

## Dr. Csaba Ökrös (PhD)

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- Vice Rector of General Affairs
- Head of Sports Games Department
- Associate Professor

## Qualifications, academic degrees

### University degrees

- EHF Master Coach degree in EHF PRO Coaching Licence Program, European Handball Federation and Hungarian Handball Federation, Budapest, Hungary (2013/21)
- M.Sc. in Handball Coaching, Semmelweis University, Faculty of Physical Education and Sport Sciences, Budapest, Hungary (16/2010)
- B.Sc. in Handball Coaching, Hungarian University of Physical Education, Budapest, Hungary (3417/97 1997)
- M.Sc. in Physical Education Teaching, Hungarian University of Physical Education, Budapest, Hungary (4851/93 1993)
- EHF Master Coach degree in EHF PRO Coaching Licence Program, European Handball Federation and Hungarian Handball Federation, Budapest, Hungary (2013/21)

## Academic degrees and titles

- Ph.D. degree in Sport and Educational Sciences, School of Ph.D. Studies, Semmelweis University, Faculty of Physical Education and Sport Sciences, Budapest, Hungary (1092/2007)

## Professional career

### Previous and current jobs, positions and titles

- Vice Rector of General Affairs – Hungarian University of Sports Science, Budapest
- Director of Sports Institute – Hungarian University of Sports Science, Budapest,
- Head of Sports Games Department, Hungarian University of Physical Education, Budapest,
- Handball teacher, Hungarian University of Physical Education, Budapest
- Physical education teacher, Vajda Péter Elementary Sport School, Budapest

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

- Vice Rector of general Affairs
- Head of Sports Games Department
- Member of the Senate
- Responsible for MSc Sport Coach Program

Key study trips, missions

- Guest lecturer, Erasmus, University of Munster
- Field trip, University of New Mexico,
- Guest lecturer, Erasmus+, University of Slippery Rock, USA
- Guest lecturer, Erasmus+, University of Chichester, United Kingdom
- Guest lecturer, Erasmus+, University of Tsukuba, Japan

Awards, titles, honours

- University of Physical Education – “Instructor of the Year” (2019)
- Ferenc Kemény Award (2016)

Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
english	advanced	advanced	advanced	yes TF
hungarian	advanced	advanced	advanced	yes

Research, expert activities

Major subjects and topics taught

- Sports theory and practice (Handball)
- Executive coaching specialties (Handball)
- Teaching methodology of sport games (handball)
- Basics of ball games (handball)

Field and discipline

- training theory
- ball games,
- match analysis



- teaching methodology

#### Current research topics

- Individual and collective psychomotor performance in team sports (especially handball), with special regards to the technical and tactical aspects
- Different characteristics of the training of male and female handball teams
- Implementing inclusion by sport in athletes with intellectual disabilities
- The "Play and Stay" examination of the application and effectiveness of tennis youth program among Hungarian tennis players aged 7-12
- Performance components of age group tennis players
- Examination of load profile of men's top tennis players of different strategies and ages in relation to technical-tactical actions

#### Former research topics

- Different cultures in men's handball
- Examination of Hungarian youth handball players in relation to posts and personality traits
- Examination of the underage category or youth of Hungarian swimming sports in the light of motivation, motivational environment, and relative age
- Load parameters associated with Qatch matches using microsensor technology

#### Key research

- A multi-faceted approach to training handball players
- Psychological aspects of training junior handball players
- Examining the performance of tennis players from various aspects

#### Membership of a scientific or professional organisation or body

- Member of Scientific Advisory Board, Hungarian Handball Federation
- Member of Educational Program Committee, Hungarian Handball Federation

#### Expert advisory activities

- EHF Methods Commission

#### Achievements as a handball coach

- 2012 3<sup>rd</sup> place, Hungarian Cup (Váci NKSE, female)
- 2009 3<sup>rd</sup> place, Hungarian Cup (Újbuda TC, female)



