

Dr. Sándor Béres Ph.D.

- Associate Professor
- Track and Field Department
- Management mandate: Head of Department
- Year of birth: 1970

Qualifications, academic degrees

University degrees

- M.S. in Health and Physical Education – Hungarian University of Physical Education (HUPE), Budapest, Hungary 1993
- Certified Sport Coach – track & field, handball, basketball, football, tennis, ski – Hungarian University of Physical Education, Budapest, Hungary 1993
- M.S. in Coaching, concentration in Track & Field – Hungarian University of Physical Education, Budapest, Hungary 1996

Academic degrees and titles

- Ph. D. in Biomechanics – Semmelweis University, Budapest, Hungary 2005

Professional career

Previous and current jobs, positions and titles

- Szeged University, Juhász Gyula College of Teacher Training, Physical Education and Sport Sciences Institute, Szeged, Hungary 1993–2011 (Associate Professor)
- Eszterházy Károly College, Institute of Physical Education and Sport Science (Associate Professor) (2011–2015)
- Szeged University, Sportcenter, part-time instructor and strength and conditioning coach (2012–2013)
- Hungarian University of Physical Education, Budapest, Hungary (2014–present) (Associate Professor)

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

- Track and Field Department, Head of Department
- Association of Hungarian PE Teachers 1996 –
- Hungarian Committee of Sports Sciences 1998
- Central-Eastern-European Recreation Association 2010–2014
- Master athletes council member 2011–2014



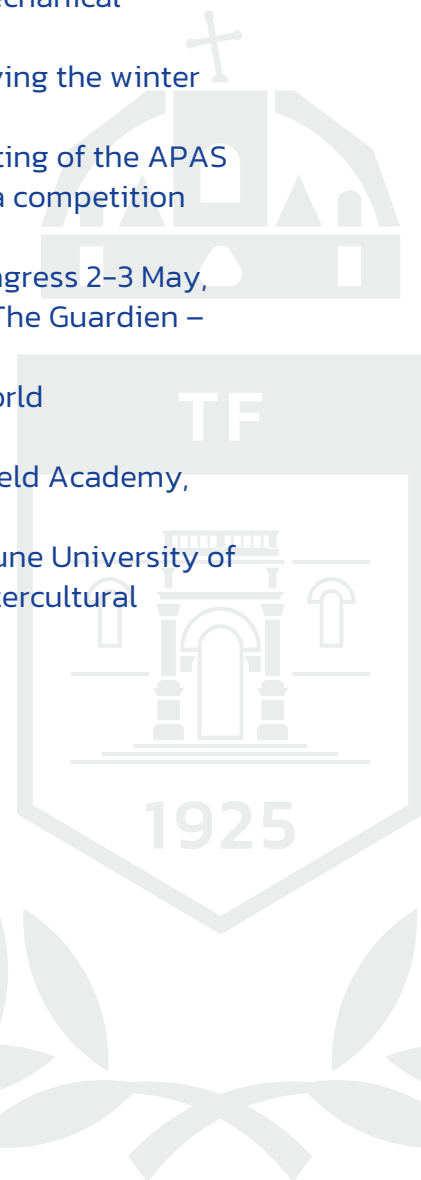
- Recreatio – quarterly journal – Közép-Kelet-Európai Rekreációs Társaság – Hungary, Szeged – 2011-2019

Key study trips, missions

- 1995 USA, Indiana, Bloomington, Indiana University – Studying of the Silicon Graphics 3D movement analyzer system
- 1996 Germany, Köln, The German Sport University- Deutsche Sporthochschule Köln – Collecting scientific literature and study trip
- 2001 Slovakia, Nitra, Constantine the Philosopher University In Nitra, Department of Physical Education – Scientific relation – planning and consultation
- 2003 Slovakia, Nitra, Constantine the Philosopher University In Nitra, Department of Physical Education – Scientific relation – planning and consultation
- 2008 Great Britain, Portsmouth, Portsmouth University – ERASMUS – scientific relations care. Studying the biomechanical laboratory, collecting new researching knowledge.
- 2008 Germany, Frankfurt – Goethe-Universität Frankfurt am Main – Raising new scientific connections, studying the biomechanical laboratory, literature collecting
- 2009 Norway, Elverum – University Hedmark – Studying the winter sports, building relations
- 2010 Norway, Elverum – University Hedmark – Presenting of the APAS 3D movement analyzer system, visiting trainings and a competition (gymnastics and swimming)
- 2012 England, London – HC2012 Health Informatics Congress 2-3 May, Business Design Centre, London – In association with The Guardian – Optisoft delegate
- 2017 England, London 08th-14th August, Athletics World Championship, slow motion competition recording
- 2018 Singapore, Singapore Sport School, Track and Field Academy, Jumper Coach
- 2019 USA, New Mexico, Albuquerque, 24th May –15th June University of New Mexico, UPE Complex Education Language and Intercultural Immersion for Junior Faculty

Awards, titles, honours

- Good learner, good sporter – HUPE, Budapest, 1992
- Pro Juventute – Szeged University, Szeged, 2003



Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	mid-level	mid-level	mid-level	no
German	basic-level	basic-level	basic-level	no

Research, expert activities

Major subjects and topics taught

- Sport biomechanics
- 3D movement analysis
- Sport physiology

Field and discipline

- Sport biomechanics
- Track and Field Physiology
- Sport Shooting techniques and psychological background

Current research topics

- The control run in the top level Hungarian 400m flat runners race warm-up
- Investigation of tactical rifle scope cross-hair moving behavior against sun path and angle from point of view of accuracy and precision in long-range shooting
- A Quality Requirements for Front and Rear Support in Relation to the Precision of a Bolt Action, Big Calibre Precision Rifle
- Investigating human performance in motor racing

Former research topics

- 3D movement analysis
 - Biomechanical analysis of the last strides and the take-off of the long jump
 - The biomechanics of the unbind at the Olympic bow
 - 3D comparative movement analysis of adults with obesities
- Long term speed endurance development of Hungarian top sprinters
- Short term adaptation during sprint events warm up



- The cellular-basis of the low-laser treatment
- The present day situation of the senior track & field in Hungary
- The possibilities of hitting speed development at the junior age tennis players – 3D comparative movement analysis
- Assumption of heart frequency at championship contest of the adult women water polo players
- The techniques of the athletics events
- The history of roller skating
- The biomechanics of athletics sprint events block start
- The subculture of fixie bicycle riders
- The history and race events of fixed gear bicycles
- The relationship between exercise, oxidative stress and the antioxidant defensive system.
- The biomechanics of strokeout and the freeing in the Olympic 200m and 1000m canoe race technique
- The control run in the top level Hungarian 400m flat runners race warm-up
- The correlations of the anatomical marks of the foot and the running speed
- Improving the spreading pattern of precision rifles by modeling and optimizing barrel harmonics

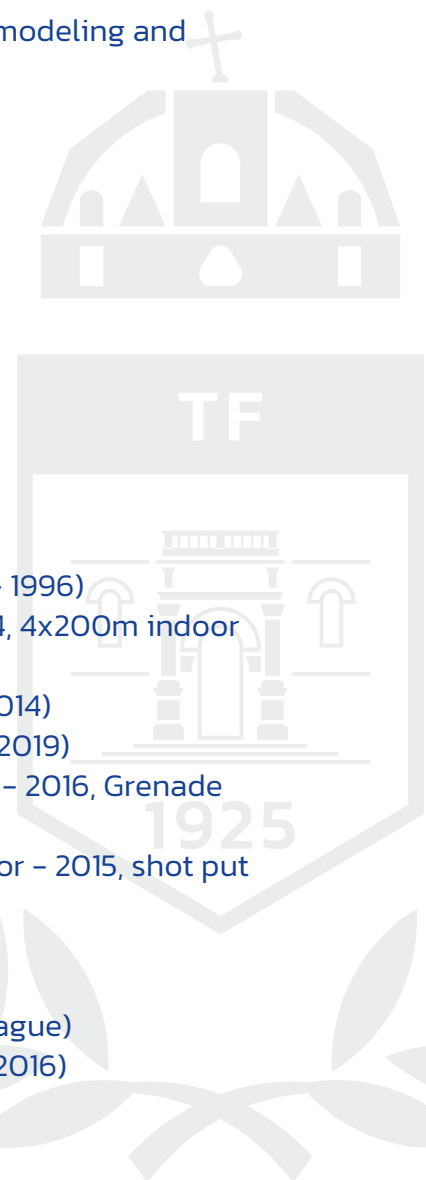
Key research

- Biomechanics of the long jump
- Biomechanics and physiology of sprint events

Major sports achievements

Athletics

- National Champion (4x200m – 1995)
- National Champion 2nd place (4x200m – 2013)
- National Champion 3rd place (400m hurdles, 4x100m – 1996)
- Master World Championship 2nd place 2x (200m – 2014, 4x200m indoor – 2019)
- Master World Championship 4th place (60m indoor – 2014)
- Master World Championship 5th place (200m indoor – 2019)
- Master European Champion 3x (200m, 4x200m indoor – 2016, Grenade throw 2016)
- Master European Champion 2nd place 2x (4x200m indoor – 2015, shot put – 2016)
- Master National Champion 36x
- Master national record 10x (60m, 200m, long jump)
- National Team selection member (long jump – 1993, Prague)
- Master World Ranking 2nd – 2x (M45 Long Jump, 60m – 2016)



- Masters World Ranking 3rd place (M40 200m – 2012, M45 200m – 2016)
- Masters World ranking 4th place (M40 200m indoor – 2014, M45 200m indoor – 2016)

Shooting

- National Champion 2013 IPRF
- National Championship 2nd place 2x (IPRF – 2024, F-Class 2024)
- World Championship 51st place (IPRF – 2022, France, Bitche)
- European Championship 17th place (PRS – 2023, Hungary, Kisbér-Hánta)

