

Prof. Pál Hamar DSc

- Professor
- Pedagogy Department
- 1961

Qualifications, academic degrees

University degrees

- High school physical education teacher
- Gymnastics coach

Academic degrees and titles

- Dr. Univ. (HUPE, 1990)
- PhD Educational Science (Eötvös Loránd University, 2000)
- Dr. Habil Educational Sciences (University of Pécs, 2009)
- Doctor of Science, Hungarian Academy of Sciences (2019)

Professional career

Previous and current jobs, positions and titles

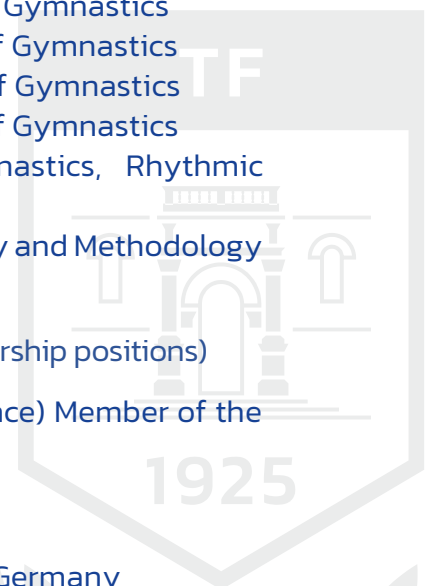
- 1986–1990 Research Assistant, HUPE Department of Gymnastics
- 1990–1998 Scientific Associate, HUPE Department of Gymnastics
- 1998–2001 Assistant Professor, HUPE Department of Gymnastics
- 2001–2011 Associate Professor, HUPE Department of Gymnastics
- 2011–2019 Professor, HUPE Department of Gymnastics, Rhythmic Gymnastics, Dance and Aerobics
- 2019– Professor, University of PE (HUSS) Pedagogy and Methodology Department

Public activities at the university (board memberships, leadership positions)

- University of PE (Hungarian University of Sports Science) Member of the Senate (2015–)

Key study trips, missions

- 1984 Deutsche Hochschule für Körperkultur. Leipzig, Germany
- 1984 University of Jyväskylä. Jyväskylä, Finland
- 1990–1993 Circolo Ginnastica Mazara. Mazara del Vallo, Italy
- 1998 Jeux Sans Frontieres. Trento, Italy
- 1999 Jeux Sans Frontieres. Le Castella, Italy



- 2000 Ti-Gym 2000. Ticino, Switzerland
- 2001 K & V – Opmeer. Opmeer, The Netherlands
- 2001 Handfest. Fondi, Italy
- 2002 I3PE Network. Groningen, The Netherlands
- 2003 I3PE Network. Worcester, Great Britain
- 2003 Bolyai Summer Academy. Sovata, Romania
- 2004 I3PE Network. Worcester, Great Britain
- 2004 Women's Gymnastics European Championship. Amsterdam, The Netherlands
- 2004 Handfest. Fondi, Italy
- 2004 I3PE Intensive Program. Worcester, Great Britain
- 2005 International Week. Worcester, Great Britain
- 2005 I3PE Intensive Program. Worcester, Great Britain
- 2005 16th European Physical Education Association (EUPEA) Forum. Trieste, Italy
- 2006 International Week. Worcester, Great Britain
- 2006 Bolyai Summer Academy. György Sepsiszent, Romania
- 2006 I3PE Network. Tilburg, The Netherlands
- 2007 Bolyai Summer Academy. Miercurea-Ciuc, Romania
- 2008 Meeting of Hungarian Rectors. Cluj, Romania
- 2008 I3PE Network. Tilburg, The Netherlands
- 2008 Bolyai Summer Academy. Miercurea-Ciuc, Romania
- 2009 ERASMUS Teacher Mobility. Teacher exchange program. University of Sunderland, Great Britain
- 2009 I3PE Network. Malmö, Sweden
- 2010 FIG Meeting of Gymnastics for all. Lausanne, Switzerland
- 2010 I3PE Network. Malmö, Sweden
- 2010 Gymnastics World Cup. Moscow, Russia
- 2010 Gordons Gymnastics Club. Cape Town, South Africa
- 2012 Bolyai Summer Academy. Miercurea-Ciuc, Romania
- 2013 Bolyai Summer Academy. Sovata, Romania
- 2014 World Gymnastics Championships. Nanning, China
- 2015 Svetlana Horkina Cup. Belgorod, Russia
- 2015 28th Summer Universiade. Gwangju, South Korea
- 2015 World Gymnastics Championships. Glasgow, Great Britain
- 2016 Aquace Rio Final Gymnastics Qualifiers (Test Event). Rio de Janeiro, Brazil
- 2017 World Gymnastics Championships. Montreal, Canada
- 2018 Pädagogische Hochschule. Eisenstadt, Austria

