

Sports Medicine



e in *Hungary*

MEDICINE IS EDUCATED IN FOUR MEDICAL SCHOOLS IN HUNGARY: BUDAPEST, SZEGED, DEBRECEN AND PÉCS. THE LANGUAGE IS NATURALLY HUNGARIAN, BUT THERE IS EDUCATION AVAILABLE IN ENGLISH AND GERMAN LANGUAGES FOR FOREIGN STUDENTS.

At each Medical University (Budapest, Szeged, etc.), Sports Medicine departments have been established.

In medical education, Hungary does not follow the Bologna principles – it has no bachelor or master levels. Normally, medical studies last six years and the last year is clinical practice. The 12 months are divided into one to three-month periods of internal medicine, surgery, paediatrics, neurology and psychiatry. At the end of the studies, students must present a diploma work and give a state examination, with the help of which, they will be General Practitioners without any specifications, and they are authorised to use the 'Dr' title. Usually, all physicians use it. After this, they can start their medical career and work in the field of their chosen medical specification. There is a system to be a resident in some medical specifications, helping to reach the qualification.

From the 2020-21 academic year at the Semmelweis University, Budapest, a one week Sports Medicine practical curriculum was introduced as a mandatory course, with final exams, for fifth year medical students, including foreign language (German and English) students.

Sports Medicine has been a sub-specialty in Hungary since 1999. Before this date, sports medicine was an independent specialty with four years of education (for about 40 years) but you had the opportunity to complete it in two years as well, in case you had a specialty like orthopedic surgeon or something similar.

The current requirements of the two year preparation are as follows:

- Any kind of primary medical specialisation (GP, paediatrician, etc.)
- Internal Medicine: two months
- Cardiology or Emergency Cardiology: six weeks
- Orthopaedic Surgery, Traumatology or Sports Surgery: two months
- Rehabilitation and Physiotherapy: six weeks
- Exercise Physiology: two months

The abovementioned practices could be fulfilled only at accredited departments of hospitals or university institutions.

- Sports Medicine practice: 12 months in any outpatient department of Sports Physician Network, which is under the responsibility of the Hungarian Institute for Sports Medicine, Budapest. The other possibility is to work with an elite national team as a Team Physician.
- Mandatory courses: two week basic sports medicine course organised

Sports Medicine in *Hungary*



by the Hungarian Institute of Sports Medicine or Sports Medicine Department of Universities.

- Oxyology: one week
- Mandatory consultation in the Hungarian Institute of Sports Medicine: 4x2 weeks
- Administrative issues: Once you decide to become a sports physician, you have to prepare a two year plan for different practices (where, when, etc). An Official Board should approve and you will get a mentor. If you fulfill all the mandatory practices (you need written documentation) you can enter for the final examination. The certificates of your practices and courses must be accepted by the Official Board.

The exam includes a one day practical and a one day theoretical led by a Board of Examination. Generally, the Board includes an Exercise Physiologist, an Orthopaedic Surgeon, an Internist, and the Chair. All of them are Sports Physicians.

In Hungary, there are approximately 200 medical doctors with sports-specific qualifications and nearly 150-160 of them are actually working in the network of the Hungarian Sports Physician Network (sports medical consulting rooms, doctors of sports clubs or of the national teams).

Sports medical doctors are authorised to work in any level of sports. A usual practice is that physicians of the national teams and top-level sports clubs should be specified sports doctors. This principle cannot always be followed perfectly as we do not have enough sports medical doctors.

In Hungary, there are approximately 200 medical doctors with sports-specific qualifications and nearly 150-160 of them are actually working in the network of the Hungarian Sports Physician Network (sports medical

consulting rooms, doctors of sports clubs or of the national teams).

As usual, in Hungary, qualifications are valid for five years. During this period, it is necessary to collect some credits from special courses, scientific congresses and publications.

September 2021, Budapest

Prof. Dr. Éva Martos

Past President of the Hungarian Society for Sports Medicine

Author Bio



Professor Éva Martos M.D. PhD, is the professional Head of the Center of Sports Nutrition Science at the University of Physical Education in Budapest, Hungary.

She is a specialist in Clinical Laboratory and in Sports Medicine as well. She spent 25 years at the National Institute for Sports Medicine, then she led the National Institute for Food and Nutrition Science for 10 years. She was the team physician of the national female gymnastic team and also of the swimming team. She participated at three Olympic Games, being the Chief Medical Officer in the Sydney 2000 Summer Olympic Games. She was a member of the Executive Committee of the European Society of Sports Medicine (1997-2005), the Chair of the Scientific Committee of FIMS (1997-2002), the WHO Nutrition Counterpart for Hungary (2005-2016) and the EU DG Sanco High Level Group on Diet and Physical Activity (2007-2016).

Professor Martos has got extensive teaching experience in different subjects. She has been contributing to the Hungarian Review of Sports Medicine as the chairwomen of the Editorial Board. She was the president of the the Hungarian Society for Sports Medicine between 2015-2018.

Professor Martos organised several national and international congresses (for example, the XXVII FIMS World Congress in 2002, and Hungarian EU Presidency Conference "Action for prevention" in 2011). She is now the president responsible for organising the EFSMA 2022 Congress which is going to be held in Budapest, Hungary.