

1. Funding, source, dates.

A fractal analysis of human locomotion in water. NIE (National Institute of Education) AcRF RI 11/13TB, 2014-2017, approx. 40,600eur (70,000.00SGD)

Active Tourism Inclusive and Nature, INTERREG SUDOE, SOE2/P5/E0545

Cardiac rehabilitation, relearning how to live in the Alentejo. Portugal 2020, Sub-Programa: SAICT, Aviso n.º02/SAICT/2017 - SAICT-45-2017-02. FCT reference: ALT20-03-0145-FEDER-031658. 2017-2018. Financiamento - 239.975,80€

Creative Behavior and Collaborative Work in Football. Ref 2016/RM04 | Participantes | LEITE, NUNO, Jiménez, S., Sampaio, J. Calvo, A. & Gonçalves, B. | Entidade financiadora | Cátedra Real Madrid - Universidad Europea. Budget | €4.400,00

Cross-border cooperation Northern Portugal - Castile and Leon for the promotion of innovative entrepreneurship and competitiveness of enterprises – 0050_UNI_PLUS_I_2_P. Cooperation Programme INTERREG V-A Spain-Portugal (POCTEP). 2016-2018. 932 372.62 Euros (168 5000.00 for UTAD; project proponent).

ESACA - Ageing Safely in Alentejo. Understanding for Action; Horizon 2020 - Portugal 2020 - Programa Operacional Regional do Alentejo (ALT20-03-0145-FEDER- 000007 – project); 2016-2018; 590.000,00 €

GMovE+: An interventional program to promote physical activity and quality of life of the elderly population from Guarda. FEDER. POCI-01-0145-FEDER-023811. 2017-2019. 1.580.802,53€

Health interventions focused on health needs of tourists from the Douro River cruises, research project financed by the Foundation for Science and Technology (FCT) and co-financed by the European Regional Development Fund (FEDER) through the Northern Regional Operational Program (NORTE2020), NORTE-01-0145-FEDER-023434. Period of the Project: from 18/10/2017 to 18/04/2019. funding €82.889,65

Iniciativas innovadoras para el impulso del envejecimiento activo en la región EuroACE (EuroAGE). INTERREG V A España Portugal (POCTEP). 0043_EUROAGE_4_E. 2017-2019. 919.094,31€

LabForward - Capacitação e Requalificação de Unidades de Investigação e Desenvolvimento Científico e Tecnológico da Universidade de Trás-os-Montes e Alto Douro. Participantes | LEITE, NUNO, Sampaio, J., Silva, A., Abrantes, C., Pinto, G., Quaresma, L., Sousa, N., & Marcelino, R. | Entidade financiadora | Financiado atribuído pelo “ON.2 – O Novo Norte” Budget | €661.493,6€ Montante De Financiamento: 195.000€.

Natural Interfaces for the elderly, research project financed by the Foundation for Science and Technology (FCT) and co-financed by the European Regional Development Fund (FEDER) through the Northern Regional Operational Program (NORTE2020), NORTE-01-0145-FEDER-024048. Period of the Project: from 18/10/2017 to 18/04/2019. funding €148.021,76.

Platform for exchange of research and innovation resources, INTERREG EUROPE, PGI05548

Project “*NANOSTIMA: Macro-to-nano human sensing. Towards Integrated multimodal health monitoring and analytics*” (NORTE-01-0145-FEDER-000016, FEDER - NORTE 2020. (2016 – 2019). 6.137.187,90€ (CIDESD 1.186.864,00€). Universidade de Trás-os-Montes e Alto Douro, Universidade da Beira Interior, Instituto Universitário da Maia, Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano, Instituto de Engenharia de Sistemas e Computadores, Instituto de Telecomunicações, Centro de Investigação em Tecnologias e Serviços de Saúde.

Projeto “Causes4AdolescentObesity - A natureza multifactorial da obesidade: um estudo preliminar sobre o perfil comportamental, fisiológico e genético de adolescentes portugueses”, com referência POCI-01-0145-FEDER, BIM/UTAD/51/2017, financiado por Fundação para a Ciência e Tecnologia (FCT) e co-financiado pelo Fundo Europeu de Desenvolvimento Regional (FEDER) através do Programa Operacional Competitividade e Internacionalização (COMPETE2020) (150.000,00€)

Projeto “Sistema e Vigilância e Monitorização da Atividade Física e Desportiva 2017” financiado pelo Instituto Português do Desporto e Juventude (43.243,59€)

Projeto P-RIDE, FCT, Ref^a PTDC/ATP-DEM/0441/2014, 2016-2019

Promotion and valorization of the tourism resources of the Douro river – 0067_FLUMEN DURIUS_2_E. Cooperation Programme INTERREG V-A Spain-Portugal (POCTEP). 2016-2018. 1773732.00 (186 500.00 para a UTAD)

Symbiotic Technology for Societal Efficiency Gains: Deus ex Machina. NORTE 2020 (NORTE-01-0145-FEDER-000026). 2016-2018. 2.600.513,40€

The Role of Exercise Training in the Treatment of Resistant Hypertension. PTDC/DTP-DES/1725/2014. Data de início do projeto: 01-07-2016. Data de fim de projecto: 30-06-2019. " 132.972,00

Trails4Health: biophysical characterization of hiking trails as a tool for regional development and health promotion. FCT (SAICT-POL/23604/2016). 2017-2018. 89.924,99 eur.

Transnational promotion and cooperation of the atlantic geoparks for sustainable development - EAPA_250/2016. INTERREG Espaço Atlântico. 2017-2019. 1.946.500 Euros (276.050 for UTAD; project proponent).

UÉvora - 4IE – Instituto Internacional de Investigação e Inovação no Envelhecimento; INTERREG V Espanha Portugal (POCTEP) - 0445_4IE_4_P. 270.000,00 €.

UÉvora – Diagnóstico de saúde da população servida pelas IPSS – CNIS (Confederação Nacional das Instituições Particulares de Solidariedade Social). Prestação de serviços – 75.000,00 €.

