



Zsuzsanna Zsirai M.D.

- <Role> Research assistant
- <Department> Health Sciences and Sport Medicine
- Management mandate:
- Year of birth: 1964

Qualifications, academic degrees

University degrees

- 1989: Medical Doctor, MD, Semmelweis University Budapest, Faculty of Medicine
- 1999: Speciality in Sports Medicine

Academic degrees and titles

Previous and current jobs, positions and titles

- University of Physical Education, Department of Medical Sciences – Research assistant 1990–1999
- Semmelweis University, Faculty of Sport Sciences, Department of Health Sciences and Sport Medicine – Research assistant 2000–2014
- Hungarian University of Sports Science, Department of Health Sciences and Sport Medicine – Research assistant 2014–ongoing

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

Key study trips, missions

- 1989–1990 medical consultant, National Institute of Health Protection, Hungary

Awards, titles, honours

- 2022 : Rector's commendation, Hungarian University of Physical Education and Sports Sciences



Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	intermediate	intermediate	intermediate	-
German	pre-intermediate	pre-intermediate	pre-intermediate	-

Research, expert activities

Major subjects and topics taught

- Prevention, health sciences
- Prevention, rehabilitation
- Internal Medicine
- Travel medicine

Field and discipline

- Medical Sciences
- Health Sciences

Current research topics

- Exercise is medicine, Evaluation of Physical activity of healthy individuals and patients
- Prevention of cardiovascular diseases

Former research topics

- Participation in the project "Better health for women", research assistant, 1999.

Key research

- Exercise is medicine, Evaluation of Physical activity of healthy individuals and patients
- Scientific expert in the VEKOP-2.1.1-15-2016-00103 Project: „The role of physical activity in cardiology rehabilitation, measurement of fitness



levels with an application. Development of ambulatory cardiology rehabilitation protocol, development of support technologies with ICT equipments and evaluation of their effectiveness”

Membership of a scientific or professional organisation or body

- Hungarian Society of Sport Science
- Hungarian Society of Sports Medicine
- Chamber of Hungarian Doctors

Editorial board memberships and positions

- Periodically reviewer at the Hungarian Sports Science Review

Expert advisory activities

- Scientific expert in the VEKOP-2.1.1-15-2016-00103 Project

Publications

- Publications in MTMT (Catalogue of Hungarian Scientific Works – link)
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=authors10022294>

Contacts

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