

1. Funding, source, dates.

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; Funding: 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. Funding: 181420 €

Be Like an Athlete. ERASMUS+ Programme. Sport Collaborative Partnerships EAC-A03-2018-2022. Funding: 286.734,00 €

Development of the Kidney Wellness Institute of Illinois (KIWII). Funded by Discovery Partners Institute, USA. 2020-2022. Funding: 103.614,06 €

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

Effects of exercise type on the blood pressure response in hypertension. Funded by Portuguese Society of Hypertension. 2020-2022. Financiamento: 10.000,00 €

Endoscope based on New Optical Fibre Technology for Raman Spectroscopy, FCT, PTDC/EMD-EMD/29724/2017, 2018-2021. Funding: 235.870,50 €

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

FLUMEN DURIOUS - 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. Funding: 1773732.00 €

Health UNorte - Setting-up biobanks and regenerative medicine strategies to boost research in neurosciences, immunology and infection, musculoskeletal, cardiovascular and oncologic diseases. Funding: 1,235.294,12 €

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. 02.07.2018 - 01.07.2021. Financiamento: 234.715,27 €

INCLUDEA (IN=SEA) - Professional skills in adapted surfing. Erasmus+/Key Action: Sport. 2021-2023. Funding: 364 460,00 €

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. Funding: 1.225.459,08 €

Mama_move & Memo_Move, IPDJ – Contrato programa de desenvolvimento Desportivo CP/539/DDT/2020, Financiamento: 6 500 €

Programa #SOUESPORTO EM CASA. Financing Agency: Instituto Português do Desporto e Juventude (IPDJ) – Programa Nacional Desporto para Todos – PNDpT. Project duration: 6 months (starting, March, 2020). Funding: 7000 €

Project TECH - Technology, Environment, Creativity and Health, Norte-01-0145-FEDER-000043, funded by the European Regional Development Fund (ERDF) through the Regional Operational Program North 2020 (2020-2023). 2020-2023. Funding: 1.644.211,53 €

Projeto 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. Funding: 316 986 €

Race Analysis and Training Evaluation. Financiada pela Federação Internacional de Natação – FINA Olympic Aquatics Support Programme e Federação Portuguesa de Natação, (2020-2024). Funding: 20.722,81 €

Sport Empowers Disabled Youth 2 Project (SEDY 2) - Erasmus+ (Grant n°:613130-EPP-1-2019-1-NL-SPO-SCP): consortium made up of 9 institutions from 5 countries (Holland, Finland, Lithuania, Portugal and Austria), coordinated by the Inholland University of Applied Sciences (Haarlem - Netherlands). 01.01.2020 - 31.12.2022. Funding: 400 000 €

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

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). 2018-2020. Funding: 60000 €

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. Funding: 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). Funding: 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. Funding: 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). Funding: 377049.00 €

Transnational Promotion and Cooperation of The Atlantic Geoparks For Sustainable Development - EAPA_250/2016. 2017-2020. - EAPA_250/2016. 2017 - 2020 INTERREG VB Atlantic Area. Funding: 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. Funding: 1,671,264.80 €

WalkingPad - Patient education on a quantified supervised home- based exercise therapy to improve walking ability in patients with peripheral arterial disease and intermittent claudication. NORTE-01-0145-FEDER-031161. (11.11.2019 - 09.11.2021) Funding: 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

- Abraldes, A., Fernandes, R.J., Rodríguez, N., & Sousa, A. (2020). Is rescuer cardiopulmonary resuscitation jeopardised by previous fatiguing exercise? *International Journal of Environmental Research and Public Health*, 17(18), 6668. DOI: 10.3390/ijerph17186668 (<https://www.mdpi.com/1660-4601/17/18/6668>)
- Álvarez, M.C., Albuquerque, M.L.L., Neiva, H.P., Cid, L., Rodrigues, F., Teixeira, D.S., & Monteiro, D. (2020). The Multidimensional Daily Diary of Fatigue-Fibromyalgia-17 Items (MDF-Fibro-17): Evidence from Validity, Reliability and Transcultural Invariance between Portugal and Brazil. *Journal of Clinical Medicine*, 9, 2330, DOI: 10.3390/jcm9082330 (<https://www.mdpi.com/2077-0383/9/8/2330>)
- Alves, M. E., **Marinho, D. A.**, Carneiro, D. N., Alves, J., **Forte, P.**, Nevill, A. M., & **Morais, J. E.** (2020). A visual scan analysis protocol for postural assessment at school in young students. *International Journal of Environmental Research and Public Health*, 17, 2915. DOI: 10.3390/ijerph17082915 (<https://www.mdpi.com/1660-4601/17/8/2915>)
- Amaral-da-Cunha, M.**, Graça, A. Batista, P., & MacPhail, A. (2020). Giving birth to a supervisory identity built upon pedagogical perspectives on teaching: The case of a novice physical education cooperating teacher. *European Physical Education Review*, 26(2):353-374. DOI: 10.1177/1356336X19857181 (<https://journals.sagepub.com/doi/10.1177/1356336X19857181>)
- Arede, J., Leite, N.**, Bradley, B., Madruga-Parera, M., Saéz de Villarreal, E., & Gonzalo-Skok, O. (2020). Mechanical, Physiological, and Perceptual Demands of Repeated Power Ability Lower-Body and Upper-Body Tests in Youth Athletes: Somatic Maturation as a Factor on the Performance. *Frontiers in Psychology*, 11, 1888. DOI: 10.3389/fpsyg.2020.01888 (<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01888/full>)
- Azevedo, K., Oliveira, V., Medeiros, G., Mata, A., Garcia, D., Martinez, D., **Leitão, J.C.**, Knackfuss, M., & Piuvezam, G. (2020). The Effects of Exercise on BDNF Levels in Adolescents: A Systematic Review with Meta-Analysis. *International Journal Environmental Research and Public Health*, 17(17):1-14. DOI: 10.3390/ijerph17176056 (www.mdpi.com/journal/ijerph) (<https://www.mdpi.com/1660-4601/17/17/6056>)
- Barbosa, A., Brito, J., Costa, J., **Figueiredo, P.**, Seabra, A., & Mendes, R. (2020). Feasibility and safety of a walking football program in middle-aged and older men with type 2 diabetes. *Progress in Cardiovascular Diseases*, 63(6), 786-791. DOI: 10.1016/j.pcad.2020.06.014 (<https://www.sciencedirect.com/science/article/pii/S0033062020301377>)
- Barbosa, A., Brito, J., **Figueiredo, P.**, Seabra, A., & Mendes, R. (2020). Football can tackle type 2 diabetes: a systematic review of the health effects of recreational football practice in individuals with prediabetes and type 2 diabetes. *Research in Sports Medicine*, 1-19. DOI: 10.1080/15438627.2020.1777417 (<https://www.tandfonline.com/doi/full/10.1080/15438627.2020.1777417>)
- Barbosa, T. M.**, Yam, J. W., Lum, D., Balasekaran, G., & **Marinho, D. A.** (2020). Arm-pull thrust in human swimming and the effect of post-activation potentiation. *Scientific Reports*, 10(1), 1-9. DOI: 10.1038/s41598-020-65494-z (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7242395/>)