UÉvora – UniverCIDADE III. Instituto Português do Desporto e Juventude –I.P., Apoio à Atividade Desportiva 2017, Contrato -Programa de Desenvolvimento Desportivo n.º CP/448/DD/2017; 2017; 7.500,00€.

2. International Publications

- Abade, E., Sampaio, J., Goncalves, B., Baptista, J., Alves, A. & Viana, J.** (2017). Effects of different re-warm up activities in football players' performance. *PLOS ONE*, 12(6). DOI: 10.1371/journal.pone.0180152 (<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0180152>)
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- Alves, A.R., Marta, C., Neiva, H.P., Nunes, C., Izquierdo, M. & Marques, M.** (2017). Modeling fitness variable responses to training in prepubescent children. *Journal of Strength and Conditioning Research* (in press). DOI: 10.1519/JSC.0000000000002201 (https://journals.lww.com/nsca-jscr/Abstract/publishahead/Concurrent_training_followed_by_detaining_does.95773.aspx)
- Alves, A.R., Marta, C.C., Neiva, H.P., Izquierdo, M. & Marques, M.** (2017). Effects of order and sequence on body fat in elementary school-aged girls. *Biology of Sport*, 34, 379-384. DOI: 10.5114/biol sport.2017.69826 (<https://www.termedia.pl/Effects-of-order-and-sequence-of-resistance-and-endurance-training-r-non-body-fat-in-elementary-school-aged-girls,78,30525,0,1.html>)
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- Bartolomeu, R. F., Barbosa, T. M., Morais, J. E., Lopes, V. P., Bragada, J. A., & Costa, M. J.** (2017). The aging influence on cardiorespiratory, metabolic, and energy expenditure adaptations in head-out aquatic exercises: Differences between young and elderly women. *Women &*

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Lúcia Filipa Primo Cruz (2017) *Esforço cardiovascular em diferentes rotinas de hidroginástica: influência da ação segmentar, do sexo e da faixa etária*. Mestrado em Ciências do Desporto, IPG. (M.Sc.)

Luís Fernando Madureira Ferrás da Silva (2017) *O treino funcional no desenvolvimento da aptidão física dos alunos do ensino básico e secundário*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Luís Filipe Ramos Pinto (2017) *Qual dos indicadores de Composição Corporal e Antropométricos se relaciona melhor com a Pressão Arterial em Diabéticos tipo 2*. Dissertação de Mestrado em Ciências do Desporto especialização em Atividades de Academia, UTAD. (M.Sc.)

Luís Oliveira Brandão Faíl (2017) *O efeito de um programa de hidroginástica sobre indicadores de saúde e aptidão física*. Dissertação de 2º ciclo em Ciências do Desporto, UBI. (M.Sc.)

Marco André Martinho Pecêgo (2017) *Será o treino da força coadjuvante do treino intervalado para a melhoria da composição corporal?* Dissertação de 2º ciclo em Ciências do Desporto, UBI. (M.Sc.)

Maria Helena Aloise (2017) *Relação entre o perfil motor e a aprendizagem da escrita e da leitura em crianças do ensino fundamental*. Mestrado em Educação Física, especialização em Desenvolvimento da Criança. UTAD. (M.Sc.)

Mariana Caldas Barros (2017) *Efeito do tempo de recuperação, entre séries, na função muscular de uma sequência de exercícios de treino de força para membros inferiores*. Ciências do Desporto – Especialização em Atividades de Academia, UTAD. (M.Sc.)

Marta Daniela Mendes Freitas (2017) *Influência do género nas adaptações crónicas da pressão arterial a um programa de 8 meses de exercício físico em diabéticos tipo 2 com hipertensão arterial*. Dissertação de Mestrado em Ciências do Desporto especialização em Atividades de Academia, UTAD. (M.Sc.)

Micael Simão Vieira (2017) *Efeitos agudos da instabilidade na função neuromuscular após a realização do exercício ponte de glúteos*. Mestrado Ciências da Educação Física e do Desporto – Especialização em exercício Físico e Saúde. Instituto Universitário da Maia. (M.S.c)

Micael Simão Vieira (2017) *Efeitos agudos da instabilidade na função neuromuscular após a realização do exercício de Ponte de Glúteos*. Mestrado em Ciências da Educação Física e Desporto – Especialização em Exercício e Saúde, ISMAI. (M.Sc.)

Milena Pereira (2017). *A utilização da Expressão e Educação Físico-Motora como indutor de aprendizagens do Estudo do Meio*. Instituto Politécnico de Setúbal, Escola Superior de Educação. (M.S.c)

Morais, M. (2017) *Aplicação de uma Bateria de Exercícios de Impulsão Vertical nas Aulas de Educação Física*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário. Universidade de Trás-os-Montes e Alto Douro, Vila Real. (M.Sc.)

Paula Alexandra Borges de Sousa (2017) *Atitudes dos alunos face à Educação Física e a sua relação com o sucesso escolar*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Paulo César da Cunha Ribeiro (2017) *Caracterização do aquecimento no futebol. Estudo realizado com os treinadores, treinadores adjuntos e preparadores físicos das equipas profissionais de futebol da I e II Ligas da Federação Portuguesa de Futebol (época 2016/2017)*. Dissertação de 2º ciclo em Ciências do Desporto, UBI. (M.Sc.)

Paulo Marcelo Nogueira Barros (2017) *A influência da composição corporal na aptidão física funcional em mulheres pós-menopáusicas*, Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Paulo Miguel Faria Varela (2017) *Indicadores para o Incremento da Motivação dos Alunos nas Aulas de Educação Física*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Pedro Miguel Freitas (2017) *Comparação das respostas hemodinâmicas entre treino de força tradicional e treino de força simultâneo*. Ciências do Desporto – Especialização em Atividades de Academia, UTAD. (M.Sc.)

Pedro Rufino (2017) *O efeito do treino e destreino de força em jovens jogadores de ténis de mesa de alto rendimento*. Dissertação de 2º ciclo em Ciências do Desporto, UBI. (M.Sc.)

