

## 1. Funding, source, dates.

*A natureza multifactorial da obesidade: um estudo preliminar sobre o perfil comportamental, fisiológico e genético de adolescentes portugueses – “Causes4AdolescentObesity”.* POCI-01-0145-FEDER-023813. 2017-2019. 115.539,71€

*ActiveGames4Change*, ERASMUS+. 2019-2021. 50.000,00€

*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€

*An international multi-centre validation study of a new clinical tool to measure physical activity and sedentary behaviour in people living with mental illness – the Simple Physical Activity Questionnaire (SIMPAQ)* - UNSW Sydney, 2016-2018 \$AUD150,000

*Digi-Sporting. A new step towards digital transformation through sports science.* 2019-1-ES01-KA203-065505, 38.755,00 €

*DiMOV - Programa de Atividade Física para Pessoas com Diabetes Tipo II.* Financing Agency: Instituto Português do Desporto e Juventude (IPDJ) – Programa Nacional Desporto para Todos – PNDpT; duration: 9 months (starting, October, 2019) - 12,500€

*ENRICH - The Role of Exercise Training in the Treatment of Resistant Hypertension.* Entidade Financiadora: Fundação para a Ciência e Tecnologia (FCT). PTDC/DTP-DES/1725/2014. (01.07.2016 - 31.12.2019) Financiamento global: 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.* Entidade Financiadora: European Union Erasmus+ Program. Referência: 2017-1-BE02-KA203-034736. (2017-2020. 2018-2021) Financiamento global: 356.537,00€

*Ergonomic factors affecting handwriting: the pinch and grip forces of bilinguals in English and Mandarin.* NIE SUG. 2019-2020. 13.000€

*FLUMEN DURIUS - Promotion and valorization of the tourist resources of the Douro River* (0067\_FLUMEN\_DURIUS\_2\_E). 2014 - 2020 INTERREG V-A Spain - Portugal (POCTEP). 2016-2020. 1773732.00 € (186 750.00 € for UTAD)

*GMovE+: An interventional program to promote physical activity and quality of life of the elderly population from Guarda* (2017-2019). Scientific investigation and Technological Development (IC&DT). Modernization program of Polytechnic Institutes, Portugal. 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. 18/10/2017 to 18/08/2019. 82.889,65 €

*HOLDAGE – The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension.* Referência: POCI-01-0145-FEDER-030646. Fundação para a Ciência e Tecnologia (FCT) / Compete 2020. Financiamento: 234.715,27€

*Iniciativas innovadoras 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). 2016-2020. 1.225.459,08€

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

“Mama\_move” & “Memo\_Move”, IPDJ – Desporto para todos, 10.000,00€

*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,* 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. 18/10/2017 to 18/04/2019. 148.021,76€

*Research Project (2019-2021): Technical & tactical determinants of breakdown (pre-, during & post ruck) performance in fifteens rugby.* Department Sport Science, Stellenbosch University - Performance Analysis Lab.

*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€

*Symbiotic Technology for Societal Efficiency Gains: Deus ex Machina,* Fraunhofer, CIDESD, CITAB, CINTESIS. NORTE-45-2015-02 - Sistema de apoio à investigação científica e tecnológica “projetos estruturados de i&d&i”. 2,9M€

*Talent-identification and preparation programmes.* Projeto de investigação e desenvolvimento financiado pela Federação Internacional de Natação – FINA Olympic Aquatics Support Programme (2018-2019). Federação Portuguesa de Natação, Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano, 10000€

*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 effect of post-activation potentiation on the thrust produced by competitive swimmers.* National Institute of Education Research Fund (NIE AcRF RI 6/17 TB). 2018-2020. 40.000,00 €

*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. 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.* Funded by Portuguese Society of Nephrology. (2018-2020) 15.000,00 €

*The transfer and maximization of dry-land strength & power into thrust in competitive swimming.* Singapore Sports Science & Technology Research Grant – 2017. 2018-2020. 17.828€

*Train4Health - Improving healthcare students' competences for behaviour change to effectively support self-care in chronic diseases;* Call 2019 Round 1 KA2 - Cooperation for innovation and the exchange of good practices KA203 - Strategic Partnerships for higher education. Financing Agency: PT01 Agência Nacional Erasmus+ Educação e Formação; Duration: 36 months (starting september, 2019) - 377049.00€

*Transnational Promotion and Cooperation of The Atlantic Geoparks For Sustainable Development -* EAPA\_250/2016. 2017-2020. - EAPA\_250/2016. 2014 - 2020 INTERREG VB Atlantic Area. 1.946.500 € (276.050 € for UTAD)

*TRIPLE-C - capitalising climate change projects in risk management for a better atlantic area resilience* (EAPA\_772/2018). INTERREG Espaço Atlântico. 2019-2021. 1,671,264.80 € (170 000.00 € for UTAD)

*UNI+i - Cross-Border Cooperation North of Portugal-Castilla y León for the promotion of innovative entrepreneurship and the competitiveness of companies* (0050\_UNI\_PLUS\_I\_2\_P). / 2014 - 2020 INTERREG V-A Spain - Portugal (POCTEP). 2016-2019. 932 372.62 € (168 5000.00 €for UTAD)

*WalkingPad - Patient education on a quantified supervised home- based exercise therapy to improve walking ability in patients with peripheral arterial disease and intermittent claudication.* Financed by the ERDF – European Regional Development Fund through the Operational Programme for Competitiveness and Internationalisation - COMPETE 2020 Programme and by National Funds through the Portuguese funding agency, FCT - Fundação para a Ciência e a Tecnologia. (11.11.2019 - 09.11.2021) 225.801,18€

*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.

## 2. International Publications

- Abade, E., Sampaio, J., Santos, L., Gonçalves, B., Sá, P., Carvalho, A., Gouveia, P., & Viana, J.** (2019). Effects of using compound or complex strength-power training during in-season in team sports. *Research in Sports Medicine*, 1-12. DOI: 10.1080/15438627.2019.1697927 (<https://www.tandfonline.com/doi/full/10.1080/15438627.2019.1697927>)
- Abade, E., Silva, N., Ferreira, R., Baptista, J., Gonçalves, B., Osório, S., & Viana, J.** (2019). Effects of Adding Vertical or Horizontal Force-Vector Exercises to In-season General Strength Training on Jumping and Sprinting Performance of Youth Football Players. *Journal of Strength and Conditioning Research*. DOI: 10.1519/JSC.0000000000003221 ([https://journals.lww.com/nsca-jscr/Abstract/publishahead/Effects\\_of\\_Adding\\_Vertical\\_or\\_Horizontal.94798.aspx](https://journals.lww.com/nsca-jscr/Abstract/publishahead/Effects_of_Adding_Vertical_or_Horizontal.94798.aspx))
- Alesi, M., Gómez-López, M., Borrego, C.C., Monteiro, D., & Granero-Gallegos, A.** (2019). Effects of motivational climate on psychological needs satisfaction, motivation and commitment in teen handball players. *International Journal of Environmental Research and Public Health*, 16 (15), 2702; DOI: 10.3390/ijerph16152702 (<https://www.mdpi.com/1660-4601/16/15/2702>)
- Almeida, R., Souza, M., Matos, D.M., Pereira, L., Oliveira, V., Menezes, J., Barreto-Filho, J., Almeida-Santos, M., Souza, R., Zanona, A., Reis, V.M., Aidar, F.J. & Sousa, A.C.** (2019). A retrospective study about the differences in cardiometabolic risk indicators and level of physical activity in bariatric surgery patients from private vs. public units. *International Journal of Environmental Research and Public Health*, 16(23), 4751. DOI: 10.3390/ijerph16234751 (<https://www.mdpi.com/1660-4601/16/23/4751>)
- Alves, A. J., Oliveira, N. L., Lopes, S., Ruescas-Nicolau, M. A., Teixeira, M., Oliveira, J., & Ribeiro, F.** (2019). Arterial stiffness is related to impaired exercise capacity in patients with coronary artery disease and history of myocardial infarction. *Heart, Lung and Circulation*, 28(11), 1614-1621. DOI: 10.1016/j.hlc.2018.08.023 (<https://www.sciencedirect.com/science/article/pii/S1443950618318973>)
- Alves, M., Cunha, A., Carvalho, P., & Loureiro, M. J.** (2019). Perceived interparental conflict and depressive symptomatology in emerging adults: The mediating role of aggressive

