



Pál Dr. Hamar

Date of birth: 19/11/1961 | **Place of birth:** Budapest, Hungary | **Nationality:** Hungarian |

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Kondor Béla , 24. 3. e. 20. a., ap. 2, 2000, Szentendre, Hungary (Home)

● EDUCATION & TRAINING

01/09/1985 - 19/06/1988 - BUDAPEST, HUNGARY

DOCTORAL SCHOOL OF EDUCATION – COMPLETION OF COURSEWORK (ABSOLUTORIUM)-
DOCTORAL SCHOOL OF EDUCATION, EÖTVÖS LORÁND UNIVERSITY (ELTE)

Level in EQF: 8

01/09/1981 - 22/01/1987 - BUDAPEST, HUNGARY

CERTIFIED GYMNASTICS COACH- COLLEGE OF PHYSICAL EDUCATION

Level in EQF: 6

01/09/1981 - 17/06/1985 - BUDAPEST, HUNGARY

PHYSICAL EDUCATION TEACHER (SECONDARY LEVEL)- COLLEGE OF PHYSICAL EDUCATION

Level in EQF: 7

● WORK EXPERIENCE

01/07/2019 - CURRENT - BUDAPEST, HUNGARY

PROFESSOR HUNGARIAN UNIVERSITY OF SPORTS SCIENCE, DEPARTMENT OF PEDAGOGY

01/09/2011 - 19/06/2019 - BUDAPEST, HUNGARY

PROFESSOR HUNGARIAN UNIVERSITY OF SPORTS SCIENCE, DEP. OF GYMNASTICS, RHYTHMIC GYMNASTICS, DANCE AND AEROBICS

01/07/2001 - 31/07/2011 - BUDAPEST, HUNGARY

ASSOCIATE PROFESSOR SEMMELWEIS UNIVERSITY, FACULTY OF PHYSICAL EDUCATION AND SPORT SCIENCES, DEPARTMENT OF GYMNASTICS

01/09/1998 - 30/06/2001 - BUDAPEST, HUNGARY

ASSISTANT PROFESSOR HUNGARIAN UNIVERSITY OF PHYSICAL EDUCATION, DEPARTMENT OF GYMNASTICS

01/09/1990 - 31/08/1998 - BUDAPEST, HUNGARY

RESEARCH ASSOCIATE HUNGARIAN UNIVERSITY OF PHYSICAL EDUCATION, DEPARTMENT OF GYMNASTICS

16/08/1986 - 31/08/1990 - BUDAPEST, HUNGARY

RESEARCH ASSISTANT HUNGARIAN UNIVERSITY OF PHYSICAL EDUCATION, DEPARTMENT OF GYMNASTICS

SECONDARY SCHOOL PHYSICAL EDUCATION TEACHER FERENC II RÁKÓCZI SECONDARY GRAMMAR SCHOOL

LANGUAGE SKILLS

Mother tongue(s): HUNGARIAN

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B2
ITALIAN	C1	C1	C1	C1	C1
RUSSIAN	A1	A1	A1	A1	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

HONOURS AND AWARDS

12/06/2025 Hungarian University of Physical Education and Sport Sciences
Excellent PhD Teaching Award

25/05/2016 National Association of Hungarian Physical Education Teachers & Hungarian Olympic Committee
Matolay Lifetime Achievement Award

01/09/2014 Hungarian University of Sports Science
Ferenc Hepp Memorial Medal

22/01/2012 Minister of the Ministry of National Resources, Hungary
Árpád Kiss Award

15/06/2011 Hungarian Aerobics Federation
20-Year Contribution to Hungarian Aerobics Sports Medal

10/11/2009 National Scientific Students' Association
Gold Medal for Master Teacher

07/09/2009 Semmelweis University, Faculty of Physical Education and Sport Sciences
Endre Kerecsi Award

16/02/2005 Semmelweis University
Outstanding Supervisor of Scientific Student Research at Semmelweis University

