

## 1. Funding, source, dates.

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

*ActiveGames4Change - Sports and Physical Activity Learning Environment for Citizenship, Emotional, Social e-Competences.* EACEA 10/2018 – Erasmus+ Key Action 3 – Support for policy reform – Initiatives for policy innovation. 2018 – 2021; 477.197,00€

*AGEment: Adult seniors awareness on Active Ageing: connecting Cultural Heritage with elders empowering.* Erasmus+, KA2 Cooperation for innovation and the exchange of good practices. (Grant Agreement No. 2018-1-ES01-KA204-050994). 2018-2019. 181420€

*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 pela 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) 115.539,71€

*Cockell Research Collaboration Awards.* Australia/University of New South Wales Sydney. Start: 1/01/16 (ongoing)

*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). 2016-2019. 932 372.62€ (168 5000.00€ for UTAD; project proponent)

*Enrich - The Role of Exercise Training in the Treatment of Resistant Hypertension.* FCT: PTDC/DTP-DES/1725/2014. 2016-2019. 132.972,00€

*Enriched Sport Activities, European Union - 579661 - 2016 (EAC/A04/2015) ERASMUS+: SPORT,* January 2017 till January 2020. 492.777,00€

*ENtRANCE - “ENgaged ReseArch coNecting Community with higher Education.* Funding source: European Union Erasmus+ Program: 2017-1-BE02-KA203-034736. 2017-2020. 2017-2020. 356.537,00€

*Erasmus+ Sport Programme. In Common Sports- Intergeneration Competition as Motivation for sport and Healthy Lifestyle of Senior Citizens.* Application Reference number: 590543-EEP-1-2017-1-PT-SPO-SCP. 2017 -2019.316986€

*GMove -Envelhecimento e Vida Ativa.* Projetos de Investigação Científica e Desenvolvimento Tecnológico (IC&DT). 02/SAICT/2016 SAICT. Funding: Portugal 2020. 2017-19. 150.223,80€

*GMovE+: Um programa de intervenção para promover a atividade física e a qualidade de vida da população idosa da Guarda.* Portugal 2020/FTC (POCI-01-0145-FEDER-023811) 2017-2019. 121.204,05€

*Health interventions focused on health needs of tourists from the Douro River cruises*, 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. 82.889,65€

*Holdage - The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension*. COMPETE: POCI-01-0145-FEDER-030646. 2018-2021. 234.715,27€

*Iniciativas inovadoras para el impulso del envejecimiento activo en la región EuroACE (EuroAGE)*. Centro de Cirugía de Mínima Invasión Jesús Usón, Uex, Cluster sociosanitario da Extremadura, ISR-UC, IPCB e IPG. Compete 2020 - INTERREG V A Espanha Portugal (POCTEP) (grant 0043\_EUROAGE\_4\_E). 2016-2019. 1.225.459,08€

*Internacionalização da rede nacional de CAR de Portugal | High performance sports centers of Portugal*. COMPETE 2020 - Sistema de Apoio a Ações Coletivas – Internacionalização, Aviso N° 02/SIAC/2015 - Projeto N° 015171.

*LabForward - Capacitação e Requalificação de Unidades de Investigação e Desenvolvimento Científico e Tecnológico da Universidade de Trás-os-Montes e Alto Douro*. ON.2 – O Novo Norte. 661.493,6€

*MEW project “Movement Environment Well-being*. Program ERAMUS+,K2 (Project Reference: 590642-EPP-1-2017-1 -IT-SPO-SCP). 2017-2019. 398,419€

*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€)

*Natural Interfaces for the Elderly*, 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. 148.021,76€

*Promotion and valorization of the tourism resources of the Douro river – 0067\_FLUMEN DURIUS\_2\_E*. Cooperation Programme INTERREG V-A Spain-Portugal (POCTEP). 2016-2019. 1773732.00€ (186 500.00€ for UTAD)

*Ser mayor y vivir en un barrio con barreras topográficas en España y Portugal - Proyecto 2 “Implicaciones de los desniveles topográficos en la vida de las personas mayores en Portugal. La Fundación General CSIC “Centro Internacional sobre el envejecimiento, CENIE” (código 0348\_CIE\_6\_E) Interreg V-A España-Portugal (POCTEP), contratación de trabajos de investigación interdisciplinar sobre envejecimiento FGCSIC (código 0348\_CIE\_6E)*. 2018-2019. 50 000€

*Skills4genius® Academy*. Foundation Calouste Gulbenkian. 2018-2019. 22,524€

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

*System of surveillance and monitoring of physical and sport activity.* Instituto Português do Desporto e Juventude, Contrato-programa de desenvolvimento desportivo n.º CP/310/DD/2018, 1/1/2018 a 31/12/2018, 35.000,00€

*The effect of post-activation potentiation on the thrust produced by competitive swimmers.* National Institute of Education Research Fund, NIE AcRF (2018-2020). National Institute of Education Research Fund. National Institute of Education (Singapore) (NIE AcRF), 60000€

*The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension.* PTDC/SAU-DES/30646/2017. 2018-2021. 234.715,27€

*The impact of an aid and surveillance programme backed up by a sensor network in the health care promotion of the dependent elder at their homes,* 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-023428. Period of the Project: from 01/12/2018 to 31/05/2020. 141.605,03€

*The relationship between skeletal muscle characteristics and mineral bone disorder in dialysis patients following exposure to an intradialytic exercise program.* Sociedade Portuguesa de Nefrologia - Projetos de Investigação 2018-20.15.000€

*Trails4Health: biophysical characterization of hiking trails as a tool for regional development and health promotion.* FCT (SAICT-POL/23604/2016). 2017-2019. 74.215,31€

*Transnational promotion and cooperation of the atlantic geoparks for sustainable development - EAPA\_250/2016.* Interreg Espaço Atlântico. 2017-2019. 1.946.500€ (276.050€ for UTAD; project proponent)

## 2. International Publications

- Agostinis-Sobrinho, C., Garcia-Hermoso, A., Ramirez-Velez, R., Moreira, C., Lopes, L., Oliveira-Santos, J., **Póvoas, S.**, Mota, J., & Santos, R. (2018) Longitudinal association between ideal cardiovascular health status and muscular fitness in adolescents: The LabMed Physical Activity Study. *Nutrition, Metabolism, and Cardiovascular Diseases*. 28(9), 892-899. DOI: 10.1016/j.numecd.2018.05.012 (<https://www.sciencedirect.com/science/article/pii/S0939475318301650?via%3Dihub>)
- Aleixo, P., Vaz-Patto, J., **Moreira, H.**, & Abrantes, J. (2018). Dynamic joint stiffness of the ankle in healthy and rheumatoid arthritis post-menopausal women. *Gait & Posture*, 60, 225-234. DOI: 10.1016/j.gaitpost.2017.12.008 (<https://linkinghub.elsevier.com/retrieve/pii/S0966636217310329>)
- Alves, B., Barbosa, E., Pimentel, D., **Carneiro, L.**, Rodrigues, A., Deslandes, A., Alves, M., Rodrigues, V., Pereira, E., Paula, A., Pupe, C., & Monteiro-Junior, R. (2018) Comparison of cognitive functions among frail and prefrail older adults: a clinical perspective. *International Psychogeriatric*, 1-5. DOI: 10.1017/S1041610218000765 (<https://www.cambridge.org/core/journals/international-psychogeriatrics/article/comparison-of-cognitive-functions-among-frail-and-prefrail-older-adults-a-clinical-perspective/7E0AE3A17BE1052F6B43F5D312247403>)
- Ávila, V. R., **Bento, T.**, Gomes, W.F., **Leitão, J.**, & Sousa, N. (2018) Functional outcomes and quality of life after ankle fracture surgically treated: a systematic review. *Journal of Sport Rehabilitation* 27(3): 274-283. DOI: 10.1123/jsr.2016-0199 (<https://journals.humankinetics.com/doi/10.1123/jsr.2016-0199>)
- Baptista, J.**, **Travassos, B.**, **Gonçalves, B.**, Mourão, P., **Viana, J. L.**, & **Sampaio, J.** (2018) Exploring the effects of playing formations on tactical behaviour and external workload during football small-sided games. *Journal of Strength & Conditioning Research*. DOI: 10.1519/jsc.0000000000002445 ([https://journals.lww.com/nsca-jscr/Abstract/publishahead/Exploring\\_the\\_effects\\_of\\_playing\\_formation\\_on.95542.aspx](https://journals.lww.com/nsca-jscr/Abstract/publishahead/Exploring_the_effects_of_playing_formation_on.95542.aspx))
- Barbosa, T.**, Ramos, R., **Silva, A. J.**, & **Marinho, D. A.** (2018) Assessment of passive drag in swimming by numerical simulation and analytical procedure. *Journal of Sports*

