



Biography.

Zsolt Radák obtained his PhD from the University of Tsukuba in Japan. He was awarded Hungary's Bolyai Research Fellowship in Medicine, followed by the Széchenyi professorship from the Hungarian Academy of Sciences. He holds the title of DSc from the Hungarian Academy of Sciences in the field of medicine. Currently, he is a Vice-Rector and a professor at the Hungarian University of Sport Science. He is also appointed as a professor at Waseda University, Japan.

Dr. Radák has published over 250 peer-reviewed articles and book chapters and given over 150 invited international and domestic lectures. His recent research focuses on epigenetic adaptation to exercise training, especially in aged individuals. His research group developed a new epigenetic clock, DNAmFitAge. In addition, his group is investigating the role of the gut microbiome in exercise-induced adaptation. Dr. Radák has served on a number of editorial boards of scientific journals and as a section leader in international funding agencies.

Dr. Radák has held visiting professor positions at Toho University, Juntendo University, and Waseda University in Japan, the University of Texas in the USA, National Taiwan Sport University in Taiwan, and Beijing Sport University in China. He has edited the books "Free Radicals in Exercise and Aging," published by Human Kinetics, "Exercise and Diseases," published by Meyer & Meyer, and his new book, "Physiology of Physical Training," published in 2018 by Academic Press.