

BEHIND EACH OUTSTANDING HUNGARIAN SPORTS SUCCESS
THERE IS SOME KNOWLEDGE GAINED AT TF.



HUNGARIAN UNIVERSITY
OF SPORTS SCIENCE
BUDAPEST



 tf.hu

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PROFILE

Founded in 1925, the **Hungarian University of Sports Science (TF)** is one of the oldest, most successful and professionally acclaimed universities for physical education and sports science in Central Europe. We greatly respect and value our legacy, preserve our traditions and continuously explore innovative methods in education and research. The latter meet 21st century expectations for higher education as well as our students' expectations of firm knowledge, quality educators and services, along with great extracurricular experiences. Our management is dedicated to serving generations of undergraduate, graduate and postgraduate Hungarian and international students. Our faculties include **globally renowned educators**. Our students and alumni are high achievers in various areas of sports and science.

The university, traditionally called **TF**, is the **proud home of numerous Olympic Champions**, great sports coaches, educators and recreation experts. The **TF** community provides support throughout the careers of our students and alumni, helping them to aspire personally and professionally and enjoy a life-long career support. **TF** is currently involved in a major campus reconstruction and expansion project. The infrastructural development runs parallel with substantial development in our educational programs and research portfolio, quality assurance as well as a **complex internationalization initiative**, including mobility services, English language programs and strategic institutional partnerships.



We are proud that the first two phases of the campus development were completed. The old buildings of the campus used for educational purposes were renovated, and the new main building and the multifunctional sports complex was opened, thus opening up new ways of teaching, training and carrying out research on European level.

As a result of our modern curriculum, multifunctional sports facilities and community spaces and events, our students enjoy the opportunity to obtain competitive knowledge that meets labour market requirements while accumulating life-long experiences with **unique TF student life**. Our dedication also serves larger aspirations of improving the health and wellness of Hungarians and those beyond our borders as well.

TF is one of the oldest, most successful and professionally acclaimed universities for physical education and sports science in Central Europe.



RECTOR'S WELCOME, UNIVERSITY CV

Founded in **1925**, the former College of Physical Education (TF) is going to celebrate its 100th anniversary in 2025. In addition to celebrating the centenary, it is our task to prepare for the next one hundred years of success and sporting achievements in Hungary. Our primary aim is to make the campus of the university the most important sport knowledge centre in Central and Eastern Europe with facilities of the highest quality, applying the latest scientific technologies to carry out professional work in the field of physical education, competitive, leisure and disability sport.

The Hungarian nation is a **true sporting nation**, having won a total of **184 Olympic gold medals** in its 26 Olympic Games. It is important to note that behind almost every outstanding Hungarian sport performance there is TF knowledge and expertise.

TF intends to remain a knowledge centre for both competitive and leisure sport for the next hundred years. To achieve this, joint thinking is required. That's why we welcome all students and researchers from abroad and from Hungary to our beloved campus, where several important sports organisations are located, including the **Hungarian Olympic Committee** and the Hungarian University Sports Federation.

We are proud to say that the TF campus is the innovation centre of Hungarian sport science. We invite everyone to join our team.

Prof. Dr Tamás Sterbenz
Rector of the Hungarian University of Sports Science

PRESIDENT'S WELCOME

I have been studying, teaching and working at the Hungarian University of Sports Science (TF) for more than fifty years. Hungary is a true sporting nation, just look at our results at the Olympic Games. Therefore, it is important to emphasize that the university is **one of the most important**

institutions of Hungarian sport and sport science. We train physical education teachers, coaches and sport professionals, and the strength of the university, which has a **100-year-old history**, is shown by the fact that sport professionals and researchers with outstanding knowledge and achievements have studied and are studying at TF from all over the world.

When I was the rector of the university, I initiated the infrastructural development of the campus. I succeeded in renewing the academic structure of the institution alongside the constantly developing infrastructure. Now, as a chairman, I am working to make TF an even more dominant player in sport science in Europe.

