



**Interdisciplinary Center for the Study of Human Performance**

Scientific Production Report 2021

January, 2022

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## Scientific Production 2021

### Books with National and International Distribution

#### Books with International Distribution

1. Araújo, D., Couceiro, M. S., Seifert, L., Sarmento, H., & Davids, K. (2021). Artificial intelligence in sport performance analysis (1<sup>st</sup> ed.). New York and London: Routledge.  
<https://www.routledge.com/Artificial-Intelligence-in-Sport-Performance-Analysis/Araujo-Couceiro-Seifert-Sarmento-Davids/p/book/9780367254377>
2. Button, C., Seifert, L., Chow, J. Y., Araújo, D., & Davids, K. (2021). Dynamics of Skill Acquisition: an ecological dynamics approach (2<sup>nd</sup> ed.). Champaign, IL: Human Kinetics.  
<https://www.human-kinetics.co.uk/9781492563228/dynamics-of-skill-acquisition/>
3. Cabri, J., Pezarat-Correia, P., & Vilas-Boas, J. (Eds.). (2021). Book of Abstracts of the Sport Science Research and Technology Support: 9th International Congress, IcSPORTS 2021. Valeta, Malta: Scitepress.  
<https://www.scitepress.org/ProceedingsDetails.aspx?ID=E68GdQDSKuE=&t=1>
4. Marques, A., & Gouveia, E. R. (2021). Sedentary behaviour: A contemporary view. London, United Kingdom: IntechOpen Limited. <https://www.intechopen.com/books/10233>
5. Marques, A., Demetriou, Y., Popovic, S., & Sarmento, H. (2021). Monitoring and promoting a physical activity and physical fitness in children. Lausanne: Frontiers Media SA.  
<https://doi.org/10.3389/978-2-88966-600-3>

#### Books with National Distribution

1. Branquinho, C., Carvalho, M., Cerqueira, A., Simões, C., Gaspar, T., Marques, A., Loureiro, V., Loureiro, N., & Matos, M. G. (2021). Ative a sua escola: ecossistemas de saúde, consumo de substâncias e comunicação online. Instituto Politécnico de Beja. ISBN: 978-989-8008-58-9
2. Loureiro, N., Loureiro, V., Marques, A., & Matos, M. G. (2021). Ative a sua escola: atividade física. Instituto Politécnico de Beja. ISBN: 978-989-8008-55-8.
3. Pezarat-Correia, P. (2021). Aparelho Locomotor, Volume II: Coordenação Neuromuscular e Adaptações à Atividade Física. Lisboa: Edições FMH. (4th ed.). ISBN: 978-972-735-247-0.  
<https://bibliografia.bnportugal.gov.pt/bnp/bnp.exe/registo?2065939>

4. Santos-Rocha, R., Freitas, J. P., Carvalho, M. F. (2021). Gravidez Ativa: Manual do Programa de Exercício Físico. Santarém, Portugal: Escola Superior de Rio Maior, Instituto Politécnico de Santarém  
[https://www.researchgate.net/publication/354386580\\_GRAVIDEZ\\_ATIVA\\_-\\_MANUAL\\_DO\\_PROGRAMA\\_DE\\_EXERCICIO\\_FISICO\\_Active\\_Pregnancy\\_-\\_Exercise\\_Program\\_Portuguese](https://www.researchgate.net/publication/354386580_GRAVIDEZ_ATIVA_-_MANUAL_DO_PROGRAMA_DE_EXERCICIO_FISICO_Active_Pregnancy_-_Exercise_Program_Portuguese)
5. Santos-Rocha, R., & Nunes-Santos C. (2021). Caderneta da Escola Ativa (2<sup>nd</sup> ed.). Programa de Exercício Físico. Santarém, Portugal: Escola Superior de Rio Maior, Instituto Politécnico de Santarém.
6. Sarmento, H., & Araújo, D. (2021). A Geração de Ouro: Viagem ao processo que revolucionou o futebol Português. Lisboa, Portugal: Lisbon Internacional Press.  
<https://www.lisboninternationalpress.com/livraria/a-geracao-de-ouro-viagem-ao-processo-que-revolucionou-o-futebol-portugues>
7. Verdelho, A., & Santa-Clara, H. (2021). Toca a mexer! O seu cérebro agradece: Exercícios para melhorar a sua saúde vascular. Lisboa, Portugal: LIDEL Saúde e Bem-estar.  
<https://www.lidel.pt/pt/catalogo/ciencias-da-saude/saude-bem-estar/toca-a-mexer-o-seu-cerebro-agradece/>