attitudes. *Journal of Aggression, Maltreatment & Trauma*. DOI: 10.1080/10926771.2019.1572400

(<https://www.tandfonline.com/doi/full/10.1080/10926771.2019.1572400>)

**Antunes, P., Esteves D., Nunes, C., Sampaio, F., Ascensão, A., Vilela, A., Teixeira, M., Amarelo, L. A, & Joaquim, A.** (2019). Impact of physical exercise on cardiotoxicity and cardiac health outcomes in women with breast cancer undergoing anthracycline-containing chemotherapy: a study protocol for a randomized controlled trial. *Trials*. 20(1):433. DOI: 10.1186/s13063-019-3499-9

(<https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-019-3499-9>)

**Antunes, P., Esteves, D., Nunes, C., Joaquim, A., Pimentel, F., & Fonseca-Moutinho, J.** (2019). Health-related quality of life and physical fitness in breast cancer patients: the impact of a supervised physical exercise program in women with no exercise experience. *Psychology, Health & Medicine*, 1-9. DOI: 10.1080/13548506.2019.1597978

(<https://www.tandfonline.com/doi/abs/10.1080/13548506.2019.1597978>)

**Arede, J., Esteves, P., Ferreira, A.P., Sampaio, J., & Leite, N.** (2019). Jump higher, run faster: effects of diversified sport participation on talent identification and selection in youth basketball. *Journal of Sports Sciences*. 37(19): 2220-2227. ISSN 0264-0414. DOI: 10.1080/02640414.2019.1626114

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**Arede, J., Ferreira, A.P., Gonzalo-Skok, O., & Leite, N.** (2019). Maturational development as a key aspect in physiological performance and national-team selection in elite male basketball players. *International Journal of Sports Physiology and Performance*. 1-9. ISSN 1555-0265 DOI: 10.1123/ijsp.2018-0681

(<https://journals.humankinetics.com/view/journals/ijsp/14/7/article-p902.xml>)

**Arede, J., Figueira, B., Gonzalo-Skok, O., & Leite, N.** (2019). Validity and reliability of the Gyko Sport for the measurement of barbell velocity on the bench-press exercise. *Journal of Sports Medicine and Physical Fitness*. 59(10):1651-8. ISSN 0022-4707. DOI:10.23736/S0022-4707.19.09770-6

(<https://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y2019N10A1651>)

- Baptista, I., Johansen, D., **Figueiredo, P.**, Rebelo, A., & Pettersen, S. A. (2019). A comparison of match-physical demands between different tactical systems: 1-4-5-1 vs 1-3-5-2. *PLoS One*, *14*(4), e0214952. DOI: 10.1371/journal.pone.0214952 (<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0214952>)
- Barbosa, J., **Marques, M. C.**, Izquierdo, M., **Neiva, H. P.**, **Barbosa, T. M.**, Ramírez-Vélez, R., Alonso-Martínez, A., García-Hermoso, A., Aguado-Jimenez, R., & **Marinho, D. A.** (2019). Schoolbag weight carriage in Portuguese children and adolescents: a cross-sectional study comparing possible influencing factors. *BMC Pediatrics*, *19*(1), 157. DOI: 10.1186/s12887-019-1519-2 (<https://bmcpediatr.biomedcentral.com/track/pdf/10.1186/s12887-019-1519-2>)
- Barbosa, J., **Marques, M.C.**, **Neiva, H.P.**, **Esteves, D.**, Alonso-Martínez, A.M., Izquierdo, M., Ramirez, R., Alvarez, C., & **Marinho, D.A.** (2019). Effects of backpacks on ground reaction forces in children of different age during walking, running and jumping. *International Journal of Environmental Research and Public Health*, *16*, 5154. DOI: 10.3390/ijerph16245154 (<https://www.mdpi.com/1660-4601/16/24/5154>)
- Barbosa, T. M.**, **Bartolomeu, R.**, **Morais, J. E.**, & **Costa, M. J.** (2019). Skillful swimming in age-groups is determined by anthropometrics, biomechanics and energetics. *Frontiers in Physiology*, *10*, 73. DOI: 10.3389/fphys.2019.00073 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6384257/pdf/fphys-10-00073.pdf>)
- Canton, A., Torrents, C., Ric, A., **Gonçalves, B.**, **Sampaio, J.**, & Hristovski, R. (2019). Effects of temporary numerical imbalances on collective exploratory behaviour of young and professional football players, *Frontiers in Psychology*, *10*, 1968, Frontiers. DOI: 10.3389/fpsyg.2019.01968 (<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01968/full>)
- Carvalho, D., Soares, S., Zacca, R., **Marinho, D.A.**, **Silva, A.**, Pyne, D.B., Vilas-Boas, J.P., & Fernandes, R. (2019). In-water and on-land swimmers symmetry and force production. *International Journal of Environmental Research and Public Health*, *16*(24), 5018; DOI: 10.3390/ijerph16245018 (<https://www.mdpi.com/1660-4601/16/24/5018>)
- Casanova, N., **Travassos, B.**, Ferreira, S., **Garrido, N. D.**, & **Costa, A. M.** (2019). Concentration of salivary cortisol and testosterone in elite women soccer players: analysis of

