



Dr. habil. Zsuzsanna Kneffel

- Associate Professor
- Department of Health Sciences and Sport Medicine
- Management mandate: Chair of Students' Research Society
- Year of birth: 1976

Qualifications, academic degrees

University degrees

- **1998, M.Ed. Hungarian University of Physical Education,**
Major: Master in Physical Education and Adapted Physical Education
Dissertation Title: Assessment of conditional parameters of female ball-game players with cardiovascular measurements

Academic degrees and titles

- **2022, Habilitation Hungarian University of Sports Science**
Dissertation Title: The effects of exercise training and lifestyle behavior on health in Hungary and abroad
- **2008, PhD, Semmelweis University Faculty of Physical Education and Sport Sciences,**
Major: Educational and Sport Sciences
Dissertation Title: Left ventricular morphological and functional characteristics in athletes of different level

Professional career

Previous and current jobs, positions and titles

- 2019– Associate Professor, Hungarian University of Sports Science
- 2011–2018 Assistant Professor, Qatar University
- 2007–2011 Assistant Professor, Semmelweis University, Faculty of Physical Education and Sport Sciences
- 2006–2007 Research Assistant, Semmelweis University, Faculty of Physical Education and Sport Sciences
- 2002–2006 Adjunct teacher, University of Physical Education
- 2001–2002 Adapted P.E. teacher, Batthany Stratmann Laszlo High School
- 1999–2000 P.E. and Adapted P.E. teacher, Semmelweis Ignac High School

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

- 2021– Chair of Students' Research Society

- 2021- Board member of HUSS Scientific Committee

Key study trips, missions

- 2010 (II. sem) Guest lecturer at Verona University, Master in Sport Science ERASMUS

Awards, titles, honours

- 2008 Hungarian University of Physical Education, Grant for writing scientific publications 1st place
- 2005 Hungarian Society of Sports Medicine, Young Investigator Award 2nd place

Language skills

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

Research, expert activities

Major subjects and topics taught

- Health Education and Health Promotion
- Exercise Physiology
- Sports Injuries

Field and discipline

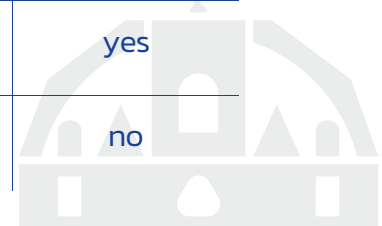
- Sports Science
- Health Science

Current research topics

- Cardiovascular adaptation to training in different ages, echocardiographic measurements
- Researches in the field of health promotion

Former research topics

- Cardiovascular adaptation to training in elite athletes, echocardiographic measurements



- Screening cardiovascular risk factors and fitness level among Qataris

Key research

- 2022 "The effectiveness of a 12-week exercise program to relieve symptoms during menopause" HUSS-TEKA 1.237,165 Ft
- 2015-2016 "Relationship between physical self-concept and health-related physical fitness in young Qatari adults," Qatar National Research Fund, \$47,860.00
- 2015-2016 "Relationship between anthropometrical data and physical self-concept of Qataris age between 20-25yr," Qatar University, \$4,220.00
- 2012-2013 "Actual health conditions and changes in BMI and blood pressure after 10 weeks intervention among young Qatari adults," Qatar National Research Fund, \$47,190
- 2008-2010 "A complex screening process creation for the prediction of sudden cardiac dead among athletes" Hungarian Society of Sport Science, 400,000 Ft

Membership of a scientific or professional organisation or body

- 2013- American College of Sport Medicine
- 2006- European College of Sport Science
- 2005- Hungarian Society of Sport Science
- 2005- Hungarian Coaching Association
- 2005- Hungarian Society of Sports Medicine

Editorial board memberships and positions

- 2021- Editorial Board member, Journal of Education and Recreation Patterns

Expert advisory activities

- 2016- Professional Golfers' Association (PGA) of Hungary

Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works)
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10022205>

Contacts

University residence

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Other professional profiles

- LinkedIn: <https://www.linkedin.com/in/zsuzsanna-kneffel-5421ab40/>
- MTMT: <https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10022205>
- Scholar: https://scholar.google.com/scholar?hl=hu&as_sdt=0%2C5&q=kneffel&oq=kn
- ORCID ID: <https://orcid.org/0000-0003-2317-2801>
- ResearchGate: <https://www.researchgate.net/profile/Zsuzsanna-Kneffel>