### **Chapters within Books with National and International Distribution**

#### Chapters in Books with International Distribution

1. Bernardes, S., Assunção, A., Fuijão, C., & Carnide, F. (2021). Functional capacity profiles adjusted to the age and work conditions in automotive industry. In Arezes, P., Baptista, J. S., Carneiro, P., Castelo Branco, J., Costa, N., Duarte, J., Guedes, J. G., Melo, R. B., Miguel, S., & Perestrelo, G. (Eds). Occupational and Environmental Safety and Health III. Switzerland: Springer; vol. I: 555- 567. ISBN 978-3-030-89617-1. <https://doi.org/10.1007/978-3-030-89617-1>
2. Dias, S.B., Hadjileontiadou, S.J., Alves Diniz, J., Hadjileontiadis, L.J. (2021). FuzzyQoI-Based Estimation of the Quality of Interaction in Online Learning Amid Covid-19: A Greek Case-Study. In Reis. A., Barroso. J., Lopes. J.B., Mikropoulos. T., & Fan, C. W. (Eds.) Technology and Innovation in Learning, Teaching and Education (pp. 249-262). TECH-EDU 2020. Communications in Computer and Information Science, vol 1384. Switzerland: Springer, Cham. [https://doi.org/10.1007/978-3-030-73988-1\\_19](https://doi.org/10.1007/978-3-030-73988-1_19)

3. Marconcin, P., Zymbal, V., Gouveia, E. R., Jones, B., & Marques, A. (2021). Sedentary Behaviour: Definition, Determinants, Impacts on Health, and Current Recommendations. In Marques, A., & Rúbio, E. (Eds.). *Sedentary Behaviour: A Contemporary View*. IntechOpen. <https://doi.org/10.5772/intechopen.100250>. Available online in <https://www.intechopen.com/chapters/78658>
4. Marconcin, P., Júdice, P. B., Ferrari, G., Werneck, A., & Marques, A. (2021). Methods of assessing sedentary behaviour. In A. Marques & E. R. Gouveia (Eds.), *Sedentary behaviour – A contemporary view* (pp. 19-37). IntechOpen. <https://doi.org/10.5772/intechopen.99567>
5. Silva, A. M. (2021). Assessing fat and fat-free mass: two-, three-, and four-compartment models at the molecular level. In E. Marini (Eds.), *Bioimpedance methods for body composition assessment. Applications in sport science* (pp. 41-52). Cagliari, Italy: UNICADOI. <https://unicapress.unica.it/index.php/unicapress/catalog/book/978-88-3312-033-1>
6. Volossovitch, A. & Debanne, T. (2021). Home Advantage in Handball. In Gómez-Ruano, M. A., Pollard, R., & Lago-Peñas, C. (Eds.) *Home Advantage in Sport. Causes and the Effect on Performance* (pp. 220-227). London: Routledge. <https://www.routledge.com/Home-Advantage-in-Sport-Causes-and-the-Effect-on-Performance/Gomez-Ruano-Pollard-Lago-Penas/p/book/9780367533267>