My own personal career might also be a good recommendation, because while I am the most successful Hungarian coach in handball, a very popular sport in Hungary and in Europe, I have also achieved great results with several clubs in Germany. The Hungarian knowledge gained at TF has also brought the expected results in the German Handball League where I had worked for many years. I can say everyone is **very welcome to learn at TF**.

Prof. Dr h. c. Lajos Mocsai
President of the Board of Trustees of the University Foundation

BUDAPEST

The campus of the Hungarian University of Sports Science is located in Budapest, which has two million inhabitants. It is a true cultural and commercial centre, but most important of all, **an authentic sports capital** which has hosted several major events.

These **significant sport events** include the 2017 and 2022 FINA World Championships, the 2018 World Wrestling Championships, the 2022 European Men's Handball Championships, the 2023 World Athletics Championships and the 2024 Rhythmic Gymnastics European Championships.

Moreover, the Puskás Ferenc Aréna in Budapest has been appointed to host the 2026 UEFA Champions League final.

It is a big honour for me to attend the course to evaluate my knowledge about sport, the educational system.







FACTS AND FIGURES

2,668

undergraduate
Hungarian
students

440

faculty
members
and staff

13

professors

140

lecturers

51

honorary
doctorates

4

institutions

98

Olympic
gold medalists
graduated at TF

21

departments

106

PhD
students

9

programs
and courses
in English

249

master
coaches
graduated at TF

4

doctoral
programs

GLOBAL PARTNERS

Our global partners, who TF has close relationship with, include renowned and significant international sports federations and associations, sports universities and sports faculties.



INTERNATIONAL PLATFORMS

There are various international platforms where students, teachers, researchers, sports experts or university representatives can represent themselves at the Hungarian University of Sports Science.

- Sports and Innovation International Conference
- International Days
- Biomechanics International Conference
- International Student Science Conference
- European Association for Sport Management Conference
- Global Athletics Coaching Academy