- performance in official matches. *Kinesiology*, 52(1), 1-9. DOI: 10.26582/k.52.1.1 (<https://hrcak.srce.hr/228734>)
- Castagna, C., D'Ottavio, S., Cappelli, S., & **Araújo Póvoas, S. C.** (2019). The Effects of Long Sprint Ability–Oriented Small-Sided Games Using Different Ratios of Players to Pitch Area on Internal and External Load in Soccer Players. *International Journal of Sports Physiology and Performance*, 1265-1272. DOI: 10.1123/ijsp.2018-0645 (<https://journals.humankinetics.com/view/journals/ijsp/14/9/article-p1265.xml>)
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- Cid, L.**, **Vitorino, A.**, **Bento, T.**, **Teixeira, D.S.**, **Rodrigues, F.**, & **Monteiro, D.** (2019). The Passion Scale-Portuguese Version (Passion Scale – PSp): Reliability, Validity and Gender and Sport Invariance. *Perceptual and Motor Skills*, 126 (4), 694-712. DOI: 10.1177/0031512519849744 (<https://journals.sagepub.com/doi/full/10.1177/0031512519849744>)
- Cordeiro, H., Rodrigues, A., Alves, M., Gatica-Rojas, V., Maillot, P., Pimentel, D., Rezende, L., Rodrigues, V., Maia, M., **Carneiro, L.**, & Monteiro-Junior, R. (2019). Exercise with active video game or strength/balance training? Case reports comparing postural balance of older women. *Aging Clinical and Experimental Research*. DOI: 10.1007/s40520-019-01219-1 (<https://link.springer.com/article/10.1007%2Fs40520-019-01219-1>)
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- Costa, M. J.**, Cruz, L., Simão, A., & **Barbosa, T. M.** (2019). Cardiovascular and Perceived Effort in Different Head-Out Water Exercises: Effect of Limbs' Action and Resistance Equipment. *Journal of Human Kinetics*, 69, 89. DOI: 10.2478/hukin-2018-0099 (<https://content.sciendo.com/downloadpdf/journals/hukin/69/1/article-p89.pdf>)
- Coutinho, D.**, **Gonçalves, B.**, **Travassos, B.**, **Folgado, H.**, **Figueira, B.**, & **Sampaio, J.** (2019). Different Marks in the Pitch Constraint Youth Players' Performances During Football Small-sided Games. *Research Quarterly for Exercise and Sport*, 1-9, Routledge. DOI: 10.1080/02701367.2019.1645938 (<https://www.tandfonline.com/doi/full/10.1080/02701367.2019.1645938>)
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(<https://www.sciencedirect.com/science/article/pii/S1728869X18300832>)
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(<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01278/full>)
- Feitosa, W. G., **Barbosa, T. M.**, Correia, R. D. A., & Castro, F. A. D. S. (2019). Is  $\dot{V}O_{2peak}$  a Valid Estimation of  $\dot{V}O_{2max}$  in Swimmers with Physical Impairments?. *Research Quarterly for Exercise and Sport*, 1-11. DOI: 10.1080/02701367.2019.1660758  
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## 4. Master and Ph.D. thesis completed

Adelaide Maria Teixeira Pinto (2019) *Carga biomecânica do exercício kettlebell swing*. Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Aline Barros Brutti (2019) *Estudo exploratório acerca da relação entre iniciativa de crescimento pessoal e indicadores de saúde mental* (Área Psicologia Clínica e da Saúde), Faculdade de Ciências Sociais e Humanas da Universidade da Beira Interior. (M.Sc.)

Ana Alvim Falcão (2019) *A Gestão do Ginásio Solinca Health & Fitness Club de Gaia*, Mestrado em Gestão Desportiva, Faculdade de Desporto da Universidade do Porto. (M.Sc.)

Ana Catarina Freitas Martins (2019) *Relação entre a capacidade funcional, variáveis demográficas e cognitivas de idosos com défice cognitivo e doença de alzheimer*. Dissertação de Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Ana Catarina Matos Saraiva (2019) *Relatório de Estágio – Federação Portuguesa de Natação*. Dissertação de Mestrado em Ciências do Desporto, ramo de Treino Desportivo. Universidade da Beira Interior. (M.Sc.)

Ana Maria de Pinho Martins (2019) *Relação com a natureza e risco de queda em idosos*. Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Ana Paula Rodrigues de Matos (2019) *A Criança e o Transporte Ativo – um Programa de Intervenção*. Doutoramento em Estudos da Criança na especialização em Educação Física, Lazer e Recreação, do Instituto de Educação, Universidade do Minho (Ph.D.)

Andreia Alexandra da Costa Lopes (2019) *Clima Motivacional, Regulação da Motivação e Divertimento em Atletas: Contribuições da Teoria dos Objetivos de Realização e da Autodeterminação*. Mestrado em Desporto, com especialização em Treino Desportivo. Escola Superior de Desporto de Rio Maior- Instituto Politécnico de Santarém. (M.Sc.)

Andreia Filipa Guerra Coelho (2019) *Relatório da Prática de Ensino Supervisionada, Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real*. (M.Sc.)

Andreia Inácio Lourenço (2019) *Relatório da Prática de Ensino Supervisionada, Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário. – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real*. (M.Sc.)

António Carlos Bettencourt Sousa (2019) *Concurrent training and detraining: the role of resistance and aerobic intensities*. Curso: Doutoramento em Ciências do Desporto na Universidade da Beira Interior. (Ph.D.)

Bernardo, U. (2019) *Avaliação da Competência Aquática Percecionada versus Real: Aplicação no contexto das Escolas de Natação do Interior* [Dissertação Mestrado em Ciências do Desporto, especialização em Atividades de Academia]. Universidade de Trás-do-montes e Alto Douro. (M.Sc.)

Bruna Sofia Machado Carvalho (2019) *Relatório da Prática de ensino supervisionada*; Mestrado em Ensino de Educação Física nos ensinos básico e secundário; UTAD. (M.Sc.)

Carlos Manuel Rodrigues Lourenço (2019) *Relatório de Estágio no Abambres Sport Club, na equipa de Juniores C "Sub 15", na época desportiva 2017/2018*. Mestrado em Ciências do Desporto, UTAD. (M.Sc.)

Carmen Fernández Echeverría (2019) *El match analysis y el uso de las nuevas tecnologías en el proceso de entrenamiento en voleibol femenino de alto nivel*. Universidade da Extremadura – Cáceres, Spain. (Ph.D.)

Carolina Ferreira Morais (2019) *Treino Multicomponente O efeito de um programa de treino de força na aptidão física e funcional em mulheres idosas*. Mestrado Ciências do Desporto-Especialização em Avaliação e Prescrição na Atividade Física, UTAD. (M.Sc.)

Cristina Filipa Amaral (2019) *Estudo sobre o efeito da fadiga do músculo antagonista na função muscular*. Mestrado em Ciências do Desporto, especialização em Atividades de Academia, UTAD. (M.Sc.)

Eirini-Kalliopi Kydonaki (2019) *Effects of intradialytic exercise in inflammation status of hemodialysis patients: a systematic review*. MSc Exercise & Health, University Institute of Maia. (M.Sc.)

Erika Morgana Félix do Nascimento (2019) *A influência de múltiplas variáveis no desempenho motor de escolares*. Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

Ferreira, D. (2019) *Avaliação da competência aquática percecionada versus real: Aplicação no contexto de escolas de natação do litoral norte* [Dissertação Mestrado em Ciências do Desporto, especialização em Avaliação e Prescrição na Atividade Física]. Universidade de Trás-do-montes e Alto Douro. (M.Sc.)

Francisco, C. (2019) *Efeitos agudos do treino excêntrico isotónico na função neuromuscular: impacto na força muscular, equilíbrio dinâmico e proprioceção*. Mestrado em Ciências do Desporto especialidade de Desportos de Academia, Instituto Politécnico da Guarda. (M.Sc.)

Gabrielle Cristine Moura Fernandes Pucci (2019) *Análise comparativa do Pilates e treinamento resistido na aptidão física e qualidade de vida de idosas*. Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

Gois, D. F. (2019) *A relação da força e a técnica no desempenho do nado crawl em nadadores federados de 11 a 16 anos da cidade de Fortaleza-CE* [Dissertação de Mestrado em Educação Física e Desporto com especialização em Desenvolvimento da Criança]. Universidade de Trás-do-montes e Alto Douro. (M.Sc.)

Graça, V. (2019) *Efeitos agudos, na força, de dois programas de flexibilidade*. Mestrado em Ciências do Desporto especialidade de Desportos de Academia, Instituto Politécnico da Guarda. (M.Sc.)

