitness instructor, Msc Divina cruise ship**
- **05.2011 – 08.2014 AEGEE–PECS, international event; workshop organizer, 2011 board member – secretary post, Pécs, Hungary**
- **09.2012 – 06.2013 Aerobic and SpinRacing instructor, Szliven Fitness, Pécs, Hungary**
- **09.2011 – 05.2013 Athletics assistant coach, PVSE, Pécs, Hungary**

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

- *Responsible for education at the Research Center for Sport Physiology*

Key study trips, missions

- *2024 Erasmus staff mobility, Gedik University of Istanbul*
- *2023 Erasmus staff mobility, University of A Coruna*
- *2023 Erasmus staff mobility, University of Lleida*
- *2022 Erasmus staff mobility, University of A Coruna*
- *2017 Swiss-European Mobility Programme*
- *2013 Erasmus Scholarship, England, University of Sunderland*

Awards, titles, honours

- *2016 Young National Talent Scholarship*
- *2014 Followed Talent Scholarship
Campus Hungary Scholarship
Republican Scholarship
Discovered Student Scholarship – Special award*
- *2013 Republican Scholarship
Mayoralty Scholarship
Talents Scholarship*
- *2012 Republican Scholarship
Student of the year, University of Pécs, Faculty of Physical
Education and Sport Sciences
Institutional Professional Research Scholarship Spring
Institutional Professional Research Scholarship Autumn*
- *2011 Republican Scholarship*

Language skills

<i>language</i>	<i>speaking skills</i>	<i>writing skills</i>	<i>reading skills</i>	<i>do you do media appearance?</i>
<i>English</i>				
<i>Spanish</i>	<i>C1</i>	<i>C1</i>	<i>C1</i>	<i>yes</i>
<i>Italian</i>				
<i>German</i>	<i>B1</i>	<i>B1</i>	<i>B1</i>	<i>no</i>

Hungarian

C2

C2

C2

yes

Research, expert activities

Major subjects and topics taught

- Exercise for Special Population
- Functional Movement Analysis
- Gait analysis
- Rehabilitation and physiotherapy

Field and discipline

- Biomechanics
- Kinesiology
- Neuroscience
- Health Science

Current research topics

- Dynamic knee valgus
- Rehabilitation and movement analysis
- ACL prevention

Former research topics

- Ankle instability
- Eccentric and stretch-shortening cycle exercise training
- Ageing Muscle
- Parkinson's Disease and movement analysis

Key research

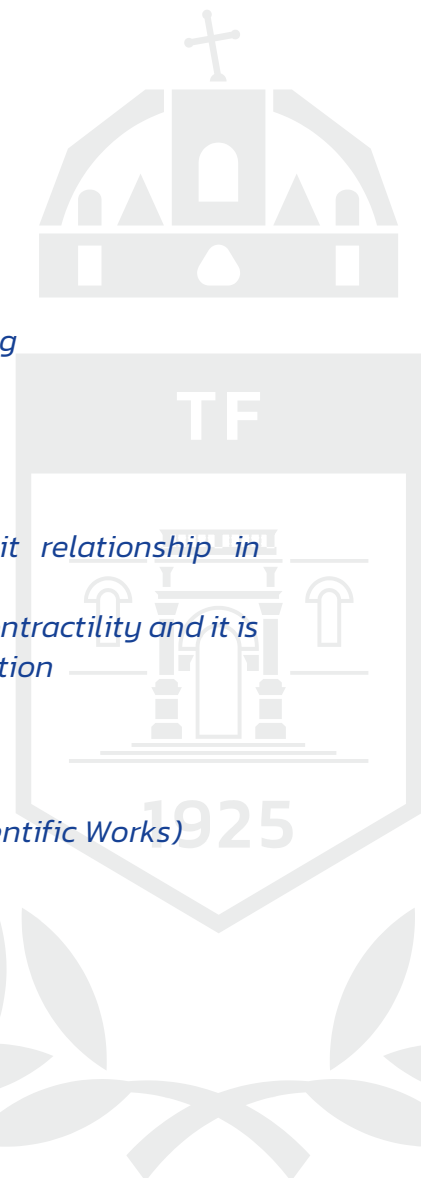
- Test-retest reliability of stride length-cadence gait relationship in Parkinson's disease
- Chronic ankle instability impairs quadriceps femoris contractility and it is associated with reduced stretch-shortening cycle function

Publications

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

Contacts

University residence



- *Building: L1*
- *Room: F17*
- *Phone number(s): +36 30 102 8688*
- *E-mail address: ambrus.mira@tf.hu*

Other professional profiles

- *LinkedIn: <https://www.linkedin.com/in/m%C3%ADra-ambrus-phd-92929b113/>*

