



Emese Trájer, Ph.D.

- <Associate professor>
- <Department of Health Sciences and Sport Medicine>
- Year of birth: 1986.

Qualifications, academic degrees

University degrees

- Semmelweis University Faculty of Physical Education and Sport Sciences, Budapest, Physical Education–Adapted Physical Education teacher, (MA) (2010)

Academic degrees and titles

- Semmelweis University Doctoral School of Sport Sciences, PhD in sport sciences

Professional career

Previous and current jobs, positions and titles

- 2025– Hungarian University of Sports Sciences, Budapest, Associate professor.
- 2020–2024 Hungarian University of Sports Sciences, Budapest, Assistant professor.
- 2022–2023: Kovács Katalin National Canoe Academy, Exercise physiologist.
- 2017–2022: Hungarian Canoe Federation, Exercise physiologist.
- 2015–2019: University of Sport, Budapest, assistant lecturer.
- 2010–2012: Kodály Zoltán Elementary and Secondary School, Budapest, Adapted PE teacher.
- 2009–2014: Semmelweis University, Faculty of Physical Education, Department of Health Sciences and Sport Medicine, Laboratory of Exercise Physiology. Laboratory assistant, trainee, PhD student

Key study trips, missions

- 2015–2016: Universitätsklinikum Ulm Sektion Sport-und Rehabilitationsmedizin
- 2021 Intensive Junior Faculty Virtual Exchange – Sports Science Teaching Methods, Course Development, and Academic Professionalization

Language skills

language	speaking skills	writing skills	reading skills	take part in a media event?
English	advanced	advanced	advanced	yes
German	intermediate	beginner	intermediate	no

Research, expert activities

Major subjects and topics taught

- Adapted exercise physiology
- Theory and methodology of adapted physical education
- Adaption of sports into adapted PE

Field and discipline

- Sport Sciences, Adapted Exercise Physiology
- Health Sciences

Current research topics

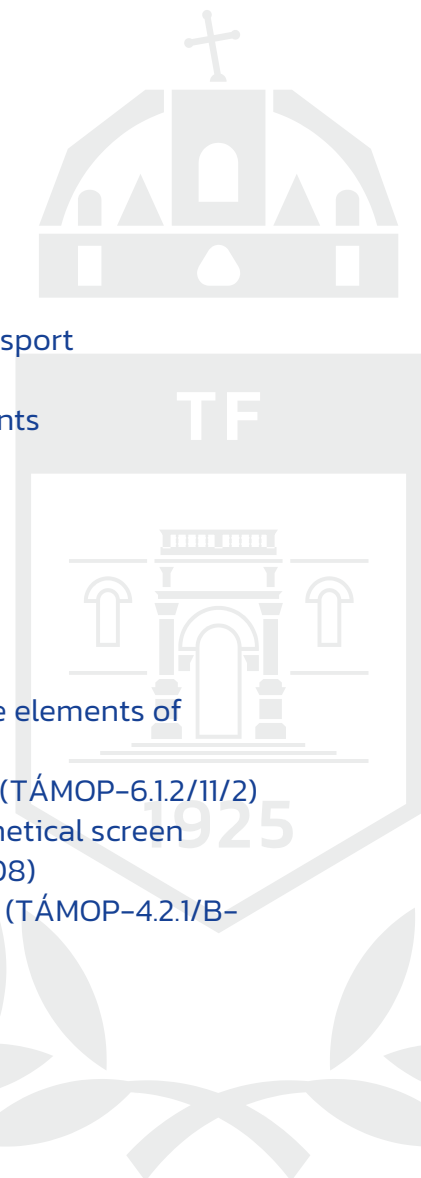
- Performance diagnostic in elite athletes
- Habitual physical activity, sedentary lifestyle
- Spiroergometry and performance monitoring in canoe sport
- Sport-specific performance monitoring
- Sport selection in U-class, anthropometric measurements

Former research topics

- The effect of habitual PA in renal transplant recipients
- Physical activity among children

Key research

- The effects of climate change on human health and the elements of biosphere (KTA_AIK-12-1-2013-0017)
- Dimensions of physical activity and sports in Hungary (TÁMOP-6.1.2/11/2)
- Development of complex, electrophysiological and genetical screen system on sudden cardiac death (Tech_08_A1_Cardio08)
- Modern medical technology at Semmelweis University (TÁMOP-4.2.1/B-09/1/KMR-2010-0001)



Membership of a scientific or professional organization or body

- Hungarian Sports Science Society
- Hungarian Coach Society

Expert advisory activities

- Hungarian Canoe Federation: adapted exercise physiologist
- Kovács Katalin National Canoe Academic: adapted exercise physiologist

Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works) (<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10027191>)

Contacts

University residence

- Building: L5
- Room: 109
- Phone number(s): +36 1 488 1514
- E-mail address: trajer.emese@tf.hu

Other professional profiles

- MTMT: <https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10027191>
- Research Gate: <https://www.researchgate.net/profile/Emese-Trajer>