*Sciences*, 36(5), 492-498. DOI: 10.1080/02640414.2017.1321774  
(<https://www.tandfonline.com/doi/full/10.1080/02640414.2017.1321774>)

**Bartolomeu, R. F., Costa, M. J., & Barbosa, T. M.** (2018). Contribution of limbs' actions to the four competitive swimming strokes: a nonlinear approach. *Journal of Sports Sciences*, 36(16), 1836-1845 DOI: 10.1080/02640414.2018.1423608  
(<https://www.tandfonline.com/doi/full/10.1080/02640414.2018.1423608>)

Benito Santos, A., Theron, R., Losada, A., **Sampaio, J. E.**, & Lago-Peñas, C. (2018) Data-driven visual performance analysis in soccer: an exploratory prototype. *Frontiers in Psychology*, 9, 2416. DOI: 10.3389/fpsyg.2018.02416  
(<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.02416/full>)

Castagna, C., Krstrup, P., D'Ottavio, S., Pollastro, C., Bernardini, A., & **Póvoas, S. C. A.** (2018) Ecological validity and reliability of an age-adapted endurance field test in young male soccer players. *Journal of Strength and Conditioning Research*. DOI: 10.1519/JSC.0000000000002255  
([https://journals.lww.com/nsca-jscr/Abstract/publishahead/Ecological\\_validity\\_and\\_reliability\\_of\\_an.95551.aspx](https://journals.lww.com/nsca-jscr/Abstract/publishahead/Ecological_validity_and_reliability_of_an.95551.aspx))

**Cid, L., Monteiro, D.**, Teixeira, D.S., Teques, P., Alves, S., **Moutão, J.**, Silva, M., & Palmeira, A.L. (2018). The Behavioral Regulation in Exercise Questionnaire (BREQ-3) Portuguese-Version: Evidence of Reliability, Validity and Invariance Across Gender. *Frontiers in Psychology*, 9:1940. DOI: 10.3389/fpsyg.2018.01940  
(<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01940/full>)

Costa, J. A., Brito, J., **Nakamura, F.Y., Figueiredo, P.**, Oliveira, E., & Rebelo, A. (2018) Sleep patterns and nocturnal cardiac autonomic activity in female athletes are affected by the timing of exercise and match location. *Chronobiology International*, 1-14. DOI: 10.1080/07420528.2018.1545782  
(<https://www.tandfonline.com/doi/full/10.1080/07420528.2018.1545782>)

**Coutinho, D., Gonçalves, B., Santos, S., Travassos, B., Wong, D., & Sampaio, J.** (2018) Effects of the pitch configuration design on players' physical and positional performances during small-sided games in team sports. *Research in Sports Medicine*. 5, 1-16. DOI: 10.1080/15438627.2018.1544133  
(<https://www.tandfonline.com/doi/full/10.1080/15438627.2018.1544133>)

- Coutinho, D., Gonçalves, B., Travassos, B., Abade, E., Wong, D. P., & Sampaio, J.** (2018) Effects of pitch spatial references on players' positioning and physical performances during football small-sided games. *Journal of Sports Sciences*, 1-7. DOI: 10.1080/02640414.2018.1523671  
(<https://www.tandfonline.com/doi/full/10.1080/02640414.2018.1523671>)
- Coutinho, D., Santos, S., Gonçalves, B., Travassos, B., Wong, D., Schöllhorn, W., & Sampaio, J.** (2018) The effects of an enrichment training program for youth football attackers. *Plos One*, 13(6): e0199008. DOI: 10.1371/journal.pone.0199008  
(<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0199008>)
- Cui, Y., Gómez, M., Gonçalves, B., & Sampaio, J.** (2018) Performance profiles of professional female tennis players in grand slams. *Plos One*, 13(7), e0200591. DOI: 10.1371/journal.pone.0200591  
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- Evaristo, O. S., Moreira, C., Lopes, L., Abreu, S., Agostinis-Sobrinho, C., Oliveira-Santos, J., Póvoas, S., Oliveira, A., Santos, R., & Mota, J.** (2018) Associations between physical fitness and adherence to the Mediterranean diet with health-related quality of life in adolescents: results from the LabMed Physical Activity Study. *European Journal of Public Health*, 28(4), 631-635. DOI: 10.1093/eurpub/cky043  
(<https://academic.oup.com/eurpub/article/28/4/631/4953814>)
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Figueira, A. C. C., Cortinhas, A., **Soares, J. P., Leitão, J. C.,** Ferreira, R. P., & Duarte, J. A. (2018) Efficacy of Exercise on Breast Cancer Outcomes: A Systematic Review and Meta-analysis of Preclinical Data. *International Journal of Sports Medicine*, 39(5), 327-342. DOI: 10.1055/s-0044-101149 (<https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0044-101149>)

**Figueira, B., Gonçalves, B., Folgado, H.,** Masiulis, N., Calleja-González, J., & **Sampaio, J.** (2018) Accuracy of a Basketball Indoor Tracking System Based on Standard Bluetooth Low Energy Channels (NBN23®). *Sensors*, 18(6), 1940. DOI: 10.3390/s18061940 (<https://www.mdpi.com/1424-8220/18/6/1940>)

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**Folgado, H., Gonçalves, B., & Sampaio, J.** (2018) Positional synchronization affects physical and physiological responses to preseason in professional football (soccer). *Research in Sports Medicine*, 26(1), 51-63. DOI: 10.1080/15438627.2017.1393754 (<https://www.tandfonline.com/doi/full/10.1080/15438627.2017.1393754>)

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Gonjo, T., McCabe, C., **Sousa, A., Ribeiro, J.,** Fernandes, R., Vilas-Boas, J.P., & Sanders, R. (2018) Differences in kinematics and energy cost between front crawl and backstroke below the anaerobic threshold. *European Journal of Applied Physiology*, 118(6), 1107-1118. DOI: 10.1007/s00421-018-3841-z

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## 4. Master and Ph.D. thesis completed

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Anabela dos Santos de Sousa Vitorino (2018) *Paixão, Motivação e Bem-Estar Subjetivo no Desporto Adaptado. Da Atividade Física para Todos ao Rendimento Desportivo*, Curso de Doutoramento em Ciências do Desporto da Universidade de Trás-os-Montes e Alto Douro (PH.D)

David Silva, (2018) *Plantar pressure in postmenopausal women: foot rollover temporal parameters and the effects of obesity in straight-ahead, side-cut and obstacle tasks*, Doutoramento em Ciências do Desporto, Universidade de Trás-os-Montes e Alto Douro, Portugal. (Ph.D.)