#### Chapters in Books with National Distribution

1. Borges M., & Santa-Clara, H. (2021). E quando a vontade não chega. Que dicas nos dão os profissionais. In Verdelho, A. & Santa-Clara, H. (Eds.) *Toca a mexer! O seu cérebro agradece. Exercícios para melhorar a sua saúde vascular*. Lisboa, Portugal: LIDEL Saúde e Bem-estar. <https://www.lidel.pt/pt/catalogo/ciencias-da-saude/saude-bem-estar/toca-a-mexer-o-seu-cerebro-agradece/>
2. Godinho, C., Ribeiro, S. S., Encantado, J., Marques, M. M. (2021). Intervenções Digitais de mudança Comportamental em Saúde. In I. Leal & J. L. Pais-Ribeiro (Eds.). *Manual de Psicologia da Saúde*. (pp. 67-76). Lisboa, Portugal: Pactor. <https://www.pactor.pt/pt/catalogo/ciencias-sociais-ciencias-forenses/psicologia/manual-de-psicologia-da-saude/>
3. Marques, M. M., Encantado, J., Silva, M. N. (2021). Teoria da Autodeterminação. In I. Leal & J. L. Pais-Ribeiro (Eds.). *Manual de Psicologia da Saúde*, (pp. 85-89). Lisboa, Portugal:

Pactor. <https://www.pactor.pt/pt/catalogo/ciencias-sociais-ciencias-forenses/psicologia/manual-de-psicologia-da-saude/>

4. Mercê, C., Branco, M., Catela, D., & Cordovil, R. (2021). Aprender a andar de bicicleta: Padrões de locomoção na bicicleta de equilíbrio, composição corporal e competência motora. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 15-18). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>
5. Moreira, M., Veiga, G., Lopes, F., & Cordovil, R. (2021). American Environment and Policy Assessment and Observation Self-Report (EPAO – SR): Processo de tradução e adaptação para avaliar as oportunidades para a atividade física no jardim de infância em Portugal. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 133-136). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>
6. Pereira, J.V., Veiga, G., Vila-Nova, F., Lopes, F., & Cordovil, R. (2021). A relação entre o espaço exterior e a criança que brinca: que domínios têm sido investigados? In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 23-27). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>
7. Pombo, A., Cordovil, R., Rodrigues, L.P., Moreira, A.C., Borrego, R., Machado, M., Costa, V., Almeida, A., Tavares, A.S., Sá, C., Luz, C (2021). O papel da competência motora e da aptidão física em marcadores de saúde. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 57-60). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>
8. Rodrigues, L.P., Cordovil, R., Luz, C., & Lopes, V. (2021). Validação configural do MCA (Motor Competence Assessment) da infância à idade adulta. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 207-212). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>
9. Santos, C., Barreiros, J., & Cordovil, R. (2021). Efeitos da "natação do bebé"- Caracterização de ambientes. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 73-75). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>

10. Vila-Nova, F., Oliveira, R., & Cordovil, R. (2021). Perfil clínico e participação de crianças e adolescentes com paralisia cerebral na natação. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 285-288). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1.  
<https://dspace.uevora.pt/rdpc/handle/10174/30605>
11. Vila-Nova, F., Oliveira, R., Duarte, A., Gonçalves, H. & Cordovil, R. (2021). Tricicleta: revisão dos estudos com crianças e adolescentes com paralisia cerebral. In Matias, A., Almeida, G., Veiga, G., & Marmeleira, J. (Eds.) Estudos de Desenvolvimento Motor da Criança XIV (pp. 289-292). Universidade de Évora: Évora, Portugal. ISBN: 978-972-778-216-1. <https://dspace.uevora.pt/rdpc/handle/10174/30605>
12. Volossovitch, A. (2021). Os talentos desenvolvem-se! Etapas da seleção desportiva em andebol. In Ibáñez, S. J., Antúnez, A., & Feu, S. (Eds.). Nuevas Tendencias para el Impulso del Talento Deportivo (pp. 143-156). Sevilla: Wanceulen Editorial.  
[https://www.libreriadeportiva.com/libro/nuevas-tendencias-para-el-impulso-del-talento-deportivo\\_74857](https://www.libreriadeportiva.com/libro/nuevas-tendencias-para-el-impulso-del-talento-deportivo_74857)

