

CURRICULUM VITAE

Personal information:

Name: **Dr. Miklós Metzinger (DR. ED. PHYS.)**
Place of birth: Pécs
Date of birth: 31/08/1946
Marital status: married, three children
Professions: P.E. teacher, Gymnastics Coach, Conditioning Coach
Academic position: senior lecturer, (associate professor)
Administrative positions: section leader of Conditioning
Scientific degree: university doctor
Institution: Physical Education University
Faculty of Gymnastics Aerobic and Dance
Mother language: Hungarian
Other languages: English (advanced)
Postal address:
office: 1123 Budapest, Alkotás u. 44. HUNGARY
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Studies:

1966-1970 HUPE, Budapest, Physical education, graduated with summa cum laude
M. Ed.
1977 HUPE, Budapest, Gymnastics coach, graduated with summa cum laude
1997 HUPE, Budapest, University doctor, graduated with summa cum laude.

Academic positions:

1971-1981 Assistant professor, HUPE, Gymnastics Dept.
1981-2010 Senior assistant professor, senior lecturer, associate professor HUPE,
Gymnastics Dept.

Administrative positions:

1985-Section leader of Conditioning within Gymnastics Dept of Hungarian University of
Physical Education.

Coaching positions:

1970-1988 Extended Coaching activities in Gymnastics Camps
1970-1977 Gymnastics Coach for Elite Boys All-Around, Girls Acrobatics, ages 7-18,
Budapesti Spartacus Sports Club
1978-1982 Gymnastics Coach for Elite Boys All-Around, Girls Acrobatics, ages 7-18,
Budapesti Honvéd Sport Association
1989 Gymnastics Coach for girls (Intramural gymnastics, Slippery Rock
University, Slippery Rock, Pennsylvania, USA)
1983-1990 Gymnastics Coach for Men's Team (National Level) Sports Club of the
Hungarian University of Physical Education
1992. Conditioning Coach for skiers, Rozmaring Sport Association

Teaching activity:

1971-2000:
Gymnastics: training and teaching theory, methodology and practice.
Conditioning: theory, methodology and practice.
School of Teachers Training, HUPE

School of Human Kinesiology Training, HUPE
School of Coaching Training (All levels), HUPE
School of Manager Training (Conditioning) HUPE
1980- Lecturer in gymnastics and conditioning: Annual In-service Teacher's Workshop for P.E. teachers
1980- Extended teaching activity in gymnastics and conditioning for post-graduation of P.E. teachers, throughout Hungary
1983-present: General Conditioning for All Sports, International Coaching Course (English language), HUPE, Physical Education University
1993- 2007: General Conditioning, International Teachers Training (English language), HUPE
1997-present: Conditioning Specialization; International Coaching Course (English language), HUPE, Physical Education University

Research projects:

Done:

- Training load characteristics on gymnastics routines (1969-1970)
- Possibilities of programmed teaching in gymnastics (1976-1977)
- Analysis of flip flop and its facilitated leading exercises and the optimization of their techniques (1990-1992, co-operation with Katics, L. and Lőrinczi, D.)
- Qualitative description of the system of effort-methods appearing in sport-techniques and motor ability-developmental exercises (1991-1992, co-operation with Katics, L. and Lőrinczi, D.)
- Joint Mobility and Force Application during the thrust phase of the front handspring on floor exercise (1989-1994, cooperation with Prof. Nelson Ng.)
- Kinematic analysis and effort method systematization of arm movement variations executed around one axis of rotation (1993-96, University doctoral thesis, Hungarian University of Physical Education).

Current:

- Kinematic-dynamic and EMG analysis of basic movement patterns, examination of the types of muscle force exertion.

Invited lecturer:

- Tripoli, Yamahiria Sport Ministry, Libya (1983), topic: Physical Education for pre-schoolers.
- Gwalior, Lakshmibai National College of Physical Education, INDIA (1987):
Gymnastics, Conditioning.
- Victoria, Seychelles, Seychelles National Olympic Committee, topic: "Conditioning Strategies" Course to conduct for coaches.
- National Taiwan University of Sport, MSc & MPE in International Sports Coaching Science programme: teaching for two subjects, "General and Sport-specific Warm-Up and Cool Down", "Flexibility and Stretching". (2017-2018-2019).

Guest professor:

- Slippery Rock University, Slippery Rock, Pennsylvania, USA (exchange faculty)
activity: research on biomechanics of gymnastics

lecturer: Physical Education and mass sport in Hungary (Master's Degree Course)

Study tours:

- 1974, 1978 Academy of Physical Education, Warsaw, Poland
- 1981 Olympic Academy, Olympia, Greece
- 1987 Lakshmbai National College of Physical Education, Gwalior, India
- 1988 Cottbus, Germany
- 1989 Slippery Rock University, Physical Ed. Dept., Slippery Rock, Pennsylvania, USA

Original findings:

- Body-roll, a sport device for conditioning (1987-1988, in cooperation with Miklós Német Olympic gold medalist in javelin).

Memberships:

- International Federation of Physical Education (F.I.E.P.), delegate of Hungary.
- Teaching and Educational Committee member of HUPE (1985-1994).
- TEMPUS co-ordinator of HUPE (1990-1993)
- Member of the senate of HUPE (1986-1990, 1994- 1997)

Publication:

- Metzging, M. (1970) Training load characteristics on gymnastic-apparatuses. P.E. teacher dissertation. Library of Hungarian University of Physical Education,
- Metzging, M. (1977) Possibility of programmed teaching in gymnastics. Coaching dissertation
- Katics, L., Lőrinczi, D., Metzging, M. (1992) Analysis of Flip and its Leading Exercises and the Optimization of Their Techniques. TF Közleményei, Budapest, 1.sz.
- Metzging, M. (1992) Movement Education. Testnevelés az óvodában. A III. Országos Módszertani Konferencia szakanyaga, TF, Budapest, 1992. Óvodai Nevelés, Lutra Kiadó, Budapest
- Metzging, M., Katics, L., Lőrinczi, D., Tigyi, J. (1992) Qualitative Description of the System of Effort - Methods Appearing in Sport Techniques and Motor Ability. Developmental Exercises. TF Közleményei, Budapest, 1.sz.
- Ng, N., Metzging, M. (1994) Joint Mobility and Force Application During the Thrust Phase of the Front Handspring on Floor Exercise. XII. International Symposium on Biomechanics and Sports, Abstracts, Siófok.
- Kinematic analysis and effort method systematization of arm movement variations executed around one axis of rotation, University doctoral thesis, Library of Hungarian University of Physical Education,
- Dr. Metzging M. (1999, 2004, 2007) Exercise and Conditioning (Aid for Conditioning Examination), workbook, HUPE
- Dr. Metzging M. (2010) Gimnasztika, Jegyzet az OKJ-s Sportszakember képzés számára (digital E-book)