- 2002 3<sup>rd</sup> place, Hungarian Cup (Dunaferr SE, female)  
3<sup>rd</sup> place, First division (Dunaferr SE, female)  
3<sup>rd</sup> place, European Cup Winners Cup (Dunaferr SE, female)
- 2000 1<sup>st</sup> place, University Handball World Championship (Hungary, male)
- 1998 2<sup>nd</sup> place, University Handball World Championship (Hungary, male)

## Publications

- Ökrös, Cs.; König-Görögh, D.; Gyömbér, N. (2020): Coping Strategies of Elite Hungarian Junior Handball Players. ACTA MEDICINAE ET SOCIOLOGICA 11 : 30 pp. 5–15., 11 p.
- Ökrös, Cs. (2019): Load parameters associated with Qatch matches using microsensor technology. In: Handball for life. Pp. 65–70. 6 p.
- Juhász, I.; Marczinka, Z.; Ökrös, Cs.; Papp, Gy.; Varga, J.; Zsiga, Gy. (2019): Age specific manual for handball coaches from 6 to 18 years of age: background, theory of coaching, aspects of training, methodological suggestions, training exercises, proficiency tests, selection and talent identification. Budapest, Kék Európa Stúdió, 219 p.
- Nagy, N.; Földesi, Gy.; Sós, Cs.; Ökrös, Cs. (2018): Talent selection and management in view of relative age: the case of swimming. Physical Culture and Sport Studies and Research. DOI: 10.2478-pcssr-2018-0023.
- König-Görögh, D.; Ökrös, Cs.; Gyömbér, N. (2017): Differences of Psychological Characteristics by Playing Positions in Elite Hungarian Junior Handball Players In: Bjelica, D Popovic S Akpinar S (szerk.) Book of Abstracts Budva, Montenegro: University of Montenegro, pp. 53–54. , 2 p.
- Görögh-König, D.; Gyömbér, N.; Szerdahelyi, Z.; Laoues, N.; Olvasztóné, Balogh Zs.; Tóth-Hosnyánszki, A.; Ökrös, Cs. (2017): Personality profiles of junior handball players: differences as a function of age, gender, and playing positions: COGNITION BRAIN BEHAVIOUR: AN INTERDISCIPLINARY JOURNAL 21 : 4 pp. 237–247. , 11 p.
- Nagy, N.; Ökrös, Cs.; Sós, Cs.; Földesi, Gy.; Egressy, J (2016): Motivation of Hungarian junior competitive swimmers pp. 61–75. , 15 p. In: Gál, A; Kosiewicz, J; Sterbenz, T (edt.) Sport and social sciences with reflection on practice, Warsaw, Poland: Jozef Pilsudski University of Physical Education, ISSSS, 324 p.
- Nagy, N.; Ökrös, Cs.; Sós, Cs. (2015): Research on Relative Age in Hungarian Swimming PHYSICAL CULTURE AND SPORT STUDIES AND RESEARCH 68 : 1 pp. 5–13. , 9 p.
- König-Görögh, D.; Heim, A.; Ökrös, Cs. (2011): Comparative Analysis of the Attacking Game Between the Hungarian Junior front-rank Handball Teams According to Efficiency In: G, Vagenas; S, Athanasopoulos; K, Hatoupis (edt.) Scientific Congress "Research and Applications in Sports

Science": Book of Abstracts, Athens, Greece: National and Kapodistrian University of Athens, pp. 149–150. , 2 p.

- Ökrös, Cs. – Páll, T. (2008): Fast counter–attacks in Modern Handball, Hazena Sport Kkt, Gyál 200 p.
- Ökrös, Cs. (2006): Different ways of male Handball. Handball Navigator, 28(8): 72–73. p.
- Ökrös, Cs. (2006): Performance of male handball players in typical attack situations. Physical Education and Sport, 50(1): 53–57. p.
- Ökrös, Cs. (2006): Importance de la récupération des balles remises en jeu. Approchess du Handball, 92: 27–35. p.

## Contacts

### University residence

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