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A Pécsi Orvostudományi Egyetem Élettani Intézetében kezdte munkásságát a hagyományokkal rendelkező Lissák Kálmán Iskolában. 1977-ben kapta meg az orvostudomány kandidátusa, majd 1994-ben az MTA doktora címet. 1994-től egyetemi tanár a Haynal Imre Egészségtudományi Egyetemen majd a jogutód Semmelweis Egyetemen. Mint egyetemi tanár vezetője volt a HIETE Központi Kutató Laboratóriumának, majd az MTA-SE Agyélettani Kutatócsoportnak 2000-től. Jelenleg egyetemi tanár a Semmelweis Egyetem Testnevelési és Sporttudományi Karán és a humánkineziológia szak vezetője. 2001-től tiszteletbeli egyetemi tanár a Groningeni Egyetem Molekuláris Neurobiológia Intézetében. 1999-2002 között Széchenyi Professzori Ösztöndijas volt. Három MTA bizottságnak volt tagja, jelenleg a Sporttudományi Bizottság tagja. Két alkalommal ETT egy alkalommal OTKA bizottságokban tevékenykedett. Tagja volt a Magyar Endokrinológiai és Anyagcsere és a Magyar Laboratóriumi Diagnosztikai Társaságok vezetőségének, jelenleg a Magyar Elhizástudományi Társaság alelnöke. Összesített impakt faktora 300 felett van, nemzetközi közleményeinek száma 127 és közel 2000 a tudományos idézettsége, Meghívott előadásainak száma 56, amiből mintegy kétharmad nemzetközi. Három holland egyetemen végzett többéves kutatómunkát és jelenleg végez oktató munkát: Amsterdami Szabad Egyetem, Utrecht Egyetem és jelenleg a Groningeni Egyetem (mindhárom egyetem az egyetemek világranglistáján az első 150 között van). Számos hazai és nemzetközi tudományos társaság tagja és több mint egy tucat nemzetközi folyóiratban lát el bírálói tevékenységet.

Jelen tudományos területe az idegtudományokhoz és a neuroendokrinológiához kapcsolódóan bővült a mozgás- és a táplálkozástudomány egyes kérdéseivel, mely szorosan összefügg a humánkineziológus (mozgástudós) képzéssel. Szoros munkakapcsolatot alakított ki a Groningeni Egyetem Mozgástudományi Intézetével, melynek tevékenysége mintául szolgál a hazai humánkineziológus képzésben. Részt vesz a Semmelweis Egyetem PhD képzésében, mint alapító tag és témafelelős, és mint kurzusok oktatója.

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