



Dr. Zoltán Tánczos

assistant professor

Hungarian University of Sports Science
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

- Hungarian University of Sports Science Training Theory and Methodology Research Center – assistant professor
- Eötvös Loránd University Faculty of Education and Psychology – assistant professor
- 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. Founder of the course “Fitness and personal training”
- 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 – sport 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	B2	B2	B2
Spanish	A2	A2	A2

Research, expert activities

Major subjects and topics taught

- Fitness, personal training
- Work health promotion
- Fitness and wellness management
- Fashion trends in the field of fitness and wellness

PhD supervision and research topics

- The impact of workplace health promotion and recreational programs on employees' health behaviors.
- The role of fitness and personal training in health promotion in modern society.

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)



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 CA. (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). Fitnessz 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

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Other professional profiles

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

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