



Flóra Szakszon

- Dietitian, Specialist in Sport Dietetics
- Center for Sports Nutrition Sciences
- Year of birth: 1997

Qualifications, academic degrees

University degrees

- **Specialist in Sport Dietetics** (Hungarian University of Sports Science, Budapest)
- **Dietitian** (Semmelweis University Faculty of Health Sciences, Budapest)

Professional career

Previous and current jobs, positions and titles

- 2019– : Dietitian, Center for Sports Nutrition Science, Hungarian University of Sports Science
- 2019–2022: Dietitian, Sportkontroll private practice
- 2019–2020: Dietitian and managing director, Dietrend Ltd.
- 2019–2020: Self employed
- 2019–2020: Translator, Peater Ltd.
- 2017–2020: Dietitian and helper, Mandulaliget Cooking School
- 2018: Lecturer of healthy nutrition, MOM Sport Kids Camp
- 2018: Lecturer of healthy nutrition, Hungarian Dietetic Association “Menő Menzák” project

Awards, titles, honours

- 2021: “Youth Forum” award, Hungarian Sports Medicine Congress
- 2018: Winner group, Újbuda Student Startup Competition

Language skills

language	speaking skills	writing skills	reading skills	take part in a media event?
English	advanced (C1)	advanced (C1)	advanced (C1)	yes
German	beginner	beginner	intermediate	no

Research, expert activities

Major subjects and topics taught

- Sport-specific Dietetics
- Sports Nutrition
- Nutrition and Metabolism
- Dietetics

Field and discipline

- Dietetics, Nutrition
- Sports Nutrition
- Innovative technologies

Current research topics

- Use of dietary supplements in sport
- Sport-specific body composition measurement
- Nutritional challenges of athletes with type 1 diabetes
- Innovative tools and technologies in sports nutrition

Former research topics

- Nutritional habits of amateur athletes with polycystic ovary syndrome and insulin resistance
- Dietary habits and knowledge of the 160 gram carbohydrate diet among women with polycystic ovary syndrome and insulin resistance

Membership of a scientific or professional organisation or body

- College of Health Professionals – Dietetics and Human Nutrition Section
- Hungarian Dietetic Association
- Chamber of Hungarian Health Care Professionals
- Hungarian Society of Sports Medicine

Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works) (<https://m2.mtmt.hu/gui2/?mode=search&query=publication;labelOrMtid;eq:szakszon%20fl%C3%B3ra>)

Contacts

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