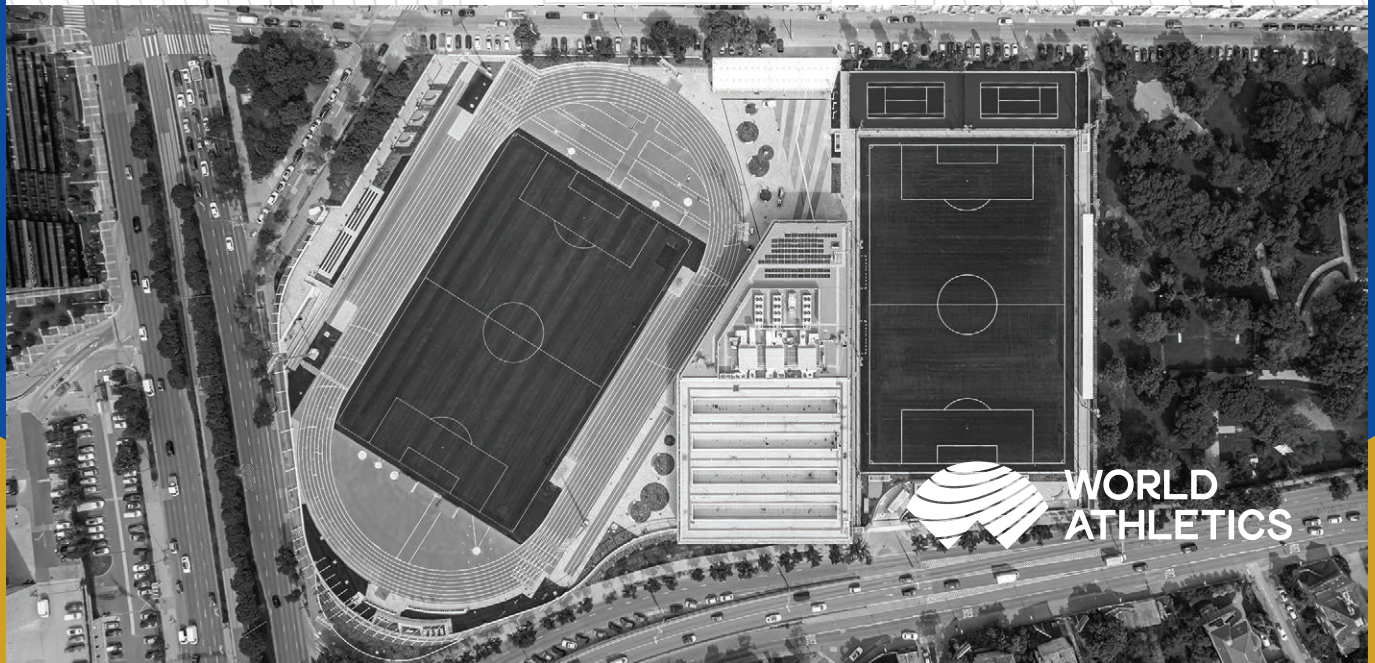


CAMPUS

The Hungarian University of Sports Science has been constantly developing over the past 8 years.

It has a **brand new main building**, a campus including renovated buildings designed by the famous Hungarian architect Alajos Hauszmann. The latter buildings are under monument protection. The campus also hosts research centres, laboratories and the headquarters of major sports organisations such as the **Hungarian Olympic Committee**.

The Dr Koltai Jenő Sports Centre, which was the official training ground for the **2023 World Athletics Championships** held in Budapest, was opened in 2023 and it features a modern multifunctional hall for students with artificial grass and grass football pitches, tennis courts, an 800-square-metre ultramodern gym and an underground car park.



VOLUNTEERING IN SPORT

Our university is committed to promoting and making volunteering in sport visible. TF has been involved in international research over the past decade and has integrated the topic into its teaching curriculum. Through volunteering, we enable students to get involved in sport. The volunteers of the 2023 World Athletics Championships held in Budapest received the **International Fair Play Award** for their dedicated and persistent voluntary contribution.

Our greatest events:

- 2017 World Aquatics Championships
- 2018 World Wrestling Championships
- 2019 Laser Run and Pentathlon Championships
- 2019 World Urban Games
- 2019 European Maccabi Games
- 2023 World Athletics Championships

Our Erasmus+ projects:

- SIVSCE – Social Inclusion and Volunteering in European Sports Clubs
- V4V – Analysing and making visible the skills acquired through volunteering in sports in Europe

For any kind of sport specialization, it's a perfect place to study and develop more.



Football

- Basketball

- ## Handball

- National Handball Academy, Balatonboglár

Ice hockey

- Ifj. Ocskay Gábor Ice Hockey Academy, Székesfehérvár
- Újpest Ice Hockey Academy, Budapest

Wrestling

- István Kozma Hungarian Wrestling Academy, Budapest

Canoe-Kayak

- Kovács Katalin National Canoe-Kayak Academy, Velence



ENGLISH LANGUAGE PROGRAMS

- BA Sport Coaching
- MSc Sport Coaching
- PhD Program
- International Sports Diplomacy Postgraduate Specialisation Program
- International Coaching Course (in 12 sports)
- ICF Canoe-Kayak Intensive Coaching Course
- FIE Fencing Intensive International Coach Program
- Short-Term Sport Coaching Tailor Made Program (in 12 sports)
- International Training Centre



When I finish this course,
I will be able to share the
knowledge at home.

MAIN RESEARCH AREAS

Institute of Sports and Health Sciences

- Metabolic, cardiovascular, motoric and genetic aspects of adaptation to physical exercise under normal circumstances and under extreme mental stress
- Body composition and body physique characteristics changing by age and physical performance
- Applying research findings from movement science to the fields of musculoskeletal prevention, rehabilitation, skills development and healthy ageing
- The sport science background of talent and performance management, youth and elite sport
- Exercise and epigenetics, aging
- Sports nutrition and body composition
- Doping analysis of dietary supplements
- Musculoskeletal and cardiovascular sports medicine
- Anthropometry and physical evaluation of the athletes

