

Gabor Bogнар

Home Address: Parknasilla Resort and Spa Staff House

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Birth: Budapest, 1990. 04. 06.



Education:

- 2018 MSc degree in Humankineziology - Hungarian Sport University
- 2014 BSc degree in Humankineziology - Hungarian Sport University
- 2009 Árpád National High school , Faculty of English language

Exchange programs:

- 2012- 2013 *Jozef Pilsudski University of Physical Education in Poland*
Course of Physiotherapy and Rehabilitation – 2 semesters
- 2016 *Palacky University in Czech Republic*
Course of Physical Culture – 1 semester

Language skills:

Language skills:

- English (fluent)
- French (beginner)

Experience:

Parknasilla Resort and Spa (current)

Kitchen porter 2018-2019

Lifeguard and Spa Receptionist since 2019

Camp Counselor USA program 7 consecutive summers

Camp Ramah New England, Palmer, Massachusetts (2011-2017)

Polish National Wheelchair Rugby Team

Assistant coach 2012-2013

Spinal Cord Injury Center Warsaw

Physiotherapist assistant 2012-2013

Semmelweis University

Swimming instructor 2011-2013

Publications

- **Acute effects of different durations of static stretching on the eccentric strength of power of leg flexor muscles**

Isokinetics and Exercise Science 26 (2018) 43-52

- **The effects of 10 weeks isometric and eccentric hamstring training programs on the functional and traditional H/Q ratios**

In progress

Future plans

- PhD in the topic of the effect of eccentric and isometric hamstring training on the prevention of ACL injuries