

Personal Summary

I am a highly dedicated researcher with exceptional understanding of molecular mechanisms of active and passive exercise and special interest for ageing, age-related cognitive decline, effects of the physical activity on the brain and the functional nutrition. Because of my team-working abilities and my professional experiences I am efficient in a laboratory environment. I am looking for work in a stimulating environment where I can conduct cutting edge research.

Professional Experience

<u>Assistant Research Fellow,</u> Department of Morphology and Physiology, Faculty of Health Sciences, Semmelweis University, Budapest, Hungary	2019-
<ul style="list-style-type: none">• Immunohistochemistry assay (paraffin-embedded brain tissue, microglia activity)• ELISA assay	
<u>Assistant Research Fellow,</u> Research Center for Molecular Exercise Science, University of Physical Education, Budapest, Hungary	2019-
<ul style="list-style-type: none">• Animal and tissue handling: liver samples	
<u>PhD Student,</u> Research Center for Molecular Exercise Science, University of Physical Education, Budapest, Hungary	2014-2019
<ul style="list-style-type: none">• ESI-LC-MS/MS (components analysis)• UV-VIS spectrophotometric assay• Bradford protein assay• SDS-PAGE, Western Blot technique• Immunohistochemistry assay (paraffin-embedded brain tissue, microglia activity)• ELISA assay• Behavioral tasks: Morris water maze-, Novel object recognition-, Open field test• Animal and tissue handling: skeletal muscle-, neural- (hippocampus) samples• RNA, DNA extraction techniques (phenol-chloroform extraction, spin column-based nucleic acid purification)• Agarose gel electrophoresis	
<u>Teaching experiences:</u>	
<ul style="list-style-type: none">• Introduction to Sport Sciences,• Kineziology – Theory and Practice in Prevention and Rehabilitation,• Dietetics in Prevention and Rehabilitation,• Gerontology	

<p><u>Guest Researcher,</u> Laboratory of Genetics and Physiology of Hearing, Pasteur Institute, Paris, France</p>	2013 Dec
<ul style="list-style-type: none"> • Whole cell patch-clamp analysis (mechanoelectric transduction (MET) channels) • Hemicochlea preparation (from P7 mice) 	
<p><u>Guest Researcher,</u> Institute of Pharmacology and Pharmacotherapy, Semmelweis University, Budapest, Hungary</p>	2012-2014
<ul style="list-style-type: none"> • Targeted single-cell electroporation loading • Functional imaging system (fluorescence microscope with cooled CCD camera) • Mature hemicochlea preparation (from mice and rat) 	
<p><u>Researcher,</u> Institute of Experimental Medicine, Hungarian Academy of Sciences, Budapest, Hungary</p>	2012-2014
<ul style="list-style-type: none"> • Targeted single-cell electroporation loading • Functional imaging system (fluorescence microscope with cooled CCD camera) • Mature hemicochlea preparation (from mice and rat) 	
<p><u>Member of Scientific Students' Associations,</u> Agrar and Molecular Research Institute, University of Nyíregyháza, Nyíregyháza, Hungary</p>	2011-2012
<ul style="list-style-type: none"> • UV-VIS spectrophotometric assay • GC-MS, HPLC system • NCM460 (normal human colon mucosal epithelial) and Caco-2 (human epithelial colorectal adenocarcinoma) cell lines • MTT assay 	
<p><u>Member of Scientific Students' Associations,</u> Proteomics Core Facility, University of Debrecen, Debrecen, Hungary</p>	2010-2011
<ul style="list-style-type: none"> • MALDI-TOF system • nanoHPLC-MS/MS system • Human sweat samples 	
<p><u>Assistant Research Fellow,</u> Agrar and Molecular Research Institute, University of Nyíregyháza, Nyíregyháza, Hungary</p>	2009-2010

- **Drosophila melanogaster model (E2 ubiquitin-conjugating enzymes)**
- **Gal4/UAS system (RNAi)**
- **Immunofluorescent staining**
- **SDS-PAGE, Western blot analysis**

Demonstrator.

Institute of Biology, University of Nyíregyháza, Nyíregyháza, Hungary

2008-2009

Member of Scientific Students' Associations.

