



Dr. Irina Kalabiska

- Senior Research Fellow
- Department of Sports and Health Sciences, Research Center for Sport Physiology
- Manager of Densitometry Laboratory
- 1982. november 29.

Qualifications, academic degrees

University degrees

- Semmelweis University, Faculty of Physical Education and Sports Science, Department of Human Kinesiology, Budapest, 2005
- István Szécsényi University, Ferenc Deák Faculty of Political Science and Law, Department of Sports Diplomacy, Budapest, 2021

Academic degrees and titles

- Semmelweis University School of Ph.D. Studies, 5/2 program, Budapest, 2013

Professional career

Previous and current jobs, positions and titles

- 2012–2015 Uzhgorod National University, Faculty of Health Sciences, Department of Sports Medicine, Uzhgorod. Assistant Professor
- 2013–2015 Mukachevo State Hospital, Research Institute of the Locomotor System, Department of Rehabilitation. Mukachevo. Research Fellow
- 2015–2016 National Sport Center (NSK), Institute of Sports Science and Diagnostics, Budapest. Senior Research Fellow
- 2016–2024 Hungarian University of Sports Sciences, Department of Sports and Health Sciences, Research Center for Sport Physiology, Budapest. Research Fellow
- 2024– Hungarian University of Sports Sciences, Department of Sports and Health Sciences, Research Center for Sport Physiology, Budapest. Senior Research Fellow

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

- Hungarian University of Sports Science, Klebelsberg Kuno college of vocational education. Senior teacher of natural science
- Research Center for Sport Physiology, Manager of Densitometry Laboratory
- Thesis, diploma work, PhD supervisor

Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
Ukrainian	native	native	native	yes
Russian	native	native	native	yes
Hungarian	native	native	native	yes
English	fluent	intermediate	fluent	no
Slovak	fluent	intermediate	fluent	no
Serbian	fluent	intermediate	fluent	no
Slovenian	fluent	intermediate	fluent	no

Research, expert activities

Major subjects and topics taught

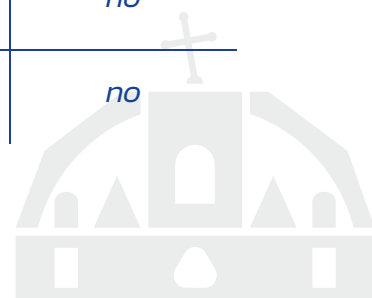
- Integrative performance diagnostics
- Exercise physiology
- Health promotion
- Dynamometry
- Introduction to human biology

Field and discipline

- Osteology, Osteoarthrology
- Humanbiology, sportphysiology
- Microbiology
- Kinesiology

Current research topics

- Examining the systematic effects of a six-month physical training on the elderly
- Examination of the body and bone structure characteristics and oral microbiota community of young adult water polo players based on saliva samples



- *Examination of changes in body composition and visceral adipose tissue as a result of time-limited eating*
- *Examining the body and bone structure characteristics of young adult athletes performing aesthetic sports*
- *The effect of strength training with short and long-term concentric and eccentric contractions on muscle function and walking efficiency in young and old people*
- *More healthy years! MANY YEARS! — Movement, cognitive and brain function over 40*
- *Examination of physiological and functional parameters and biomarkers as a result of regular exercise in the older age group*
- *The effect of the complex intervention on body composition and the metabolic indicators associated with cardiovascular risk*
- *The effect of unfavourable changes in the composition of the microbiome on sports performance*
- *Early diagnosis of body tissue asymmetries in order to prevent injuries*
- *Mapping the e-athlete profile and comparing the cognitive performance of virtual and real athletes*
- *Data analysis, signal processing, programming, development of unique algorithms, liaison in the execution of budo movements (Shotokan karate, 2 kyu) and humanities research*
- *Examination of the body and bone structure characteristics and skin microbiome community of young adult JUDO, boxer, kick and Thai boxer, MMA, Brazilian jiu-jitsu*