### **Research Papers in National and International Journals (WoS Indexed)**

#### Research Papers in International Journals

#### Published (1st Quartile)

1. Aburto, M. J., Romero, D., Rezende, L. F. M., Sanchez, Z. M., Bolados, C. C., Guzmán-Habinger, J., Rios, M., Suárez-Reyes, M., Marques, A., Drenowatz, C., Cristi-Montero, C., & Ferrari, G. (2021). Prevalence and co-occurrence of lifestyle risk factors for non-communicable diseases according to sociodemographic characteristics among adults Chilean residents. *Scientific Reports*, 11(1), 21702. <https://doi.org/10.1038/s41598-021-01167-9>. IF = 4.380. Q1 (Multidisciplinary Sciences)
2. Alcazar, J., Alegre, L. M., Van Roie, E., Magalhães, J. P., Nielsen, B. R., Gonzalez-Gross, M., Jódice, P. B., Casajus, J. A., Delecluse, C., Sardinha, L. B., Suetta, C., & Ara, I. (2021). Relative sit-to-stand power: aging trajectories, functionally relevant cut-off points, and normative data in a large European cohort. *Journal Of Cachexia Sarcopenia And Muscle*, 12(4), 921–932. <https://doi.org/10.1002/jcsm.12737>. IF = 12.91. Q1 (Geriatrics & Gerontology) & Q1 (Medicine, General & Internal)

3. Alcazar, J., Alegre, L. M., Suetta, C., Jódice, P. B., Van Roie, E., Gonzalez-Gross, M., Rodríguez-Mañas, L., Casajus, J. A., Magalhães, J. P., Nielsen, B. R., García-García, F.J., Delecluse, C., Sardinha, L. B. & Ara, I. (2021). Threshold of Relative Muscle Power Required to Rise from a Chair and Mobility Limitations and Disability in Older Adults. *Medicine And Science In Sports And Exercise*, 53(11), 2217-2224. <https://doi.org/10.1249/MSS.0000000000002717>. IF = 5.411. Q1 (Sport Sciences)
4. Almeida, T. A. F., Pessoa, D. M., Espada, M. C., Reis, J. F., Sancassani, A., Massini, D. A., Santos, F. J., & Alves, F. B. (2021). Physiological Responses During High-Intensity Interval Training in Young Swimmers. *Frontiers In Physiology*, 12. <https://doi.org/10.3389/fphys.2021.662029>. IF = 4.566. Q1 (Physiology)
5. Antunes, M., Kassiano, W., Silva, A. M., Schoenfeld, B. J., Ribeiro, A. S., Costa, B., Cunha, P. M., Junior, P. S., Cyrino, L. T., Teixeira, D. C., Sardinha, L. B., & Cyrino, E. S. (2021). Volume Reduction: Which Dose is Sufficient to Retain Resistance Training Adaptations in Older Women? *International Journal Of Sports Medicine*. <https://doi.org/10.1055/a-1502-6361>. IF = 3.118. Q1 (Sport Sciences)
6. Assunção A, Moniz-Pereira V, Fujão C, Veloso AP, Carnide F (2021). Predictive factors of short-term related musculoskeletal pain in the automotive industry. *International Journal of Environmental Research and Public Health*. IF = 3.390. Q1 (Public, Environmental & Occupational Health), Q2 (Public, Environmental & Occupational Health) & Q2 (Environmental Science)
7. Baak, M. A., Pramono, A., Battista, F., Beaulieu, K., Blundell, J. E., Busetto, L., Carraça, E. V, Dicker, D., Encantado, J., Ermolao, A., Farpour-Lambert, N., Woodward, E., Bellicha, A., & Oppert, J. M. (2021). Effect of different types of regular exercise on physical fitness in adults with overweight or obesity: Systematic review and meta-analyses. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13239>. IF = 9.213. Q1 (Endocrinology & Metabolism)
8. Barros, G. M., Melo, F., Domingos, J., Oliveira, R., Silva, L., Fernandes, J. B., & Godinho, C. (2021). The Effects of Different Types of Dual Tasking on Balance in Healthy Older Adults. *Journal Of Personalized Medicine*, 11(9). <https://doi.org/10.3390/jpm11090933>. IF = 4.945. Q1 (Health Care Sciences & Services) & Q1 (Medicine, General & Internal)
9. Barros, J. G., Afonso, M., Martins, A. T., Carita, A. I., Clode, N., Ayres-de-Campos, D., & Graca, L. M. (2021). Transabdominal and transperineal ultrasound versus routine care before instrumental vaginal delivery - A randomized controlled trial. *Acta Obstetricia Et Gynecologica Scandinavica*, 100(6), 1075–1081. IF = 3.636. Q1 (Obstetrics & Gynecology)