- Batista, J., Travassos, B., Gonçalves, B., Mourão, P., Viana, J.L., & Sampaio, J.** (2020) Exploring the effects of playing formations on tactical behaviour and external workload during football small-sided games. *Journal of Strength and Conditioning Research* 34(7): 2024-2030. DOI: 10.1519/JSC.0000000000002445 (https://journals.lww.com/nsca-jscr/Abstract/2020/07000/Exploring_the_Effects_of_Playing_Formations_on.27.aspx)
- Branquinho, L., Ferraz, R., Travassos, B., & Marques, M.** (2020). Comparison between Continuous and Fractionated Game Format on Internal and External Load in Small-Sided Games in Soccer. *International Journal of Environmental Research and Public Health*, 17(2), 405. DOI: 10.3390/ijerph17020405 (<https://www.mdpi.com/1660-4601/17/2/405>)
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- Cancela, J.M., Perez, C.A., Rodrigues, L.P., & Bezerra, P.** (2020). The Long-Term Benefits of a Multicomponent Physical Activity Program to Body Composition, Muscle Strength, Cardiorespiratory Capacity, and Bone Mineral Density in a Group of Nonagenarians. *Rejuvenation Research*. (23)3, 217-223. DOI: 10.1089/rej.2019.2195 (<https://www.liebertpub.com/doi/10.1089/rej.2019.2195>)
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- Carrilho, D., Santos Couceiro, M., Brito, J., Figueiredo, P., Lopes, R. J., & Araujo, D.** (2020). Using Optical Tracking System Data to Measure Team Synergic Behavior: Synchronization of Player-Ball-Goal Angles in a Football Match. *Sensors*, 20(17). DOI: 10.3390/s20174990 (<https://www.mdpi.com/1424-8220/20/17/4990>)
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- Sousa, A. C., Millet, G., Viana, J., Milheiro, J., & Reis, V.M.** (2020). Efeito da Exposição Aguda à Hipoxia Normobárica no Desempenho até à Exaustão a uma Intensidade Severa e na Relação Potência – Duração. *Revista Medicina Desportiva Informa*, 2019; 10(5):27-31. DOI: 10.23911/SPMD_2020_1 (http://www.revdesportiva.pt/files/PDFs_site_2020/1_jan/SPMD_jan_020.pdf)
- Sousa, A.C., Marinho, D.A., Gil, M.H., Alves, A.R., Faíl, L.B., Neves, P.P., Neiva, H.P., & Marques, M.C.** (2020). The importance of the full squat exercise to improve short sprint performance. In: V. Loureiro, A.R. Alves, N. Loureiro, R. Ruivo, P. Bento, P. Paixão, & L. Murta (eds.), *Book of Abstracts of the 8th International Congress of Physical Activity and Sport* (pp.110-111). Beja: Instituto Politécnico de Beja.
- Vasques, C., Magalhães, P., **Mourão-Carvalho, I., & Coelho, E.** (2020). Relação Entre as Horas de Sono e o IMC em Crianças do Pré-Escolar Programa Pé-Ativo. In R. Mendes, M. Coelho e Silva, & E. Sá (Eds.), *Estudos de Desenvolvimento Motor da Criança XIII*. Coimbra: CIDAF-UC & FCT. ISBN: 978-989-54639-5-4

4. Master and Ph.D. thesis completed

Adriana Leite de Souza. *Forças reativas ao apoio em mulheres pós-menopáusicas durante o caminhar. Relação com a aptidão física e os níveis de atividade física*, Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

Afonso Canavilhas (2020). *Fundamentos do jogo de Futsal – caracterização dos contextos de jogo*. Mestrado em Ciências do Desporto. Universidade da Beira Interior. (MS.c.)

Aleksandro Ferreira Gonçalves (2020). *Aptidão aeróbica e anaeróbica em atletas profissionais de Mixed Martial Arts*. Mestrado em Ciências do Desporto, UTAD. (MS.c.)

Ana Catarina dos Santos Marques. *Conexão do cuidador informal de idosos com a natureza e sua relação com o grau de sobrecarga, incapacidade funcional e qualidade de vida*, Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Ana Silva (2020). *Gestão no Solinca Health & Fitness Club*. Mestrado em Gestão Desportiva, Faculdade de Desporto da Universidade do Porto. (M.Sc.)

Anabela da Fonseca Pereira (2020). *Contribution of Health Education Practice performed by nurses in child / youth / family health*, UTAD. (Ph.D.)

André Fernando Abreu Mendes (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)

António Alberto Moreira Fragoso (2020). *Comparação das características cinemáticas do triplo salto entre atletas de nível nacional e internacional*. Mestrado em Ciências do Desporto – Especialização em Treino Desportivo. Instituto Politécnico da Guarda. (MS.c.)

António José Batista de Castro Saraiva (2020). *Relatório de Atividade Profissional*. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Beatriz Fernandes Almeida. *Atividades de estágio desenvolvidas no Centro Social e Paroquial de Mateus no ano letivo de 2018/2019 – Apreciação da cognição e da depressão*, Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Beatriz Pinto Machado (2020). *Efeito de dois métodos de treino de força na hipertrofia muscular: tradicional versus Drop-Set*. Mestrado em Ciências do Desporto, especialização em atividades de academia, UTAD. (M.Sc.)

Bruno André Ferreira da Silva (2020). *Aptitude física, función física e actividade física nos estudantes universitarios: estudo de caso de estudantes de Deportes*. Escola Internacional de Doutoramento da Univeridade de Vigo. (Ph.D.)

Carina Joana Nunes dos Santos (2020). *Relatório de Estágio Pedagógico*. Instituto Nossa Senhora da Encarnação – Externato Cooperativo da Benedita. Relatório de Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário. Universidade da Beira Interior. (MS.c.)

Carlos Manuel Rodrigues Lourenço (2020). *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.)

Carlos Miguel Coelho Jacinto (2020). *Relatório de Atividade Profissional. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário*. Universidade de Trás-os-Montes e Alto Douro. Vila Real. (MS.c.)

Carlos Silva (2020). *Análise do comportamento visual do distribuidor no Voleibol*. Mestrado em Ciências do Desporto, Polytechnic Institute of Guarda. (M.Sc.)

Catarina Maria da Costa Santos (2020). *Kinetic analysis of two water fitness exercises: horizontal adduction and rocking horse*. Mestrado em Biocinética. Universidade de Coimbra. (MS.c.)

Cláudia Sofia Ferreira Moura (2020). *The Importance of Health Tourism Management in the Douro River*. Master in Health Services Management. UTAD. (M.Sc.)

Daniel Eduardo Bexiga Marques (2020). *Efeitos da aplicação de um programa de treino em contexto escolar*. Universidade da Beira Interior. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário. (MS.c.)

