



VASS Zsolt
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PLACE, DATE OF BIRTH **BUDAPEST, 16.07.1989.**

EDUCATION

SEMMELWEIS UNIVERSITY
2018, Nursing MSc

SEMMELWEIS UNIVERSITY
2016, Nursing BSc

OKTÁV TRAINING CENTER
2010-2011, Sports Massage Therapist

OKTÁV TRAINING CENTER
2009-2011, Medical Massage Therapist

LANGUAGE SKILLS 2015, English, C type

PROFESSIONAL-SCIENTIFIC CAREER

TEACHING ASSISTANT
2021, Semmelweis University, Faculty of Health Care Sciences, Department of Morphology and Physiology

PUBLICATION LIST IN MTMT DATABASE <https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10075443>

SUBJECTS TAUGHT

2021, Physiology-pathophysiology
2019 Recreational sports' effects on cardiovascular fitness

PRACTICES LED 2014, 2015, 2016, 2017, 2018, 2020, 2021 Physiology-pathophysiology

LEARNING IN DOCTORAL PROGRAM

2020.-, Effects of endocannabinoid signaling on hormonal status and vascular remodeling in normo- and hypertension.

**PARTICIPATION IN
TDK WORK**

2013, Short-term and long-term effects of nordic walking training on balance, functional mobility, muscle strength and aerobic endurance among Hungarian community-living older people: a feasibility study

2014, Associated factors of independency in older adults with cognitive impairment living in a long term care institute

2015, The effects of a leisure time exercise program organized for older adults on fitness

2016, Factors associated with sedentary lifestyle among nursing-home living older people with the ability to walk

2017-2018, Effects of Zumba fitness program on fitness- and body composition indicators among young women.

**MEMBERSHIP IN
ORGANISATIONS**

2016-, MESZK (Hungarian Chamber of Health Professionals)

**DATE OF
FINALISING CV**

06.07.2021.