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Sara Diana Leal dos Santos (2018) *The spawns of creative behavior: Exploring the role of the enrichment environments to foster creativity in team sports*. Doctoral thesis in Sports Sciences. University of Trás-os-Montes and Alto Douro (Ph.D.)

Tânia Filipa da Silva Oliveira (2018) *Desempenho escolar, atividade física, aptidão cardiorrespiratória e síndrome metabólica em crianças e adolescentes*. Doutoramento em Atividade Física e Saúde. Faculdade de Desporto, Universidade do Porto. (Ph.D.)

Afonso Fernandes Guerra (2018) *Modelo para a avaliação da condição física de surfistas: um guia para o personal trainer*. Mestrado em Ciências do Desporto – Especialização em Desportos de Academia. IPG (M.Sc.)

Alexandre Gameiro (2018) *Fatores determinantes da prova de 100m no Atletismo: breve revisão da literatura*. Dissertação de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Amarante, J. (2018). *Avaliação do impacto de um programa de treino na dimensão motora e cognitiva de jovens futebolistas*. Dissertação de mestrado. Instituto Politécnico da Guarda. (M.Sc.)

Ana Rita Bravo Nogueira (2018) *Motivação dos docentes de Educação Física: fatores influenciadores e estratégias motivacionais - Um estudo na Ilha Terceira (Açores)*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD (M.Sc.)

Ana Sofia Monteiro Pires (2018) *A Alta Sensibilidade de Processamento Sensorial e a Agressão: Contributo para o estudo de uma relação, considerando as variáveis sociodemográficas género e idade [The High Sensitivity of Sensory Processing and Aggression: Contribution to the study of a relation, considering the sociodemographic variables gender and age]*, Mestrado em Psicologia Clínica e da Saúde, UBI (MSc)

André Silva Grijó Torres Ribeiro (2018) *Como evolui a aptidão física no teste Levantar e Sentar 5, em homens e mulheres idosos ao longo do tempo?* Master in Physical Activity and Health. Department of Physical Education and Sports Sciences. ISMAI (M.Sc.)

Andreia Duarte da Fonseca (2018) *Rendições em Natação Pura Desportiva – Estafetas e Programa de Treino*. Escola Superior de Desporto de Rio Maior (ESDRM). Instituto Politécnica de Santarém. (M.Sc.)

Andreia Filipa Maia e Silva (2018) *Efeito do método de Halliwick na competência aquática, postura, equilíbrio estático e dinâmico de pessoas diagnosticadas com deficiência*. Mestrado em Ciências do Desporto – Especialização em Desportos de Academia. IPG (M.Sc.)

Andreia Sofia Carvalho Teixeira (2018) *Risco de queda em idosos não institucionalizados e sua relação com a composição corporal, o equilíbrio e a força. Influência de um programa de exercício multimodal*, Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD (M.Sc.)

António Pedro Martinho Nunes (2018) *Effects of Maximum Strength Training on Neuromuscular and Cardiorespiratory Function of Handball Players*. Mestrado em Ciências da Educação Física e Desporto – Especialização em Treino Desportivo, Instituto Universitário da Maia, ISMAI (M.Sc.)

Bernardino Pereira Costinha Névoa (2018) *Estágio no Pevidem Sport Clube na equipa de Futebol juniores C (sub15) na época desportiva 2016/2017*. Mestrado em Ciências do Desporto, UTAD (M.Sc.)

Bruno Emanuel Morais Teixeira (2018) *Comparação de indicadores de performance no Campeonato do Mundo de Rugby de 2003 a 2015*. Mestrado em Ciências do Desporto, UTAD (M.Sc.)

Bruno Nobre Pinheiro (2018) *Efeito da ordem do exercício predominantemente aeróbio em relação aos exercícios de treino de força, realizados numa mesma sessão, na composição corporal avaliada através de DEXA*. Ciências do Desporto – Especialização em Atividades de Academia, UTAD (M.Sc.)

Carlos Manuel Rodrigues Lourenço (2018) *Relatório de Estágio no Abambres Sport Clube, na Equipa de Juniores C (Sub14) na época Desportiva 2017/2018*. Mestrado em Ciências do Desporto, UTAD (M.Sc.)

Carlota Antunes Gonçalves (2018) *Caracterização da força explosiva no jogador de voleibol. Comparação entre a elite e sub-elite nacional*. Dissertação de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Catarina Beatriz Ferreira Faria (2018) *Perceção das barreiras e benefícios para a utilização de transporte ativo em adultos*. Mestrado em Exercício e Saúde. Instituto Politécnico de Bragança. (M.Sc.)

Catarina Nair Mesquita de Carvalho (2018) *Estudo da influência da caminhada e da hidroginástica no bem-estar do individuo adulto e idoso*. Mestrado em Gerontologia, Atividade Física e Saúde no Idoso, UTAD (M.Sc.)

Célia Conceição Silva Valente (2018) *Comparação da resposta fisiológica, biomecânica e neuromuscular entre as vertentes do fitness: Zumba Fitness® e Strong by Zumba™*. Mestrado em Ciências do Desporto – Especialização em Desportos de Academia. IPG (M.Sc.)

Francisco Carneiro da Rita Gouveia Mendonça (2018) *CrossFundão, Fundão. Implementação do método conjugado para o treino da força*. Relatório de Estágio de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Francisco Sousa Gomes Cinha Velho (2018) *Relatório de Estágio no Sporting Clube de Braga, na equipa de sub 14 (Juniores C) na época desportiva 2016/2017*. Mestrado em Ciências do Desporto, UTAD (M.Sc.)

Francys Paula Cantieri (2018) *Metodologia utilizada pelos profissionais de Educação Física que atuam na área do fitness*. UTAD (M.Sc.)

Hélder Remi dos Santos Gandarez (2018) *A aptidão física e a qualidade de vida em atletas com dificuldade intelectual e desenvolvimental*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD (M.Sc.)

Hugo Miguel (2018) *Auxiliar de Locomoção para Animais com Paraplegia*. Mestrado em Desing do Produto. ESAD. (M.Sc.)

Humberto da Fonseca (2018) *O efeito de um programa de treino de força no rendimento desportivo em nadadores*. Dissertação de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Innocenti, L. (2018) *Correlation between obesity and balance* (Mestrado em Ciência do Desporto, na especialidade de Avaliação e prescrição na atividade física). Universidade de Trás-os-Montes e Alto Douro, Vila Real. (M.Sc.)

Isabel de Fátima Batista Miguel (2018) *A Educação Física e a inteligência emocional: programa de intervenção em alunos do 5.º ano*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD (M.Sc.)

Ivan Gonçalo Ventura Rolo (2018) *Avaliação Functional Movement Screen®: comparação entre os valores da elite e não elite em nadadores juvenis*. Dissertação de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Jean-Philippe de Jesus Amarante (2018) *Avaliação do impacto de um programa de treino diferencial vs literacia motora na dimensão motora e cognitiva de jovens futebolistas*. Mestrado em Ciências do Desporto. IPG-Guarda.