Daniel Luís Júdice Bruges de Oliveira Simões (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)

Davide Teixeira Machado (2020). *Relatório de Atividade Profissional. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário*. Universidade de Trás-os-Montes e Alto Douro. Vila Real. (MS.c.)

Diogo Marques de Sousa (2020). *Atividade Física e Diabetes Tipo 1 da criança ao adulto: uma revisão sistemática*. Mestrado em Ciências do Desporto, UTAD. (MS.c.)

Dionisio Leonel de Alencar (2020). *O percurso evolutivo a educação física no Estado do Ceará-Brasil: o contributo o associativismo para a valorizalao profissional*. Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

Eva Piatrikova (2020). *Closing the gap between science and practice in swimming testing, monitoring and training prescription*. Department of Health, University of Bath. United Kingdom. (Ph.D.)

Filipe Fernandes Rodrigues (2020). *The Bright and Dark side of motivation in exercise: promoting persistence and adherence*. Doutoramento em Ciências do Desporto, Universidade da Beira Interior. (Ph.D.)

Flavia Rodrigues da Costa (2020). *The Importance of IMU Devices as a Kinematic Analysis Complement in Javelin Throw*. International Master in Performance Analysis of Sports, UTAD. (M.Sc.)

Francisco João Ribeiro Coelho Moreira (2020). *Relatório de Prática de Ensino Supervisionada. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário*, UTAD. (M.Sc.)

Gabrielle Cristine Moura Fernandes Pucci (2020). *Análise comparativa do Pilates e treinamento resistido na aptidão física e qualidade de vida de idosas*. Doutorado em Ciências do Desporto, UTAD. (Ph.D.)

Giselle Notini Arcanjo (2020). *Efeito das manipulações osteopáticas sobre a atividade mioelétrica do assoalho pélvico*. Doutorado em Ciências do Desporto, UTAD. (Ph.D.)

Helena Isabel Azevedo Mendes (2020). *Influência do Exercício Físico na Depressão, Autoestima, Qualidade de Vida, Imagem Corporal, e Sexualidade em Mulheres Sobreviventes do Cancro da Mama*. Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Henrique José Azevedo (2020). *Relatório de Atividade Profissional. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário*. Universidade de Trás-os-Montes e Alto Douro. Vila Real. (M.Sc.)

Henrique Manuel Moura Martins (2020). *Relatório da Prática de Ensino Supervisionada. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário*, UTAD. (M.Sc.)

Igor de Freitas Cruz (2020). *Towards the understanding complexity of movement behavior in association football: A brief exploratory journey throughout time scales*. Dissertação de mestrado em Mestrado Internacional em Análise da Performance Desportiva, UTAD. (M.Sc.)

Jallyson Jader (2020). *Adesão ao atletismo na perspectiva dos responsáveis educacionais: estudo da prática do atletismo no Brasil, Espanha e Portugal*. Mestrado em Gestão Desportiva, Faculdade de Desporto da Universidade do Porto. (M.Sc.)

Jéssica de Lazari Felix Pereira (2020). *O desenvolvimento desportivo a longo prazo: sua estrutura e desenvolvimento na natação*. Mestrado em Ciências da Educação Física e Desporto - Especialização em Treino Desportivo, ISMAI. (M.Sc.)

João Carlos Baltazar Andrade (2020). *Análise da resposta neuromuscular, fisiológica e psicofisiológica a um treino de força no supino e no agachamento*. Dissertação de Mestrado em Ciências do Desporto, ramo de Exercício e Saúde. Universidade da Beira Interior. (M.Sc.)

João Luís Duarte Pinto (2020). *Dados normativos e normalizados de força de adução e abdução da anca em jogadores de futebol de elite em Portugal*. Mestrado em Fisioterapia. Escola Superior de Saúde do Instituto Politécnico do Porto. (M.Sc.)

João Maria de Almeida Ribeiro Pinto da Silva (2020). *Efeito das fases estáticas e da posse de bola na performance de equipas de Rugby participantes no Campeonato do Mundo Japão 2019*. Provas de segundo ciclo em treino desportivo, Faculdade de Desporto da Universidade do Porto. (M.Sc.)

João Paulo de Jesus Duarte (2020). *A influência do exercício nórdico na mobilidade e força dos músculos isquiotibiais*. 2º Ciclo (Mestrado) Ciências do Desporto- Especialização em Avaliação e Prescrição na Atividade Física, UTAD. (M.Sc.)

João Pedro Simões Gouveia (2020). *Atividade Física, Aptidão Física e Comportamento Postural em Alunos do 5º ao 12º Ano de Escolaridade da Ilha de Santa Maria*. Mestrado Em Ensino Da Educação Física nos Ensinos Básico E Secundário, UTAD. (M.Sc.)

Jorge Emanuel Matos e Silva (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)

Jorge Eurico Abrantes Palhau (2020). *Competência motora e o sucesso na prática do Futebol: a percepção do treinador, níveis de atividade física habitual e suporte social*. Exercício e Saúde. Instituto Politécnico de Bragança. (M.Sc.)

José António Peixoto de Vasconcelos (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)

José Carlos Pereira Torres (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)

José Guilherme Calado (2020). *Relatório de Atividade Profissional. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário*. Universidade de Trás-os-Montes e Alto Douro. Vila Real. (MS.c.)

José Roberto Jacob (2020). *Efeitos do treinamento resistido e combinado ao HIIT, orientado via aplicativo, sobre medidas antropométricas e biomarcadores*. Mestrado em Ciências do Desporto, UTAD. (MS.c.)

Leonardo Chrysostomo dos Santos (2020). *Alterações na força, na antropometria, na função imunológica e em marcadores de dano muscular e hormonais de homens durante e após quatro programas de treino de força*. Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

Leonel Monteiro Reis (2020). *Validação facial na adaptação cultural da escala pictórica: Percepção da Competência Aquática em crianças de 5 a 8 anos de idade*. Dissertação para obtenção do Grau de Mestre em Ensino de Educação Física nos Ensinos Básico e Secundário, Universidade da Beira Interior. (MS.c.)

Liana Moreira Alves (2020). *Relatório de Prática de Ensino Supervisionada. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD*. (M.Sc.)

Lima, João (2020). *Effectiveness of the differential learning approach in tactical knowledge of young basketball players*. Dissertação de 2º ciclo em Ciências do Desporto com especialização em Jogos Desportivos Coletivos. Universidade de Trás-os-Montes e Alto Douro. (MS.c.)

Luis Pedro de Oliveira Godinho (2020). *Equipa de Nataçao Absoluta do Clube Galitos*, Mestrado em Desporto Variante Treino Desportivo, ESDRM. (M.Sc.)

Marcos de Carvalho Alvarez (2020). *The Multidimensional diary of fatigue/fibromyalgia (MDS-fibro-17): Evidence from validity, reliability and cross-cultural comparison between Portugal and Brazil*. Dissertação de Mestrado em Ciências do Desporto, ramo de Exercício e Saúde. Universidade da Beira Interior. (MS.c.)

