



Name: Tímea Lénárt

- Adapted Physical Education teacher
- Department of Health Sciences and Sport Medicine
- management assignment:
- year of birth:1980

Qualifications, scientific degrees

University degrees

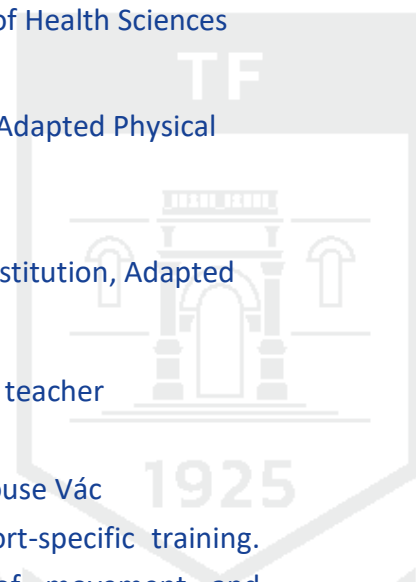
- 1.09/2015 -06/2017University of Physical Education -Pedagogical professional examination in Physical Education,Sport andAdapted Physical Education(Adapted Physical Educationmentor teacher)
- 2.09/2005 - 06/2007Semmelweis University Faculty of Physical Education and Sport Sciences -Adapted Physical Education Teacher
- 3. 09/2000 - 06/2004EszterházyKároly Catholic University -Physical Education Teacher

Academic degrees, titles

Career paths

Earlier and present workplaces,positions, and status

- 2022:Hungarian University of Sports Science - Department of Health Sciences and Sport Medicine;
Teaching of Kinesitherapy and Theory and Methodology of Adapted Physical Education
- From 2013:Pest County Pedagogical Service Vác Member Institution, Adapted Physical Education Teacher
- From 2009:Hungarian University of Sports Science - mentor teacher
- From 2012:private teacher in Együtt-Érted Development House Vác
Professional educatorin Schroth Method, functional sport-specific training. Special spinal exercise, based on the examination of movement and posture.Development of individual strength and movement of amateur and professional athletes, based on the examination of movement and posture.



09/2008 - 08/2013 Juhász Gyula Primary School, Vác
Travelling Adapted Physical Education Teacher

03/2005 - 08/2008 Sport facilities in Vác
Swimming trainer in all the schools and kindergartens of the region and in Vác

09/2004 - 08/2005 Földváry Károly Primary School, Vác, Physical Education Teacher

University public activities (board memberships, management assignments)

- 1
- 2

Important study trips, assignments

- 1
- 2

Awards and titles

- 1
- 2

Language skills

Language	Speaking skill	Writing skill	Reading skill	Will you take a media role in it?
English	B1/B2	B1/B2	B1/B2	no TF

Research, expert activity

Main taught subjects and topics

- Kinesitherapy
- Theory and Methodology of Adapted Physical Education

Academic discipline or field

- Scoliosis
- Kinesitherapy, functional sport-specific training

Current research topics

- 1
- 2

Previous research topics

- The role and place of exercises and games that can be performed in water in today's physical education. 2015
- Testing students attitude towards movement who have unnecessary bodyweight. 2007

Main researches

- 1
- 2

Membership in academic or professional organizations or boards

- 1
- 2

Editorial board memberships and positions

- 1
- 2

Expert consulting activities

- 1
- 2

Publications

- My publication in The Hungarian Scientific Bibliography (MTMT) ([link](#))

Contacts

University residence

- Building: Department of Health Sciences and Sport Medicine, building L5
- Room number: 109
- Phone number(s):061 487 9200/1514
- Email address: lenart.timea@tf.hu

Other professional profiles



- I have been working as an Adapted Physical Education teacher since 2009. I think this profession is a gentle duty for me and brings me novation every year. It requires the fresh and operative knowledge, problem solving skills and humility for the profession.

In recent years, I have taken part in many further training courses in order to have up-to-date knowledge in the field of scoliosis and performance enhancement. I only participated in the training of the best professionals who work according to the most modern principles in Hungary. I am constantly improving myself and broadening my knowledge.

- Trainings which I have done till now:

March 2022: Schroth Training 1. Module - Horvát Krisztina

April 2022: Freeing the hip, Eugenio Santos- Takács Kinga

June 2021: Scoliosis Therapy Special - Horvát Krisztina

February2021: Functional Fascia Training - Feövenyessy Krisztina

March2020: Functionality-Fitness-Performance – Pozsonyi Zsolt

June 2020: Biomechanics of Movement- Takács Kinga

March 2019: Movement Matrix - Eugenio Santos,Dan Santos

March 2019: Modern Scoliosis Therapy According to Schroth- Horvát Krisztina

September 2018: Bosu Kids-Unstable environment and proprioceptive development in childhood - Vásárhelyi Nagy Ildikó