Joana Alves da Silva (2018) *The effects of differential learning approach on technical skills in youth soccer players*. Dissertação de Mestrado Internacional em Análise da Performance Desportiva. UTAD. (M.Sc.)

João Almeida (2018) *Futsal Coaching - The Decision-Making Moment*. Mestrado em Ciências do Desporto. Universidade da Beira Interior (M.Sc.)

José Armando Moreira Oliveira (2018). *Imagem corporal e bullying em alunos do Ensino Secundário do Concelho de Odemira*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, UTAD, (M.SC.)

José David Pinto Domingues (2018) *Clínica de Hemodiálise, Covilhã. Efeito de um programa de treino do equilíbrio numa população hemodialisada*. Relatório de Estágio de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Kelly Xavier Machado (2018) *A influência do contexto familiar no desenvolvimento motor em bebés de 6 a 24 meses frequentadores de creche*. Mestrado em Educação Física, especialização em Desenvolvimento da Criança. UTAD (M.Sc.)

Lino Délcio Gonçalves Scipião Junior (2018). *Força Isocinética e alterações do centro de gravidade em praticantes de surf do Estado do Ceará*. Ciências do Desporto – Especialização em Atividades de Academia, UTAD (M.Sc.)

Lúcio André Dias da Silva Cunha (2018). *Relação entre um programa de treino combinado intradialítico e a força muscular em doentes renais crónicos*. Master in Physical Activity and Health. Department of Physical Education and Sports Sciences. ISMAI (M.Sc.)

Luís Filipe dos Santos Marques (2018) *O efeito do treino funcional na aptidão física: estudo realizado com alunos do ensino básico nas aulas de educação física*. Relatório de Estágio de 2º Ciclo em Ensino da Educação Física nos Ensinos Básico e Secundário, UBI (M.Sc.)

Maria João Araújo Dias (2018) *Agressão e Crenças acerca da Violência nas Relações Íntimas em Contexto Universitário [Aggression and Beliefs about Violence in Intimate Relations in University Context]*, Mestrado em Psicologia Clínica e da Saúde, UBI (MSc)

Mariana Aparício Araújo (2018) *Crenças acerca da Violência Conjugal e Agressão em Estudantes do Ensino Superior [Beliefs about Conjugal Violence and Aggression in Higher Education Students]*, Mestrado em Psicologia Clínica e da Saúde, UBI (MSc)

Marina C. Estevão (2018) *Relatório de Estágio de Educação Física para os Ensinos Básico e Secundário na Escola Secundária Campos Melo*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, UBI. (M.Sc.)

Martins, R. G. (2018). *Avaliação de um programa de exercícios dual task nas capacidades físicas e cognitivas de idosos*. University Beira Interior. (M.Sc.)

Maura Rodrigues Melo (2018) *Iniciativa de crescimento pessoal e crenças sobre a violência conjugal em estudantes universitários [Personal initiative growth and beliefs about marital violence in university students]*, Mestrado em Psicologia Clínica e da Saúde, UBI (MSc)

Maurício Pereira de Brito (2018) *Estudo da aplicabilidade de um programa de treino funcional em alunos do ensino secundário*. Mestrado em Atividades de Fitness - Instituto Politécnico de Viana do Castelo, Escola Superior de Desporto e Lazer de Melgaço. (M.Sc.)

Nádia Antão (2018) *O impacto do treino da força no rendimento desportivo em jogadores de futsal*. Mestrado em Ciências do Desporto. Universidade da Beira Interior. (M.Sc.)

Neto, F. (2018) *Percurso desportivo de excelência do jogador de voleibol Carlos Silveira* (Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário). Universidade de Trás-os-Montes e Alto Douro, Vila Real. (M.Sc.)

Nuno Miguel do Carmo Ricardo (2018) *Efeitos Fisiológicos do Treino em altitude em atletas de triatlo*, Mestrado em Desporto Variante Treino Desportivo, ESDRM. (M.Sc.)

Nuno Miguel Ortins Leite (2018). *O impacto das notas obtidas na disciplina de Educação Física na média global dos alunos do 3ºciclo do Ensino Básico e do Ensino Secundário*. Mestrado em ensino de Educação Física nos Ensinos Básico e Secundário, UTAD (M. Sc.)

Otniel Joanyr Pereira Barbosa Lopes (2018) *Análise das diferenças nos níveis de atividade física, aptidão física e competência motora de acordo com estatuto ponderal: um estudo em adolescentes Cabo-Verdianos*. Mestrado em Ciências do Desporto, especialização em Avaliação e Prescrição da Atividade Física do candidato- Universidade de Trás-os-Montes e Alto Douro. (M.Sc.)

Patrícia Isabel de Sousa Faria (2018) *Alta Sensibilidade de Processamento Sensorial e variáveis Psicossociais: Agressão e Ansiedade [High Sensitivity of Sensory Processing and Psychosocial Variables: Aggression and Anxiety]*, Mestrado em Psicologia Clínica e da Saúde, UBI (MSc)

Paulo André Ribeiro Dias (2018) *Efeito do destreino no perfil energético e na condição física de nadadores jovens*. Mestrado em Ciências do Desporto – Especialização em Treino Desportivo. IPG (M.Sc.)

Paulo Sérgio Fraga Cardoso (2018) *A arbitragem no Desporto Escolar*. Mestrado em Ensino de Educação nos Ensinos Básico e Secundário, UTAD (M.Sc.)

Pedro Baía Carneiro (2018) *Como evolui a aptidão física no teste Timed Up and Go, em homens e mulheres idosos ao longo do tempo?* Master in Physical Activity and Health. Department of Physical Education and Sports Sciences. ISMAI (M.Sc.)

Pedro C. Reis. (2018) *Relatório de Estágio de Educação Física para os Ensinos Básico e Secundário na Escola Secundária Campos Melo*. Mestrado em Ensino da Educação Física nos Ensino Básico e Secundário, UBI. (M.Sc.)

Pedro Miguel Alves Cardoso (2018) *Quantification of external load in professional soccer players: training and match demands*. Mestrado em Ciências da Educação Física e Desporto – Especialização em Treino Desportivo, Instituto Universitário da Maia, ISMAI (M.Sc.)

Pedro Miguel Pombo Neves (2018) *Diferentes intensidades de aquecimento: os efeitos no treino da força*. Dissertação de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Pereira, S (2018) *Treino Funcional Vs. Hidroginástica: Benefícios para a Aptidão física em Idosos Ativos*. Master Degree in Sports Science – fitness specialty, Instituto Politécnico da Guarda. (M.Sc.)

Renan Carlos Teixeira (2018) *Efeito de uma sessão de Pilates nas respostas hemodinâmicas de sujeitos normotensos do sexo feminino*. Ciências do Desporto – Especialização em Avaliação e Prescrição na Atividade Física, UTAD (M.Sc.)

Ricardo André Alves Bispo Madeira (2018) *Qual a importância do aquecimento para o treino da força? O caso específico do exercício de agachamento*. Dissertação de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Ricardo Sousa (2018) *Efeito do exercício físico na rigidez arterial em indivíduos com hipertensão resistente*. Mestrado em Exercício Físico e Saúde, ISMAI (M.Sc.)

Rui Filipe Leitão Luís (2018) *Clínica Nephrocare, Covilhã. Fatores influenciadores do equilíbrio numa população hemodialisada*. Relatório de Estágio de 2º ciclo em Ciências do Desporto, UBI (M.Sc.)

