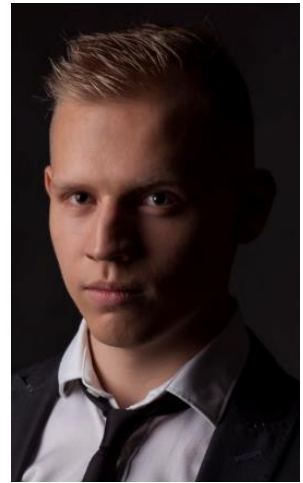


Curriculum Vitae

PERSONAL INFORMATION

Name: **Péter Bakonyi**
Address: 1163. Budapest, Órmester street 17.
Telephone: 06-20-438-3453
E-mail: bakonyi.peti@gmail.com
Births date: 1993.08.26.



EDUCATION

In 2013 I graduated in Budapest in the Kölcsey Ferenc High School.

In 2017 I got a diploma (Bsc) in Physical Education and Athlete Trainer in the University of Physical Education.

In 2018 I graduated the Kinesio-tape Basics course at the Oriolus-Med.

In 2019 I graduated the Kinesio-tape Advanced I. course at the Oriolus-Med.

In 2019 I graduated the Personal Trainer course at the IWI International Fitness School.

In 2019 I got a master diploma (MA) in Physical Education and Adapted Physical Education in the University of Physical Education.

Advantaged subjects: communication, pedagogy, sociology, mathematics, training conception, physiology, gymnastic sports, athletics

Currently I am a PhD student in the Doctor School of the University of the Physical Education, at the Molecular Training Physiological Research Center, which qualification I will get my PhD degree in 2023.

LANGUAGE SKILLS

English - intermediate

German – intermediate

PROFESSIONAL EXPERIENCE

Athletic education – University of Physical Education (TFSE)

Conditional trainer – MTK Park Tennis Club

Gymnastics and Training conception subjects coaching in the University of Physical Education

Home and International Scientific Research works (HTDK, NTDK), Conference project, which I was coauthor

Home TDK 1. place (Az akut okklúziós terhelés hatásai az izom genetikai markerei)

International TDK 1. place (The effect of the acute occlusion training for the muscles' s genetic marker)

National TDK 3. place and TDK Presentation Special Award (Az akut okklúziós terhelés hatásai az izom genetikai markerei)

It the Hungarian Scientific Academy, at the TDK Presentation Special Award Conference I stood for the University of the Physical Education with my presentation (Az akut okklúziós terhelés hatásai az izom genetikai markerei)

Conference project, which I was coauthor: The effect of resting period blood flow restriction on average velocity characteristics during 4 weeks of squat exercise protocol

I attained the 2019/2020 annual New National Excellency Program (ÚNKP) scholarship with my topic, which title is: *A krónikus okklúziós terhelés hatásai az izom genetikai markereire*

R-med Performance – 2 years long I was monitoring at Zsolt Pozsonyi, personal trainer

SPORTING CARREER

KSI SE – Athletics (sprinter)

OLCOTE HC – Field hockey

SZLG DSE – Field hockey

Hungarian Field Hockey International (U21)

TFSE – Athletics (long runner)

OTHERS:

In my free time I was on the go of gymnastics, for 2 years long I was attend to the Ferencvárosi Torna Club.

I was a competitor at the Ninja Warrior Hungary Race; I finished as the 34th around out of 3000 competitors.

I also work occasionally as a personal trainer with people, who has orthopedically-, and medical diseases.

Next to my studies I worked regularly at numerous area in the Buda Castle Hilton, I easily connect with people. I am flexible and bouncing, easily find my place in the teamwork as well.

In my free time I like to play on guitar and singing.