Marcos de Carvalho Álvarez (2020). *The Multidimensional diary of fatiguefibromyalgia (MDF-fibro-17): Evidence from validity, reliability and crosscultural comparison between Portugal and Brazil*. Mestrado em Ciências do Desporto, com especialização em Exercício e Saúde – Universidade da Beira Interior. (MS.c.)

Maria Gloria Lopes Pova (2020). *Health and wellness management strategies*. Master in Health Services Management, UTAD. (M.Sc.)

Maria Luiza Laurentino de Albuquerque (2020). *Os efeitos do exercício físico em indivíduos com fibromialgia: revisão sistemática da literatura*. Dissertação de Mestrado em Ciências do Desporto, ramo de Exercício e Saúde. Universidade da Beira Interior. (MS.c.)

Maria Paula Reis Magalhães (2020). *Relatório de Prática de Ensino Supervisionada*. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Mariana Isabel Torcato Vidal (2020). *Factors that influence the quality of life of institutionalized Elderly*. Master in Community Nursing, UTAD. (M.Sc.)

Mário Joaquim Oliveira Ribeiro (2020). *Relatório de Prática de Ensino Supervisionada*. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Marla Sofia Filipe Gomes (2020). *Relatório de Prática de Ensino Supervisionada*. 2º Ciclo (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Matthew Chiwaridzo (2020). *Development and validation of the School Clinical Rugby Measure (SCRUM) test battery: Understanding qualities or skills defining good male adolescent rugby union players*. Faculty of Education at Cape Town University. (Ph.D.)

Miguel Ângelo Fortuna Pereira (2020). *A Motivação Intrínseca e Extrínseca na Disciplina de Educação Física – As diferenças entre o ensino regular e o ensino profissional*. Universidade da Beira Interior. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário. (MS.c.)

Miguel Ângelo Susano Jacinto (2020). *Efeitos de um Programa de Exercício Físico na Aptidão Física e Qualidade de Vida de Pessoas com Deficiência Intelectual e de Desenvolvimento*. Master “Atividade Física em Populações Especiais” – Escola Superior de Desporto de Rio Maior (ESDRM-IPSantarém). (MS.c.)

Miguel Silva (2020). *A motivação dos alunos associada à prática de modalidades individuais e coletivas nas aulas de Educação Física*. Universidade da Beira Interior. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário. (MS.c.)

Nuno Miguel da Costa Rebelo. *Effects of 12-months multicomponent exercise program on blood pressure in postmenopausal women*, Mestrado em Ciências do Desporto com Especialização em Atividades de Academia, UTAD. (M.Sc.)

Nuno Miguel Martins Lopes (2020). *Que tipo de exercício (Aeróbio vs. Resistido) possui maior efeito hipotensor em mulheres idosas?* Mestrado em Ciências do Desporto, UTAD. (MS.c.)

- Pedro da Silva Seabra (2020). *A influência de várias frequências de treino contra resistência na força muscular máxima e composição corporal em homens treinados*. 2º Ciclo (Mestrado) Ciências do Desporto- Especialização em Avaliação e Prescrição na Atividade Física, UTAD. (M.Sc.)
- Pedro Miguel Gonçalves Teixeira (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)
- Pedro Miguel Machado Marques (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)
- Pouregbali, Sogand (2020). *The influence of differential learning approach in tactical knowledge of young basketball players*. Dissertação de Mestrado Internacional em Análise da Performance Desportiva. Otto-von-Guericke University (Magdeburg, Germany). (MS.c.)
- Rafael Oliveira (2020). *In-season training load quantification of a top elite European soccer male team*. Universidade da Beira Interior. (Ph.D.)
- Renata Gomes Pinheiro Loupo (2020). *A relação entre as características antropométricas e o rendimento desportivo em jovens nadadores*. Universidade da Beira Interior. Mestrado em Ciências do Desporto. (MS.c.)
- Ricardo Carvalho Silva (2020). *Padrões de atividade física em adultos que sofreram enfarte agudo do miocárdio: estudo piloto*. Dissertação de Mestrado em Ciências do Desporto, ramo de Exercício e Saúde. Universidade da Beira Interior. (MS.c.)
- Ricardo Jorge de Moreira Alves Lopes (2020). *Efeito de um programa comunitário e exercício físico combinado nos níveis de força em mulheres com cancro da mama após tratamento primário*. Mestrado em Exercício Físico e Saúde, Instituto Universitário da Maia, ISMAI. (M.Sc.)
- Roberto Alves Ribeiro (2020). *Relatório Final da Prática de Ensino Supervisionada*. Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário, ISMAI. (M.Sc.)
- Roberto de Melo Machado (2020). *Relatório de Estágio: Best Fit, Viseu. Determinação das respostas fisiológicas a uma série de treino da força muscular*. Dissertação de Mestrado em Ciências do Desporto, ramo de Exercício e Saúde. Universidade da Beira Interior. (M.Sc.)
- Roberto Pablo de Gouveia Gonçalves (2020). *Relatório de Estágio – Clube de Natação da Guarda. Avaliação da evolução da prestação desportiva ao longo de uma época desportiva*. Dissertação de Mestrado em Ciências do Desporto, ramo de Treino Desportivo. Universidade da Beira Interior. (M.Sc.)
- Rodrigo Poderoso de Souza (2020). *Crossfit: Efeitos agudos e adaptações crónicas e imunológicas em indivíduos submetidos a 6 meses de treinamento físico*. Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)
- Sílvia Ariana Soares (2020). *Gestão na Autarquia de Gondomar, Mestrado em Gestão Desportiva*, Faculdade de Desporto da Universidade do Porto. (M.Sc.)

Stephanie Helen Kruger (2020). *Incidents and sanctioning of illegal and dangerous ruck cleanouts during the 2016-2020 under 18 Craven Week rugby tournament*. Department of Sport Science, Faculty Faculty of Medicine and Health Sciences at Stellenbosch University. (M.Sc.)

Tânia Luísa da Silva Faustino (2020). *Motivação Situacional e Comportamentos Automáticos em Praticantes de Ginásio*. Mestrado em Atividade Física em Populações Especiais – Escola Superior de Desporto de Rio Maior do Instituto Politécnico de Santarém (ESDRM-IPSantarém). (MS.c.)

Tatiana Maria Xavier Duarte. *Influência de superfícies instáveis no comportamento das forças reativas do apoio durante o exercício de agachamento em idosos*, Mestrado em Gerontologia: Atividade Física e Saúde no Idoso, UTAD. (M.Sc.)

Telma Filipa Rodrigues Pereira Pires. *Effects of pelvic floor muscles training on prevention and treatment of stress urinary incontinence in athletes*, Doutoramento em Ciências do Desporto, UTAD. (Ph.D.)

Tiago Daniel Almeida Lopes (2020). *Efeito do tempo de recuperação entre séries na função muscular de uma sequência de exercícios de treino de força para os grupos musculares bíceps e tríceps*. Mestrado em Ciências do Desporto, especialização em atividades de academia, UTAD. (M.Sc.)