Rui Manuel Martins Pereira (2018) *A atividade docente como fator de valorização e desenvolvimento profissional*. Ensino da Educação Física nos Ensinos Básicos e Secundário, UTAD (M.Sc.)

Sairita Griego de Souza (2018) *As possíveis contribuições das aulas de Educação Física Escolar para a competência Motora da criança de 4 e 5 anos de idade no Município de Barra Mansa*. Mestrado em Educação Física e Desporto- especialização em Desenvolvimento da Criança. (M. Sc.)

Sandra Marisa Veloso Pinheiro (2018) *Parental Supervision Profile and Psychomotor Development in Children 0-5*. Master in Education Science: Specialization in Special Education, cognitive and motor domain. UTAD (M. Sc.)

Sandra Sofia Marques Machado (2018) *Caraterização da Atividade Física, Dispêndio Energético e Intensidade Relativa de Esforço Avaliados por Frequência Cardíaca em Aulas de Grupo – Um Estudo Descritivo do 3B Bum Bum Brasil*. 2º Ciclo em Ciências da Educação Física e Desporto – Especialização em Exercício Físico e Saúde. Departamento de Ciências da Educação Física e Desporto. Instituto Universitário da Maia. (M.Sc.)

Tiago Moreira da Silva (2018) *The Impact of Internal and External Loads in the Neuromuscular and Mechanical Properties of Hamstring Muscles in Football Players*. Dissertação de Mestrado Internacional em Análise da Performance Desportiva. UTAD (M.Sc.)

Tiago Sousa (2018) *Toe clearance variability during walking between elderly men and women*. Mestrado em Ciências do Desporto, Universidade da Beira Interior, Portugal.

Valente, P. R. (2018) *Estudo sobre a implementação do surf no programa de educação física do 3º ciclo* (Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário). Universidade de Trás-os-Montes e Alto Douro, Vila Real. (M.Sc.)

Vitor Manuel Filipe Quitério (2018) *Relatório de Atividade Profissional. Educação Física e Desporto Escolar no Arquipélago dos Açores*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD (M.Sc.)

**TOTAL (M.Sc.) = 67**

**TOTAL (Ph.D.) = 15**

## 5. Organization of conferences

*“Transboundary Festival -Territory and Health Lifestyles”, 2º International Summer University – Geoparks, Sustainable Regional Development and Healthy Lifestyles.* 18th of July 2018. UTAD

*13º Seminar on Childhood Motor Development.* 16-17 November, 2018, ISEIT, ESSE, Instituto Piaget de Almada

*41º Congresso da Associação Portuguesa de Técnicos de Nataçãõ*, 29 e 30 de Abril 2018, Braga

*5º Seminário de Biomecânica do Desporto – ESDRM/IPS*, 23 de Maio de 2018, Escola Superior de Desporto de Rio Maior-IPS

*7º Congresso da Sociedade Científica de Pedagogia do Desporto (SCPD)*, 26 e 27 de Outubro, Escola Superior de Desporto de Rio Maior

*7th Congress of Gymnastics: Gymnastics, between the classic and the emerging. Security and behaviours.* 21st to 23rd of September, Multiusos de Guimarães, Guimarães | Portugal

*7<sup>th</sup> International Symposium on Strength & Conditioning.* Vila Real, Improve & UTAD

*Conhecer o Treinador.* 29 of October 2018. UTAD. Vila Real

*Conhecer o treino no Futebol Profissional.* 15 of January 2018. UTAD. Vila Real

*Desporto, Desenvolvimento e Bem-Estar. 2º Forum REDESPP.* Edição IPSantarem – ESDRM. Rio Maior. 5 Novembro 2018

*II Congresso Internacional de Medicina de Hipóxia - Altitude ao serviço do rendimento desportivo.* Manteigas: Universidade da Beira Interior e Clínica Médica do Exercício do Porto. 15 a 17 de junho de 2018

*II Seminário Internacional “O Papel do Treinador no Desenvolvimento Positivo dos Jovens”.* Porto: Escola Superior de Educação do Instituto Politécnico do Porto. 6 e 7 de novembro de 2018

*International Congress “Ciência, Cultura e Turismo Sustentável”*, 26th and 27th de November 2018, Lisbon, Portugal

*International Congress of Adventure Tourism and Outdoor Sports (ICATOS)*, 11th to 13th October 2018, Melgaço, Portugal

*IV Nacional Congress of Pedagogical Practices in High Education (CNaPPES)*, Braga, Portugal, 2018

*Jornadas Científico-Desportivas UNORTE 2018*, UTAD, 19 de Dezembro de 2018



*Seminar on “Communication Techniques in Business Environment (Projet UNI+i)”*. 11th of October 2018. UTAD

*Seminar on “Feedback Sessions MBTI – Myers-Briggs Type Indicator (Project UNI+i)”*. 18th of October 2018. UTAD

*Seminar on “II jornadas técnico-científicas de desporto de aventura - a gestão do risco e a segurança em atividades de montanha”*, 7th and 8th of December, 2018, UTAD Vila Real

*Seminar on “Nutrição no Desporto”*, 6th of January, 2018, UTAD Vila Real

*Seminário “Como Ensinar o Voleibol através do GIRA-VOLEI e as primeiras noções de abordar o Voleibol sentado”*, UTAD/ GFORM/ Federação Portuguesa de Voleibol/ CIDESD, 11 de Abril de 2018

*Seminário Desafios na Organização dos Treinadores*, 28 de Fevereiro de 2018, Escola Superior de Desporto de Rio Maior-IPS

*Seminário Natação: Avaliação Partidas e Viragens*, 4 Janeiro de 2018, Escola Superior de Desporto de Rio Maior-IPS

*Training Action “Initiation of teaching Volleyball in school, how to teach Volleyball to the 2nd Cycle, through reduced 2x2 game”*. Vila Real, January 28, 2018

*V Congresso de Futebol*. 20 of Mars 2018, UTAD, Vila Real

*VII Congreso Internacional de Actividades Acuáticas*. Asociación Iberoamericana de Educación Acuática, Especial e Hidroterapia (AIDEA), el Ayuntamiento de Alcobendas y las Universidades Autónoma de Madrid y Miguel Hernández de Elche. 10 a 12 de Março, Alcantarilla (Murcia)

*VIII International Symposium on Strength & Conditioning*, 24 & 25 of November, Fortaleza, Brazil

*XIV International Soccer Congress*. 21-22th of May 2018. ISMAI, Maia

*XVII Congresso de Ciências do Desporto e de Educação Física dos Países de Língua Portuguesa*, 25 a 28 de Setembro, Fortaleza. Brasil

*XXVIII Jornadas Luso Espanholas de Gestão Científica*. Instituto Politécnico da Guarda, Guarda. 7 a 10 de fevereiro de 2018