Pedro Silva (2017) *Os efeitos do treino de força sobre diferentes indicadores de força nos membros inferiores, equilíbrio na prevenção do risco de quedas e função Cognitiva numa população de idosos*. Universidade da Beira Interior, Mestrado Exercício e Saúde. (M.S.c)

Pinto, V. (2017) *Análise da Aptidão Muscular (Força Muscular) dos alunos do 7º Ano: Estudo comparativo do processo evolutivo - com contributo do programa de testes de FITescola®*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário. Universidade de Trás-os-Montes e Alto Douro, Vila Real. (M.Sc.)

Rafael Pereira Lund (2017) *Efeito da ordem do exercício predominantemente aeróbio em relação aos exercícios de força nas medidas antropométricas, na gordura subcutânea e percentagem de gordura estimada em mulheres*. Ciências do Desporto – Especialização em Avaliação e Prescrição na Atividade Física, UTAD. (M.Sc.)

Ricardo Bruno Balça Macedo (2017) *Efeito da idade na resposta da pressão arterial a um programa de exercício físico comunitário para diabéticos tipo 2 hipertensos*. Dissertação de Mestrado em Ciências do Desporto especialização em Atividades de Academia, UTAD. (M.Sc.)

Rui Pedro Manita D'Antas Marques Batista (2017) *Estudo da influência da prática de Atividades Extracurriculares e o sucesso escolar*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Silva, Ana (2017) *Ensino dos jogos desportivos coletivos em contexto escolar*. Dissertação de Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário. UTAD. (M.Sc.)

Simão, A. (2017) *Professional Internship at fitness center*. Master in Sport Sciences – Fitness. Instituto Politécnico da Guarda. (M.Sc.)

Soares, A. (2017). *Desenvolvimento da resistência aeróbia durante as aulas de Educação Física*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário. Universidade de Trás-os-Montes e Alto Douro, Vila Real. (M.Sc.)

Thais Cristina Delfino (2017) *Efeitos de um programa de exercícios baseados em Pilates na capacidade funcional e indicadores de bem-estar subjetivo em mulheres com fibromialgia*. Master in Sport Sciences, UTAD. (M.Sc.)

Tiago Teixeira (2017) *Combinação da análise qualitativa e quantitativa para a análise de jogo no futebol*. Mestrado em Ciências do Desporto. Universidade da Beira Interior. (M.Sc.)

Tiziana Vieira Duarte (2017) *Efeito da execução - Isolada versus Simultâneo - dos exercícios de supino e prensa inclinada nas respostas da pressão arterial em mulheres normotensas*. Ciências do Desporto – Especialização em Atividades de Academia, UTAD. (M.Sc.)

Ulisses António Soares Batista (2017) *Relatório de Estágio no Ensino da Educação Física nos Ensinos Básico e Secundário*. Área de Estudo: Mestrado em Ensino da Educação Física. Universidade da Beira Interior. (M.Sc.)

Vanda Cristina Arromba Catarino (2017). *Intervenção Psicomotora com Idosos Institucionalizados: Enfoque na Apreciação Corporal, Auto-Perceção de Envelhecimento e Bem-Estar Psicológico*. Mestrado em Psicomotricidade Relacional. Universidade de Évora. (M.Sc.)

Vânia Maria Madeira Ferreira (2017) *Relatório de estágio realizado por Vânia Ferreira na Associação Protetora dos Diabéticos de Portugal [APDP]*. Mestrado em Exercício e Saúde, Universidade de Évora. (M.Sc.)

TOTAL (M.Sc.) = 69

TOTAL (Ph.D.) = 14

5. Organization of conferences

12º Seminário em Desenvolvimento Motor da Criança, 8 November 2017, Escola Superior de Desporto e Lazer de Melgaço, Portugal

1st International Summer University on Geoparks, Sustainable Regional Development and Healthy Lifestyles, 3rd to 14th July, Vila Real, Portugal.

24º Congresso da APDR - Associação Portuguesa de Desenvolvimento Regional, Julho 2017, UBI, Covilhã

3rd Assembly of the International Consortium on Motor Development Research, 9-11 November 2017, Escola Superior de Desporto e Lazer de Melgaço, Portugal

*40º Congresso Técnico-Científico da Associação Portuguesa de Técnicos de Nataçã*o, 29 e 30 de Abril 2017, Pavilhão Multiusos de Gondomar, Gondomar

4º Seminário de Biomecânica do Desporto – ESDRM/IPS, 1 de junho de 2017, Escola Superior de Desporto de Rio Maior-IPS.

6th International Symposium on Strength & Conditioning (ISSC 2017), Fortaleza, CIDESD & FIC

Ação de Formação Avaliação e Treino da Força e Potência Muscular, 31 de março e 1 de abril de 2017, Escola Superior de Desporto de Rio Maior.

Assessment and Prevention of Knee Injury Risk in Sport, 25 Novembro 2017, Universidade de Évora

Conference in Ethics in Sport, December 2017

European Heritage Days 2016 - Heritage and Nature, September 22rd to 25th, Peso da Régua, Portugal.

I Congresso Luso Extremadurensense de Ciência e Tecnologia. Outubro 2017. Universidade de Évora.

II Congress, Football, Multidisciplinary skills to a more qualified intervention, 25th of April 2017, Polytechnic Institute of Guarda, Portugal.

*II Convenção de Nataçã*o da Federação Portuguesa de Nataçã

o – *Formaçã*o, *Inclusã*o e *Alto Rendimento*, 2017, Coimbra.

International Health Congress 2017: an Intergenerational and Multidisciplinary Commitment, 13 and 14 of October, Health School of Vila Real.

International Symposium Exercise in Chronic Kidney Disease - Research & Clinical Implementation, 1 June 2017, University Institute of Maia, Maia, Portugal

*ISAF*A (*International Science and Football Association*) in China 2017, 20-23 July 2017, Ningbo University, Ningbo, China

IV Encontro Entre a Teoria, os Dados e o Conhecimento, 23 de novembro de 2017, Centro de Investigação em Educação e Formação do Instituto Politécnico de Setúbal (CIEF-IPS).

Seminário "Biomecânica no Desporto", 26 de abril de 2017, ESE/IPS.

Seminário "Nascidos para Liderar", 18 de Abril de 2017, ESE/IPS.