Tou Nien Xiang (2020). *Perceptual Cues In Regulation Of Exercise Intensity*. Nanyang Technological University. (Ph.D.)

Vera Catarina Barros Silva (2020). *Relatório de Prática de Ensino Supervisionada. 2º Ciclo* (Mestrado) em Ensino de Educação Física nos Ensinos Básico e Secundário, UTAD. (M.Sc.)

Vitor Manuel Fontes Ferreira (2020). *The effects of application of lateral wedge insoles on medial osteoarthritis of the knee*. Faculty of Sport of the University of Porto. (Ph.D.)

TOTAL (M.Sc.) = 71

TOTAL (Ph.D.) = 15

5. Organization of conferences

43th Technical and Scientific Congress of the Portuguese Swimming Coaches Association (www.aptn.pt), Odivelas, Portugal, 2020

8th Congress of the Confederation of Coach Associations, Odivelas, 2020

8th National Gymnastics Congress - 6th International Gymnastics Congress, Gymnastics: The Future Today. 1st to 8th of december 2020. Live and online, Portugal. Registered CCPFC/ACC-109549/20

Seminar “*Ética no Desporto: Condições gerais e a especificidade nos Desportos de Inverno*”, 10th December 2020, Universidade da Beira Interior

Seminar on “*Telework: the Future is Today*”. July 23, 2020. Quinta do Crasto – Sabrosa

Seminar. Porque é importante saber investigar sobre a e na formação de professores em educação Física. June 15-26, 2020. ISMAI, Maia, Portugal

Webinar “I Webinar Sport Management ISMAI: Sports sponsorship”. June 25, 2020. ISMAI: Maia (Teams platform)

Webinar on “II Webinar Gestão do Desporto ISMAI: Clubes Desportivos”, October 22, 2020. ISMAI: Maia (Teams platform)

Workshop “Nature and Health Promotion to Face Climate Change”, 27th February 2020. UTAD, Vila Real.

XV Seminar on “Childhood Motor Development”. 13-14 November 2020. Escola Superior de Educação, Instituto Politécnico de Coimbra, Portugal.

XXX Jornadas Luso Espanholas de Gestão Científica. Bragança, Instituto Politécnico de Bragança. 5 a 8 de fevereiro de 2020.

6. Internationalization

Aldo Costa:

- Member of the scientific board of the Revista de Investigación en Actividades Acuáticas.
- Referee and international editorial board member of the Revista Motricidade
- 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)”
- Member of the international working group “Swimming for all, swimming for life” led by the Fédération Internationale de Natation (FINA).
- Selected member to be part of the 7th international coach development program promoted by the NSSU Coach Developer Academy (NCDA) and International Council for Coaching Excellence - NCDA Coach Development System Building Program (<https://www.ncda.tokyo/>)

Anabela Vitorino:

- Referring and Editor for Revista Científica da FPDD – Conhecer Mais para Incluir Melhor

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; Norwegian Sport Science School; Norway; Brno University of Technology, Czech Republic; University of Pécs, Pécs, Hungria.

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.
- Member of the Editorial Board as Review Editor for Frontiers in Sports and Active Living - Elite Sports and Performance Enhancement (since 2020)
- Member of the Journal Topics Board in International Journal of Environmental Research and Public Health (since 2020)
- Refereeing for several academic journals

António Silva:

- Refereeing for the Sports Engineering; International Journal of Sports Medicine; Journal of Strength and Conditioning Research; Journal of Frontiers in Physiology

António Sousa:

- Refereeing for the Journal of Environmental Research and Public Health; Clinical Biomechanics; International Journal of Sports Medicine; Journal of Strength and Conditioning Research; Sustainability; Healthcare; Journal of Sports Science; Sports; Motricidade

Aurélio Faria:

- Research collaboration with Prof. Nicholas Stergiou, School of Sport, Exercise and Rehabilitation, University of Nebraska, Omaha, EUA, 2020.
- Research collaboration with Prof. Mark L. Watsford, School of Sport, Exercise and Rehabilitation, University of Technology Sydney, Sydney, Australia, 2020.
- Research collaboration with Prof. Massimiliano Ditroilo, School of Public Health, Physiotherapy and Sports Science, University College Dublin, Ireland, 2020.
- Research collaboration with Prof. Kostas Gianikellis, Universidad de Extremadura, Extremadura, Spain 2020.
- Refereeing for the Journal of Applied Biomechanics May 2020.

Bruno Travassos:

- Membro do corpo editorial - Frontiers in psychology, Movement Science and Sport Psychology, Associate Editor; Frontiers in psychology, Movement Science and Sport Psychology, Futsal research and challenges for sport development, Topic editor; Sports, Editorial Board Member; Sports, Futsal – From training to competition, Guest Editor
- Membro júri de mestrado e doutoramento universidades estrangeiras: Marcos Xavier (2020) A transição de atletas de futebol para o futsal: um estudo descritivo. Mestrado em Ciências do Movimento Humano, Universidade Federal do Rio Grande do Sul, Brasil; Changjing Zhou (2020) Evolution of technical and physical match performances in the chinese soccer super league. Doutoramento em Ciencias de la Actividad Física y del Deporte. Universidad Politécnica de Madrid. Vogal e Arguente
- Teaching collaboration and International seminars: Travassos, B. (2020) The coach as designer – From competition to the design of practice tasks in futsal. I Jornadas Small Sided and Conditioned Games. Universidad Rey Juan Carlos. Madrid. Spain; Travassos, B. (2020) The coach as designer – From competition to the design of practice tasks in futsal. Summerchool 2020. University Rouen. Normandie. France; Travassos, B. (2020) Monitoring and control of training in futsal. Master in Sport Sciences. Universidad Europea del Atlantico; Travassos, B. (2020) Tomada de decisão no futsal. I Summit Internacional Futsal 360°. On-line; Travassos, B. (2020) Tomada de decisão no futsal. Como treinar? Associação de treinadores de futsal do Rio de Janeiro. On-line.

Carlos Almeida:

- Review board of Revista Baiana de Enfermagem
- Review board of Revista "Open Medicine"

Carolina Vila-Chã:

- Associate editor - Journal of Motricidade
- Refereeing for: Sports Biomechanics, Jan and Jun 2020; International Journal of Environmental Research and Public Health, Sep, Nov and Dec 2020; Journal of Electromyography and Kinesiology, Jun and Oct 2020; Applied Physiology, Nutrition, and Metabolism, Nov 2020; Experimental Physiology, Oct 2020; Egitania Scientia, Feb 2020; Journal of Human Kinetics, Feb 2020
- Ph.D. Juries: FERREIRA B (2020): Aptitud Física, Función Física y Actividad Física en estudiantes universitarios: un estudio de caso de un Estudiante de Deportes. Programa de doutoramento en Educación, Deporte e Saúde. Universidade de Vigo [Arguente Principal]; FERREIRA V (2020): The effects of the application of lateral wedge insoles on medial osteoarthritis of the Knee. Doutoramento em Fisioterapia. Faculdade de Desporto da Universidade do Porto [Arguente Principal].

