



# Dr. Zoltán Tánczos

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**assistant professor**

Training Theory and Methodology Research Center

## University degrees

- Semmelweis University Faculty of Physical Education and Sports Sciences  
**Adapted physical education teacher**
- Eötvös Loránd University Faculty of Education and Psychology  
**Physical education teacher, Recreation planner**

## Academic degrees

Eötvös Loránd University Doctoral School of Education Sport and Health Education programme.

**Doctor of Education - in the field of Sport and Health Education.**

The mark of degree: summa cum laude.

## Professional career

Previous and current jobs, positions and titles

- Hungarian University of Sports Science Doctoral School of Sports Sciences. Sports. PhD pre-degree certificate
- Hungarian University of Sports Science Department of Recreation Assistant Lecturer
- Hungarian Defence Forces – Territorial defence reserves soldier
- Springday Health Club – Personal trainer, strength and conditioning specialist
- Personal Fitness Manager Ltd. CEO
- "Reménység" Catholic Primary School PE Teacher, Class teacher
- University of Physical Education Department of Health Sciences and Sports Medicine Lecturer, Fitness, Founder of the course "Personal Training"
- Eötvös Loránd University Faculty of Education and Psychology Lecturer
- UNIQA Insurance Company. UNIQA VitalClub Work Health Promoter



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

- Sports Examination Centre – examination supervisor, examiner
- University Mentor programme for elite sports – mentor teacher

Key study trips, missions

- United States of America, Albuquerque, New Mexico  
University of New Mexico
- United States of America, Houston, Texas  
USA Gymnastics National Team Training Center at Karolyi Ranch

Awards, titles, honours

- Ministry of the Interior, Scientific Internship Programme

Language skills

language	speaking skills	writing skills	reading skills
English (intermediate level language exam)	B2	B2	B2
Spanish (basic level language exam)	A2	A2	A2

Research, expert activities

Major subjects and topics taught

- Fashion trends in the field of fitness and wellness
- Fitness body shaping, fitness trends
- Fitness, personal training
- Methodology of physical recreation and grassroots sports
- Recreational sports and exercise routines
- Wellness management
- Work health promotion



### Field and discipline

- Educational science
- Sport science

### Current research topics

- Workplace Health Promotion, Workplace recreation-based physical activity programs
- Fitness, personal training, personal trainers

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

- Association for Healthier Workplaces (Egészségesebb Munkahelyekért Egyesület)
- Hungarian Coaching Association (Magyar Edzők Társasága)
- Hungarian Lifestyle Medicine Society (Magyar Életmód Orvostani Társaság)
- Hungarian Society of Sport Science (Magyar Sporttudományi Társaság)

### Expert advisory activities

- Workplace Health Promotion
- Fitness, personal training

## Publications

- Tánczos, Z., Novák, J., & Magyar, M. (2024). Az analóg zenehallgatás reneszánsza Magyarországon. *Recreation*, 14(3), 24–29. <https://doi.org/10.21486/recreation.2024.14.3.5>
- Tánczos, Z., Zala, B. B., Szakály, Z., Tóth, L., & Bognár, J. (2022). Home Office, Health Behavior and Workplace Health Promotion of employees in the telecommunications sector during the pandemic. *International Journal of Environmental Research and Public Health*, 19(18), 11424. <https://doi.org/10.3390/ijerph191811424>
- Tánczos, Z., Sipos, E., Szeles, E., Witzing, Z., Polácska, E., & Bognár, J. (2021). Occupational Health Promotion Among Police personnel. *Belügyi Szemle*, 69(3. ksz.), 32–47. <https://doi.org/10.38146/bsz.spec.2021.3.2>
- Szakály, Z., Bognár, J., Tánczos, Z., & Dézsi, C. A. (2021). Az életcélok szerepe a szociális szférában dolgozó nők tápláltsági, fittségi és életminőségi mutatóiban. *Orvosi Hetilap*, 162(27): 1089–1098.
- Tánczos, Z., & Bognár, J. (2020). A munkahelyi egészségfejlesztés és az egészségtudatos magatartás fókuszban az egyházi fenntartású iskolákba járó gyermekek szülei. *Magyar Sporttudományi Szemle*, 84(21), 53–60.
- Tánczos, Z., & Bognár, J. (2019). A személyi edzői hivatás Tudományos és Szakmai Aspektusai. *Egészségfejlesztés*, 60(1), 45–50. <https://doi.org/10.24365/ef.v60i1.395>
- Tánczos, Z. (2018). Fitness és személyi edzés. *Krea-Fitt*.

- Tánczos, Z., & Bognár, J. (2017). Személyi Edzés és munkahelyi egészségfejlesztés: AZ Elmélet és a Gyakorlat Találkozása. *Testnevelés, Sport, Tudomány*, 2(1–2), 107–111. <https://doi.org/10.21846/tst.2017.1-2.17>

## Contacts

### University residence

- K2 building, II/17.
- Cell phone: +36.20.476.2397
- E-mail: [tanczos.zoltan@tf.hu](mailto:tanczos.zoltan@tf.hu)

## Other professional profiles

- [Scholar](#)
- [LinkedIn](#)
- [MTMT](#)
- [Academia](#)
- [ResearchGate](#)
- [ORCID](#)