## 6. Internationalization

### *Alberto Alves:*

- International Meeting: 3rd Meeting of the Iberian Network on Arterial Structure, Central Hemodynamics and Neurocognition. Centro Cultural Vila Flor, Guimarães, 20th October 2018
- Oral Communication: Alves A.J., Garcia C., Lopes S., Barbosa L., Ribau V., Ribeiro I.P., Figueiredo D., Viana J.L., Bertoquini S., Mesquita-Bastos J., Polónia J., Ribeiro F. Effects of exercise training on 24-hour ambulatory blood pressure in resistant hypertension: preliminary results of the EnRich trial. International Hypertension Society Congress 2018. 20-23 September 2018. Beijing, China
- Oral Communication: Ribeiro F, Lopes S, Garcia C, Ribau V, Barbosa L, Leitão C, Carvalho P, Ribeiro I, Viana JL, Figueiredo D, Bertoquini S, Polónia J, Mesquita-Bastos J, Alves AJ. Effects of exercise training on arterial stiffness and peripheral and central blood pressure: preliminary results of a randomized controlled trial (EnRich trial). International Hypertension Society Congress 2018. 20-23 September 2018. Beijing, China
- Poster Presentation: Catarina C, Lopes S, Bertoquini S, Ribau V, Leitão C, Figueiredo D, Ribeiro I, Barbosa J, Viana JL, Mesquita-Bastos J, Polónia J, Ribeiro F, Alves, A. Association of cardiorespiratory fitness with arterial stiffness and peripheral and central blood pressure in resistant hypertension patients. Artery Congress, 18-20 October 2018. Guimarães, Portugal
- Poster Presentation: Ribeiro F, Fonseca M, Alves AJ, Magalhães P. Moderate but not low intensity aerobic exercise promotes postexercise hypotension in older adults with hypertension and regular exercise participation. International Hypertension Society Congress 2018. 20-23 September 2018. Beijing, China
- Poster Presentation: Mesquita Bastos, J & Lopes, Susana & Ribau, V & Garcia, Catarina & Bertoquini, S & Ribeiro, I.P. & Figueiredo, D & Viana, João & Melo, J.B. & Alves, A.J. & Ribeiro, Fernando & Polónia, J. (2018). Patients with resistant hypertension and normal nocturnal blood pressure dipping show better inflammation and cardiorespiratory fitness. European Society of Hypertension 28th European Meeting on Hypertension and Cardiovascular Protection. 8-11 de June 2018. Barcelona, Spain
- Refereeing: Hemodialysis International, International Journal of Cardiology, Journal of Diabetes Research

### *Aldo Costa:*

- Member of the board of assessors of the Revista de Investigación en Actividades Acuáticas
- Refereeing and internacional editorial board member of the Revista Motricidade
- Member of the international working group “Pictorial scale Water Competence Skills (WCS)”, coordinated by Boris Jidovtseff (Bel-W), with the participation of the following members: Kristine De Martelaer (Bel-Fl), Arja Sääkslahti (Fin), Kristy Howells and & Mary Vandermeulen, Stephan Junggren (Den), Lisa Barnett (Aus) & Eva D’Hondt (Bel) e Aldo M. Costa (Portugal)

### *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 Project “e.Lab on Ecological Dynamics and Sports Performance- Unesco UniTwin- Complex System Digital Campus”: Université de Rouen, Sheffield Hallam University, Universidade Técnica de Lisboa, Nanyang Technological University, University of Otago, Queensland University of Technology, Univeristy of Jyväskylä
- Researcher in the research project between ESDRM and Université of Pécs (Hungary): “Neuromuscular fatigue in 100m front crawl with and without hand paddles”, since January of 2018
- 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

### *António Silva:*

- President of the Portuguese Swimming Federation
- Member of the Portuguese adviser comity of Sports
- Member of the Portuguese Adviser comity of education
- President of the scientific comity of the euro-american network of human movement
- Member of the scientific comity of National Program of Physical Activity promotion
- Honor Comission of Braga, Sports European City

### *Ana Sousa:*

- Member of the European College of Sport Sciences Reviewing Panel
- Refereeing for the International Journal of Sports Medicine, January 2018
- Refereeing for the Respiratory Physiology & Neurobiology, May 2018
- Refereeing for the Medicine and Science in Sports and Exercise, September 2018
- Lecture (invited communication): 41º ARIHHP International Human High-Performance Seminar. University of Tsukuba, Japan (10-11<sup>th</sup> September, 2018)
- Research Supervision: Piatrikova, Eva (2017-ongoing). Co-Supervisor of Doctor of Philosophy (PhD). Department of Health, University of Bath. United Kingdom

### *Bruno Travassos:*

- Editorial Board Member of Frontiers in psychology, Movement Science and Sport Psychology
- Editorial Board Member of Sports
- RIPED – Ibero-American Journal of Exercise and Sports Psychology
- Guest Editor of Sports, Futsal – From training to competition
- Refereeing of the following journals: Ecological Psychology, European Journal of Sport Sciences, Physical Therapy Reviews, Frontiers in Psychology, Human Movement Sciences, International Journal of Performance analysis in Sport, International Journal of Sport and Exercise Psychology, International Journal of Sport Psychology, Journal of Sports Science and Medicine, Journal of Sport Sciences, Plos One, Psychology of Sport & Exercise, Revista de Psicologia del Deporte, Science and Medicine in Football, Journal of Sciences and Medicine in Sport, Sports, Sports Biomechanics, Sports Medicine, The Spanish Journal of Psychology, Thinking skills and Creativity
- Collaboration with University of Extremadura, Politecnica Unviersity of Madrid, University of Jyväskylä and Sheffield Hallam University

### *Carolina Vila-Chã:*

- Associate editor for Journal of Motricidade
- Refereeing for: Journal of Electromyography and Kinesiology (7), Sports Biomechanics (2), Journal of Health & Biological Sciences (1), BMC Musculoskeletal Disorders (1)

*Catarina Abrantes:*

- Teaching Collaboration at the University of Oradea, Romania, April 2018
- Refereeing for The Open Sports Sciences Journal
- Refereeing for Age and Ageing Journal
- Refereeing for The Gerontologist
- Member of Ph.D External Evaluation Panel of Alagappa University, Karaikudi, India

*Daniel Marinho:*

- Refereeing for the Research in Sports Medicine, Sports Engineering, Journal of Human Sport and Exercise, Research Quarterly for Exercise and Sport, Journal of Strength and Conditioning Research, Journal of Frontiers in Physiology, Plos One

*Diogo Monteiro:*

- Teaching Collaboration at the Inholland University of Applied Science - Harleem (Netherlands) Physical Activity and Lifestyle course, 16<sup>th</sup>-20<sup>th</sup> April
- Referring for the following journals, during the year 2018: Motricidade; Frontiers in Psychology; Cuadernos de Psicología del Deporte; International Journal of Sport Psychology; Plos One; Revista Iberoamericana de Psicología del Ejercicio e del Deporte (RIPED); Brazilian Journal of Kinanthropometry and Human Performance
- Editor for the following journals: Motricidade; Cuadernos de Psicología del Deporte; International Research Projects (under development)

*Eduarda Coelho:*

- Staff Mobility for Teaching (8 hours lectures) under the Erasmus+ Programme at the Universitatea “Bales-Bolyai”, Cluj-Napoca (Romania)
- Refereeing for the Egítania Sciencia (January and February, 2018) and Retor Journal (May, 2018)

*Eduardo Abade:*

- Peer Review in International Journals: International Journal of Sports Physiology and Performance; Plos One; Biology of Sport; Journal of Sports Sciences: Science and Medicine in Football; Perceptual & Motor Skills; Journal of Sport and Health Science; Journal of Strength & Conditioning Research
- Refereeing for the JBMR and Bone

*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

## *Graça Pinto:*

- Teaching collaboration at the University Of Oradea, Romania 19-24<sup>th</sup> April 2018

## *Helena Moreira:*

- Collaborator member of the Center for Research on Agroenvironmental and Biological Technologies (CITAB)
- 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:*

