



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

- 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

language	speaking skills	writing skills	reading skills	do you do media appearance?
English				yes
Spanish	C1	C1	C1	no
Italian				no
German	B1	B1	B1	no
Hungarian	C2	C2	C2	yes

Research, expert activities



Major subjects and topics taught

- Exercise for Special Population
- Functional Movement Analysis

Field and discipline

- Biomechanics
- Kinesiology
- Neuroscience
- Health Science

Current research topics

- Dynamic knee valgus
- Rehabilitation and movement analysis

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

Membership of a scientific or professional organisation or body

- Member of the European Collage of Sport Science

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/>