01/09/2004 Semmelweis University
Outstanding Teacher of Semmelweis University, 2004

10/06/2002 Budapest Gymnastics Federation
Medal for Contribution to Budapest Gymnastics Sports

20/06/1998 OTSH & MEFS
Distinguished Certificate for Student Sports

OTHER POSITIONS HELD

(NON-TEACHING)

2015–2021 – Director, Teacher Training Institute, Hungarian University of Physical Education

2015–2021 – Vice-Rector for Education, Hungarian University of Physical Education

2015 – Acting Vice-Rector for Education, Hungarian University of Physical Education

2014–2015 – Acting Head of Academic Affairs, Hungarian University of Physical Education

2014 – Acting Head of Education, Hungarian University of Physical Education

2014 – Head of Working Group for Institutional Autonomy, Semmelweis University, Faculty of Physical Education and Sport Sciences

2013–2015 – Director General, Teacher Training Centre, Semmelweis University

2013–2014 – General Deputy Dean, Semmelweis University, Faculty of Physical Education and Sport Sciences

2011–2013 – Deputy Dean for Academic Affairs, Semmelweis University, Faculty of Physical Education and Sport Sciences

2007–2019 – Head of Department, Semmelweis University, Faculty of Physical Education and Sport Sciences, Department of Gymnastics, Rhythmic Gymnastics, Dance and Aerobics

2003–2004 – Head of Academic Affairs, Semmelweis University, Faculty of Physical Education and Sport Sciences

1994–1998 – Head of Women's Gymnastics Section, Hungarian University of Physical Education, Department of Gymnastics

● **RESEARCH PROJECTS**

Scientific Research Projects

Complex Investigation of the Pedagogical Impact System of Hungarian Football Academies (Co-researcher, 2024–)

Discipline-Oriented Military Physical Education and Experience-Based Autonomy-Oriented PE: A Perspective on Personal and Social Responsibility and Motivation (Co-researcher, 2024–)

Research on the "Black Pedagogy" in Schools and Sports Clubs (Co-researcher, 2020–)

Investigation of Physical Education Teachers' Motivational Strategies in Three Countries (UK, Spain, and Hungary) (Co-researcher, 2018–)

Research on the Effects of Perceived Autonomy and the Potential Transfer of Motivation from PE Classes to Youth Leisure-Time Behavior: A Four-Country Study (Hungary, UK, Romania, Slovakia) – Perceived Autonomy Support in Exercise Settings (Co-researcher, 2016–)

Cross-Cultural Extension of Project STIL (Sedentary Teenagers, Inactive Lifestyles) (Co-researcher, 2005–)

Curriculum-Theoretical Survey on the Status of School Physical Education in 21st Century Hungary (2013–2019)

Impact of Mood States and Emotions on Students' Academic and Sport Performance – Mood State and Emotional Intelligence in Academic and Sport Settings (Co-researcher, 2004–2016)

International Study on 11–18-Year-Olds' Attitudes Toward Physical Education (2006–2013)

Hardman & Marshall: International Survey of the Status of School Physical Education (Co-researcher, 2005–2010)

Euro-Conform Perspectives of Physical Education Curriculum Development (2002–2006)

Physical Education Teachers' Views on Curriculum Changes Following the Political Transition (2001–2005)

Curricular Experiment on Rationalizing the Girls' Gymnastics Curriculum (1996–2000)

Enhancing the Effectiveness of Gymnastics Teaching within the Credit System (with Dr. Klára Bejek)

Effectiveness of the Rationalized PE Curriculum for Gymnastics on Students' Psychomotor, Cognitive, and Affective Levels (1986–1990)

Experiment on More Efficient Processing of School Gymnastics Curriculum within the New Curriculum Concept (1982–1985)

● **MEMBERSHIP IN SCIENTIFIC AND PROFESSIONAL ORGANIZATIONS**

Academic, educational, and sport-related society and committee memberships:

Hungarian Academy of Sciences, Committee on Pedagogical Sciences, Subcommittee on Somatic Education – Secretary (2009–2011), Chair (2011–)

Hungarian Pedagogical Society, Section of Somatic Education – Member

Association of Teacher Training Institutions, Directors' Section – Member (until 2021)

Hungarian Biological Society, Section of Movement, Behavior and Cell Biology – Vice-Chair (2008–2011), Chair (2011–)

Hungarian Society of Sport Sciences – Executive Board Member (2005–2013), Chair of the Committee on School Physical Education and Student Sport (2008–2013)

Hungarian Rectors' Conference, Committee on Humanities and Social Sciences (2007–2013)

European College of Sport Science – Member

Faculty Scientific Committee – Member (2002–2008)

Faculty Scientific Students' Council – Member (1999–2006)

Hungarian Accreditation Committee (MAB) – Expert (2007–)

Hungarian Equivalence and Information Centre (MEIK), Educational Authority – Expert (2008–)

Tempus Public Foundation, Higher Education and R&D Expert – Expert (2008–)

Semmelweis University, Doctoral and Scientific Council No. 5 – Member (2012–2014)

Hungarian Rectors' Conference, Teacher Training Committee – Member (2013–2021)

Hungarian University of Physical Education, Doctoral Council – Vice-Chair (2014–)

Hungarian University of Physical Education, Doctoral Council, Doctoral School of Sport Sciences – Member (2014–)

Hungarian University of Physical Education, Habilitation Committee – Member (2016–)

Hungarian University of Physical Education, Habilitation Committee, Subject Area Working Group – Chair (2016–2018)

Hungarian University of Physical Education, Library Committee – Member (2017–2021)

National Public Education Council (OKNT) – Member (2017–), Chair (2023–)

OKNT National Teacher Training and Continuing Education Committee – Member (2018–2021), Chair (2021–2023)

OKNT Content Development Committee – Member (2018–2023)

Public Education Strategic Roundtable, Training, Continuing Education, and Assessment Working Group – Member (2018–2023)

Hungarian Accreditation Committee (MAB), Sport Science Committee – Member (2018–)

Hungarian Academy of Sciences, Division I, Language and Literature, Committee of Ethnography, Dance Science Working Group – Member (2021–)

Hungarian Academy of Sciences, Interdepartmental Permanent Committee on Musculoskeletal and Sport Sciences – Member (2022–)

National Association of Hungarian Physical Education Teachers (MTTOE) – Executive Committee Member (2003–2006); Board Member (2006–); Vice-Chair (2011–2017); Chair (2017–)

Hungarian Olympic Committee – Member (2012–2017, 2022–)

● MEMBERSHIP IN EDITORIAL BOARDS

MEMBERSHIP IN EDITORIAL BOARDS

- *Táncutatási Értesítő* – Member of the Editorial Board (2025–)
- *Journal SPRINT – Sport Research International* – Member of the Editorial Board (2023–)
- *Dance and Education*, Journal of the Hungarian University of Dance – Member of the Advisory Board (2020–)
- *Studia Universitatis Babes-Bolyai – Educatio Artis Gymnasticae Series* – Member of the Scientific Editorial Board (2011–)
- *Graduate Journal of Sport, Exercise & Physical Education Research* – Editorial Advisory Board (2011–2022)
- *Cirkuszi Akrobatika* – Member of the Editorial Board (2008–2019)
- *Iskolai Testnevelés és Sport* – Member of the Editorial Board (2005–2007)

- *Kalokagathia* – Member of the Editorial Board (2005–2016); from 2016, *Physical Education, Sport, Science* – Editor

OTHER ACTIVITIES

- Teaching at the *Bolyai Summer Academy* (Sepsiszentgyörgy, Csíkszereda, Szováta) since 2003