- Associate Editor of the Journal Motricidade, since December 2016
- Refereeing for the Human Movement, January 2018
- Refereeing for the Cuadernos de Psicología del Deporte, November 2018
- Refereeing for the Journal of Human Sport and Exercise, May, June and November 2018
- Refereeing for the Research Quarterly for Exercise and Sport, January 2018
- Refereeing for the Journal of Strength and Conditioning Research, April 2018
- Refereeing for the Journal of Frontiers in Physiology, July 2018
- Refereeing for the International Journal of Environmental Research and Public Health, December 2018

## *Isabel Mourão:*

- Scientific Committee of the International Meeting of Teachers' Voice S & T (VPCT, 2018) (8-10 November), UTAD registration number: .CCPFC / ACC-92073/17
- Organization of a special track entitled: Dynamic relations between cognitive and movement processes and mathematical skills in the classroom, at the International Meeting of Teachers' Voice C & T (VPCT, 2018) (8-10 November), UTAD
- Technical ad-hoc scientific advisor for the 21st Scientific Research Meeting, Londrina, (November 6-8), 2018. On-line event, Kroton
- Refereeing for the EGITANIA CIENCIA (July, 2018)
- Refereeing for the BMC Public Health (December, 2018)
- Refereeing for the Motricidade (Jully, 2017)

## *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:*

- Graduate Training Networks

*João Ribeiro:*

- Refereeing for *Frontiers in Physiology*, September 2018.

*Jorge Morais:*

- Refereeing for the Baltic Journal of Health and Physical Activity (since 2018)
- Refereeing for the European Journal of Sport Science (since 2018)
- Refereeing for the The Physician and Sportsmedicine (since 2017)
- Refereeing for the Journal of Science and Medicine in Sport (since 2017)
- Refereeing for the Pediatric Exercise Science (desde 2017)

*José Aurélio Faria:*

- Scientific collaboration for publication with Prof. Massimiliano Ditroilo, School of Public Health, Physiotherapy and Sports Science, University College Dublin, Dublin, 2018.
- Scientific collaboration for publication with Prof. Kostas Gianikellis, Universidad de Extremadura, Extremadura, Spain 2018.

*José Vilaça:*

- Apoio ao desenvolvimento de projetos de investigação científica da Faculdade Metropolitana da Grande Fortaleza (FAMETRO)
- Refereeing for the Journal Sports Medicine, 2018
- Refereeing for the Journal Sports Biomechanics, 2018
- Refereeing for the Journal PlosOne, 2018
- Refereeing for the Motricidade, 2018

*Luís Cid:*

- Graduate Training Networks
- Teaching Collaboration at the Inholland University of Applied Science - Harleem (Netherlands) Physical Activity and Lifestyle Bachelor, 16th-20th April – Motivation and Physical Activity: Self-determination Theory Perspective.

*Luís Paulo Rodrigues:*

- Member of the Scientific Committee of the XIII Seminário em Desenvolvimento Motor da Criança, 2018. Almada: Instituto Piaget
- Member of the Editorial Board for Research Quarterly for Exercise and Sport (since september 1, 2018)
- Refereeing for European Journal of Sports Science, American Journal of Human Biology, Clinical Obesity, Motricidade, Journal of Motor Learning and Development, Educational Research International
- Editing for Frontiers in Physiology

*Luís Vaz:*

- Visit and Teaching Collaboration at the University Stellenbosch, Sports Science Master Course, 18th – 25th January 2018.

- Collaboration at Leeds Beckett University, Rugby Research Projects
- Sport science consultant and advisor for Portugal Rugby Union
- Referring for the International Journal of Sports Science & Coaching 2018
- Referring for the Journal of Sports Sciences, Section Team Sports 2018

### *Mário Costa:*

- Refereeing for the European Journal of Sport Sciences, March 2018
- Refereeing for the Journal of Sports Sciences, March 2018
- Refereeing for the Scandinavian Journal of Medicine and Science in Sports, March 2018
- Refereeing for the Journal of Sport and Health Science, April 2018
- Refereeing for the Acta Gymnica, June 2018
- Refereeing for the Human Movement Science, October 2018
- Refereeing for the Motricidade, October 2018
- Refereeing for the CLINICS, December 2018

### *Nuno Garrido:*

- Research Group of Estudos e Pesquisa da Performance, Esporte, Paradesporto e Saúde - GPEPS – Universidade Federal de Sergipe - UFS (<http://lattes.cnpq.br/web/dgp>)
- Research Group on Cineantropometria e Desempenho Humano – LABOCINE – Universidade Federal da Paraíba - UFPB (<http://lattes.cnpq.br/web/dgp>)
- Research Group on Ciências dos Esportes Aquáticos – Universidade Federal do Rio de Janeiro - UFRJ (<http://lattes.cnpq.br/web/dgp>)

### *Nuno Leite:*

- ERASMUS+ International Staff Week at the Otto von Guericke University Magdeburg. Inter-university master programme: Performance Analysis of Sport (IMPAS).
- Refereeing for the several International Journals in Sports Sciences

### *Paula Mota:*

- Teaching Collaboration at the University of Cluj Napoca, Sports Sciences Bachelour Course, 7<sup>th</sup> -10<sup>th</sup> May 2018
- Refereeing for the Journal of Frontiers of Endocrinology of aging, 2018

### *Paulo Roriz:*

- Cost Action TD1404 - Network for Evaluation of One Health (NEOH)
- Refereeing for the “Sports Biomechanics”

### *Paulo Vicente:*

- Teaching Collaboration at the Faculty of Kinesiology - University of Split - Croácia – In the Volleyball specialization Sports Sciences Bacherol Course, 26th April at 1 of May 2018
- Visit to the Department Sport Science, Stellenbosch University, South Africa, during 18 - 25 January of 2018. During the visit Prof João participated in the following academic activities: MSc oral defence of Mr Heinrich Painzyck Presented lectures to the Sport Science team sport post graduate students namely: Analysis of the volleyball skills on youth world championship for male and female; Relationship between Physical activity and Physical Coordination, speed and Balance skills in 6-9 years old and Quantifying movement demands in elite female beach volleyball: a positional analysis. Prof João also had discussion on match analysis, quantify

movement demands, training methods with experts in team sports and visited various club practices

- 10 Master's theses as examiners in 2018 (Masters in team sports, Physical Education, Evaluation and Prescription in Sport)
- Reviewer on International and National Scientific Journals: Journal Sport Science, Motricidade, Journal of Sports Analytics, Journal of Human Kinetics, Revista Brasileira de Ciências do Esporte, Journal of Quantitative Analysis of Sports
- Member of Editorial Team of The Journal of Physical Activity, Nutrition & Rehabilitation, Insight-Sports Science

#### *Pedro Bezerra:*

- Refereeing for Archives of Gerontology and Geriatrics, The Journal of Nutrition, Health & Aging, Sports Biomechanics, Archives of Physical Medicine and Rehabilitation, Revista Andaluza de Medicina del Deporte

#### *Pedro Esteves:*

- Teaching and Research Erasmus at University of Extremadura, Caceres, April 2018
- Refereeing for Perceptual and Motor Skills, September 2018
- Refereeing for Motricidade, February 2018
- Refereeing for Motricidade, November 2018
- Refereeing for Frontiers in Psychology, July 2018
- Refereeing for Frontiers in Psychology, November 2018
- Refereeing for Science and Medicine in Football, January 2018

#### *Pedro Figueiredo:*

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

#### *Ricardo Ferraz:*

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

#### *Sandra Fonseca:*

- Romania: UNIVERSITATEA "BABES -BOLYAI" CLUJ-NAPOCA, from the 7<sup>th</sup> may to the 9<sup>th</sup> may 2018 for a Staff Mobility For Teaching for 8 hours lectures under the Erasmus+ Programme.