Seminário "The Truth about Exercise and Public Health" Professor James Timmons, 29 March 2017, University Institute of Maia, Maia, Portugal

VI Seminário de Investigação em Ciências do Desporto – O ensino da natação e das atividades aquáticas. 21-22 November 2017, Universidade da Beira Interior, Covilhã.

World Conference on Science and Soccer (WCSS), 31 May-2 June 2017, Rennes, France.

XIII International Football Congress, 22-24 May 2017, University Institute of Maia, Maia, Portugal

XIII International seminar on Physical education, leisure & Health. 10-12th of July 2017, IPG, Guarda

XIII International Soccer Congress. 22-24th of May 2017. ISMAI, Maia.

XIII SIEFLAS – International Seminar of Physical Education, Leisure and Health. 10-12nd of July 2017. IPG. Guarda, Portugal.

XXI Congreso Internacional de Ciencias de la Cultura Física – Ámbitos de Intervención y Promoción del Ejercicio Físico: Nuevas Tendencias, 2017, México.

XXVII Jornadas Hispano-Lusas de Gestão Científica, 1 a 4 de fevereiro de 2017, Universidade da Beira Interior, Covilhã.

6. Internationalization

Ana Conceição:

- Researcher in the research project between ESDRM and Université of Rouén: “Neuromuscular response of the glide effect in breaststroke technique”, since November 2014
- Researcher in the research project “e.Lab on Ecological Dynamics and Sports Performance- Unesco UniTwin- Complex System Digital Campus”: Financial Support: Unesco UniTwin- Complex System Digital Campus, Institute des Systèmes Complexes en Normandie, Réseau National des Systèmes Complexes
- Refereeing of the center of research of the olympic comité of Portugal, since march 2015
- Refereeing of the SpringerPlus journal, March 2016
- Refereeing of the Journal of Sport Sciences, October 2016
- Refereeing of the Journal of Sport Science and Medicine, April 2016
- Refereeing of the European Journal of Sport Science, June 2016

Ana Matos:

- Revision of scientific papers in peer review journals

Ana Pereira:

- Fernando Pareja, University of Pablo de Olavied, Seville, Spain (parceria em trabalhos de investigação, 2017)

Ana Sousa:

- Member of the European College of Sport Sciences Reviewing Panel (since 2016)
- Refereeing for the Nutrition & Metabolism, May 2017
- Refereeing for the Research Quarterly for Exercise and Sport, August 2017

António Silva:

- Membro do comité editorial de la Revista de Investigación de Actividades Acuáticas

Armando Raimundo:

- International project “Depression risk factors in overweight and obese children and the relationship with executive brain function. What’s the role of physical activity in this puzzle?” H2020 (Retos sociales, salud, cambio demográfico y bienestar). Universidade de Évora, Universidade de Sevilla (Espanha), Universidade do Porto
- International project “Assessing the health outcomes of the ‘active couch potato’ phenomenon among cardiac patients attending a Phase II cardiac rehabilitation program: an international collaboration approach.” Department of Sport and Exercise Science, University of Auckland (Auckland, New Zealand), Department of Sport and Exercise Science, Western State Colorado University (Colorado, Texas, United States of America), Department of Human Performance Studies, Wichita State University (Wichita, Kansas, Texas, United States of America), Department of Basic Medical Sciences, Durban University of Technology (Durban, South Africa), CIDESD, Department of Sport and Health, University of Evora (Evora, Portugal) Department of Physical Education and Sport, University of Seville (Seville, Spain)
- Head of the University of Évora for innovation in KYC - European Institute of Innovation and Technology (EIT Health)
- Head of the University of Évora on European Innovation Partnership on Active and Healthy Ageing - Falls prevention and Management group

Aurélio Faria:

- Graduate Training -Healthy lifestyles: Monitoring Human Health Behavior in Nature. UNESCO Chair on Geoparks, Sustainable Regional Development and Healthy Lifestyles, Vila Real, Portugal
- Graduate Training - European Nonlinear Analysis Workshop, Faculdade de Motricidade Humana, Lisbon, Portugal
- Scientific collaboration for publication with Prof. Massimiliano Ditroilo, School of Public Health, Physiotherapy and Sports Science, University College Dublin, Dublin, 2017
- Scientific collaboration for publication with Prof. Kostas Gianikellis, Universidad de Extremadura, Extremadura, Spain 2017

Bruno Travassos:

- Collaboration with a research team from University of São Paulo
- Collaboration with a research team from Universidad de Extremadura
- Supervisor of a PhD student in Univeristy of Jyvaskyla, Finland
- Review editor – Frontiers in Psychology - Movement Science and Sport Psychology
- Ad hoc Reviewer – Plos One, Sports Medicine, Psychology of Sport & Exercise, International Journal of Sport Psychology, European Journal of Sport Sciences, Journal of Sport Sciences, Human Movement Sciences, International Journal of Sport and Exercise Psychology, International Journal Performance Analysis in Sport, Revista Motricidade, Science and Medicine in Sport, Revista Brasileira de Ciências do Desporto, Perceptual and Motor Skills, Science and Medicine in Football

Carolina Vila-Chã:

- Refereeing for Journal of Electromyography and Kinesiology, October 2017; Journal of Pain Research, September 2017; International Journal of Chronic Obstructive Pulmonary Disease, June 2017; Open Access Rheumatology: Research and Reviews, May 2017; Medicine & Science in Sports & Exercise, March, 2017; Frontiers in Physiology, January and February 2017

Catarina Abrantes:

- Teaching Collaboration at the University of Kaunas, Lithuania, 1st year Master's students in Sport Coaching And Exercise Physiology, 3- 7 April 2017
- Refereeing for The Open Sports Sciences Journal; Age and Ageing Journal; The gerontologist
- Member of Ph.D External Evaluation Panel of Alagappa University, Karaikudi, India.