Coaching results

- Track and field coach (jumping and sprints) at Gyula Juhász Teacher Training College, Szeged – 1998–2004
- Coaching of technical preparation, long jump
 - National Track and Field University Championship, long jump - Nóra Hódi - Place: 1st - 6.14m - National Season Best, May 2010
 - National Track and Field University Championship, long jump – Bernadett Berecz Place 2nd - 6.25m - May 2014 - as assistant-coach
- Coaching of technical preparation of master sprinters
 - Zsolt Hallósy master sprinter – National Master Championship 2nd place in indoor 60m, outdoor 100m, 200m 2nd place 2014–2017
 - World Master Championship, Budapest 2014, 4x200m, Hungarian sprint relay team - 4x200m 5th place, Budapest, SYMA "A" hall (40–45), (Béres S., Lisztóczy J., Hallósy Zs., Csillag L.)
 - European Master Championship, Torun - 2015, 4x200m, 2nd place, Torun, (40–45), (Béres S., Lisztóczy J., Hallósy Zs., Bodnár G.)
 - European Master Championship, 2016, 4x200m 1st place Europe Champion, Ancona, (40–45), (Béres S., Lisztóczy J., Hallósy Zs., Koltai P.)
- Educator coach
 - National Track and Field University Championship, 100m - Zalán Kádasi Place 1st – 10.54s
- Strength and Conditioning Coach – Tennis Club Gellért Szeged, Hungary – 2007–2011
 - The most efficient Hungarian junior education Club 2010
 - 7 (2010), 11 (2011) age-group national championships
 - André Bíró single European Championship IIIrd place, 2010
 - 11 Countryside Champion title, 2011
 - Zsófia Susányi first adult 10000 dollar winning
 - Zsófia Susányi Wimbledon finalist, 2010 in junior class
 - Eszter Pálinkás, Junior National Champion, 2011
 - Lilla Barzó Junior National Champion, 2011
- Condition Coach – Elementary school (under 11) soccer players speed development training 2008–2010, Hungary, Szeged, Tisza Volán SC

- Instructor – Hungarian Football Federation – “A” license football coach training – In the theme of speed development 2007–2008
- Speed and coordination coach at U10–U14 junior age class soccer players – Honvéd FC, Budapest 2015–2016
- Condition trainer at TFSE National Championship No.1 level woman volleyball team, Budapest August 2016 – March 2018
- Condition Coach and movement analyzation at Oláh–Benkő Beach Volleyball Team (Junior National Champions) September 2016 – September 2018
- KTS Kovács Training System Training Camp – lecturer – speed, starting abilities, special endurance and running techniques education (theory and practice –language: English) October 2016
- Singapore Sports School, Track & Field Academy, Singapore – Coach of horizontal jumpers February 2018 – June 2018
 - National School Games 1-3.
 - Andrew George Medina - triple jump 1st place;
 - Sherlynn Yen Chin - long jump 2nd place;
 - Tia Louise Rozario - triple jump - National Record (technique coach).
- Canadian Hungarian Hoki Club SE U16, U18 és adult women team conditioning training coach 2020. 08. 21. – 2021. EWHL Final Four I. place – 2021. 02. 23.

Membership of a scientific or professional organization or body

- Association of Hungarian PE Teachers 1996 –
- Hungarian Committee of Sportsciences 1998 –
- Central-Eastern-European Recreation Association 2010–2014

Editorial board memberships and positions

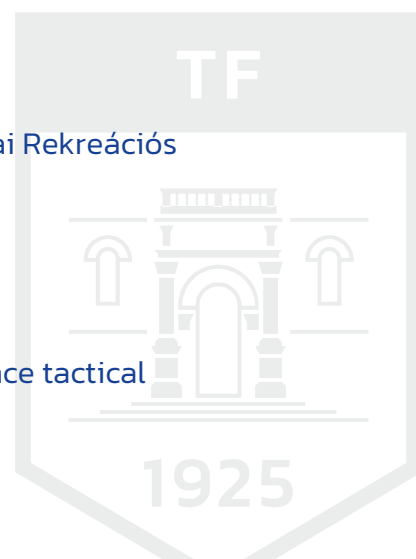
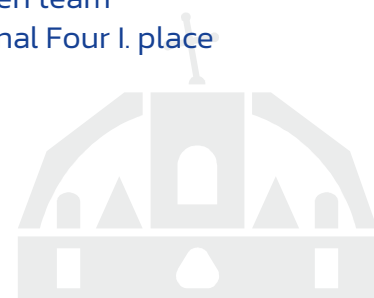
- ReCreatio – quarterly journal – Közép–Kelet–Európai Rekreációs Társaság – Hungary, Szeged – 2011–2019

Expert advisory activities

- Precision Shooting – IPRF class – F-Class – Long distance tactical shooting

Publications

<https://m2.mtmt.hu/api/publication?format=html&labelLang=hun&sort=publishedYear,desc&cond=authors;eq:10035849>



Contacts

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Other professional profiles

- LinkedIn: <https://hu.linkedin.com/in/beress>
- MTMT: <https://m2.mtmt.hu/api/author/10035849>
- Scholar: -
- Other(s): <https://www.researchgate.net/profile/Beres-Sandor-2>