- Teaching Collaboration: International Master in Performance Analysis of Sport Course, 8th of May 2020.

Catarina Abrantes:

- 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.

Celina Gonçalves:

- Refereeing for American Journal of Human Biology, April 2020.
- Refereeing for Journal of Sports Science and Medicine, November 2020.
- Refereeing for International Journal of Sport Management and Marketing (IJSMM), November 2020.
- Refereeing for Physical Culture and Sport: Studies and Research, September 2020.
- Refereeing for Journal of Sport Pedagogy & Research, December 2020.
- Refereeing for Retos, August 2020.
- Member of the Scientific Committee International Conference on Technologies in Physical Activity and Sport (TAPAS 2020).
- Member of European Association for Sport Management (EASM).

Daniel Marinho:

- Refereeing for the Sports Engineering; Journal of Human Sport and Exercise; International Journal of Sports Medicine; Journal of Strength and Conditioning Research; Journal of Frontiers in Physiology; Plos One
- Internationalization with the Federal University of Paraíba, Brazil (Teaching and Research development).

Diogo Leal:

- Refereeing for the International Journal of Sports Physiology and Performance (IJSPP), May 2020.
- Refereeing for Physical Therapy, November 2020.
- Refereeing for the International Journal of Sports Physiology and Performance (IJSPP), December 2020.
- Invitation to collaborate in International Project involving research centres from 5 different countries entitled Athlete and Practitioners Knowledge and Perceptions of Heat Acclimation and Associated Nutritional Practices.

Diogo Monteiro:

- Referring for the following journals: 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; Journal of Sports Sciences; Quality and Quantity; International Journal of Sports Science and Coaching; Journal of Child and Family Studies; Journal of Physical Activity and Health; Learning and Individual Differences; Sage Open; Sport in Society; Public Health

- Editor for the following journals: Motricidade; Cuadernos de Psicología del Deporte; Frontiers in Psychology; Frontiers in Sports and Active Living

Eduardo Abade:

- Peer Review in 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.

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.
- Trainer of the training course for teachers from groups 260, 620. National Gymnastics Congress. Gymnastics: The Future Today. Registration: CCPFC / ACC-109549/20. Number of accredited hours: 50 hours.
- Refereeing for the Journal of Back and Musculoskeletal Rehabilitation (Manuscript Numbers: BMR-200221 and BMR-200272)
- Refereeing for the Biomedical Human Kinetics (Manuscript ID: BHK-2020-0011)
- Refereeing for the Plos One (Manuscript ID: PONE-D-20-34232)
- Invited Speaker at XIII International Congress of Human Motricity. *New challenges in the Sciences of human motor skills* ONLINE, November 18-21, 2020
- Invited Speaker at International webinar on Aging and Rejuvenation (ARC-2020). Dec 03-04, 2020.
- Invited Speaker at 8th National Gymnastics Congress - 6th International Gymnastics Congress. *Gymnastics: The Future Today*. Dec 01-08, 2020
- Attendance in General Assembly of the International Human Motricity Network (IHMN), in representation of the Research Centre for Sport Sciences, Health & Human Development/University of Trás-os-Montes and Alto Douro. Dec 11, 2020
- Member of International Editorial Board for the Revista Norte Mineira de Educação Física.

Helena Moreira:

- Member of the Academic Committee and Institutional Representative in the Doctorate in Social Sciences and Aging in the scope of the project Universidade Sem Fronteiras (0685_UNISF_1_P). Programa INTERREG VA – Espanha-Portugal (POCTEP) 2014-2020 (Código do Projeto: 0685_UNISF_1_P).
- International Journal of Environmental Research and Public Health (ISBN:1661-7827), Member of the Editorial Panel of the special issue entitled “Ecosystem Health Services and Healthy Living to Face Climate Changes”, since January 2020.
- Collaborator member of the Center for Research on Agroenvironmental and Biological Technologies (CITAB).
- Member of the European Network of Outdoor Sports (ENOS)
- Founding member of the Portuguese Association of Exercise Physiologists
- Member of the International Menopause Society

Henrique Neiva:

- Teaching Collaboration at the Centro Universitário de Anápolis – UniEvangélica, Anápolis, Brazil (20th november 2020) and at the Programa de Pós-Graduação em Ciências do Movimento Humano, do Centro de Ciências da Saúde e do Esporte da Universidade do Estado de Santa Catarina, Florianópolis, Brazil (14th july 2020).

- Associate Editor of the Journal Motricidade, since December 2016.
- Member of Editorial board The Open Sports Sciences Journal, 2020.
- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Effects of Physical Exercise in the Health of Frailty), 2020
- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Biomechanics and Performance in Swimming and Aquatic Activities), 2020
- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Monitoring and Evaluation of Training in Sport and Exercise), 2020
- Invited Section Editor of Sports (special issue: The effects of Physical Exercise on Children's Health in a School Context), 2020.
- Refereeing for the Biology; Scandinavian Journal of Medicine and Science in Sports; International Journal of Environmental Research and Public Health; Behavioral Sciences; Healthcare; Open Sports Sciences Journal; Research Quarterly for Exercise and Sport; Research Medicine and Science in Sports & Exercise; Sports; Sustainability; Journal of Frontiers in Physiology; Journal of Frontiers in Sports and Active Living; Applied Sciences.

Isabel Mourão:

- International Motor Development Researcher Consortium member
- Refereeing for European Journal of Public Health, 2020; Brazilian Journal in Health Promotion, 2020; Revista Motricidade, 2020

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 Ribeiro:

- Lecturer at XI Meeting Internacional de Treinadores de Futebol. Universidade de Coimbra, 2020

Jorge Morais:

- Refereeing for the Sports Biomechanics journal (since 2020); Frontiers in Bioengineering and Biotechnology journal (since 2020); Frontiers in Physiology journal (since 2020); Journal of Sports Medicine and Physical Fitness journal (since 2020); Sustainability journal (since 2020); International Journal of Performance Analysis in Sport journal (since 2020); PLoS ONE journal (since 2020)

José Bragada:

- Refereeing in Studies in sport humanities journal (since 2020) (Poland, Kracow); Applied Sciences journal (since 2020); Heart and Vessels journal (since 2020); Int. Journal of Environmental Research and Public Health (since 2020); Journal of Sports Sciences (since 2020); Sports Biomechanics (since 2020); Sports (since 2020)

Lara Carneiro:

- Guest speaker presentation Carneiro, L. (2020) Noite com Ciência – Multinational Approach of Mental Health of the Older People Towards the Current Pandemic (ONLINE conference: Portugal, Brazil, Norway). Montes Claros, Brazil (June 2020).
- Thesis examination Name: Daniel Fagundes (Master in Neurology/Neurosciences) ; Title: Prevalence of Dementia in Institutionalised Older People ; Degree: Master; University: Federal University Fluminense, Brazil, Date: 30th June 2020 (ONLINE).

