



Zoltán Tánczos

- Assistant lecturer
- Department of Recreation
- Year of birth: 1980.

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 and Recreation Planner

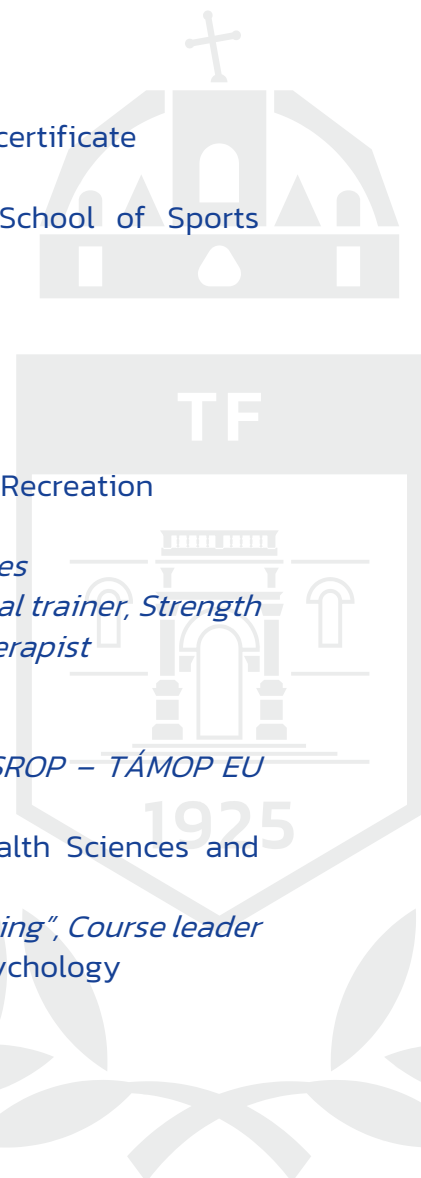
Academic degrees

- Eötvös Loránd University Doctoral School of Education
Sport- and Health Education Program, PhD pre-degree certificate
Doctoral candidate
- Hungarian University of Sports Science Doctoral School of Sports Sciences. Sports. *PhD pre-degree certificate*

Professional career

Previous and current jobs, positions and titles

- Hungarian University of Sports Science Department of Recreation
Assistant Lecturer
- Hungarian Defence Forces – *Territorial Defence Reserves*
Springday Health Club – *Practice Group Leader, Personal trainer, Strength and Conditioning Specialist, Sports, and Movement Therapist*
Personal Fitness Manager Ltd. CEO
- "Reménység" Catholic Primary School
PE Teacher, Class teacher, Professional coordinator, SROP – TÁMOP EU project
- University of Physical Education Department of Health Sciences and Sports Medicine
Lecturer, Fitness, Founder of the course "Personal Training", Course leader
- Eötvös Loránd University Faculty of Education and Psychology
Lecturer
- UNIQA Insurance Company. UNIQA VitalClub
Workplace Health Promoter



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

- Sports Examination Center – *Examination Supervisor*

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
- Sports 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., 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). *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

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- Room: II. floor, 12.
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- E-mail: tanczos.zoltan@tf.hu

Other professional profiles

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