Hugo Flávio Rodrigues da Silva (2019) *Relatório de Estágio Curricular* com vista à obtenção do grau de Mestre em Ciências da Educação Física e Desporto – Especialização em Treino Desportivo. Instituto Universitário da Maia, ISMAI. (M.Sc.)

Hugo Lito de Andriça (2019) *Efeito do Treino na Aptidão Física em alunos dos 8 aos 10 anos*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, UBI. (M.Sc.)

Ivo Gabriel Alves de Castro (2019) *Relatório da Prática de Ensino Supervisionada, Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário* – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real. (M.Sc.)

Jara González Silva (2019) *Análisis de las variables que afectan a la recepción y la colocación en voleibol*. Universidade da Extremadura – Cáceres, Spain. (Ph.D.)

Joana Faria Gomes (2019) *Relatório da Prática de ensino supervisionada*; Mestrado em Ensino de Educação Física nos ensinos básico e secundário; UTAD. (M.Sc.)

João Emanuel Moreira de Oliveira e Rocha (2019) *Entidade de Acolhimento: ROPE* – Clínica Nuno Mendes. Mestrado em Ciências da Educação Física e do Desporto – Especialização em exercício Físico e Saúde. Instituto Universitário da Maia. (M.Sc.)

João Filipe Ferreira de Jesus (2019) *Caracterização e apresentação dos resultados preliminares do programa PETIZ, promotor de exercício físico para crianças dos 9 meses aos 5 anos de idade*. MSc Exercise & Health, University Institute of Maia. (M.Sc.)

João Guilherme Rei Pinheira (2019) *Determinantes do rendimento desportivo em nadadores juvenis. Estudo correlacional entre variáveis antropométricas, força muscular e rendimento*. Dissertação de Mestrado em Ciências do Desporto, ramo de Treino Desportivo. Universidade da Beira Interior. (M.Sc.)

João Mário Moura Borba Dias (2019) *No treino contra resistente, qual é o efeito de diferentes ordens de exercício no número de repetições, no volume total de treino e na perceção subjetiva de esforço*. Mestrado em Ciências do Desporto, especialização em Avaliação e Prescrição na Atividades Física, UTAD. (M.Sc.)

João Miguel Barata Dias (2019) *O efeito de um programa de treino de força na condição física e nos aspetos técnico-táticos em jogadoras de basquetebol dos escalões de formação*. Dissertação de Mestrado em Ciências do Desporto, ramo de Treino Desportivo. Universidade da Beira Interior. (M.Sc.)

João Pedro Rodrigues Silva (2019) *Relação entre Iniciativa de Crescimento Pessoal e Satisfação com a Vida na população universitária* (Área Psicologia Clínica e da Saúde), Faculdade de Ciências Sociais e Humanas da Universidade da Beira Interior. (M.Sc.)

João Pedro Simões Costa (2019) *Relatório de Estágio no Escalão Sub-16 Masculino B no Clube Basket Queluz na Época Desportiva 2017/2018*. Mestrado ciências do desporto – especialização em jogos desportivos coletivos – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real. (M.Sc.)

João Ricardo Ferreira Torres (2019) *Resposta Inflamatória Aguda a Exercício Resistido e Aeróbio em Doentes Renais Crónicos*. MSc Exercise & Health, University Institute of Maia. (M.Sc.)

José Adriano Cardoso Ferreira (2019) Entidade de Acolhimento: ROPE – Clínica Nuno Mendes. Mestrado em Ciências da Educação Física e do Desporto – Especialização em exercício Físico e Saúde. Instituto Universitário da Maia. (M.Sc.)

José Maria Tallon (2019) *Obesity in adolescence - from etiological variability to interventional efficacy in the school context*. Doutoramento em Ciências Químicas e Biológicas, Universidade de Trás-os-Montes e Alto Douro. (Ph.D.)

Khair, Raad (2019) *Immediate effects of neurodynamic nerve gliding versus static stretching on hamstring mechanical properties*. Mestrado Internacional em Análise da Performance Desportiva. Lithuanian Sports University. Kaunas, Lithuania. (M.Sc.)

Kybartas, Gintautas (2019) *Effect of single leg's exhaustion on motor functions of single and both legs*. Mestrado Internacional em Análise da Performance Desportiva. Lithuanian Sports University. Kaunas, Lithuania. (M.Sc.)

Liliana Conde Ribeiro da Silva (2019) *Relatório de Atividade Profissional*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Lourival Neto (2019) *Efeitos da aplicação de um programa de treino de resistência em circuito, seguido de destreino, no desempenho físico de Jogadores de Futebol Sub15*. Dissertação de 2º ciclo em Ciências do Desporto, UBI. (M.Sc.)

Luís Alberto Cabral Fonseca (2019) *Relatório da Prática de Ensino Supervisionada, Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário* – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real. (M.Sc.)

Manuel Jesus Enrique Correia González (2019) *Importância atribuída aos motivos de prática, qualidade dos serviços e qualidade dos instrutores em contexto de ginásio*. Mestrado em Gestão de Desporto. Instituto Universitário da Maia. (M.Sc.)

Maressa Paschoaletto Daroz (2019) *Relatório de Estágio realizado na Federação Portuguesa de Natação*. Dissertação de Mestrado em Ciências do Desporto, ramo de Treino Desportivo, Universidade da Beira Interior. (M.Sc.)

Maria Elisa Pires Ferreira (2019) *Atividades de estágio desenvolvidas no Centro Social Paroquial de Mateus no ano letivo 2018/2019 - Apreciação da aptidão física funcional e do risco de queda*. Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Maria Helena Gonçalves Gil (2019) *The effects of warming up strategies for sprint performance: emerging approaches*. Doutoramento em Ciências do Desporto na Universidade da Beira Interior. (Ph.D.)

Maria Ione da Silva (2019) *Contributo do estudo da excelência no desporto para a formação dos profissionais de educação física no Rio Grande do Norte, Brasil*. Doutoramento em Ciências da Educação, UTAD. (Ph.D.)

Mário Gabriel dos Santos Ramos da Silva (2019) *Relação da atividade física e do tempo sentado com o stress e a autodeterminação para a adoção de um estilo de vida fisicamente ativo em adultos*. Master in Physical Activity and Health. Department of Physical Education and Sports Sciences. ISMAI. (M.Sc.)

Martins S. (2019) *Níveis de Atividade Física, Funcionalidade, Qualidade de Vida e Barreiras Percebidas pelos Idosos do Concelho da Guarda*. Mestrado em Ciências do Desporto especialidade de Desportos de Academia, Instituto Politécnico da Guarda. (M.Sc.)

Mendes, M. (2019) *Avaliação da estabilidade postural, capacidade funcional e níveis de atividade física em idosos independentes*. Mestrado em Ciências do Desporto especialidade de Desportos de Academia, Instituto Politécnico da Guarda. (M.Sc.)

Michelle Alves Vasconcelos Ponte. (2019) *Estudo dos indicadores de saúde e qualidade de vida de estudantes universitários*. Doutoramento em Ciências da Educação, UTAD. (Ph.D.)

Nádia Lopes Parreira (2019) *Atividade física em ambientes salutogénicos: proposta de arquitetura paisagista para o Centro de Marcha e Corrida de Vila Real*. Mestrado em Arquitetura Paisagista, UTAD. (M.Sc.)