Luís Cid:

- Referring for International Journal of Environmental Research and Public Health; Cuadernos de Psicología del Deporte; Frontiers in Psychology
- Editor for the Cuadernos de Psicología del Deporte; Motricidade

Luís Paulo Rodrigues:

- Member of the Editorial Board for Research Quarterly for Exercise and Sport (since september 1, 2018)
- Refereeing for Scandinavian Journal of Medicine & Science in Sports; International Journal of Pediatrics; Journal of Physical Education; Journal of Physical Activity and Health; Research Quarterly for Exercise and Sport; Measurement in Physical Education and Exercise Science; JAMA Pediatrics; Journal of Aging and Physical Activity; International Journal of Pediatrics
- Editing for Frontiers in Physiology

Luís Vaz:

- Teaching collaboration at the University Stellenbosch – South Africa, Sports Science, Graduation and Master Course.
- 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.
- Jury in the Academic Appointments and Promotions Committee (AAPC) of Sports Science Faculty in the process of considering Dr Wilbur Kraak for promotion to Snr Lecture.
- Peer reviewer for assist South Africa's National Research Foundation (NRF) in evaluating the quality, impact and standing of the research portfolio of Prof Wilbur Kraak working in the field/s of "Sport sciences; Sport and Movement studies" who is associated with a Higher Education/Research Institution (HEI) in South Africa (SA).
- Peer reviewer for assist South Africa's National Research Foundation (NRF) in evaluating the quality, impact and standing of the research portfolio of Prof FF Coetzee working in the field/s of "Sport sciences; Sport and Movement studies" who is associated with a Higher Education/Research Institution (HEI) in South Africa (SA).
- 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.

Maria João Lagoa:

- Teaching mobility: Mobility agreement staff mobility for training by ERASMUS+ in Università Degli Studi di Roma "Foro Italico", Italy. During 27/01/2020 till 01/02/2020.
- Participation in international networks
- Membership of International Motor Development Research Consortium (I-MDRC), 2020 - currently.
- Review and editing of scientific articles for prestigious international journals
- Reviewer of the journal BMC Pediatrics, September and October 2020.
- Reviewer of the journal International Journal of Sports Science & Coaching, December 2020.

Mariana Amaral:

- Refereeing for the Journal of Sport Pedagogy and Research, March 2020.
- Refereeing for the Journal of Sport Pedagogy and Research, December 2019
- Refereeing for the Revista de la Educación Física y Deporte de la Red Global, April 2019.

Mário Costa:

- Refereeing for the Frontiers in Sports and Active Living; International Journal of Sports Medicine; Motricidade; Sensors; Frontiers in Bioengineering and Biotechnology; Journal of Sports Medicine & Physical Fitness; Complementary Therapies in Medicine; Motriz; Journal of Applied Biomechanics; Clinical Biomechanics; Sustainability

Mário Marques:

- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Effects of Physical Exercise in the Health of Frailty), 2020
- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Monitoring and Evaluation of Training in Sport and Exercise), 2020
- Invited Section Editor of Sports (special issue: The effects of Physical Exercise on Children's Health in a School Context), 2020.
- Refereeing for the Biology; International Journal of Environmental Research and Public Health; Journal of Strength and Conditioning Research

Nuno Couto:

- Referring for the following journals, during the year 2020
- Ibero-American Journal of Exercise and Sports Psychology (RIPED)
- Journal of Aging and Physical Activity (JAPA)

Nuno Garrido:

- Attending NCSA (NCSU Coach Developer Academy) Cohort 7 "Coach Development System Building" program as a member of APTN (Portuguese Association of Swimming Coaches)
- Membership (<http://lattes.cnpq.br/web/dgp>): o Research Group of Estudos e Pesquisa da Performance, Esporte, Paradesporto e Saúde - GPEPS – Universidade Federal de Sergipe - UFS
- Research Group on Cineantropometria e Desempenho Humano – LABOCINE – Universidade Federal da Paraíba - UFPB
- Research Group on Ciências dos Esportes Aquáticos – Universidade Federal do Rio de Janeiro - UFRJ
- Revised for International Journal of Environmental Research and Public Health, Sports, European Journal of Sports Science

Nuno Leite:

- ERASMUS+ International Master Thesis Week at the Lithuanian Sports University. Inter-university master programme: Performance Analysis of Sport (IMPAS).
- 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).
- Refereeing (i) Journal of Sport Sciences (ii) Frontiers in Psychology (iii) International Journal of Environmental Research and Public Health (iv) SAGE Open (v) PLOS One
- Editor (i) Frontiers in Psychology (ii) Frontiers in Sports and Active Living (iii) International Journal of Environmental Research and Public Health (iv) PLOS One

Pedro Bezerra:

- Refereeing for Revista da Associação Médica Brasileira; Archives of Gerontology and Geriatrics; Archives of Physical Medicine and Rehabilitation; Journal of Aging and Physical Activity; Sports; Motricidade

Pedro Esteves:

- Refereeing “Frontiers” e “Perceptual and Motor Skills”
- Teaching: Lecture, International Master of Performance Analysis in Sport, Universidade de Trás-os-Montes e Alto Douro, Vila Real, Portugal.
- Consultancy: Football Education Course, Leadership Institute, Rhiyad Saudi Arabia.
- Coach Education, II Level, Theory and Methodology of Training, Gnosies, Portugal.

Ricardo Ferraz:

- Invited Section Editor of International Journal of Environmental Research and Public Health (special issue: Monitoring and Evaluation of Training in Sport and Exercise), 2020
- Invited Section Editor of Sports (special issue: The effects of Physical Exercise on Children’s Health in a School Context), 2020.
- Refereeing for the Journal of Human Kinetics; International Journal of Environmental Research and Public Health; Journal of Functional Morphology and Kinesiology; Sports Medicine; Scientific Reports; Sports

Sara Santos:

- Mobility agreement staff mobility for training by ERASMUS+ in Università Degli Studi di Roma "Foro Italico", Italy. During 27/01/2020 till 01/02/2020.
- Consultora da Federação Inglesa de Futebol no Advanced Youth Award (AYA) Course realizado no St. Jorge Park.

Susana Póvoas:

- 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.

Teresa Bento:

- Referring for Critical Reviews in Food Science and Nutrition; Journal of Physical and Health; Journal of Pedagogy and Research

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 June 2020.
- Refereeing for International Journal of Sports Medicine March 2020.

