Dr. Sándor Béres

- Associate Professor
- Track and Field Department
- Management mandate: Head of Department
- Year of birth: 1970

Qualifications, academic degrees

University degrees

- M.S. in Health and Physical Education - Hungarian University of Physical Education (HUPE), Budapest, Hungary 1993
- Certified Sport Coach – track & field, handball, basketball, football, tennis, ski - Hungarian University of Physical Education, Budapest, Hungary 1993
- M.S. in Coaching, concentration in Track & Field - Hungarian University of Physical Education, Budapest, Hungary 1996

Academic degrees and titles

- Ph. D. in Biomechanics - Semmelweis University, Budapest, Hungary 2005

Professional career

Previous and current jobs, positions and titles

- 1 Szeged University, Juhász Gyula College of Teacher Training, Physical Education and Sport Sciences Institute, Szeged, Hungary 1993-2011 (Associate Professor)
- 2 Eszterházy Károly College, Insitute of Physical Education and Sport Science (Associate Professor) (2011-2015)
- 3 Szeged University, Sportcenter, part-time instructor and strength and conditioning coach (2012-2013)
- 4 Hungarian University of Physical Education, Budapest, Hungary (2014-present) (Associate Professor)

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

- Track and Field Department, Head of Deapertment
- Assosiation of Hungarian PE Teachers 1996 -
- Hungarian Committee of Sportsciences 1998
- Central-Eastern-Europian Recreation Association 2010-2014
- Master atheletes council member 2011-2014
- Recreatio - quarterly journal – Közép-Kelet-Európai Rekreációs Társaság - Hungary, Szeged - 2011-2019

Key study trips, missions

- 1995 USA, Indiana, Bloomington, Indiana University – Studying of the Silicon Graphics 3D movement analyzer system
- 1996 Germany, Köln, The German Sport University- Deutsche Sporthochschule Köln – Collecting scientific literature and study trip
- 2001 Slovakia, Nitra, Constantine the Philosopher University In Nitra, Department of Physical Education – Scientific relation – planning and consultation
- 2003 Slovakia, Nitra, Constantine the Philosopher University In Nitra, Department of Physical Education – Scientific relation – planning and consultation
- 2008 Great Britain, Portsmouth, Portsmouth University - ERASMUS - scientific relations care. Studying the biomechanical laboratory, collecting new researching knowledge.
- 2008 Germany, Frankfurt - Goethe-Universität Frankfurt am Main – Raising new scientific connections, studying the biomechanical laboratory, literature collecting
- 2009 Norway, Elverum - University Hedmark – Studying the winter sports, building relations
- 2010 Norway, Elverum - University Hedmark – Presenting of the APAS 3D movement analyzer system, visiting trainings and a competition (gymnastics and swimming)
- 2012 England, London - HC2012 Health Informatics Congress 2-3 May, Business Design Centre, London - In association with The Guardien – Optisoft delegate
- 2017 England, London 08th-14th August, Athletics World Championship, slow motion competition recording
- 2018 Singapore, Singapore Sport School, Track and Field Academy, Jumper Coach
- 2019 USA, New Mexico, Albuquerque, 24th May -15th June University of New Mexico, UPE Complex Education Language and Intercultural Immersion for Junior Faculty

Awards, titles, honours

- Good learner, good sporter – HUPE, Budapest, 1992
- Pro Juventute – Szeged University, Szeged, 2003

Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	mid-level	mid-level	mid-level	no
German	basic-level	basic-level	basic-level	no

Research, expert activities

Major subjects and topics taught

- Sport biomechanics of long jump
- 3D movement analysis

Field and discipline

- Sport biomechanics
- Track and Field Physiology
- Sport Shooting techniques and psychological background

Current research topics

- The control run in the top level Hungarian 400m flat runners race warm-up
- Investigation of tactical rifle scope cross-hair moving behavior against sun path and angle from point of view of accuracy and precision in long-range shooting
- A Quality Requirements for Front and Rear Support in Relation to the Precision of a Bolt Action, Big Calibre Precision Rifle
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Former research topics

- 3D movement analysis
    - Biomechanical analysis of the last strides and the take-off of the long jump
    - The biomechanics of the unbind at the Olympic bow
    - 3D comparative movement analysis of adults with obesities
- Long term speed endurance development of Hungarian top sprinters
- Short term adaptation during sprint events warm up
- The cellular-basic of the low-laser treatment
- The present day situation of the senior track & field in Hungary
- The possibilities of hitting speed development at the junior age tennis players – 3D comparative movement analysis (study in progress)
- Assumption of heart frequency at championship contest of the adult women water polo players – Polar Team survey (study in progress)
- The techniques of the athletics events – E-book (published)

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- Inline skating (published)
- The history of roller skating (published)
- The biomechanics of athletics sprint events block start (research in progress)
- The subculture of fixie bicycle riders (published)
- The history and race events of fixed gear bicycles (published)
- The relationship between exercise, oxidative stress and the antioxidant defensive system.
- The biomechanics of strikeout and the freeing in the Olympic 200m and 1000m canoe race technique (published)
- The control run in the top level Hungarian 400m flat runners race warm-up (study in progress)
- The correlations of the anatomical marks of the foot and the running speed (study in progress)
- Improving the spreading pattern of precision rifles by modeling and optimizing barrel harmonics (study in progress)

Key research

- Biomechanics of the long jump
- Biomechanics and physiology of sprint events

Membership of a scientific or professional organization or body

- Association of Hungarian PE Teachers 1996 -
- Hungarian Committee of Sportsciences 1998 -
- Central-Eastern-European Recreation Association 2010-2014

Editorial board memberships and positions

- Recreatio - quarterly journal – Közép-Kelet-Európai Rekreációs Társaság - Hungary, Szeged - 2011-2019

Expert advisory activities

- Precision Shooting – IPRF class – F-Class – Long distance tactical shooting

Publications

- https://m2.mtmt.hu/api/publication?format=html&labelLang=hun&sort=publishedYear,desc&cond=institutes;eq;18243

Contacts

University residence

- Building: K2
- Room: 2
- Phone number(s): +36-1-487-9200 ext. 61346
- E-mail address: beres.sandor@tf.hu

Other professional profiles

- LinkedIn: https://hu.linkedin.com/in/beress?trk=author_mini-profile_title
- MTMT: https://m2.mtmt.hu/api/author/10035849
- Scholar:
- Other(s): https://www.researchgate.net/profile/Beres-Sandor-2

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