Olga Cabral Freitas (2019) *Gestão do Fitness no Fitness UP do São João*. Mestrado em Gestão Desportiva, Faculdade de Desporto da Universidade do Porto. (M.Sc.)

Paulina Martins Coelho (2019) *Efeitos de um programa de treino na aptidão física e em habilidades motoras específicas em contexto escolar*. Dissertação de 2º ciclo em Ciências do Desporto, UBI. (M.Sc.)

Paulo Alexandre Pereira da Silva (2019) *O Desenvolvimento positivo dos jovens: Um estudo realizado com jovens da ilha Graciosa em idade escolar*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Pedro Filipe Leitão Silva (2019) *Entidade de Acolhimento: Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano, núcleo do Instituto Universitário da Maia*. Mestrado em Ciências da Educação Física e do Desporto – Especialização em exercício Físico e Saúde. Instituto Universitário da Maia. (M.Sc.)

Pedro Henrique da Cunha Rodrigues (2019) *Comparação da força propulsiva e das assimetrias nas técnicas de nado alternadas em condições de nado completo e de nado segmentar*. Mestrado em Ciências do Desporto – Especialização em Treino Desportivo. IPG. (M.Sc.)

Penelas, Nuno (2019) *Relatório de Estágio na ADCE Diogo Cão, na Equipa de Juniores A (Sub-19), na Época Desportiva 2017-2018*. 2º Ciclo em Ciências do Desporto com especialização em Jogos Desportivos Coletivos. Universidade de Trás-os-Montes e Alto Douro. (M.Sc.)

Pereira, C. (2019) *Atividade eletromiográfica dos músculos core. Análise das ações motoras de antirrotação e multiplanares do tronco*. Mestrado em Ciências do Desporto especialidade de Desportos de Academia, Instituto Politécnico da Guarda. (M.Sc.)

Rafael Cunha Guerra (2019) *Relatório de Estágio no Grupo Desportivo de Chaves, na Equipa de Futebol de Juniores "A" (Sub 18) na época 2017-2018*. Mestrado ciências do desporto – especialização em jogos desportivos coletivos – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real. (M.Sc.)

Rafael Oliveira Vaz (2019) *Efeito de séries com repetições em reserva e repetições máximas na performance desportiva em jovens basquetebolistas*. Mestrado em Ciências do Desporto com Especialização em Jogos Desportivos Coletivos, UTAD. (M.Sc.)

Raimundo Auricelio Vieira (2019) *Estudo comparativo da aptidão física em adultos praticantes e não praticantes, de Capoeira do Município de Fortaleza – CE*. Mestrado Ciências do Desporto-Especialização em Avaliação e Prescrição na Atividade Física, UTAD. (M.Sc.)

Ricardo Jorge de Moreira Alves Lopes (2019) *Efeito de um programa comunitário de exercício físico na força muscular e aptidão cardiorrespiratória em mulheres sobreviventes do cancro da mama*. Mestrado em Ciências da Educação Física e do Desporto – Especialização em exercício Físico e Saúde. Instituto Universitário da Maia. (M.Sc.)

Rodolfo Fidalgo Monteiro (2019) *Fatores discriminantes da distância percorrida em Sprint no contexto do jogo de futebol*. Master in Sports Training, Instituto Universitário da Maia, ISMAI. (M.Sc.)

Rui Jorge Martins Pardal (2019) *Atividade física e os resultados escolares em estudantes do 2º e 3º ciclo do Ensino Básico*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Sandra Patrícia Moreira Vilas-Boas (2019) *Relatório de Atividade Profissional*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Sara Filipa Romano de Almeida (2019) *Relatório de Atividade Profissional. Comparação da coordenação motora em crianças praticantes e não praticantes, da Academia de Motricidade Hora Bolas, através do Teste KTK e do Teste Eurofit*. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Silva, João (2019) *Examining the Longitudinal Variation of the Relative Age Effect in Youth Football Players*. Dissertação de Mestrado Internacional em Análise da Performance Desportiva. Universidade de Trás-os-Montes e Alto Douro. (M.Sc.)

Sílvia Maria Ferreira Silva (2019) *Atividade física diária e qualidade do sono em indivíduos com mais de 40 anos*. Dissertação de Mestrado em Gerontologia: Atividade Física e Saúde no Idoso. 28 de novembro de 2019, UTAD. (M.Sc.)

Therese Hornstrup Bondebjerg (2019) *Team Handball - a health-promoting activity? The physiological effects of small-sided team handball in young adults and overweight premenopausal women*. PhD in Human Physiology, Faculty of Science, University of Copenhagen. (Ph.D.)

Tiago Alexandre Ferreira Joia Pereira (2019) *Entidade de Acolhimento: Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano, núcleo do Instituto Universitário da Maia*. Mestrado

em Ciências da Educação Física e do Desporto – Especialização em exercício Físico e Saúde. Instituto Universitário da Maia. (M.Sc.)

Tiago do Paço Teixeira (2019) *Relatório da Prática de Ensino Supervisionada, Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário* – Universidade de Trás-os-Montes e Alto Douro (UTAD) Vila Real. (M.Sc.)

Viviane Ribeiro de Ávila (2019) *Análise da capacidade funcional e qualidade de vida em indivíduos após fraturas de tornozelo*. Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

**TOTAL (M.Sc.) = 63**

**TOTAL (Ph.D.) = 12**

## 5. Organization of conferences

*14º Seminar on “Childhood Motor Development”*. 22-23 November 2019. Universidade da Beira Interior, Covilhã, Portugal

*15th Iberian Congress on Swimming & 42th Technical and Scientific Congress of the Portuguese Association of Swimming Technicians*, Portimão, Portugal, 2019

*1º Jornadas de Pedagogia do Desporto da ESDRM*

*1st International Congress on the History of Science in Education*, May 30, 31 and June 1, 2019, UTAD, Vila Real, Portugal

*2nd Edition of the Transfrontier Festival*. 13th and 14th July. UTAD, Vila Real

*8º Congresso da Sociedade Científica de Pedagogia do Desporto (SCPD)*, 27 e 28 de outubro na Escola Superior de Educação de Coimbra

*8º Congresso Nacional de Biomecânica*, Covilhã, Portugal. 15 and 16 february 2019

*Business Cooperation Networking Event*. 23rd October 2019. UTAD, Vila Real

*CIDESD 2019 – International Congress of Exercise and Health, Sports and Human Development*, University Institute of Maia, Portugal, 31 January-2 February 2019

*Citizenship and Science Week*. 25 February - 1 March 2019, UTAD, Vila Real

*Congress “Working to improve the health of everyone, everywhere”*. April 8, 2019. UTAD. School of Health. Vila Real

*Congress Healthy & Active Children: lifespan motor development science and application congress*. 11th-14th September 2019, Verona, Italy

*Congresso Internacional de Atividades Aquáticas*. Universidade de Évora e Associação Iberoamericana de Educación Acuática, Especial e Hidroterapia (AIDEA). Évora, 8-10 de novembro de 2019

*Flumen Durius Project Dissemination Days*. 13th November. UTAD, Vila Real

*II Congresso Nacional de Comunicação Clínica em Cuidados de Saúde - Relação e Comunicação em Cuidados de Saúde*, Auditório 57, Edifício Egas Moniz Faculdade de Medicina da Universidade de Lisboa 5 e 6 de julho de 2019

