

Zoltán Gombos

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Work experience

SmartFit Gym

Personal trainer, TRX trainer

(2016. july –)

Power Fitness

Personal trainer, TRX trainer

(2015. march – 2016. july)

Education

University of Physical Education, Doctoral School

(2017 –)

Natural science specialization (PhD.)

Research Center of Molecular Exercise Science

The title of my study is „The molecular effect of the overload-induced hypertrophy” which is an animal model. In our study we examine the molecular mechanism of this model especially the protein synthesis and the mitochondrial biogenesis and mitophagy.

University of Physical Education

(2015 – 2017)

Human kinesiology (MSc.),

Exercise physiologist specialization

Rehabilitation specialization

University of Physical Education

(2012 – 2015)

Recreation manager (BSc.),

Language skills

English Active „B2” language exam

IT knowledge

MS Office (Word, Excel, Outlook, PowerPoint)

Skills

- single-minded
- good communication skill
- good in teamwork
- reliable and responsible
- definite

Other educations, results

- I am co-author of 3 article
- I was participated in a FEBS Summer School in Greece
- I achieved 1. place in the Sport scientific Symposium in 2019
- I was taking part in Student Congresses as a BSc and MSc student and helped in the preparation of other participants