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; Medicine and Science in Sport and Exercise; Applied Physiology, Nutrition, and Metabolism; Cuadernos de Psicología del Deporte; Frontiers in Psychology; International Journal of Human Movement and Sports Sciences; Plos One; Research Quarterly Exercise Sport; Scandinavian Journal of Medicine and Science in Sports; Udea educacion fisica y deporte

Vítor Rodrigues:

- Editorial Board Member of the Revista Aquichan; revista Investigación en Enfermería: Imagen y Desarrollo; revista Investigación y Educación en Enfermería; Journal Health NPEPS; Revista de Enfermagem Referência

7. Government/Organization contract research

- Aldo Costa: President of the Portuguese Association of Swimming Technicians (www.aptn.pt); Member of the executive board of the International Society for Comparative Sport and Physical Education (www.iscpes-info.org).
- Ana Conceição: Consultant in the Control Evaluation of Training and Competition of the Portuguese Swimming Federation.
- António Silva: President of the Portuguese Swimming Federation; Member of the Technical Committee of FINA; Member of the Bureau of COLAN; Member of national sport council (till april 2020); Member of national education council (till December 2020).
- Bruno Travassos: Consultor externo Portugal Football School, Federação Portuguesa de Futebol; Fisologista Futsal, Federação Portuguesa de Futebol; Formador da Federação Portuguesa de Futebol no curso de diretores técnicos de futsal. O Dossier de treino; Vice-presidente Associação Nacional de Treinadores de Futebol.
- Catarina Abrantes: Participation in Coaching Course (level 2) from the Portuguese Football Federation.
- Daniel Marinho: Participation in Coaching Course (level I, II and III) for the Portuguese Swimming Federation.
- Eduarda Coelho: Member of the Direction Executive Board of Portuguese Association Athletics Coaches; Member of the Plenary Assembly of Portuguese Paralympic Committee; Coach of a Paralympic Athlete Integrated in the Tokyo 2020 Project.
- 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 (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, II and III) for the Portuguese Swimming Federation.
- Hugo Louro: Consultant in the Control Evaluation of Training and Competition of the Portuguese Swimming Federation.
- Júlio Martins: Student Ombudsman – University of Beira Interior.
- Maria João Lagoa: Physical Exercise for Toddlers and Infants in Family - Gym4PETIZ, recognized by the General Directorate of Health as an initiative to support the practice of physical activity in social isolation/distance (COVID-19).
- Mário Costa: Technical direction from the Portuguese Association of Swimming Coaches; Participation in coaching update events from the Portuguese Swimming Federation.
- Nuno Garrido: Directive board of the Portuguese Association of Swimming Coaches.
- Pedro Figueiredo: Sports Scientist for the Under 21 Soccer National Team. Portuguese Football Federation; Head of performance for the professional referees. Portuguese Football Federation.

- Ricardo Ferraz: Management and coordination of Football Association of Castelo Branco in the framework of the 2020+ project of the Portuguese Football Federation; Participation as representative for the “integrity” of the Portuguese Football Federation; Coordinator of the Clubs Certification of the Portuguese Football Federation in Castelo Branco; Participation in Coaching Courses from the Castelo Branco Football Association.
- Rui Brás: Technical and scientific report on R&D projects submitted to the Incentive Systems for Research and Technological Development (SI I&DT). ANI, Agência Nacional de Inovação, SA.
- Tiago Barbosa: Member of the Committee for Science and Development of the Portuguese Olympic Committee (Portugal, since May 2017); Director for High-Performance for the Portuguese Swimming Federation (Portugal, Since January 2020).

8. Awards

- 1st Prize of the 8th edition of the FPDD Scientific Magazine “Knowing More to Include Better”, awarded by the Portuguese Federation of Sport for People with Disabilities (FPDD), in the 5th FPDD Seminar (online) under the theme “Knowing More to Include Better”, on 2020/12/03, work entitled: “Impact of passion on behavioural regulation and subjective well-being”. Authors: **Anabela Vitorino, Luís Cid, Teresa Bento**, Diogo S. Teixeira and **Diogo Monteiro**.
- Menção honrosa do Comité Olímpico de Portugal (COP), referente à V edição do concurso COP/Fundação Millenium BCP, Ciências do Desporto. Salão nobre da Faculdade de Motricidade Humana da Universidade de Lisboa no dia 13 de outubro de 2020 com o trabalho intitulado: *Diz-me o que fizeste no passado e dir-te-ei o que farás: Análise longitudinal da prática de exercício físico em ginásios e health clubs*. Autores: **Filipe Rodrigues**, Diogo S. Teixeira, **Luís Cid** e **Diogo Monteiro**
- Prémio de Investigação do Centro de Investigação em Qualidade de Vida (CIEQV) – 2^o lugar, no âmbito do 1^o concurso internacional do CIEQV, com o projeto intitulado: *Motivational and Emotional Patterns in Quality of life: the role of structured Physical Activity*, no dia 25/09/2020. Autores: **Filipe Rodrigues, Luís Cid** e **Diogo Monteiro**
- Prémio de Investigação António Paula Brito atribuído pela Sociedade Portuguesa de Psicologia do Desporto (SPPD) no âmbito das XXI Jornadas da Sociedade Portuguesa de Psicologia do Desporto, realizadas em formato online a partir da Faculdade de Ciências do Desporto e Educação Física da Universidade de Coimbra, com o trabalho intitulado: “*A relação instrutor-praticante nas necessidades psicológicas básicas do praticante*” que decorreu nos dias 6 e 7 de Novembro de 2020. Autores: **Filipe Rodrigues, Henrique Neiva**, Diogo S. Teixeira, **Luís Cid**, Luis Silva e **Diogo Monteiro**

9. Patents

- **Faria, A., Gabriel, R., Brás, R., Moreira, H., Skiadopoulos A. & Silva D. (2020).** Sistema de obstáculos a acoplar e/ou integrar em tapetes rolantes. Patente Nacional com registo provisório pelo Instituto Nacional de Propriedade Industrial com o N° 116224.

10. Future Research

"La Caixa" Fellowships: Programme Postdoctoral Junior Leader – Retaining 2020. Submitted project under evaluation.

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, 2020-2021, submitted to evaluation.

As conceções sobre as práticas em Educação Física e os programas de formação de Professores. FCT-PTDC/DES/____/2021

COST Action project OC-2016- 21344 on the theme "Sport Economics: Market Costs Network, Actors and Public Policies". Funded by the Horizon 2020 program of the European Union.

Counteract Functional Decline Through Velocity-Controlled Strength Training. Projeto de investigação a ser submetido a financiamento no âmbito do EEA Grants.

Educação Física Criativa como experiência vivencial de aprendizagem para melhorar as competências socioemocionais e os níveis de condição física. FCT-PTDC/DES/0254/2020

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. Funding: 100000 €

Experienti@. Projeto a ser submetido a financiamento no âmbito do “Exchanges and mobility in sport” – UE led by the Portuguese Swimming Federation (FPN), in collaboration with the Portuguese Swimming Coaches Association (APTN). 2021-2023. Amount financed 199785.00 €

Gulbenkian Knowledge Academies - Skills4genius: Project to promote social skills in children and young people at schools of Municipalities of Cova da Beira. AMCB (Associação Municípios Cova da Beira) e UBI. 2020-2022; Co-funding 60% (30.000,00€) by Calouste Gulbenkian Foundation.

ThermalWater4Health: contributions to the sustainable development of the Interior. PD20-00001, submitted to evaluation.

Wave by Wave, Fundação Calouste Gulbenkian. PCA010 - Empoderar os grupos vulneráveis, submitted to evaluation.