

## Curriculum Vitae



### Personal information

First name(s) / Surname(s) **Dr. med. Szilvia Boros, PhD, MSc**

### Employment / Occupational field

#### Research and Education

#### Work experience

<p><b>Dates</b></p> <p>Occupation or position held</p>	<p>01.05.2024 →</p> <p>associate professor</p>
<p>Main activities and responsibilities</p> <p>Name and address of employer</p>	<p>Research, Teaching, Administration</p> <p>Faculty of Health and Sport Sciences, Department of Health and Nursing Sciences Széchenyi István University 9026 Győr Egyetem square. 1 Hungary</p>
<p><b>Dates</b></p> <p>Occupation or position held</p> <p>Main activities and responsibilities</p> <p>Name and address of employer</p>	<p>2016 → 2025</p> <p>Associate Professor/ Director Director</p> <p>Research, Teaching, Administration</p> <p>Institute for Health Promotion and Sport Sciences Eötvös Loránd University 1117 Budapest Bogdánfy u. 10 Hungary</p>
<p>Type of business or sector</p>	<p>Higher Education</p>
<p><b>Dates</b></p> <p>Occupation or position held</p> <p>Main activities and responsibilities</p> <p>Name and address of employer</p>	<p>05/2024</p> <p>Physician/ researcher</p> <p>Research coordination/ Lab. development</p> <p>St. Andrew Hospital for Rheumatology and Medicinal Spa of Hévíz</p> <p>Shulhoff Vilmos Promenadi 1. 8380 Hévíz</p>

Type of business or sector	medicine, Health tourism
<b>Dates</b>	2002 – 2018
Occupation or position held	physician
Main activities and responsibilities	nutritional counseling/ sports medicine
Name and address of employer	Danubius Heath Spa Resort Margitsziget Margit Island 1037 Budapest
Type of business or sector	health tourism
<b>Dates</b>	2009 – 02/2016
Occupation or position held	Senior Lecturer (Assistant Professor)/ Associate Professor
Main activities and responsibilities	Research, Teaching, Administration
Name and address of employer	Department of Tourism, Region and Social Development Szolnok University College Tiszaiget Promenade 1. Szolnok 5000
Type of business or sector	Higher Education
<b>Dates</b>	1997 - 2000
Occupation or position held	research assistant/ sport physician
Main activities and responsibilities	Performance evaluation, nutritional counselling, research and teaching
Name and address of employer	Scientific Research Department, Institute for Sports Medicine Alkotás str. 48 1024 Budapest
Type of business or sector	Sports medicine/ higher education/ research

## Education and training

<b>Dates</b>	2019
<b>Title of qualification awarded</b>	Certified nutritionist
Principal subjects / occupational skills covered	nutrition
Name and type of organization providing education and training	Semmelweis University of Medicine Nutritionist MSc. Faculty of Health Sciences Vas str.17 1051 Budapest Hungary
Level in national or international classification	Master of Science
<b>Dates</b>	2018 November
<b>Title of qualification awarded</b>	<b>dr. habil. (Habilitated Doctor)</b>
Principal subjects / occupational skills covered	Education
Name and type of organisation providing education and training	Faculty of Education and Psychology, Eötvös Loránd University 23-27. Kazinczy Str., 1075 Budapest, Hungary

Level	Postgraduate
<b>Dates</b>	2012
<b>Title of qualification awarded</b>	<b>Specialization in Dive Medicine</b>
Principal subjects / occupational skills covered	dive medicine
Name and type of organisation providing education and training	University of Szeged Szeged Hungary
Level	Postgraduate
<b>Dates</b>	2004
<b>Title of qualification awarded</b>	<b>Specialization in Sports Medicine</b>
Principal subjects / occupational skills covered	<b>sports medicine</b>
Name and type of organisation providing education and training	Postgraduate Training Center Semmelweis University Medical Budapest, Hungary
Level	Postgraduate
<b>Dates</b>	2010
<b>Title of qualification awarded</b>	<b>Philosophiae Doctor - PhD</b>
Principal subjects / occupational skills covered	Sports Sciences
Name and type of organisation providing education and training	Semmelweis University Budapest Hungary
Level	Postgraduate
<b>Dates</b>	2001
<b>Title of qualification awarded</b>	<b>Journalist</b>
Principal subjects / occupational skills covered	Journalism
Name and type of organisation providing education and training	MÚOSZ, Bálint György Academy of Journalism Budapest, Hungary
Level	Postgraduate
<b>Dates</b>	1996.
<b>Title of qualification awarded</b>	<b>Doctor of Medicine</b>
Principal subjects / occupational skills covered	General Medicine
Name and type of organisation providing education and training	Szent-Györgyi Albert University of Medicine Szeged, Hungary
Level	Graduation of Medicine
<b>Personal skills and competences</b>	
Other language(s)	<b>Hungarian (mother tongue)</b>

Self-assessment  
European level (\*)

**English**

**Arabic**

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user
A1	Basic user	A1	Basic user	A1	Basic user	A1	Basic user	A1	Basic user

(\*) [Common European Framework of Reference \(CEF\) level](#)

Social skills and competences	Social sciences research, teaching, mentoring, lifestyle consulting
Organisational skills and competences	Group and team leadership, seminar, workshop, conference organization
Technical skills and competences	Research method, computer literate, advanced statistical knowledge
Computer skills and competences	Fully computer literate, MS Office, SPSS, Internet, Others.
Artistic skills and competences	Creativity
Driving licence	B

Scholastic credentials at:

MTMT identifier: 10036091