Catarina Pereira:

- Membership European Innovation Partnership on Active and Healthy Ageing
- Membership on the Action 2 - Personalized health management, starting with a Falls Prevention Initiative - and on the Action3 - prevention of functional decline and frailty
- Member representing the partner “Universidade de Évora” on the Action 2 - Personalized health management, starting with a Falls Prevention Initiative
- Revision of scientific papers in peer review journals

Daniel Marinho:

- Refereeing for the British Journal of Applied Science & Technology, Journal of Applied Biomechanics, Biomedical Research, Revista Iberoamericana de Psicologia del Ejercicio e el Deporte e Plos One

Eduarda Coelho:

- Networks or other forms of participation of the Research Group at the international level
- Teaching Collaboration at the Tallinn University, in Graduation of School of Natural Sciences and Health, 7th-11th September 2017 (ERASMUS)
- Refereeing for the International Journal of Emergency Mental Health, June 2017

Eduardo Abade:

- Refereeing for the International Journal of Sports Physiology and Performance, March 2017; Plos One, May 2017; Biology of Sport, September 2017

Elisa Marques:

- Refereeing for the following Journals in 2017: Can J Public Health; PLOS ONE; JBMR - Journal of Bone and Mineral Research; Osteoporosis International; Journal of Sports Sciences

Felismina Mendes:

- Collaborative publication: Simson, C; Miranda, FA; Mendes, F; Isoldi D; Silva G & Cavalcante, E. (2017). *Panóplia: reflexões, conhecimentos, interfaces e subjetividades nas ações promocionais e de atenção a saúde mental*. Natal/Br: Editora CRV.
- Revision of scientific papers in peer review journals: RIASE – Revista Ibero-Americana de Saúde e Envelhecimento; Frontiers in Sociology Journal; Refereeing for the Evidence-Based Complementary and Alternative Medicine; Revista Online de Pesquisa: Cuidado é Fundamental; Cogitare Enfermagem
- Collaborative research: Head of the University of Évora for innovation in KYC - European Institute of Innovation and Technology (EIT Health) and Head of the University of Évora on European Innovation Partnership on Active and Healthy Ageing - Falls prevention and Management group

Francisco Saavedra:

- Cross-institutional technical and scientifically multi-disciplinary collaboration with Universities and Polytechnic Institutes from the network of the Research Center in Sports Sciences, Health and Human Development.
- Member of International Editorial Board for the Revista Motricidade
- Refereeing of the following journals: Brazilian Journal of Kinanthropometry and Human Performance; Revista Brasileira de Ciência e Movimento; Revista Brasileira de Atividade Física & Saúde; Revista Motricidade; Revista Portuguesa de Ciências de Desporto; American Journal of Physical Medicine & Rehabilitation, Journal of Aging and Physical Activity; European Journal of Sports Science.

Helder Miguel Fernandes:

- Associate Editor of Revista Brasileira de Cineantropometria e Desempenho Humano (eISSN 1980-0037)
- Editorial Board Member of The Journal of Sports Medicine and Physical Fitness (ISSN 0022-4707, eISSN 1827-1928); Psicologia: Reflexão e Crítica/Psychology (ISSN 0102-7972, eISSN 1678-7153); Motricidade (ISSN 1646-107X); Journal of Human Sport & Exercise

(ISSN 1988-5202); Annals of Depression and Anxiety (ISSN 2381-8883); Archives of Obesity (ISSN 2059-0652)

- Refereeing for Journal of Human Sport & Exercise, ISSN 1988-5202; Social Indicators Research, ISSN 0303-8300, eISSN 1573-0921; Preventive Medicine, ISSN 0091-7435; The Journal of Sports Medicine and Physical Fitness, ISSN 0022-4707, eISSN 1827-1928; Health Psychology Review, ISSN 1743-7199, eISSN 1743-7202; Journal of Sports Sciences, ISSN 0264-0414, eISSN 1466-447X

Helena Moreira:

- Collaborator member of the Center for *Research on Agroenvironmental and Biological Technologies* (CITAB)
- *Founder member of LOCUS* in the field of motricity and healthy lifestyles. This multidisciplinary organic unit of the University of Trás-os-Montes e Alto Douro (UTAD) aims cooperation, services, consultancy and research and its mission is to study and intervene in qualified outdoor spaces optimized for the needs and preferences of people, health and welfare promoters and social inclusion

Henrique Neiva:

- Refereeing for International Journal of Sports Physiology and Performance, July 2017; PLoS ONE, March 2017; Journal of Strength and Conditioning Research, November 2017; Motricidade, November 2017; Human Movement, November 2017; Medições, October 2017
- Associate Editor Motricidade, since December 2016

Hugo Folgado:

- Participation as an invited speaker in the Post-Graduation in High Performance Football Coaching, FMH, Lisboa, Portugal

Jaime Sampaio:

- Collaborative publication with several international researchers
- International Teaching Collaborations: University of Madrid, Spain; University of Extremadura, University of Huelva, University of Vigo, Spain
- International Research Collaborations: “Grupo de Investigación en Enseñanza, Entrenamiento y Rendimiento en Deportes Colectivos” from the University of Extremadura, Spain
- Consultant, Refereeing and Editing are done in some of the most important journals covering Sports Performance topics such as: Sports Medicine, British Journal of Sports Medicine, Journal of Sport Sciences, International Journal of Sports Medicine, Journal of Sports Science and Medicine, Journal of Medicine and Science in Sport, Perceptual and Motor Skills, Psychological Reports, International Journal of Sports Psychology, International Journal of Sports Physiology and Performance, International Journal of Performance Analysis, Open Sports Sciences Journal; Journal of Human Movement, Kronos, Journal of Physical Education and Sport, Journal of Human Sport and Exercise, Portuguese Journal of Sports Sciences

João Moutão:

- International Research Projects (under development): The Need for Novelty from Perspective of Self-Determination Theory – Cross-cultural Study; Research Center in Sport, University of Miguel Hernández de Elche, Spain, and The Role of Autonomy Support in Physical Education Teaching Models – Cross-Cultural Study; Research Center in Sport, University of Miguel Hernández de Elche, Spain

João Viana:

- Visiting Research Fellow at the School of Sport, Exercise and Health Sciences, Loughborough University, United Kingdom
- Member of the Leicester Kidney Exercise Team, Leicester General Hospital, United Kingdom
- Member of the European Association of Rehabilitation in Chronic Kidney Disease
- Board Member of the International Science and Football Association

José Parraça:

- Selected within the framework of the MARE NOSTRUM Project (“Erasmus + Programme – KA107- International Credit Mobility”) to undertake a "Academic Staff" mobility at Université Hassan 1er de Settat, Morocco
- Member of the thesis jury, of Natalia Moratalla Cecilia, Thesis Title: Salud integral en mujeres peri y menopáusicas en un estudio multidisciplinar. In the Doctoral Programme: Nutrición Humana. Departamento de Fisiología. Facultad de Farmacia, Universidad de Granada. España

José Vilaça:

- Refereeing for the Journal Strength and Conditioning Research, 2017
- Refereeing for the *Motricidade*, 2017

Luís Cid:

- The Need for Novelty from Perspective of Self-Determination Theory – Cross-cultural Study; Research Center in Sport, University of Miguel Hernández de Elche, Spain
- The Role of Autonomy Support in Physical Education Teaching Models – Cross-Cultural Study; Research Center in Sport, University of Miguel Hernández de Elche, Spain
- Refereeing for International Journals: Revista Iberoamericana de Psicología del Ejercicio y el Deporte (Thomson-ISI Emerging Sources Citation Index); Revista de Psicología del Deporte (Thomson-ISI Social SciSearch: Journal Citation Reports)

Luís Paulo Rodrigues:

- Member of the Scientific Committee of the XII Seminário em Desenvolvimento Motor da Criança, 2017. Bragança: ESE-IPB e CIDESD

Maria Isabel Mourão:

- Refereeing for *Motricidade Humana* since 2010. ISSN 1646-107X, eISSN 2182-2972
- Pontual refereeing for *Revista de Psicologia Universidad do Chile* (Julho 2017)

Mário Costa:

- Refereeing for the *European Journal of Sport Sciences*, September 2017; *PLOS ONE*, July 2017; *Research Quarterly for Exercise and Sport*, June 2017

Mário Marques:

- Refereeing for the *Journal of Strength & Conditioning Research*, *Journal of Sports Sciences* e *Plos One*

Nelson Sousa:

- Reviewed for *Sports Medicine International Open* in May; *American Journal of Physical Medicine & Rehabilitation* in April; *Scandinavian Journal of Medicine & Science in Sports* in

February and April; International Journal of Environmental Research and Public Health in January in January and March; Journal of Visualized Experiments in January; Health in January and March; Open Access Journal of Sports Medicine in January

Nuno Batalha:

- Teaching Collaboration at the University of Sevilha, Sports Sciences graduation Course, 9th - 13th October 2017
- International conference. Treino a longo prazo e prevenção de lesões. 3^o Congresso internacional de Atividade Física, Nutrição e Saúde. Universidade Tiradentes. Aracajú – Brasil
- Refereeing for the Journal of Strength and Conditioning Research, January 2017; Revista Portuguesa de Ciências do Desporto, September 2017; Sports Medicine, October 2017

Nuno Garrido:

- II International Congress of Health, Sports and Movement Pedagogy (SINERGIA 2), held between 18-20 of August 2017, in João Pessoa, Brazil

Nuno Leite:

- Teaching Collaboration at the Otto-von-Guericke University of Magdeburg, Sports Innovation Master Program, October 2017
- Refereeing for the several International Journals in Sports Sciences

Pablo Carús:

- Editorial Board of “Pan American Journal of Aging Research”. Porto Alegre. Brasil.
- Editorial Board of “Austin Journal of Orthopedics & Rheumatology”. New Jersey. USA.

Pedro Esteves:

- Refereeing for the Journal of Science and Medicine in Sport, June 2017; International Journal of Performance Analysis in Sport, October 2017; European Journal of Sport Science, November 2017

Pedro Figueiredo:

- Guest Researcher at the National Institute of Health (Laboratory of Epidemiology and Population Sciences)- National Institutes of Health (NIH), Bethesda, Maryland, USA.

Pedro Guedes Carvalho:

- ICSSPE Executive Board member, elected April 2016, Santos, Brasil
- ISCPES President elected, June 2017, Borovetz, Bulgaria
- Teaching Collaboration at JAMK, University of Applied Sciences in Yvaskyla, Sports Sciences International Master in Sport Marketing. Course, 10th-13th October 2017

Ricardo Ferraz:

- Refereeing for the Journal of Human Kinetics; Journal of Sports Science; Human Movement Science; Motricidade; Research Quarterly for Exercise and Sport; European Journal of Sport Sciences; Sports

Susana Póvoas:

- Lifelong Learning Programme (Erasmus Teacher Mobility) – European Higher Education Area (EHEA) - European Commission: Research and Teaching Collaboration (ERASMUS Programme) at the Department of Sports Science and Clinical Biomechanics, SDU Sport and Health Sciences Cluster (SHSC), University of Southern Denmark, Odense, Denmark from the 23rd until the 28th January 2017
- Research Collaboration (Handball4Health) involving University Institute of Maia, Maia, Portugal, Research Center in Sports, Health Sciences and Human Development, Vila Real, Portugal, Research Centre in Physical Activity, Health and Leisure, Faculty of Sport, University of Porto, Porto, Portugal, Centre of Research, Education, Innovation and Intervention in Sport, Faculty of Sport, University of Porto, Porto, Portugal, Faculty of Medicine, University of Porto, Porto, Portugal, Faculty of Psychology and Educational Sciences, University of Porto, Porto, Portugal, Polytechnic Institute of Guarda, Guarda, Portugal, University of Rome Tor Vergata, Rome, Italy, College of Life and Environmental Sciences - Department of Sport and Health Sciences, University of Exeter, United Kingdom, Department of Nutrition, Exercise and Sports, Copenhagen Centre for Team Sport and Health, University of Copenhagen, Copenhagen, Denmark, University of Southern Denmark, Odense, Denmark, Portuguese Handball Federation, Kempa, Gaia City Hall
- Research Collaboration (School sports interventions) involving University Institute of Maia, Maia, Portugal, Research Center in Sports, Health Sciences and Human Development, Vila Real, Portugal, University of Rome Tor Vergata, Rome, Italy, College of Life and Environmental Sciences - Department of Sport and Health Sciences, University of Exeter, United Kingdom, Department of Nutrition, Exercise and Sports, Copenhagen Centre for Team Sport and Health, University of Copenhagen, Copenhagen, Denmark, University of Southern Denmark, Odense, Denmark
- Research Collaboration (Working demands of elite football) involving University Institute of Maia, Maia, Portugal, University of Beira Interior, Portugal Research Center in Sports, Health Sciences and Human Development, Vila Real, Portugal, University of Rome Tor Vergata, Rome, Italy.
- Scientific publication with Krstrup, P., Randers, M., Hornstrup, T., Wikman, J. M., Frstrup, B., Helge, E. W., Signe H. Nielsen, S. H., Helge, J. W. Andersen, J. L., Nybo, L., Castagna, C., Bizzini, M., D'Ottavio, Francini, L., Fernandes-da-Silva, J., Bernardini, A., Schenk, K., Busser, G.