10. Battista, F., Ermolao, A., van Baak, M. A., Beaulieu, K., Blundell, J. E., Busetto, L., Carraça, E. V., Encantado, J., Dicker, D., Farpour-Lambert, N., Pramono, A., Bellicha, A., & Oppert, J. M. (2021). Effect of exercise on cardiometabolic health of adults with overweight or obesity: Focus on blood pressure, insulin resistance, and intrahepatic fat-A systematic review and meta-analysis. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13269>. IF = 9.213. Q1 (Endocrinology & Metabolism)
11. Beaulieu, K., Blundell, J. E., van Baak, M. A., Battista, F., Busetto, L., Carraça, E. V., Dicker, D., Encantado, J., Ermolao, A., Farpour-Lambert, N., Pramono, A., Woodward, E., Bellicha, A., & Oppert, J. M. (2021). Effect of exercise training interventions on energy intake and appetite control in adults with overweight or obesity: A systematic review and meta-analysis. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13251>. IF = 9.213. Q1 (Endocrinology & Metabolism)
12. Beck, H., Tesler, R., Barak, S., Moran, D. S., Marques, A., & Harel Fisch, Y. (2021). Can health-promoting schools contribute to better health behaviors? Physical activity, sedentary behavior, and dietary habits among Israeli adolescents. *International Journal of Environmental Research and Public Health*, 18(3), 1183. <https://doi.org/10.3390/ijerph18031183>. IF = 3.390. Q1 (Public, Environmental & Occupational Health), Q2 (Public, Environmental & Occupational Health) & Q2 (Environmental Science)
13. Bellicha, A., van Baak, M. A., Battista, F., Beaulieu, K., Blundell, J. E., Busetto, L., Carraça, E. V., Dicker, D., Encantado, J., Ermolao, A., Farpour-Lambert, N., Pramono, A., Woodward, E., & Oppert, J. M. (2021a). Effect of exercise training before and after bariatric surgery: A systematic review and meta-analysis. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13296>. IF = 9.213. Q1 (Endocrinology & Metabolism)
14. Bellicha, A., van Baak, M. A., Battista, F., Beaulieu, K., Blundell, J. E., Busetto, L., Carraça, E. V., Dicker, D., Encantado, J., Ermolao, A., Farpour-Lambert, N., Pramono, A., Woodward, E., & Oppert, J. M. (2021b). Effect of exercise training on weight loss, body composition changes, and weight maintenance in adults with overweight or obesity: An overview of 12 systematic reviews and 149 studies. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13256>. IF = 9.213. Q1 (Endocrinology & Metabolism)
15. Brazendale, K., Beets, M. W., Armstrong, B., Weaver, R. G., Hunt, E. T., Pate, R. R., Brusseau, T. A., Bohnert, A. M., Olds, T., Tassitano, R. M., Tenorio, M. C. M., Garcia, J., Andersen, L. B., Davey, R., Hallal, P. C., Jago, R., Kolle, E., Kriemler, S., Kristensen, P. L., ... van Sluijs, E. M. F. (2021). Children's moderate-to-vigorous physical activity on

