

FERENC GERGELY TORMA PHD.




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Personal Summary



I am a highly dedicated research assistant, who has a great interest for the molecular response of physical activity and exercise physiology. My favorite topic is epigenetics and the biochemical framework of exercise adaptation. I consider myself a team worker and I am efficient in a laboratory environment working with other individuals, although I am comfortable to work on my own initiatives as well. Helping others and passing my knowledge is equally as important as developing myself.


Work Experience

University of Physical Education Research Center for Molecular Exercise Sciences Assistant Research Fellow		2018-
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Education

University of Physical Education Doctoral School, PhD program Research Center for Molecular Exercise Sciences		2012-2018
Doctoral Thesis: <ul style="list-style-type: none">The mitochondrial and epigenetic changes on selectively bred rats based on dietary interventions and endurance training		
Other activities: <ul style="list-style-type: none">Gene expression measurements by real time quantitative PCR on a transgenic mice modelCoordinating human research projects on occlusion exercises, and elderly exercise program.		

Semmelweis University Budapest 	MSc: Human Kinesiology/ Human Movement Science Mitochondrial biogenesis in rats selectively bred based on running abilities.	2010-2012
Semmelweis University Budapest 	BsC: Human Kinesiology/ Human Movement Science Shoulder joint torque measurement and comparative analysis of basketball players and body builders	2007–2010

Eötvös József High School Budapest 	Faculty of Science	2003-2007
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Publications

Publications with Impact Factor	Hirsch index: 3 (2020)
<p>Torma, Ferenc ; Gombos, Zoltan ; Jokai, Matyas ; Takeda, Masaki ; Mimura, Tatsuya ; Radak, Zsolt High intensity interval training and molecular adaptive response of skeletal muscle Sports Medicine and Health Science 1 : 1 pp. 24-32. , 9 p. (2019)</p>	-
<p>Torma, Ferenc ; Gombos, Zoltan ; Fridvalszki, Marcell ; Langmar, Gergely ; Tarcza, Zsafia ; Merkely, Bela ; Naito, Hisashi ; Ichinoseki-Sekine, Noriko ; Takeda, Masaki ; Murlasits, Zsolt et al. Blood flow restriction in human skeletal muscle during rest periods after high-load resistance training down-regulates miR 206 and induces Pax7 JOURNAL OF SPORT AND HEALTH SCIENCE & p. & (2019)</p>	
<p>Torma, F ; Koltai, E ; Nagy, E ; Ziaaldini, MM ; Posa, A ; Koch, LG ; Britton, SL ; Boldogh, I ; Radak, Z Exercise increases markers of spermatogenesis in rats selectively bred for low running capacity PLOS ONE 9 : 12 p. e114075 (2014)</p>	
<p>Torma, F ; Bori, Z ; Koltai, E ; Felszeghy, K ; Vacz, G ; Koch, L ; Britton, S ; Boldogh, I ; Radak, Z Eating habits modulate short term memory and epigenetical regulation of brain derived neurotrophic factor in hippocampus of low- and high running capacity rats BRAIN RESEARCH BULLETIN 107 pp. 54-60. , 7 p. (2014)</p>	
<p>A, Budai ; G, Horváth ; L, Tretter ; Z, Radák ; E, Koltai ; Z, Bori ; F, Torma ; Á, Lukáts ; P, Röhlich ; A, Szijártó et al. Mitochondrial function after associating liver partition and portal vein ligation for staged hepatectomy in an experimental model BRITISH JOURNAL OF SURGERY 106 : 1 pp. 120-131. , 12 p. (2019)</p>	
<p>Zsolt, Radak ; Ferenc, Torma ; Istvan, Berkes ; Sataro, Goto ; Tatsuya, Mimura ; Aniko, Posa ; Laszlo, Balogh ; Istvan, Boldogh ; Katsuhiko, Suzuki ; Mitsuru, Higuchi et al. Exercise effects on physiological function during aging FREE RADICAL BIOLOGY AND MEDICINE 132 pp. 33-41. , 9 p. (2019)</p>	

Relevant Personal Skills

Language skills	Hungarian – Native English – Fluent Russian – Intermediate
Computer literacy	Excellent knowledge: Ms Office/ Excel, Word, PowerPoint, Access, STATISTICA, End Note, PubMed, Science direct, Scopus, BLAST, NCBI, MIRBASE, UNIPROT Basic C++ programing
Driving license	Type „B”, full and clean
Trainings	Computational Bionic training (Pazmany Peter catholic university, faculty of information technology) Animal Research Leader (FELASA C-equivalent) ECDL (European Computer Driving Licence) Develor – Prezentációs techniques (from traditional to ‘Steve Jobs style’)

Other Skills and Interests

Sports	Fitness, cycling Nutrition adviser for athletes during their preparation period for competitions
Hobbies	horology, youtube, podcasts, poetry

All references are available upon request.