Former research topics

- *Investigation of regressive morphological and functional changes in chronic addicts*
- *Investigation of the relationship between aging and various neurodegenerative diseases in rats*
- *Examination of the body composition and load capacity of obese Budapest children*
- *The relationship between body structure and body composition indicators and motor characteristics among 15–18-year-old children*
- *Examination of the body composition indicators and motor characteristics of Central and Eastern European (Ukrainian, Polish) and Hungarian children*
- *Questionnaire examination of the health status, self-esteem and recreation of high school children living in America, Asia and Europe*
- *Examination of the body composition and load capacity of Uzhgorod National University students*
- *Examination of obstructive bronchitis and validation of post-disease rehabilitation in Ukrainian athletes at the Pulmonology Department of the Uzhgorod State Hospital*

- *Examining body shape and body composition indicators of selected athletes using standard anthropometric, 3D body surface scanning and bioimpedance methods*
- *Examination of the body composition of selected youth athletes using the DEXA method*
- *Changes in bone structure indicators in adolescent children in the light of chronological and biological ages*
- *The distribution of bone fracture frequencies as a function of densitometry and body composition characteristics in young ball players participating in elite training*
- *Examining the development status of the skeletal system in 10–19-year-old basketball players receiving elite training*
- *Examination of the relationship between visceral fat mass and the A/G ratio in football players using the DEXA method*
- *Reference series of bone structure parameters of elite athletes between the ages of 11 and 20*
- *Reference series of bone structure parameters of athletes between the ages of 11 and 20, broken down by sport*
- *Physical development and densitometry examination of chronically ill children and young adults*
- *Use of electrical muscle stimulation and gymnastics to reduce the valgus position of the knee*
- *Smart weight loss – personalized mHealth intervention for weight optimization among adult women*
- *Effect of consumption on the microbiome composition of elite wrestlers*
- *Effect of high-intensity acute exercise on extra-cellular vesicles*
- *Examination of the hip joint geometry of ballet and contemporary dancers by using DEXA and DynaKnee movement analysis methods*
- *Examination of the bone structure of naturally mummified human remains using the DEXA method*

Key research

- *Bone structure parameters in athletes of different ages*
- *Body composition characteristics in sports distribution*
- *Dynamics of structural and functional relationships as a function of age.*
- *Hip joint geometry in athletes with joint hypermobility*
- *Examination of the condition of the spine, the extent of physiological curvatures*
- *The effect of changes in the body's microbiome on sports performance*
- *Early diagnosis of body tissue asymmetries in order to prevent injuries*

Membership of a scientific or professional organisation or body

- *Hungarian Sports Science Society (MSTT)*
- *Ukrainian Sports Science Society (USTT)*
- *Sub Carpathian Hungarian Scientific Society (KMTT)*
- *Sub Carpathian Medical and Health Society (KOET)*

- *Hungarian Society of Osteoporosis and Osteoarthrology (MOOT)*
- *Hungarian Society of Obesity Science (MET)*
- *Hungarian Sports Medicine Association (MST)*
- *European College of Sport Science (ECSS)*
- *National Association of Human Kinesiology (HKOSZ)*
- *American College of Sports Medicine (ACSM)*
- *International Society for Clinical Densitometry (ISCD)*

Editorial board memberships and positions

- *Member of the editorial board of the scientific journal «Sportyvnyy Visnyk Prydniprovyia»*
- *TDK, OTDK, ITDK and TST scientific journal review committee member*
- *Member of the organizing committee of the Sport and Innovation International Conference*
- *Member of the FEMS Microbiology scientific journal review committee*
- *Member of the Hungarian Society of Sports Science and its Committee on Human Exercise Science, Human Biology, Exercise and Sports Therapy*

Expert advisory activities

- *TDK professional committee*
- *Organization of courses, lectures, conferences, symposia, workshops, debates, study trips*

Publications

- *<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=authors10027139>*

Contacts

University residence

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- *Room: F007*
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