- weekdays versus weekend days: a multi-country analysis. *The International Journal of Behavioral Nutrition and Physical Activity*, 18(1), 28. <https://doi.org/10.1186/s12966-021-01095-x>. IF = 6.457. Q1 (Nutrition & Dietetics) & Q1 (Physiology)
16. Brito, H., Carraça, E., Palmeira, A., Ferreira, J., Vleck, V., & Araújo, D. (2021). Benefits to Performance and Well-Being of Nature-based Exercise: A Critical Systematic Review and Meta-analysis. 56(1), pp. 62-77. <https://doi.org/10.1021/acs.est.1c05151>. *Environmental Science & Technology*. IF = 9.028. Q1 (Engineering, Environmental) & Q1 (Environmental Sciences)
  17. Burnay, C., Cordovil, R., Button, C., Croft, J. L., Schofield, M., Pereira, J., & Anderson, D. I. (2021). The effect of specific locomotor experiences on infants' avoidance behaviour on real and water cliffs. *Dev Sci*, 24(3), e13047. <https://doi.org/10.1111/desc.13047> IF = 5.131. Q1 (Psychology, Developmental)
  18. Campa, F., Matias, C. N., Nunes, C. L., Monteiro, C. P., Francisco, R., Jesus, F., Marini, E., Sardinha, L. B., Martins, P., Minderico, C., & Silva, A. M. (2021). Specific Bioelectrical Impedance Vector Analysis Identifies Body Fat Reduction after a Lifestyle Intervention in Former Elite Athletes. *Biology-Basel*, 10(6). <https://doi.org/10.3390/biology10060524>. IF = 5.079. Q1 (Biology)
  19. Capitão, C., Coutinho, D., Neves, P. M., Capelas, M. L., Pimenta, N. M., Santos, T., Makitie, A., & Ravasco, P. (2021). Protein intake and muscle mass maintenance in patients with cancer types with high prevalence of sarcopenia: a systematic review. *Supportive Care In Cancer*. <https://doi.org/10.1007/s00520-021-06633-8>. IF = 3.603. Q1 (Rehabilitation), Q2 (Health Care Sciences & Services) & Q3 (Oncology)
  20. Carraça, E., Encantado, J., Battista, F., Beaulieu, K., Blundell, J., Busetto, L., van Baak, M., Dicker, D., Ermolao, A., Farpour-Lambert, N., Pramono, A., Woodward, E., Bellicha, A., & Oppert, J. M. (2021a). Effective behavior change techniques to promote physical activity in adults with overweight or obesity: A systematic review and meta-analysis. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13258>. IF = 9.213. Q1 (Endocrinology & Metabolism)
  21. Carraça, E. V., Encantado, J., Battista, F., Beaulieu, K., Blundell, J. E., Busetto, L., van Baak, M., Dicker, D., Ermolao, A., Farpour-Lambert, N., Pramono, A., Woodward, E., Bellicha, A., & Oppert, J. M. (2021b). Effect of exercise training on psychological outcomes in adults with overweight or obesity: A systematic review and meta-analysis. *Obesity Reviews*, 22. <https://doi.org/10.1111/obr.13261>. IF = 9.213. Q1 (Endocrinology & Metabolism)
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27. Videira-Silva, A., Hetherington-Rauth, M., Sardinha, L. B., & Fonseca, H. (2021b). The effect of a physical activity consultation in the management of adolescent excess weight: Results from a non-randomized controlled trial. *Clinical Obesity*, 11(6). <https://doi.org/10.1111/cob.12484>. IF = n/a. Quartile (n/a).