*III Congresso Internacional de Medicina em Hipóxia*. Porto, Portugal, 14th-16th June, 2019

*Jornadas científicas* organizadas na Faculdade de Educação Física e Desporto da Universidade Pedagógica de Maputo no dia 17 de Setembro



*OncoFit - Exercise and Cancer Symposium*, Vila Nova de Gaia, Portugal, 13-14 September 2019

Seminar in cooperation with Comité Olímpico de Portugal, “*Instrumentos de Combate à Manipulação de Competições Desportivas & Instrumentos de Combate à Manipulação de Competições Desportivas*”, Universidade da Beira Interior, 11th November 2019

Seminar in cooperation with Comité Olímpico de Portugal, “*Programa de Educação Olímpica*”, Universidade da Beira Interior, 10th October 2019

Seminar in cooperation with Federação Portuguesa Desportos de Inverno, “*Ética e Desporto: As desigualdades Desportivas*”, Universidade da Beira Interior, 28th November 2019

*Seminar on “Communication Techniques: Public Speaking (Preparing Pitch)”*. 12 February 2019, UTAD, Vila Real

*Seminar on “Community funding”*. 12th March 2019, UTAD, Vila Real

*Seminar on “Conflict Management and Negotiation”*, 15th January 2019, UTAD, Vila Real

*Seminar on “Design Thinking”*. 12 February 2019, UTAD, Vila Real

*Seminar on “Funding for Entrepreneurship”*. 11th June 2019, UTAD, Vila Real

*Seminar on “Health tourism in the Douro river: opportunities and challenges”*. July 26, 2019. Douro Museum. Peso da Régua

*Seminar on “Marketing Internacional”*. 2nd July 2019, UTAD, Vila Real

*Seminar on “Motivation and Emotional Intelligence”*. 2nd July 2019, UTAD, Vila Real

*Seminar on “Obesity in adolescence: etiology, symptomatology and prevention”*. September 27, 2019. UTAD. School of Health. Vila Real

*Seminar on “Promotion of Entrepreneurial Spirit”*. 14th January 2019, UTAD, Vila Real

*Seminar on “Psicomotricidade”*, 8th of May, 2019. UTAD Vila Real

*Seminar on “Quality Management Systems”*. 11th June 2019, UTAD, Vila Real

*Seminar on “Training, Leadership and Team Management”*. 15th January 2019, UTAD, Vila Real

*Seminar “Como Ensinar o Voleibol através do GIRA-VOLEI e as primeiras noções de abordar o Voleibol sentado”*. Organization: UTAD/ GFORM/ Federação Portuguesa de Voleibol/ CIDESD; 27 de Março de 2019

*Simpósio Deus Ex-Machina Ensino e Treino nos Jogos Desportivos Coletivos*. 16 de Dezembro de 2019 – Escola de Saúde – UTAD

*Technological Coaching Action II - Communication Tools*. 28th May 2019, UTAD, Vila Real

*Technological Coaching Action II -Product Communication 2019.* 24th June 2019, UTAD, Vila Real

*Touristic Quality Training Course.* 2nd and 3rd October 2019. UTAD, Vila Real

*Training Action "Initiation of teaching Volleyball in school, how to teach Volleyball to the 2nd Cycle, through reduced 2x2 and 4x4 game"* Organization: Portuguese Volleyball Federation in partnership with Sport Science Department - Nave dos Desportes, April 24, 2019

*UNI+i Project Final Conference.* 3rd December 2019. UTAD, Vila Real

*Workshop "Core Training",* Professor Jolanta G. Zuzda, Bialystok University of Technology, Universidade da Beira Interior, 25th September 2019

*Workshop on "1ºs Socorros em Idades Pediátricas",* 29th of May, 2019. UTAD Vila Real

*Workshop on Strategy.* 8th and 9th July 2019. UTAD, Vila Real

*X Simpósio Nacional de Investigação em Psicologia.* Associação Portuguesa de Psicologia, Universidade da Madeira de 27 a 29 de Junho 2019

*XV International Seminar of Physical Education, Leisure and Health (SIEFLAS)/IV BUDO Congress.* 17,18, 19 June 2019, Sport Health & Exercise Unity, Escola Superior de Educação, Instituto Politécnico de Castelo Branco, Portugal

*XV International Soccer Congress.* ISMAI, Maia. 27-28th of May 2019

## 6. Internationalization

### *Alberto Alves:*

- Alves A.J. & Ribeiro, F. (2019, Janeiro). *Como Prescrever Atividade Física?*. Curso apresentado no Congresso Português e Endocrinologia /70ª Reunião Anual da SPEDM, Braga, Portugal;
- International Meeting: 4rd Meeting of the Iberian Network on Arterial Structure, Central Hemodynamics and Neurocognition. University of Minho, 29th November 2019.

### *Aldo Costa:*

- Member of scientific board: 15th Iberian Congress on Swimming & 42th Technical and Scientific Congress of the Portuguese Association of Swimming Technicians ([www.aptn.pt](http://www.aptn.pt)), Portimão, Portugal, 2019; 15th Seminário Internacional de Educação Física, Lazer e Saúde (SIEFLAS), Castelo Branco, 2019; Congresso Internacional de Atividades Aquáticas, Évora, 2019;
- Member of the scientific board of the Revista de Investigación en Actividades Acuáticas;
- Referee and international editorial board member of the Revista Motricidade;
- Referee of the following scientific journals in 2019: Journal of Advanced Research; Frontiers in Sports and Active Living; International Journal of Environmental Research and Public Health;
- Participant representing the Portuguese Swimming Federation in the following project in consortium with several European entities: “Integration of Elite Athletes into the labour market through the validation of their transversal competences (ELIT-in). Erasmus+Sport, Collaborative (EAC/A03/2016). Project number: 590520-EPP-1-2017-1-ES-SPO-SCP;
- 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 of the project “Breaststroke Pull-out study” with the participation of other researchers: Jan Cabri, Bjorn Harald Olstad., Tomohiro Gonjo, Istvan Karsai, Ludovic Seifert, Jan Stastny. Institutions: Sport Science School of Rio Maior; Université of Rouen, França; Norweigen Sport Science School; Norway; Brno University of Technology, Chec Republic; University of Pécs, Pécs, Hungria;
- Meeting at September 2019 in the Norwegian School of Sport Sciences- Oslo, Norway, with definition of the lines of the research study and data collection.

### *Ana Sousa:*

- Member of the European College of Sport Sciences Reviewing Panel Member of the External Reviewing Panel (2019-2020) of the Research Evaluation Committee at Charles University, Prague, Czech Republic;
- Refereeing for the European Journal of Applied Physiology, August 2019;
- Research Supervision: Piatrikova, Eva (2017-ongoing). Co-Supervisor of Doctor of Philosophy (PhD). Department of Health, University of Bath. United Kingdom.

### *Carolina Vila-Chã:*

- Associate editor of Journal of Motricidade;
- Refereeing for: Journal of Electromyography and Kinesiology, março (2), Sports Biomechanics, janeiro, março e junho de 2019 (3), International Journal of Sports Medicine, novembro 2019 (2), BMC Musculoskeletal Disorders, novembro de 2019 (1), European Journal of Public Health, Agosto e novembro de 2019 (2), Egitanea Scientia (1);
- Presidente do Juri de doutoramento " Efectos funcionales y estructurales del entrenamiento con sobrecarga excéntrica en deportistas y en personas físicamente activas" presented by D. Sergio Maroto Izquierdo. Ciencias de la Actividad Física y el Deporte. Universidad de León .Espanha. July 2019.