Teacher Training Institute

- Curricular and methodological issues of physical education and sport education in schools, with special reference to the factors of non-linear pedagogy
- Examining the personal and environmental determinants of physical fitness and physical activity behaviour
- The role of physical activity and sport in academic performance and motivation to learn
- The emergence and factors of motivation and sport motivation in physical education and sport training
- Complex analysis of the pedagogical impact of the Hungarian Football Academies
- Motivation, resilience and personal and social responsibility in Spanish and Hungarian university students – A comparative study
- Bullying, physical and emotional abuse, harassment and neglect – Lesson learnt from legal and pedagogical perspectives in Hungarian swimmers

Institute of Sports

- Multi-aspect individual and team level training and match performance testing on national and international samples of different ages, genders and grades
- Possibilities to improve the performance background of athletics jumping and running events
- Combat sports in school physical education
- Adaptation of body movement self-awareness methods in sports activities and physical education in schools
- The interaction between chess as an intellectual sport and team games
- Research on recreational sports and physical activity and healthy lifestyles
- The long term development program of Hungarian swimming: training methodology

Institute of Economics and Social Sciences

- Specificities of competition organisation and management
- Human resource management in sport
- Management, sports economics, economics and analysis of sport organisations
- Legal aspects of child and youth protection and human rights in sport
- Public and private aspects of sport law



KEY LABORATORIES

- Training Theory and Methodology Research Center
- Research Center for Molecular Exercise Science
- Center of Sports Nutrition Science
- Labs at the Department of Kinesiology



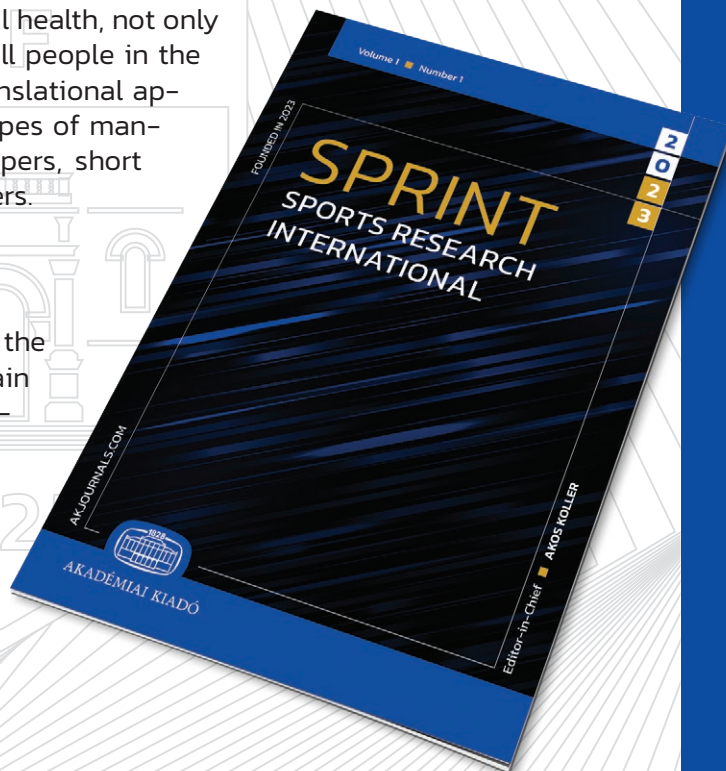
SPRINT

SPRINT – Sports Research International is an open-access journal aiming to provide an international publication forum for new research findings and ideas on any field of sports science. Nowadays the research is conducted on every field of sport, on every level: from molecules to humans and to societies. Including the limits of human achievements, technical advancements, equipment, managements, business, economy, and so on.

All of these to advance the physical and mental health, not only for those who are involved in sports, but for all people in the society. With such an interdisciplinary and translational approach, SPRINT is considering the following types of manuscripts for publications: original research papers, short communications, case reports, and review papers.

Editor-in-chief: **Prof. Ákos Koller**

He is the Chairman of the Scientific Council at the Hungarian University of Sports Science. His main research area include microcirculation, cardiovascular diseases and endothel function and disfunction. In 2004, he received the European Microcirculation Award, while in 2010 he was given the Award for Outstanding Service by the American Physiological Society Cardiovascular Section. In 2023, he was awarded the Eugene M. Landis Research Award given by the American Microcirculatory Society, just to mention a few. He is an editorial board member of several international scientific journals.



