



Dr. ZOLTÁN ALFÖLDI

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Place and date of birth: Mohács, 02 Feb 1985

Marital status: Married, father of two sons

EDUCATION

2003–2007 University of Pécs (Hungary) – Teacher of Physical Education (MA)
2006–2007 University of Coimbra (Portugal) – Teacher of Physical Education (Erasmus scholarship)
2007–2009 University of Pécs (Hungary) – Sports Communication (higher education vocational programme)
2009–2012 Babeş-Bolyai University (Romania) – Psychology (BA)
2013–2014 Semmelweis University (Hungary) – Specialist Coach (Rowing) (postgraduate)
2012–2018 University of Pécs (Hungary) – Psychologist (MA)
2019–2023 University of Pécs, Faculty of Health Sciences (Hungary) – Doctoral School (PhD)
2019–2022 Hungarian University of Sports Science / ELTE (Hungary) – Sport Psychologist (postgraduate)
2023–2024 University of Delaware (USA) / International Olympic Committee (Switzerland) – ICECP programme (postgraduate)

WORK EXPERIENCE

2008–2014 Youth Coach, Baja Spartacus Sport Club (Hungary)
2011–2012 Club Coach, Coimbra (Portugal)
2012 Psychology Intern, Báthory Lyceum, Cluj-Napoca (Romania)
2012–2014 Autogenic Training and Mental Training, Baja (Hungary)
2013 Lecturer (Sport Psychology) in coach education, Baja (Hungary)
2010–2014 National youth coach (cadet), Budapest (Hungary)
2014 Psychology placement, Baja Micro-Regional Family Support Service, Baja (Hungary)
2014– Autogenic Training and Mental Training, Győr (Hungary)
2014– Head Coach, Győr Atlétikai Club (GYAC), Győr (Hungary)
2014– National coach – U23 and Senior, Budapest (Hungary)
2014–2015 National youth coach – Junior, Budapest (Hungary)
2015–2016 Sport Psychologist, Simon Béla – Juhász Adrián Psychologist, Szolnok (Hungary)
2019– University of Pécs, Szombathely (Hungary)
2020– Széchenyi István University, Győr (Hungary)

International mobility / teaching (staff mobility)

2022 Erasmus+ Staff Mobility – Teaching, University of Coimbra, Coimbra (Portugal)
2022 Erasmus+ Staff Mobility – Language Teaching, Canterbury (United Kingdom)
2022 Erasmus+ Staff Mobility – Teaching, Artuklu University, Mardin (Turkey)
2023 Erasmus+ Staff Mobility – Teaching, University of Coimbra, Coimbra (Portugal)
2023 Erasmus+ Staff Mobility – Teaching, Artuklu University, Mardin (Turkey)
2024 Erasmus+ Staff Mobility – Teaching, University of Coimbra, Coimbra (Portugal)
2024 Erasmus+ Staff Mobility – Teaching, Artuklu University, Mardin (Turkey)
2025 Pannonia Programme Staff Mobility – Teaching, University of Seoul, Seoul (Korea)
2025 Pannonia Programme Staff Mobility – Teaching, Artuklu University, Mardin (Turkey)

Applied sport psychology roles

2023– Motocross sport psychologist (Hungary)
2023– Swimming sport psychologist (Hungary)
2023– Canoe sprint / kayaking sport psychologist (Serbia)
2023– Hungarian National Basketball Team sport psychologist (Hungary)
2023– World Rowing (FISA) Sport Psychology instructor (Switzerland / International)
2023– MEFS University Rowing Coordinator (Hungary)
2024– Triathlon sport psychologist (Hungary)
2024– MEFS International Relations Committee – Vice President (Hungary)
2024– World Rowing (FISA) Safeguarding Advisory member (Switzerland)

ROWING ACHIEVEMENTS (as coach and sport psychologist)

