



# Zsófia Sziráki

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- Assistant lecturer
- Department of Health Sciences and Sport Medicine
- 1991

## Qualifications, academic degrees

### University degrees

- Semmelweis University, Faculty of Health Sciences, Dietetics B.Sc.
- Semmelweis University, Faculty of Health Sciences, Nutritional Sciences M.Sc.
- University of Szeged, The Faculty of Arts, Institute of Psychology, Psychology BA

### Academic degrees and titles

- PhD (in progress)

## Professional career

### Previous and current jobs, positions and titles

- Semmelweis University, Central Dietetics Department, Dietitian, 2015–2017
- Sportvitalitás Kft. –Dietitian, 2016–2018
- University of Physical Education/Hungarian University of Sports Science, Department of Health Sciences and Sport Medicine – Research assistant, 2022–2023
- University of Physical Education/Hungarian University of Sports Science, Department of Health Sciences and Sport Medicine – Assistant lecturer, 2023–

### Key study trips, missions

- 07–09.2022 University of Groningen

### Awards, titles, honours

- Kerpel Talent Support Program, List of Excellence; National Higher Education Scholarship (Scholarship of the Republic)



## Language skills

language	speaking skills	writing skills	reading skills	take part in a media event?
English	intermediate	intermediate	intermediate	no
German	intermediate	intermediate	intermediate	no

## Research, expert activities

### Major subjects and topics taught

- Nutrition; Nutrition, Sport nutrition
- Dietetics
- Lifestyle counseling
- Sustainability, sustainable nutrition
- Nutrition, dietetic analysis and movies

### Current research topics

- Complex examination of adolescent athletes – human biology, stress-physiology, nutritional, psychological and socio-economic surveys
- Sustainable nutrition
- Correlation between stress and nutrition in an adolescent/adult sample
- Relationship between eating behavior, perceived stress and eating habits

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

- Hungarian Society of Sport Science
- National Association of Hungarian Dietitians
- The Chamber of Hungarian Health Care Professionals
- Hungarian Relaxation and Symbol Therapy Association

## Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works) (link) <https://m2.mtmt.hu/api/author/10073204>



## Contacts

### University residence

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