TOP TF ATHLETES

2022 EUSA Games

- **Beatrix Mónika Ollé**, swimming, butterfly 100m, 1st place, butterfly 50m, 1st place
- **Lajos Fésű**, kickboxing, 1st place
- **Jenő Rohonczi**, kickboxing, 1st place
- **Women's chess team**, 1st place

2023 World University Games, Chengdu

- **Fanni Pignicki**, rhythmic gymnastics, individual all-around, 1st place, individual ball, 1st place
- **Gergő Horváth**, fencing, individual sabre, 2nd place
- **Bendegúz Ekler**, water polo, 2nd place
- **Kálmán Furkó**, rowing, lightweight double sculls, 3rd place
- **Edina Kardos**, fencing, women's epee team, 3rd place

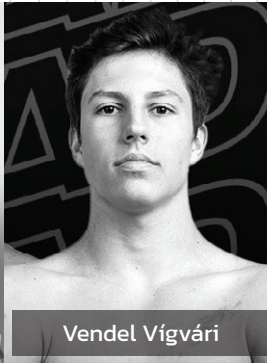
Top current TF athletes

- **Máté Koch**, fencing, individual and team world champion
- **Vendel Vígvári**, water polo, world champion
- **Levente Józsa**, taekwondo, Grand Prix-winner
- **Kristóf Palasics**, handball, 5th place at the European Championships
- **Xénia Krizsán**, heptathlon, 13rd place at the Tokyo Olympic Games, 4th place at the World Championships, 3rd place at the indoor European Championships, U23 European Champion
- **Luca Ekler**, para athletics, Olympic, world and European Champion
- **Krisztián Tóth**, judo, Olympic bronz medallist, world silver medallist, junior world champion, U23 European Champion
- **Alex Szőke**, wrestling, junior European Champion, U23 world champion, world silver medallist
- **Krisztofer Mészáros**, gymnastics, European silver and bronz medallist
- **Rita Keszthelyi-Nagy**, water polo, European Champion, world and Olympic bronze medallist

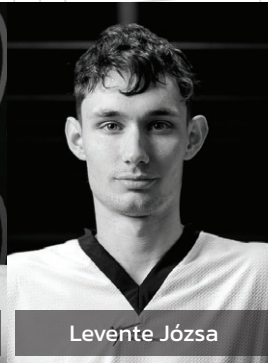
- **Zsuzsanna Máté**, *water polo*, world silver medallist, European bronz medallist
- **Zsolt Varga**, *water polo*, Olympic and two-time European Champion
- **Attila Bíró**, former head coach of the Hungarian women's *water polo* team
- **Vencel Tóth**, *football*, FIFA referee



Máté Koch



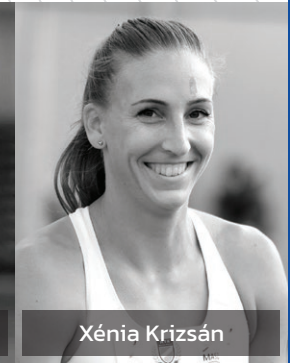
Vendel Vígvári



Levente Józsa



Kristóf Palasics



Xénia Krizsán



Luca Ekler



Krisztián Tóth



Alex Szőke



Krisztofer Mészáros



Rita Keszthelyi-Nagy



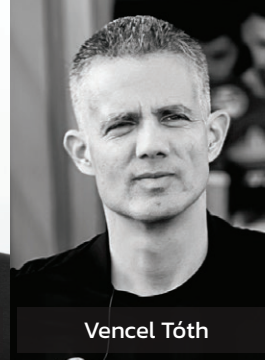
Zsuzsanna Máté



Zsolt Varga



Attila Bíró



Vencel Tóth

Who will
be the
next?