Awards, titles, honours

- "For student sports" award certificate. NPESO, HUSA. 1998.
- Commemorative medal for "Budapest Torna Sport". Budapest Gymnastics Association. 2002 and 2012.
- Excellent Lecturer at Semmelweis University. 2004.
- Semmelweis University's Excellent Academic Student Educator. 2004.



- Endre Kerezi Award. Semmelweis University Faculty of Physical Education and Sports Sciences. 2009.
- Master Teacher Gold Medal. National Scientific Student Council (NSSC). 2009.
- "For 20 years of Hungarian aerobic sport" commemorative medal. Hungarian Aerobics Association. 2011.
- Árpád Kiss Award. Minister of the Ministry of National Resources. 2012.
- Ferenc Hepp Memorial Medal. University of Physical Education (UPE). 2014.
- Matolay Lifetime Achievement Award. Hungarian National Association of Physical Education Teachers and Hungarian Olympic Committee. 2016.

Language skills

language	speaking skills	writing skills	reading skills	take part in a media event?
Russian intermediate	passive	passive	passive	no
Italian intermediate	fluent	fluent	fluent	no
English basic	moderate	moderate	moderate	no

Research, expert activities

Major subjects and topics taught

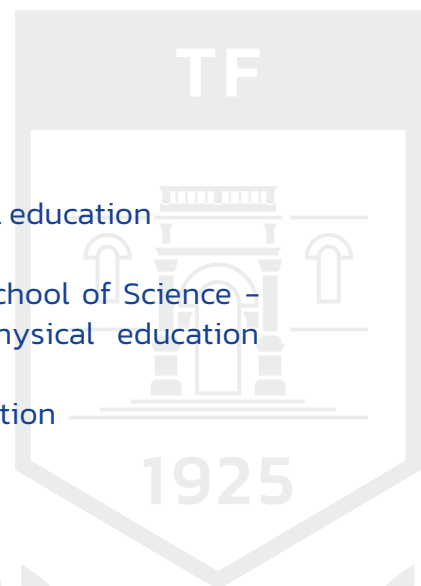
- Theory of education (Didactics)
- Theoretical and methodological knowledge of physical education
- Physical education and sport theory
- Conducting an independent course in the Doctoral School of Science - Theoretical and methodological foundations of physical education curricula - in Hungarian and English
- Teaching the subject of Sport pedagogy in adult education
- Career socialization practice

Field and discipline

- Educational Science – Curriculum theory

Current research topics

- Cross-Cultural Extension of Project STIL (Sedentary Teenagers, Inactive Lifestyles) (as a co-researcher, 2005-)



- Perceived Autonomy Support in Exercise Settings (as a co-researcher, 2016-)
- Investigating the motivational strategies of physical education teachers in three countries (the United Kingdom, Spain and Hungary) (as a co-researcher, 2018-)
- Researching Black Pedagogy in schools and sports clubs (as a co-researcher, 2020-)