Tiago Barbosa:

- Editor-in-Chief of the “Sports Medicine International Open” by Thieme (since July 2016)
- Academic Editor of the “PLOS ONE” by Plos (since June 2016)
- Editor-in-chief of the Journal “Motricidade” by the Desafios Singulares (since December 2014)
- Chairman of the oral communication session Sports Biomechanics at the Asian Youth Sport Symposium Singapore 2017 (2017). National Institute of Education. Singapore
- Lecturer of “Basic Biomechanics Analysis” at National Institute of Education for academics from the southeast asia. 17-19 June 2017 (24h)
- BARBOSA TM (2017). Biomechanical analysis of athletes. International Amateur Athletics Federation - Chief Coach Youth Academy. Nanyang Technological University. Singapore
- Lecturer at the ACSM Certified Personal Trainer course, Singapore.

Victor Reis:

- Research mission at the Universidade Federal do Rio de Janeiro (UFRJ), under the project Bioenergetics of Physical Activity, 13th-22th November 2017

- Research mission at the Universidade Estácio do Ceará (FIC), under the project Bioenergetics of Physical Activity, 27th-10th March 2017
- Refereeing for *PlosOne*, April 2017
- Scientific Committee of the *International Congress of Physical Education, Sports and Kinetotherapy* (ICPESK 2017), Bucharest, UNEFS
- *Scientific Committee of the 6th International Symposium on Strength & Conditioning (ISSC 2017)*. Fortaleza, CIDESD & FIC

Vítor Pires Lopes:

- Refereeing for *Journal of Motor Learning and Development*; *Research Quarterly for Exercise and Sport*; *Sports Medicine*; *Child: Care Health and Development*; *Journal of Sports Science*

Vítor Rodrigues:

- Evaluator in the 5th International Conference on Higher Education Teaching held on the Vigo Campus (Spain), from 15 and 17 of June.
- Editorial Board Member of the *International Journal of Nursing & Clinical Practices*; the *International Journal of Communication and Health*; and the *Revista de Enfermagem Referência*.

7. Government/Organization contract research

- Ana Conceição is Consultant in the Control Evaluation of Training and Competition of the Portuguese Swimming Federation.
- Ana Pereira: Programa Oxigénio IPS (2017), responsável pela atividade de avaliação da composição corporal e caminhadas.
- António Silva is presidente of Federação Portuguesa de Nataçãõ; member of Conselho Nacional de Desporto; member of Conselho Nacional de Educaçãõ.
- Armando Raimundo is member of the Scientific Board of National Physical Activity Promotion Program /Directorate-General of Health.
- Bruno Travassos is evaluator for Education, Audiovisual and Cultural Executive Agency (EACEA, Brussels). Erasmus + Sport. Call 2017 (Collaborative partnerships, Not-for-profit european sport events); Participation in coaching course of football (level III). Theory and Methodology of training. Portuguese Football federation. Lisbon; Development of a research project with Portuguese Football federation and “Tarantini, A minha causa” (<https://tarantini.pt/>) about Dual careers of Football players.
- Daniel Marinho is member of the Special Committee of Sport and Sea of the Rede Portuguesa para o Desenvolvimento do Território, do Instituto do Território; Performance analysis from the National Swimming Team. Portuguese Swimming Federation; Participation in Coaching Course (level 2) from the Portuguese Swimming Federation.
- Felismina Mendes is head of OPSS (Portuguese Health Systems Observatory).
- Francisco Saavedra is president of the General Assembly of the Gymnastics Association of Douro and Dão; Full Member at the Scientific Committee of the Portuguese Gymnastics Federation - Gymnastics National School (ENGym); Certificate of Sport Coach: Men's Artistic Gymnastics - Level 1 (n.º. 54659) from the Portuguese Gymnastics Federation; Gymnastics Board Educator with action on the Portuguese Gymnastics Federation courses. Participation in Coaching Course (level 1, 2 & 3) from the Portuguese Gymnastics Federation.
- Helena Moreira is council member of *UNESCO Chair on Geoparks Sustainable Regional Development and Healthy Lifestyles* – University of Trás-os-Montes e Alto Douro.
- Henrique Neiva: Participation in Coaching Course (level I) for the Portuguese triathlon federation; Participation in Coaching Course (level I) for the North of Portugal Swimming Association /Portuguese Swimming Federation.
- Hugo Folgado: Implementation of Performance Analysis based in GPS system at Academia de Futebol de Angola, Angola.
- Hugo Louro is consultant in the Control Evaluation of Training and Competition of the Portuguese Swimming Federation.
- João Viana is member of the Scientific Committee of the Portuguese Gymnastics Federation; Board member of the Portuguese Association of Kidney Disease Rehabilitation (Reab.IRC); Board member of the Portuguese Association of Exercise Physiologists (AFEP).
- José Parraça is member of the Scientific Committee with the Portuguese Gymnastics Federation.
- Manuel Lopes is appointed by the Portuguese Government to Coordinator of the National Network of Continuing Integrated Care; Member of the Board of the General Council of the Association for Innovation and Development of Public Health; Member of the Scientific

board of the Portuguese Society of Geriatrics and Gerontology; Member of the Coordination Committee of the Portuguese Observatory of Health Systems.

