



## Kinga Shenker-Horváth

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- *Dietitian, Nutritionist*
- *Center for Sports Nutrition Sciences*
- *Year of birth: 1981*

### *Qualifications, academic degrees*

#### *University degrees*

- *Dietitian BSc*
- *Nutritionist MSc*
- *International Relations*

### *Professional career*

#### *Previous and current jobs, positions and titles*

- *2023- Hungarian University of Sports Science, Center for Sports Nutrition Science, head dietitian*
- *2023- Department of Morphology and Physiology, Faculty of Health Sciences, Semmelweis University, full-time scholarship PhD student*
- *2019- Hungarian University of Sports Science, Center for Sports Nutrition Science, dietitian*
- *2021-2022 Semmelweis University Heart and Vascular Center Semmelweis University, full-time scholarship PhD student*
- *2020-2021 Hungarian Dance University, dietitian*
- *2016- Eisberg Hungary Ltd, dietitian*
- *2014- Hungarian Waterski and Wakeboard Federation, president*
- *2009-2013 Revita Rheumatology Clinic, study coordinator*
- *2003-2009 Hungarian Waterski and Wakeboard Federation, secretary general*

#### *Awards, titles, honours*

- *2023 1<sup>st</sup> prize in the Semmelweis PhD Scientific Days 2023*
- *2023 Special prize of the Association of Hungarian Chemists in the Hungarian Society of Nutrition Sciences and the Hungarian University of Agriculture and Life Sciences, Institute of Food Science and Technology "Nutrition Science Research" XI. PhD Conference*
- *2023 2<sup>nd</sup> place in Section III in the Hungarian Society of Nutrition Sciences and the Hungarian University of Agriculture and Life Sciences,*

*Institute of Food Science and Technology “Nutrition Science Research”  
XI. PhD Conference*

- *2020 Diploma for outstanding work in the Students' Scientific Association*
- *2020 Special award of Faculty of Dietetics and Nutrition, XLII Students' Scientific Association, Semmelweis University Faculty of Health Sciences*
- *2020 Special award of the Hungarian Dietetic Association, XLII Students' Scientific Association, Semmelweis University Faculty of Health Sciences*
- *2010 Best female wakeboarder of the first decade – Award of the Hungarian Waterski and Wakeboard Federation*
- *2008–2009 Ministerial Certificate of Recognition for Outstanding Sporting Achievement*
- *2008 World number 1 female cable wakeboarder – Cable Wakeboard World Council*
- *2006 Certificate of the City of Veszprém for outstanding sports performance*
- *2004 Best female cable wakeboarder of the year – Award of the International Waterski and Wakeboard Federation Cable Wakeboard Council*
- *2003 Best female cable wakeboarder of the Europe–Africa–Middle–East (EAME) region*

*Key study trips, missions*

- *2020 “Mission of the Center for Sports Nutrition Science” Meeting of the Hungarian–Russian Working Group on Physical Education and Sport. Moscow, Russia*

### *Language skills*

<i>language</i>	<i>speaking skills</i>	<i>writing skills</i>	<i>reading skills</i>	<i>take part in a media event?</i>
<i>English</i>	<i>Intermediate professional (medical)</i>	<i>Intermediate professional (medical)</i>	<i>Intermediate professional (medical)</i>	<i>Yes</i>
<i>German</i>	<i>Intermediate professional (business management)</i>	<i>Intermediate professional (business management)</i>	<i>Intermediate professional (business management)</i>	<i>No</i>

## Research, expert activities

### Major subjects and topics taught

- Sport-specific dietetics
- Sports nutrition
- Dietetics, practical dietetics
- Nutrition and Metabolism
- Fundamentals of health science

### Field and discipline

- Dietetics, nutrition, sports nutrition
- Health sciences
- Sport Sciences, Adapted Exercise Physiology

### Current research topics

- Sport physiology aspects of the endocannabinoid system
- The role and risk of cannabinoids in sports nutrition
- Use of dietary supplements in sport
- Sport-specific body composition measurements
- Nutritional challenges of athletes with type 1 diabetes
- Innovative tools and technologies in sports nutrition

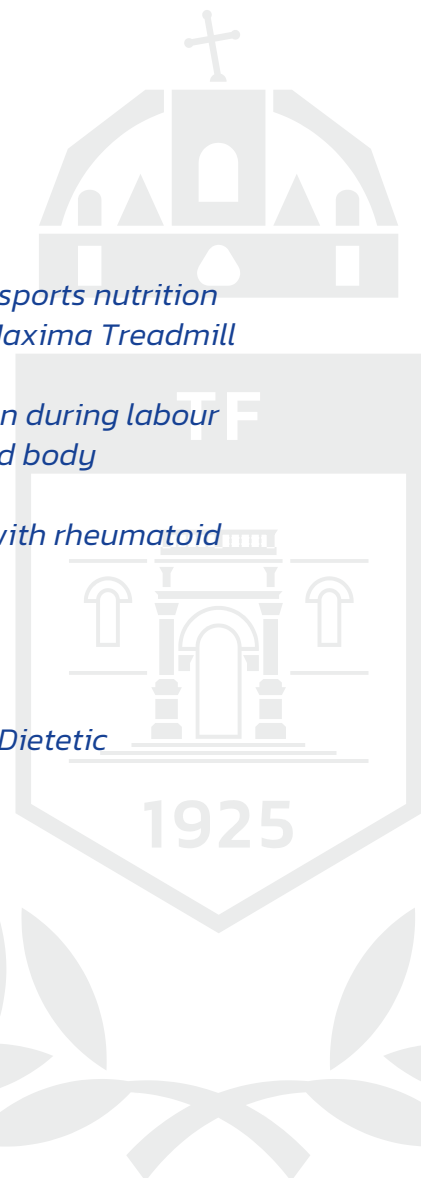
### Former research topics

- The importance of nutrigenomics and nutrigenetics in sports nutrition
- Exercise Blood Glucose Response in Athletes on Vita Maxima Treadmill Test
- A multidisciplinary approach of nutrition and hydration during labour
- Comparative assessment of laboratory parameters and body composition in patients with rheumatoid arthritis
- Investigation of nutrients and biomarkers in patients with rheumatoid arthritis

### Membership of a scientific or professional organisation or body

- Hungarian Dietetic Association
- Member of the Scientific Committee of The Hungarian Dietetic Association
- Chamber of Hungarian Health Care Professionals
- Hungarian Society of Sports Medicine
- Hungarian Coaching Association

## Publications



- *My publications in MTMT (Catalogue of Hungarian Scientific Works)*  
<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10062002&paging=1;100>

## Contacts

### University residence

- *Building: L1*
- *Room: I-16*
- *Phone number(s): +36 1 488 1555*
- *E-mail address: shenker-horvath.kinga@tf.hu*

## Other professional profiles

- *LinkedIn: <https://hu.linkedin.com/in/kinga-shenker-horvath-779a80170>*
- *MTMT: <https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10062002&paging=1;100>*
- *ResearchGate: <https://www.researchgate.net/profile/Kinga-Shenker-Horvath>*