Agrar and Molecular Research Institute,
University of Nyíregyháza, Nyíregyháza, Hungary

2007-2010

- **Drosophila melanogaster model (E2 ubiquitin-conjugating enzymes)**
- **Gal4/UAS system (RNAi)**
- **Immunofluorescent staining**
- **SDS-PAGE, Western blot analysis**

Studies

New National Excellence Program of the Ministry of Human Capacities,

University of Physical Education, Hungary



2018-2019

Predocctoral Scholarship,

Doctoral School of Sport Sciences,
University of Physical Education, Hungary



2017-2018

Doctoral School of the University of Physical Education,

University of Physical Education, Hungary



2014-2019

Biologist (MSc),

University of Debrecen, Debrecen, Hungary



2010-2012

Bioanalysts

Biologist (BSc),

University of Nyíregyháza, Nyíregyháza, Hungary



2006-2009

Molecular genetics-, cell- and development biologist

Publications

Publications with Impact Factor

1. Téglás, T., Dörnyei, G., Bretz, K., Nyakas, C., 2018. Whole-body pulsed EMF stimulation improves cognitive and psychomotor activity in senescent rats. *Behavioural Brain Research* 349, 163–168. **IF: 3,173**
2. Berekméri, E., Deák, O., Téglás, T., Sághy, É., Horváth, T., Aller, M., Fekete, Á., Köles, L., Zelles, T., 2019. Targeted single-cell electroporation loading of Ca²⁺ indicators in the mature hemicochlea preparation. *Hearing Research* 371, 75–86. **IF: 2,824**
3. Téglás, T., Németh, Z., Koller, Á., Van der Zee, EA., Luiten, PGM., Nyakas, C. 2019. Effects of Long-Term Moderate Intensity Exercise on Cognitive Behaviors and Cholinergic Forebrain in the Aging Rat. *Neuroscience* 15; 411:65-75. **IF: 3,244**

Scientific activities

Important presentations and conferences

2007-2019

- Timea Teglas, Gabriella Dörnyei, Karoly Bretz, Csaba Nyakas. EMF Stimulation As Passive Exercise Improves Cognititon And Psychomotor Activity In Senescent Rats. **ACSM's 65th Annual Meeting**, May 29-June 2, Minneapolis, Minnesota USA, 2018
- T. Téglás, K. Bretz, Cs. Nyakas. Effect of chronic active and passive exercise for psychomotor and cognitive functions in senescent rats. **European College of Sport Science**, July 5-8., Essen, Germany, 2017
- Tímea Téglás, Judit Boda-Ujlaky, Bernadett Heintz, Attila Novák, Zita Dobák, Éva Bagi, Csaba Nyakas. Complex lifestyle program to prevent obesity in mothers with children of nursery age. **5th Central European Congress on Obesity**, October 1-3., Budapest, Hungary, 2015
- Eszter Berekméri, Timea Teglas, Tamas Horvath, Laszlo Koles, E. Szilveszter Vizi, Tibor Zelles. Subcellular Ca²⁺ dynamics in Deiters' cells in the Organ of Corti. **15th Biannual Conference of the Hungarian Neuroscience Society**, Budapest, Hungary, January 22-23., 2015.
- Tímea Téglás, Lynn van Olst, Eddy van der Zee, Paul GM Luiten, Csaba Nyakas. Aged-related decline and axonopathy in the cholinergic brain in rats. **15th Biannual Conference of the Hungarian Neuroscience Society**, Budapest, Hungary, January 22-23., 2015.
- Tímea Téglás, Máté Aller, Eszter Berekméri, Sylvester E. Vizi, Tibor Zelles. Electroporetic loading of single cells in mouse hemicochlea for functional imaging. **XIVth Animal Conference of the Hungarian Neuroscience Society**, Budapest, Hungary, January 17-19., 2013.
- Tímea Téglás, Eszter Berekméri, Máté Aller, Sylvester E. Vizi, Tibor Zelles. Calcium indicator loading of different cell types in the organ of Corti by single-cell electroporation in hearing mice. **XXI. International Semmelweis Symposium**, Budapest, Hungary, November 9-10., 2012.
- Zs. Szőke-Kovács, R. Takács, T. Téglás, D. Szabó, Z. Dinya, E. Máthé. Sour Cherry and Beetroot based nutritional genetics studies on *Drosophila melanogaster*, **6th International Conference Integrated Systems for Agri-food Production (SIPA'09)**, Nyíregyháza, Hungary, November, 2009.

Relevant Personal Skills

Languages	English German Hungarian
Computer literacy	Excellent knowledge: Ms Office/ Excel, Word, PowerPoint, Access, STATISTICA, Mendeley, PubMed, Science direct, pCLAMP10
Driving license	Type „B”, full and clean
Trainings	2020 Dietary Supplement Advisor, Fab Academy Fabulous Body Inc, California, United States 2020 Sports Nutrition, Fab Academy Fabulous Body Inc, California, United States 2014 EQF Level 3 Fitness Instructor, International of Wellness Institute, Budapest, Hungary 2013 Experimental animals – Animal experiment, Semmelweis University

Other Skills and Interests

Sports	Kick-box (Hungarian Champion) and MMA
Hobbies	Sport, Books, Cooking

All references are available upon request.

https://www.researchgate.net/profile/Timea_Teglas