TF'S FAMOUS OLYMPIC CHAMPIONS

- **Zsolt Gyulay**, canoe-kayak coach: Olympic gold 2x, Olympic silver 2x, world gold 6x, world silver 4x, world bronze 4x
- **Luca Ekler**, athletics coach: Paralympic gold 1x, world gold 6x, world silver 1x, European gold 2x, European silver and bronze 1x-1x
- **Zsolt Varga** water polo: Olympic gold 1x, world silver 1x, European gold 2x, European silver 2x, European bronze 1x
- **Jenő Buzánszky**, football coach: Olympic gold 1x, world silver 1x
- **Dezső Gyarmati**, water polo coach: Olympic gold 3x, Olympic silver 1x, Olympic bronze 1x, European gold 2x
- **György Kolonics**, canoe-kayak coach: Olympic gold 2x, Olympic bronze 2x, world gold 15x
- **László Fábián**, pentathlon coach: Olympic gold 1x, world gold 6x, world silver 5x, world bronze 2x, European gold 5x, European bronze 1x
- **Tamás Faragó**, water polo coach: Olympic gold 1x, Olympic silver 1x, Olympic bronze 1x, European gold 2x, European silver 1x
- **Zoltán Kammerer**, canoe-kayak coach: Olympic gold 3x, Olympic silver 1x, world gold 3x, European gold 7x
- **Tímea Nagy**, fencing coach: Olympic gold 2x, world gold 6x, European gold 1x
- **András Balczó**, fencing coach, pentathlon coach: Olympic gold 3x, Olympic silver 2x, world gold 10x, world silver 7x, world bronze 2x
- **Viktor Knoch**, short track skating coach: Olympic gold 1x, world silver 1x, world bronze 1x, European silver and bronze 3x-3x, World Cup gold 2x, World Cup silver 1x



BEST OF ALUMNI

There are a number of world-famous Hungarian athletes and coaches who graduated at the Hungarian University of Sports Science.

- **Ágnes Keleti** gymnastics coach: the oldest living Olympic Champion in the world who won Olympic medals as a TFSE athlete: 5 Olympic gold medals, 3 Olympic silver medals, 2 Olympic bronze medals.
- **Prof. Dr h. c. Lajos Mocsai**, former rector of the university, current Chairman of the Board of Trustees of the Foundation for the University of Physical Education, a physical education teacher, former handball coach who won one Olympic silver medal, 2 world silver medals, one European gold and bronze medal as a Hungarian head coach.
- **László Fábián**, former pentathlete, Secretary-General of the Hungarian Olympic Committee, who won one Olympic gold medal, 6 world gold medals and 5 European gold medals.
- **Mihály Iglói**, late world-class middle- and long-distance runner coach whose runners set 49 world records and 35 European records.
- **Ferenc Hepp**, late sports leader, initiator of the Hungarian basketball sport and creator of the Hungarian basketball language, member of the International Basketball Federation. In 2007, he was enshrined as a contributor into the FIBA Hall of Fame.
- **László Vígh** gymnastic coach, innovator of 5 gymnastics elements used worldwide, former coach of Zoltán Magyar, who won two Olympic gold medals, 3 world gold medals and 3 European gold medals.



SPORTS VENUES

Alfréd Hajós National Swimming Stadium

An aquatics complex located on Margaret Island in Budapest. The facility has four floors, covers an area of about 80,000 square meters and has eight indoor and outdoor pools, including training pools, diving pools and competitive swimming pools both for short course and long course. The venue was the home of the European Aquatics Championships in 2006 and 2010 and the 2014 Men's European Water Polo Championship and 2014 Women's European Water Polo Championship competitions.

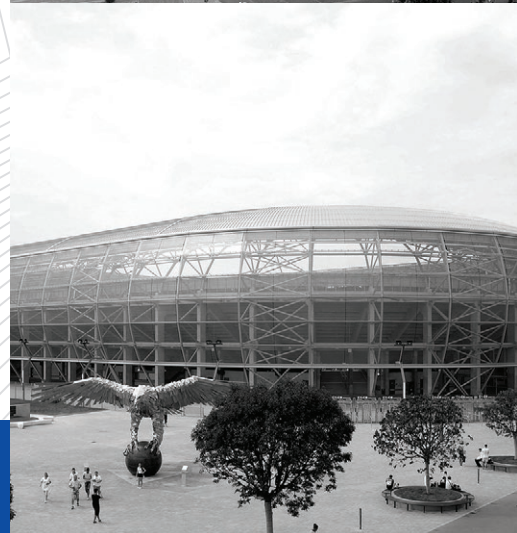
Danube Arena

A modern aquatics complex located in Budapest. It was built between 2015 and 2017. The facility has two Olympic-size swimming pools, a diving pool and a short course training pool. In terms of seating capacity, there are 5,000 permanent seats plus an additional 8,000 temporary seats, which were used for the 2017 World Aquatics Championships and dismantled afterwards.