### *Catarina Abrantes:*

- Teaching Collaboration at the University of Split, Croatia, May 2019;
- Teaching Collaboration at the University of Magdeburg, Germany, October 2019;
- 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.

### *Celina Gonçalves:*

- Refereeing for Physical Culture and Sport: Studies and Research, American Journal of Human Biology, Athens Journal of Sports;
- Part of scientific committee of International Journal of Social Science Research (IJSSR);
- Member of European Association for Sport Management (EASM).

### *Daniel Marinho:*

- Refereeing for the Sports Engineering, the 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;
- Internationalization with the University of Pamplona, Spain (Research development);
- Internationalization with the University Federal of Sergipe, Brazil (Teaching and Research development).

### *Diogo Monteiro:*

- Teaching Collaboration at the Málaga University of - Spain - Motivation in Physical Activity and Structural Equation Modeling procedures, 10th-14th June – 2019;
- Referring for the following journals, during the year 2019: Revista Iberoamericana de Psicología del Ejercicio e del Deporte (RIPED), Brazilian Journal of Kinantropometry and Human Performance, Frontiers in Psychology, International Journal of Sport Psychology, Plos One, Sports Medicine International Open, SPORTS, International Journal of Environmental Research and Public Health, Perceptual and Motor Skills, Sport in Society, Scandinavian Journal of Psychology, Letters in Neuroscience, Revista de Psicología del Deporte, Motricidade, Behavioral Sciences, SAGE Open, Cuadernos de Psicología del Deporte, Psychology Research and Behavior Management;
- Editor for the following journals: Motricidade, Cuadernos de Psicología del Deporte, Frontiers in Psychology, Frontiers in Sports and Active Living.

### *Eduarda Coelho:*

- Refereeing for the Motricidade Journal;

- Invited by FPA has attended and completed with successfully the Race Running Coaching Course from the 7<sup>th</sup>-10<sup>th</sup> of July 2019, Frederiksberg – Denmark;
- Work Programme for Staff Mobility for Teaching, in Malta, at the University of Malta, Misda from the 3<sup>rd</sup> to the 10<sup>th</sup> of April, 2019.

### *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.

### *Elisa Marques:*

- Research collaboration with NIA, Baltimore, Maryland. 5-8 November 2019;
- 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;
- Member of International Editorial Board for the Revista Norte Mineira de Educação Física;
- Elected by the scientific committee as one of the best scientific papers presented at the International Congress of Health and Wellbeing Intervention, with the oral communication: Tobacco and alcohol use in adolescents and young athletes: Differences between genders. University Campus of Viseu, Piaget Institute, Viseu | Portugal [May 31 & June 01, 2019].

### *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:*

- Teaching Collaboration at the University of Sergipe, Aracaju, Department of Physical Education (8-10<sup>th</sup> April 2019);
- Associate Editor of the Journal Motricidade, since December 2016;
- Member of Editorial board The Open Sports Sciences Journal, 2019;
- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Health, Exercise and Sports Performance), 2019;
- Refereeing for the Cuadernos de Psicología del Deporte, 2019; Frontiers in Physiology, 2019; Frontiers in Psychology, 2019; Frontiers in SPORTS, 2019; Sports Biomechanics, 2019; International Journal of Sports Physiology and Performance, 2019; International Journal of Environmental Research and Public Health, 2019.

### *Isabel Mourão:*

- Refereeing for the Brazilian Journal in Health Promotion, August, 2019, ISBN 1806 1230, 1806 1222.

### *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 Viana:*

- Global Renal Exercise Network (<https://globalrenalexercise.wixsite.com/grexsummit>).

### *Jorge Morais:*

- Refereeing for the Sensors journal, European Physical Education Review, International Journal of Sports Physiology and Performance, International Journal of Sports Science and Coaching (all since 2019).

### *Lara Carneiro:*

- Refereeing for the Brazilian Journal of Psychiatry, Mental Health and Physical activity, January 2019 and for the Journal of Affective Disorders, Mental Health and Physical activity, April 2019;
- Effects of virtual reality-based physical exercise with exergames on mental health, physical performance, muscle quality, inflammatory profile and brain activity of institutionalized older people. (Reference- R-1708-15668. This is a partnership with the University of Montes Claros Brazil with Professor Renato Sobral Monteiro-Júnior).

### *Luís Cid:*

- Graduate Training - Teaching Collaboration at the Málaga University of - Spain - Motivation in Physical Activity and Structural Equation Modeling procedures, 10th-14th June – 2019;
- Collaborative publications and Research Group International Level.

### *Luís Vaz:*

- Teaching collaboration at the University Nagoya - Japan, Sports Science Master Course;
- Teaching collaboration at School of Sport and Health Sciences, GIH - Stockholm, Sports Science Erasmus Mobility from 25th April to 1st May 2019;
- Collaboration at Leeds Beckett University, World Rugby Research Funding Application 17031;
- Collaboration at University of Cape Town- Performance analysis laboratories, World Rugby Research Funding Application 17031;

- Nomination as external examiner: Phd in Sport Science: Mr S Shaun Matthew Owen (16210298) - Stellenbosch University - The supervisor of this candidate is Prof RE Venter and the co-supervisors are Dr Tim Gabbett (University of Southern Queensland, Australia) ;
- Sport Science consultant and advisor for Portugal Rugby Union;
- Referring for International Journals of Sports Science.

### *Mário Costa:*

- Refereeing for the Frontiers in Sports and Active Living do grupo Frontiers (December 2019), International Journal of Sports Physiology and Performance (December 2019), European Journal of Sport Science (November 2019), Journal of Human Kinetics (November 2019), PLOS ONE (November 2019), International Journal of Environmental Research and Public Health (October and December 2019), Motricidade (October 2019), Sport Sciences for Health (September 2019), Journal of Sports Medicine & Physical Fitness (September, November and December 2019), CLINICS (June 2019), Clinical Biomechanics (May 2019), Scandinavian Journal of Medicine and Science in Sports (April 2019) and European Journal of Applied Physiology (January 2019).

### *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 Master Thesis Week at the Lithuanian Sports University. Inter-university master programme: Performance Analysis of Sport (IMPAS);
- Refereeing for the several International Journals in Sports Sciences.

### *Paula Mota:*

- Refereeing for the Journal of Frontiers of Endocrinology of Aging.

### *Paulo Vicente:*

- Teaching Collaboration at the The Swedish School of Sport and Health Sciences, GIH – In the Volleyball specialization Sports Sciences Bachelol Course, 25th at 30 April 2019. Lesson theoretic and Pratic: Attack organization with setter and two attackers – Defense Organization with 5 players (libero, Middle Blocker, setter, opposite player and Z4). Offensive organization with attack from 3 meters and opposition with block and without block. When using the Decision making during exercises and competition;
- Participation in Asia Pacific Conference on Performance Analysis in Sport, 14 – 17 October 2019 - Japan, Nagoya university and publication in Japanese Journal of Rugby Science ISSN 1881 – 8420;
- Participation in Rugby world Cup in Japan 6-16 October 2019 Hamamatsu and Tokyo;
- Participation in Volleyball World Cup in Hiroshima 12 – 14 October 2019 – Data Volley software;
- 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, International Journal of

Environmental Research and Public Health;

- Member of Editorial Team of Journal of Physical Activity, Nutrition & Rehabilitation - Insight-Sports Science.