Former research topics

- An attempt to process the school gymnastics curriculum more effectively in the context of the new curriculum concept (1982-1985)
- The effectiveness of the exercise material of a rationalized physical education curriculum on the psychomotor, cognitive and affective levels of students (1986-1990)
- Increasing the effectiveness of the teaching of the gymnastics subject in the credit system (with Dr. Klára Bejek)
- Curriculum attempt to rationalize the teaching of girls' gymnastics (1996-2000)
- Physical education teachers' opinions on curriculum changes following the system change (2001-2005)
- Euro-compliant perspectives of physical education curriculum development (2002-2006)
- Hardman & Marshall: International Survey of the Status of School Physical Education (as a co-researcher, 2005-2010)
- An international research of the affectivity of students aged 11-18 towards physical education (2006-2013)
- Mood State and Emotional Intelligence in Academic and Sport Settings (as a co-researcher, 2004-2016)
- Curriculum theoretical survey of the situation of school physical education in twenty-first century Hungary (2013-2019)

Membership of a scientific or professional organisation or body

- Hungarian Academy of Sciences Pedagogical Scientific Committee Somatic Education Subcommittee, chairman
- Hungarian Pedagogical Society, Department of Somatic Education, member
- Hungarian Biological Society Movement, Behaviour and Cell Biology Department, president
- Hungarian Sports Science Association, member
- European College of Sport Science, member
- Hungarian Rectors' Conference Teacher Training Committee, member
- Hungarian University of Sports Science Doctoral Council, vice president
- Hungarian University of Sports Science Council of the Doctoral School of Sports Sciences, member
- Hungarian University of Sports Science Habilitation Committee, member
- National Council of Public Education (NCPE), member

- NCPE National Teacher Training and Continuing Education Committee, chairman
- Hungarian Higher Education Accreditation Committee (HHEAC) Sports Science Committee, member
- Hungarian Academy of Sciences, 1st Department of Linguistics and Literature, Ethnography Committee, Dance Studies Working Committee, member
- Hungarian Academy of Sciences, Interdepartmental Standing Committee of Musculoskeletal and Sports Science, member
- Hungarian National Association of Physical Education Teachers (HNAPET), president
- Hungarian Olympic Committee, member
- Presto Sport and Leisure Time Association (PSLTA), president

Editorial board memberships and positions

- Physical Education, Sports, Science scientific paper, editor
- Graduate Journal of Sport, Exercise & Physical Education Research – Editorial Advisory Board
- Journal Studia Universitatis Babes-Bolyai – Educatio Artis Gymnasticae Series: Member of Scientific Editorial Board
- Dance and Education is the journal of the Hungarian University of Dance, member of the Advisory Board

Expert advisory activities

- Expert of the Hungarian Higher Education Accreditation Committee (HHEAC)
- He is an expert at the Hungarian Equivalence and Information Center (HEIC) of the Education Office
- Development of the system and rules of mini-trampoline jumping student competitions
- "Sporty, fit Mountain Region". Budapest Hegyvidék XII. development, organization and implementation of the physical culture program of the district Self-Government
- National Gymnastics Program (NGP). Development of the Innovation Plan of the Hungarian Gymnastics Federation for Leisure and Student Sports
- As a curriculum theoretician, he is involved in the preparation of the "Public education-type sports school framework curriculum" of the Csanádi Árpád Primary School and High School
- "Implementation possibilities of the Kids Athletics Program of the International Athletics Federation in the framework of daily physical education in the lower grades of elementary school" project expert

- "Content-methodological development and teacher training in the field of daily physical education" priority project expert
- EFOP-3.1.2-16-2016-00001. Methodological renewal of public education in order to reduce school leaving without a qualification – Introduction of a complex basic program in public education institutions professional expert of the program
- EFOP-3.2.15-VEKOP-17-2017-00001, prominent pedagogical expert of the project EDUCATION 2030

Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works) ([link](#))

Contacts

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