2015	Junior European Championships – Men’s Coxless Pair: 7th place Junior European Championships – Men’s Coxless Four: 7th place U23 World Championships – Men’s Coxless Pair: 8th place
2016	Final Olympic Qualification Regatta – Men’s Lightweight Coxless Four: 6th place Junior European Championships – Women’s Coxless Four: 5th place European Universities Games – Men’s Eight: 2nd place
2017	U23 European Championships – Men’s Lightweight Coxless Pair: 2nd place U23 European Championships – Men’s Coxed Four: 3rd place U23 World Championships – Men’s Lightweight Coxless Pair: 7th place European Universities Championships – Men’s Lightweight Coxless Four: 1st place European Championships – Men’s Lightweight Coxless Four: 5th place Senior World Championships – Men’s Lightweight Coxless Pair: 7th place
2018	U23 European Championships – Men’s Lightweight Coxless Pair: 3rd place Senior European Championships – Men’s Lightweight Quadruple Sculls: 5th place World University Championships – Men’s Lightweight Coxless Four: 1st place European Universities Games – Men’s Lightweight Coxless Four: 2nd place European Universities Games – Women’s Single Sculls: 3rd place European Universities Games – Men’s Single Sculls: 3rd place
2019	Junior European Championships – Women’s Eight: 6th place U23 World Championships – Men’s Eight: 8th place Senior World Championships – Men’s Lightweight Coxless Pair: 4th place U23 World Championships – Men’s Lightweight Coxless Pair: 3rd place U23 European Championships – Men’s Lightweight Coxless Pair: 1st place
2020	Junior European Championships – Women’s Coxless Pair: 8th place Senior European Championships – Men’s Lightweight Quadruple Sculls: 4th place
2021	U23 World Championships – Women’s Lightweight Double Sculls: 5th place U23 European Championships – Women’s Lightweight Double Sculls: 5th place Senior European Championships – Men’s Lightweight Coxless Pair: 1st place European Olympic Qualification Regatta – Men’s Lightweight Double Sculls: 8th place European Olympic Qualification Regatta – Women’s Lightweight Double Sculls: 6th place Junior European Championships – Women’s Coxed Four: 3rd place
2022	U23 World Championships – Women’s Lightweight Double Sculls: 6th place U23 European Championships – Women’s Lightweight Double Sculls: 6th place Senior European Championships – Men’s Lightweight Coxless Pair: 1st place Senior World Championships – Men’s Lightweight Coxless Pair: 2nd place Junior European Championships – Men’s Coxed Four: 3rd place
2023	World University Games – Men’s Lightweight Double Sculls: 3rd place European Universities Championships – Men’s Lightweight Single Sculls: 2nd place European Universities Championships – Women’s Lightweight Single Sculls: 2nd place European Universities Championships – Women’s Double Sculls: 3rd place Senior World Championships – Men’s Lightweight Coxless Pair: 2nd place
2024	European Championships – Men’s Lightweight Coxless Pair: 2nd place U23 European Championships – Women’s Lightweight Single Sculls: 3rd place U23 European Championships – Men’s Lightweight Double Sculls: 2nd place European Universities Championships – Women’s Lightweight Single Sculls: 1st place European Universities Championships – Women’s Lightweight Double Sculls: 1st place European Universities Championships – Men’s Lightweight Coxless Pair: 3rd place European Universities Championships – Men’s Lightweight Coxless Four: 2nd place World University Championships – Women’s Lightweight Double Sculls: 3rd place
2025	European Championships – Women’s Lightweight Single Sculls: 5th place U23 European Championships – Women’s Coxless Four: 6th place European Universities Championships – Men’s Lightweight Single Sculls: 3rd place European Universities Championships – Men’s Lightweight Coxless Pair: 2nd place European Universities Championships – Men’s Lightweight Coxless Four: 3rd place World University Games – Mixed Quadruple Sculls: 4th place

PhD AND RESEARCH TOPIC

Psychophysiology

PUBLICATIONS / PROFILES

ORCID: <https://orcid.org/my-orcid?orcid=0000-0002-5486-6665>

Frontiers Loop: <https://loop.frontiersin.org/people/1447291/overview>

SciProfiles: <https://sciprofiles.com/profile/1509375>

ResearchGate: <https://www.researchgate.net/profile/Zoltan-Alfoldi>

MTMT: <https://m2.mtmt.hu/api/author/10069214>

SOCIAL MEDIA

LinkedIn: <https://www.linkedin.com/in/zolt%C3%A1n-alf%C3%B6ldi-a9a03518a/>

Facebook: <https://www.facebook.com/zoltan.alfoldi/>

Instagram: <https://www.instagram.com/zoltanalfoldi/>

LANGUAGES

Native: Hungarian

Foreign languages: English (B2), German (A1), Portuguese (A1), Croatian (A1)

OTHER

User-level computer skills

HOBBIES / INTERESTS

Physiology, Hypnosis, Psychophysiology, Autogenic Training, Guided Affective Imagery, NLP

Dr. Zoltán Alföldi