#### *Susana Póvoas:*

- 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 18<sup>th</sup> until the 22<sup>nd</sup> February 2018
- 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 and European Handball Federation, 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

#### *Teresa Bento:*

- Teaching Collaboration at the Colaiste Dhulaigh College of Further Education in Dublin, Ireland, 14th-18th May

#### *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)

#### *Victor Reis:*

- Research & teaching mission at the Universidade Federal de Juiz de Fora (UFJF), 21th October-11th November 2018
- Refereeing for Revista Andaluza de Medicina del Deporte November 2018
- Refereeing for Sports Medicina International Open May 2018
- Scientific Committee of the 7<sup>th</sup> International Symposium on Strength & Conditioning. Vila Real, Improve & UTAD
- Scientific Committee of the 8<sup>th</sup> International Symposium on Strength & Conditioning. Fortaleza, MUGNI

#### *Vítor 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, Clinical Obesity, Revista U.D.C.A Actualidad & Divulgación Científica

#### *Vítor Rodrigues:*

- Editorial Board Member of the International Journal of Nursing & Clinical Practices
- Editorial Board Member of the International Journal of Communication and Health.
- Editorial Board Member of the Revista de Enfermagem Referência.

## 7. Government/Organization contract research

- Aldo Costa: president of the Portuguese Association of Swimming Technicians; member of the executive board of the International Society for Comparative Sport and Physical Education ([www.iscpes-info.org](http://www.iscpes-info.org)); member of the international working group (as an academic expert for Physical Education) in the OECD “Education 2030” program; member of the internacional working group “Swimming for all, swimming for life” led by the Fédération Internationale de Natation (FINA).
- Ana Conceição: Consultant in the Control Evaluation of Training and Competition of the Portuguese Swimming Federation.
- Ana Sousa: jury of the Sports Sciences Awards 2018 - Olympic Committee of Portugal / Millennium BCP Foundation: Physiology and Biomechanics of Sport Area; Jury of Oral Communications of the 2018 National Congress of Portuguese Society of Sports Medicine (16-17th November): Braga, Portugal and Lecture in “Pre-season training control: assessment, interpretation and enhancement of VO2max” module – Advance Course in Sports’ Rehabilitation. Clínica do Dragão Espregueira-Mendes Sports Centre, FIFA Medical Centre of Excellence, Porto, Portugal, 2018 (May, October).
- Bruno Travassos: Scientific Consultant of the Portuguese FA Futsal team. Portuguese FA, member of Consultive Council of Portugal Football School and editorial board member of Comité Olímpico Portugal - Centro de Pesquisa e Desenvolvimento Desportivo (Sports training area).
- Daniel Marinho: participation in Coaching Course (level II) for the Portuguese Swimming Federation.
- Eduarda Coelho: Technical Staff Member of Portuguese Athletics Team for World Para Athletics European Championships (Berlin 2018) and member of Plenary Assembly of Portuguese Paralympic Committee.
- Francisco Saavedra: 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 (nº. 54659) from the Portuguese Gymnastics Federation; Gymnastics Board Educator with action on the Portuguese Gymnastics Federation courses and participation in Coaching Course (level 1, 2 & 3) from the Portuguese Gymnastics Federation.
- Helena Moreira: 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 North of Portugal Swimming Association /Portuguese Swimming Federation and in Coaching Course (level II) for the Portuguese Swimming Federation.
- Jorge Morais: participation in coaching course (level 1) from the National Football Federations, November 2018.
- Luís Vaz: World Rugby Research Project (2018-2020): World Rugby Research Funding Application 17031: Leeds Beckett University and University of Cape Town performance analysis laboratories. Match and collision characteristics and exposures across world rugby union. (Approved).
- Mário Costa: Participation in coaching course (level 2) from the National Football Federation, October 2018; Participation in coaching course (level 2) from the Portuguese Swimming

Federation, October 2018; Technical direction from the Portuguese Association of Swimming Coaches.

- Nuno Leite: 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; Leader of Talentódromo Desportivo de Vila Real.
- Paulo Vicente: Protocolo de Cooperação entre a UTAD e a Escola Básica nº 2 de Vila Real – Bairro – Agrupamento de Escolas Diogo Cão, Vila Real; Volleyball Coach Level III – in this season is Technical Director of Volleyball of the Sport Club of Vila Real; Formador/professor/treinador no Projeto de Gira-Volei com crianças/alunos dos 4 aos 10 anos na Escola do Bairro nº 2 – Agrupamento Vertical de Escolas Diogo Cão – UTAD – Federação Portuguesa de Voleibol; Formador de Professores de Educação Física e de Treinadores de Voleibol (Federação Portuguesa de Voleibol) tendo acompanhado e supervisionado os estágios de professores e de treinadores estagiários a nível nacional. Estágios de Seleções Portuguesas de Voleibol no Porto, Viana do Castelo e Vila Flor.
- Pedro Figueiredo: Exercise Physiologist for the Under 21 Soccer National Team. Portuguese Football Federation.
- Ricardo Ferraz: Intervention in the management and coordination of Football Association of Castelo Branco in the framework of the 2020+ project of the Portuguese Football Federation.
- Tiago Barbosa: Member of the Committee for Science and Development of the Portuguese Olympic Committee (Portugal, since May 2017).

## 8. Future Research

*An investigation into the match profile of men's and women's international sevens rugby between 2016 and 2020.* Application Reference CSRP170410226490 Applicant Name Dr Wilbur Kraak - University Stellenbosch - South Africa (submitted to evaluation)

*Dynamics of tactical and pacing behavior in professional players of different genres and special populations. Stimulus of Scientific Employment, Individual Support – 2017, CEECIND/03890/2017.* (waiting the results of preliminary wearing)

*Impact of using personal protective equipment in the exercise-induced physiological response in military personnel.* Projetos I&D do Exército - Military Academy Research Center (CINAMIL), submitted to evaluation (pending funding: 30.000€)

*Impact of using personal protective equipment in the exercise-induced physiological response in military personnel.* CINAMIL – Projetos de I&D do Exército. 30.000€ (em avaliação)

*Prowder Cap – Suplementos alimentares funcionais em unidose.* Portugal 2020 SI I&DT AVISO N° 3/SI/2017 – Projetos em Co-Promoção. 1.900.000€ (em avaliação/audiência prévia)

*REPLETE - Creative Physical education as experiential transformative activity to improve fitness levels and health.* Portugal 2020 – AVISO N° 02/SAICT/2017 | FCT – Projetos IC&DT 2017. 238.988,76€ (em avaliação/audiência prévia)

*Technical & tactical determinants of breakdown (pre-, during & post ruck) performance in fifteens rugby.* Department Sport Science, Stellenbosch University - Performance Analysis Lab., Applicant Name Prof Wilbur Kraak - University Stellenbosch - South Africa (submitted to evaluation)

*Triple-C - Capitalising climate change projects in risk management for a better resilience (EAPA\_772/2018).* Interreg Espaço Atlântico. 2019-2021. 1,671,264.80 Euros. (170 000.00 Euros for UTAD)