



# János Matlák PhD

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- Senior lecturer
- Department of Kinesiology
- Year of birth: 1987

## Qualifications, academic degrees

### University degrees

- 2012, MA, Semmelweis University Faculty of Physical Education and Sport Science (TF) – Physical education and adapted physical education teacher
- 2009, BSc, Semmelweis University Faculty of Physical Education and Sport Science (TF) – Physical education – coaching (Football)

### Academic degrees and titles

- 2019, PhD, University of Physical Education (TF)  
Thesis: Relationship between agility and change of direction speed in soccer players

## Professional career

### Previous and current jobs, positions and titles

- 2019 – Senior lecturer, Hungarian University of Sports Science
- 2019 – 2024 Head of Academy Sport Science, Budapest Honvéd Hungarian Football Academy
- 2012 – 2019 Physical education teacher, Budai Ciszterci Szent Imre Gimnázium
- 2012 – 2019 Football trainer, Futsal trainer, Emericus KSE
- 2009 – 2010 Football trainer, Újpesti Torna Egylet

### Key study trips, missions

- 2008 Sport und Leistung (BSc), Erasmus, Deutsche Sporthochschule Köln

### Awards, titles, honours

- 2008, 2010, 2011 Scholarship of the Republic
- 2010 Semmelweis University "Good student – good athlete"
- 2019 "Ardere et lucere" – Budai Ciszterci Szent Imre Gimnázium



## Language skills

language	speaking skills	writing skills	reading skills	do you do media appearance?
English	B1	B1	B1	no
German	C1	C1	C1	no

## Research, expert activities

### Major subjects and topics taught

- Fitness diagnostics, Human kinesiology MSc (Hungarian)
- Dynamometry, Human kinesiology MSc (Hungarian)
- Sport performance diagnostics I-II., Sport Coaching MSc (Hungarian and English)
- Professional internship programme – Human kinesiology MSc (Hungarian)

### Field and discipline

- Sport Science

### Current research topics

- Examination of the physical and cognitive background of agility and multidirectional sports
- Football
- Athlete monitoring

### Former research topics

- Assessment of agility in football players
- Assessment of change of direction speed and reactive strength in football players
- Effect of the induced pretension with various types of contraction for the concentric speed

### Key research

- Relationship between agility and cognitive functions in elite young soccer players, 2021-2022
- 2022 Assessment of cognitive functions and match performance in elite water polo players. TEKA



## Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works):  
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10062379>

## Contacts

### University residence

- Building: L3
- Room: F/4
- E-mail address: [matlak.janos@tf.hu](mailto:matlak.janos@tf.hu)

## Other professional profiles

- LinkedIn:  
<https://www.linkedin.com/in/j%C3%A1nos-matl%C3%A1k-phd-609b171b7/>
- MTMT:  
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10062379&view=simpleList>
- Scholar:  
<https://scholar.google.com/citations?user=DMS2QlcAAAAJ&hl=hu&oi=ao>
- ORCID:  
<https://orcid.org/0000-0003-3029-6650>