Groupama Arena

A multi-purpose stadium in Ferencváros, Budapest and the home of Ferencvárosi TC. With a capacity of 22,000, it was for a time the largest stadium in Hungary (between the demolition of the larger Ferenc Puskás Stadium in 2017 and the opening of the Puskás Aréna in November 2019). It was built on the site of the former Flórián Albert Stadium, the club's previous home, which was demolished in 2013.

1925



László Papp Budapest Sports Arena

A multi-purpose indoor arena, the second biggest sports complex in the country after MVM Dome, named after Hungarian boxer László Papp. The venue can hold up to 12,500 people in its largest concert configuration, up to 11,390 for boxing and 9,479 for ice hockey.

MVM Dome

Also known as the Budapest Handball Sports Hall, it is Europe's largest handball arena located in Budapest. Opened in December 2021, it hosted the 2022 European Men's Handball Championship. It will host the 2024 European Women's Handball Championship, the 2027 World Women's Handball Championship, and the Final Four of the Women's EHF Champions League from 2022 onwards.

National Athletics Centre

A track and field stadium in Budapest. It has held the 2023 World Athletics Championships. The stadium was built on the eastern bank of the Danube River south of central Budapest, with a capacity of 36,000 for the championships, which will be reduced to 14,000 for future events.

Puskás Arena

A football stadium in the 14th district (Zugló) of Budapest. Construction started in 2017 and was finished before the end of 2019. It is an all-seater with a capacity of 67,215. The Hungarian Football Federation meets all UEFA and FIFA stadium requirements, and was awarded 4-stars by the UEFA. The stadium is named in honour of the former national team captain Ferenc Puskás.



TESTIMONIALS

Sebastian Coe, World Athletics President, TF's honorary doctor – "The Hungarian University of Sports Science understands the importance of teaching sport academically and it is also keeping up with the changes in the sports world. I am delighted to be part of this family,"

Prof. Marco Cardinale, Executive Director of Research and Scientific Support in Aspetar, the Qatar Orthopedic and Sports Medicine Hospital – "I have delivered lectures at two different conferences recently at the Hungarian University of Sports Science. I am always happy to return to TF to meet my mentors and current staff and witness the infrastructural developments and the work of young research talent."

Prof. Lee Chee Pheng, CEO of the Asia College of Exercise Medicine in Malaysia, TF graduate, honorary doctor of the university – "I am grateful for everyone who helped to shape my academic career at TF. The Hungarian University of Sports Science is definitely the country's leading sports science institution."

Mehrad Atashi, former player of Iran men's national basketball team, International Coaching Course, basketball specialisation – "It is a big honour for me to attend the International Coaching Course to evaluate my knowledge about sport, the educational system. It is really helpful that this program for all the coaches around the world was prepared to give them the opportunity to be educated."

Maiyar Jamil Ramis Al Badri, handball coach, Oman, International Coaching Course, handball specialisation – "I'm an assistant coach for our national team. I came here to know more about the European handball system, to gain more knowledge. We've been learning so much about the sports and the sport science itself. For any kind of sport specialization, it's a perfect place to study and develop more."

Benard Ouma Amyanga student, MSc Sport Coaching, Kenya – "Studying at the Hungarian University of Sports Science is a remarkable choice for international students. It offers a diverse and inclusive environment, outstanding academic programs, and the opportunity to immerse oneself in a rich sporting culture that nurtures both intellectual growth and athletic development."



We are people, athletes, colleagues and friends. Our mission is to preserve the Hungarian University of Sports Science's (TF) tradition which has been built since 1925.