- Maria Isabel Mourão: Participation at the 3rd Assembly of the International Motor Development Research Consortium with a communication “*Physical fitness mediates the relationship between physical activity and childhood motor competence*”. School of Sport and Leisure of the Polytechnic of Viana do Castelo, Melgaço, Portugal, 9-11 November.
- Mário Costa: Participation in coaching course (level 2) from the National Football Federations, October 2017; Technical direction from the Portuguese Association of Swimming Coaches.
- Mário Marques: Collaboration with Portuguese Swimming Federation: dry-land training (control and evaluation).
- Nuno Batalha is vice president of the Portuguese Swimming Federation (since November 2016); Collaborator with the Portuguese Swimming Federation – Performance analysis and training control of the Portuguese national swimming teams.
- Nuno Leite is diretor of Basketball Course for Coaches (Level 1). Basketball National Federation; Member of the national network responsible for tutoring basketball coaches in internship year; director of the International Master of Performance Analysis (IMPAS); member of the Zonal Network; Participation in Coaching Course (level 1) from the National Basketball and Football Federations; Technical Direction from the Talentódromo.
- Pedro Figueiredo is Exercise Physiologist for the Under 21 Soccer National Team. Portuguese Football Federation.
- Pedro Guedes Carvalho is Technical advisor for CCDRC in RIS3.
- Tiago Barbosa is member of the Committee for Science and Development of the Portuguese Olympic Committee (Portugal, since May 2017).

8. Future Research

Cardiac rehabilitation, relearning how to live in the Alentejo. Portugal 2020, Sub-Programa: SAICT, Aviso n.º02/SAICT/2017 - SAICT-45-2017-02. FCT reference: ALT20-03-0145-FEDER-031658. ESACA - Ageing Safely in Alentejo. Understanding for Action.

FCT - Projetos de IC&DT em todos os Domínios Científicos 2017. Compete 2020 - 02/SAICT/2017 - 5 proposals under evaluation:

1. The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension
2. Subclinical Atherosclerosis in Portuguese Youths: Vascular Intima-Media Thickness and Elasticity: Cross-sectional and Mixed-Longitudinal Associations with Metabolic Risk, Physical Activity and Fitness
3. Creative Physical education as experiential transformative activity to improve fitness levels and health
4. Beactive: Live more and better
5. Walking PAD

NanoSTIMA - Macro-to-Nano Human Sensing: Towards Integrated Multimodal Health Monitoring and Analytics/ UTAD, operation NORTE-01-0145-FEDER-000016, Line 3 “Health data infrastructure. Cofinanced by the European Fundo for Regional Development (FEDER) by NORTE 2020 (Programa Operacional Regional do Norte 2014/2020). 2015-2018. 6.137.187,90€ (CIDESD 1.186.864,00€).

NO LIMITS: Desenvolvimento de equipamento desportivo multifuncional. PT 2020, Aviso 10/SI/2016, submitted to evaluation.

Patient education on a quantified supervised home-based exercise therapy to improve walking ability in patients with peripheral arterial disease and intermittent claudication. FCT- 02/SAICT/2017- IC &DT, submitted to evaluation.

Perceptual cues in regulation of exercise intensity. Office of Education Research, Education Research Funding Programme - Tier 1, 2017-2020, 98,700SGD (61.873eur)

Profiling of junior sport academy participants. Office of Education Research – NIE & Ministry of Education of Singapore. 2017-2020. 479,158SGD (300.275eur)

Programa Diabetes em movimento Rio Maior – Programa Comunitários de Exercício Físico para Pessoas com Diabetes Tipo 2 para um envelhecimento ativo e saudável. Submitted to: Programa de Modernização e Valorização dos Institutos Politécnicos.

Projeto THEAA Tourism, Health and Wellness for Mature Adults. University of Algarve, Polytechnic Institute of Beja and Polytechnic Institute of Santarém. Submitted to: Projetos de Investigação Científica e Desenvolvimento Tecnológico (IC&DT). Programa Operacional Regional do Alentejo; Programa Operacional Regional do Algarve. Portugal 2020.

PRÓ-LÚDICO Project - Longitudinal Study of Physical Activity, Obesity and School Success, responsible entities University of Beira Interior (Department of Sports Sciences) and Hospital Cova

Da Beira (Department of Pediatrics), funding entity Inter-community Community of Beiras and Serra da Estrela, in the amount of 500,000.00 euros (waiting approval).

PROWDER CAP: Suplementos alimentares funcionais em unidose. PT 2020, Aviso 03/SI/2017, submitted to evaluation.

SAFE-KEY: Struck-hit Accidents and Falls in the Elderly- Kit for Evaluation in virtual-reality. Live active and safety at home. Portugal 2020, Sub-Programa: SAICT, Aviso n.º02/SAICT/2017 - SAICT-45-2017-02. FCT reference: ALT20-03-0145-FEDER-030573. Submitted to evaluation.

Saúde mental em movimento - atividade física e promoção da saúde e bem-estar de pessoas com doença mental severa. Portugal 2020, Sub-Programa: SAICT. Aviso n.º02/SAICT/2017 - SAICT-45-2017-02. FCT reference: ALT20-03-0145-FEDER-031726. Submitted to evaluation.

Struck-hit Accidents and Falls in the Elderly- Kit for Evaluation in virtual-reality. Live active and safety at home. Portugal 2020, Sub-Programa: SAICT, Aviso n.º02/SAICT/2017 - SAICT-45-2017-02. FCT reference: ALT20-03-0145-FEDER-030573. Submitted to evaluation.

Symbiotic technology for societal efficiency gains: Deus ex Machina (DEM), NORTE-01-0145-FEDER-000026, co-financed by European Fund for Regional Development (FEDER) - NORTE 2020. 2015-2018. 6.137.187,90€ (CIDESD 1.186.864,00€).

The effect of post-activation potentiation on the thrust produced by competitive swimmers. NIE AcRF. 60.012eur (95,530 SGD)

The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension (HoldAge) study. FCT. Pending funding: 238 407,51 €

The transfer and maximization of dry-land strength & power into thrust in competitive swimming. Singapore sports science & technology Research grant – 2017. 2018-2020. 28,440SGD (17.828eur)