*Pedro Esteves:*

- Refereeing for the Frontiers (n=4); International Journal of Environmental Research and Public Health (n=1); International Journal of Sports Science and Coaching (n=1); Motricidade (n=1); Perception (n=1); Plos One (n=1); Perceptual and Motor Skills (n=3); Psychology of Sport and Exercise (n=3); Research in Sports Medicine (n=1);
- Lecture, International Master of Performance Analysis in Sport, Universidade de Trás-os-Montes e Alto Douro, Vila Real, Portugal.

*Ricardo Ferraz:*

- Refereeing for Motricidade, European Journal of Sport Sciences, Sports and Int. J. Environ. Res. Public Health.

*Sandra Fonseca:*

- Work Programme for Staff Mobility for Teaching, in Malta, at the University of Malta, Misdra from the 3rd to the 10th of April, 2019;
- Work Programme for Staff Mobility for Teaching, in Romania, at the UNIVERSITATEA "BABES -BOLYAI" CLUJ-NAPOCA, from the 10th October to the 15th October, 2019.

*Sara Santos:*

- Consultora da Federação Inglesa de Futebol no Advanced Youth Award (AYA) Course, realizado no St. George Park.

*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 20th-28th of January 2019;
- 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 8th-14th of September 2019;
- 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 (Working demands of elite football) 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.

*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:*

- Refereeing for International Journal of Environmental research and Public Health (November 2019), International Journal of Sports Medicine (October 2019) and PloSOne (September 2019);
- Scientific Committee of the CIDESD 2019h International Congress. Maia, ISMAI & CIDESD.

*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:*

- As part of the IACOBUS program, it was selected to carry out a research week on the theme “Use of new technologies by the elderly in Galicia”, which took place at the University of Vigo from 09/06/2019 to 15/06/2019;
- Editorial Board Member of the Revista Aquichan, revista Investigación en Enfermería: Imagen y Desarrollo, revista Investigación y Educación en Enfermería, Journal Health NPEPS and Revista de Enfermagem Referência.

## 7. Government/Organization contract research

- Aldo Costa: President of the Portuguese Association of Swimming Technicians ([www.aptn.pt](http://www.aptn.pt)); Member of the executive board of the International Society for Comparative Sport and Physical Education ([www.iscpes-info.org](http://www.iscpes-info.org)); Board member of the World Swimming Coaches Association – Europe; Member of the international working group (as an academic expert for Physical Education) in the OECD “Education 2030” program; the following papers were published in 2018 and 2019: Skovsgaard, J. et al. (2018). The future of education and skills Education 2030. OECD Education 2030 and OECD (2019). Making Physical Education Dynamic and Inclusive for 2030 - International Curriculum Analysis. OECD Education 2030; Member of the international 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: 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, Portuga, 2019 (May, November).
- Daniel Marinho: Participation in Coaching Course (level III) for the Portuguese Swimming Federation.
- Eduarda Coelho: Technical Staff Member of Portuguese Athletics Team for World Para Athletics Championships (Dubai 2019); Member of Plenary Assembly of Portuguese Paralympic Committee; Participation in Coaching Course (level 1) from the Regional Handball Association (module of Sport Psychology).
- Francisco Saavedra: Assistant Professor of the Department of Sports Sciences, Exercise and Health at University of Trás-os-Montes e Alto Douro; Member of the Pedagogical Council, School of Life and Environmental Sciences; Director of the Master Course in Sport Sciences, specialization in Assessment and Exercise Prescription (till May 2019); Vice-Director of the Master Course in Sport Sciences, specialization in Fitness Activities (till May 2019); Member of the Board (vowel) of the Doctoral Course in Sport Sciences (till May 2019); Vice-Director of the Master Course in Teaching of Physical Education in Middle and High School; 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: 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; Participation in Coaching Course (level II) for the Portuguese Swimming Federation; Participation in Coaching Course (level III) for the Portuguese Swimming Federation.

- Hugo Louro: Consultant in the Control Evaluation of Training and Competition of the Portuguese Swimming Federation.
- Mário Costa: Participation in coaching course (level 2) from the National Football Federation, November 2019; 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), a consortium that includes the University of Trás-os-Montes e Alto Douro (Portugal), Otto-von-Guericke University, Magdeburg (Germany) and Kaunas Sport Sciences University (Lithuania); Member of the Zonal Network
- Paulo Vicente: Protocolo de Cooperação entre a UTAD e a Escola Básica nº 2 de Vila Real – Bairro – Agrupamento de Escolas Diogo Cão. Atividades de Apoio à Comunidade: 1) 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. De 1 de Setembro de 2018 a 28 de Junho de 2019; 2) 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, Vila Real e Vila Flor; Organizer of Volleyball Referees Course – Level I – 5, 6th, 12 and 13th of January, 2019. UTAD Vila Real; Director and organizer of Volleyball Coach Course – Level I – 6 – 31 March 2019 – UTAD – Vila Real; Volleyball Coach Level III – in this season is Technical Director of Volleyball of the Sport Club of Vila Real, working with 100 athletes from 6 to 16 years old; Gira-Volei Director and Coach 6-9 years Escola nº2 Bairro São Vicente de Paula – Diogo Cão – UTAD; School Sport Head Coach 10-12 years old in Diogo Cão School; Cadets Head Coach 15 years old in SCVR; Youth Head Coach 16 years old in SCVR; University Volleyball Head Coach male and female from UTAD, president of AVTM (Associação de Voleibol de Trás-os-Montes).
- Pedro Figueiredo: Sports Scientist for the Under 21 Soccer National Team. Portuguese Football Federation and Head of performance for the professional referees. 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; Participation in Coaching Courses from the Castelo Branco Football Association.
- Tiago Barbosa: Member of the Committee for Science and Development of the Portuguese Olympic Committee (Portugal, since May 2017).

## 8. Future Research

Parceiro secundário na candidatura ao projeto COST Action proposta OC-2019-1-23999 intitulado "*Changing Perceptions About Disability*". Submetido a financiamento pelo programa Horizon 2020 da União Europeia (aguarda aprovação).

Parceiro secundário na candidatura ao projeto COST Action OC-2016- 21344 na temática "*Sports Economics: Markets, Players and Public Policies Cost Network*". Financiado pelo programa Horizon 2020 da União Europeia.

*O efeito de diferentes programas de hidroginástica na saúde e aptidão física de adultos. Uma abordagem baseada na aplicação de diferentes intensidades de exercício.* Projeto a ser apresentado à Fundação para a Ciência e a Tecnologia, no âmbito do apoio aos Projetos de Investigação em todos os domínios científicos.

*Evaluating Pró- Lúdico Project, Increased weekly physical activity with the objective of reducing school failure and reducing overweight and obesity in school context.* CIMBESE (Comunidade Intermunicipal das Beiras e Serra da Estrela) / CCDR Centro Submitted for evaluation, approved to start January 2020 funded for 2 years in 74999000 euros

*An investigation into the match profile of men's and women's international sevens rugby between 2016 and 2020.* (2019-2021) Application Reference CSRP170410226490 Applicant Name Dr Wilbur Kraak - University Stellenbosch - South Africa, submitted to evaluation.