### **Research Papers in National and International Journals (not WoS Indexed)**

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1. Altenburg, M., Farinha, C., Santos, C., Mercê, C., Catela, D., & Branco, M. (2021). Analysis of Motor Behavior based on Recurrence Analysis in adults with Autism Spectrum and Neurotypicals in a Dynamic Balance Task: a pilot study. *Cuadernos de Psicología del Deporte*, 21(3), 233-242. <https://doi.org/10.6018/cpd.478791>

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3. Cordovil, R., Ribeiro, L., Moreira, M., Pombo, A., Rodrigues, L. P., Luz, C., Veiga, G., & Lopes, F. (2021). Effects of the covid-19 pandemic on preschool children and preschools in Portugal. *Journal of Physical Education and Sport*, 21(1), 492–499. <https://doi.org/10.7752/jpes.2021.s1052>.
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16. Siegle, C., Pombo, A., Luz, C., Rodrigues, L. P., Cordovil, R., & As, C. (2021). Influences of family and household characteristics on the level of child physical activity during social distancing by COVID-19 in Brazil. *Revista Paulista de Pediatria*, 39:e2020297. <https://doi.org/10.1590/1984-0462/2021/39/2020297>
17. Vaz, J.R., Neto, T., Correia, J.P., Infante, J., Freitas, S.R. (2021). Regional Differences in Biceps Femoris Long Head Stiffness during Isometric Knee Flexion. *Journal of Functional Morphology and Kinesiology*. 6(1):18. <https://doi.org/10.3390/jfmk6010018>
18. Wiggin D, Penič B, Sulopuisto O, ..., Baptista, F., ..., Carnide, F., ..., Zymbal, V. et al. (2021). Postgraduate education in healthy and active ageing: learning needs, curriculum and expected outcomes: a scoping review protocol (version 1; peer review: 1 approved). *HRB OPEN RESEARCH*, 4:120. <https://doi.org/10.12688/hrbopenres.13444.1>.

Full Open Science (Open-access Publishing and Open Public Engagement)

**Abstracts in National and International Journals (WoS Indexed)**

Published

1. Borges, M., Lemos Pires, M., Pinto, R., De S, a G., Ricardo I., Cunha, N., Alves Da Silva, P., Linan Pinto, M., Sousa, Guerreiro C., Pinto, F.J., Abreu, A., Santa-Clara, H. (2021). COVID-19 era in long-term cardiac rehabilitation programs: how was muscle strenght and lean mass affected in cardiovascular patients? *European Journal of Preventive Cardiology*, 28 (1). <https://doi.org/10.1093/eurjpc/zwab061.362>
2. Brigida, N., Branco, M., Mercê, C., & Catela, D. (2021). Walking on treadmill or on the ground? a fibromyalgia case study based on multiscale dispersion entropy. *Clinical and Experimental Rheumatology*, 39(3), pp. 213-S213 (Meeting Abstract-13). IF = 4.473. Q2 (Rheumatology). <https://www.webofscience.com/wos/woscc/full-record/WOS:000667668500079>
3. Correia, I. R., Hetherington-Rauth, M., Magalhães, J. P., Rosa, G. B., & Sardinha, L. B. (2021). Effects Of Exercise On Compensatory Mechanisms In People With Type 2 Diabetes: 1-year Randomized Controlled Trial. *Medicine And Science In Sports And Exercise*, 53(8), pp.264-264 (Meeting Abstract-788). <http://dx.doi.org/10.1249/01.mss.0000762148.57468.1d>. IF = 5.411. Q1 (Sport Sciences)
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5. Hetherington-Rauth, M., Magalhães, J. P., Rosa, G. B., Correia, I. R., & Sardinha, L. B. (2021). Moderate-to-vigorous Physical Activity May Offset Harms Of Sedentary Time On An Older Adult's Functional Fitness. *Medicine and Science in Sports and Exercise*, 53(8), pp.12-12. (Meeting Abstract-40). IF = 5.411. Q1 (Sport Sciences)
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7. Lemos, M., Borges, M., Pinto, R., Ricardo, I., Cunha N., Alves Da Silva P., Linan, M., C., Pinto F. J., Santa-Clara, H., Abreu, A. (2021). COVID-19 era in long-term cardiac rehabilitation programs: how did physical activity and sedentary time change compared to previous years? *European Journal of Preventive Cardiology*, 28(1).

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8. Linan, M., Pinto, R., Charneca, S., Vasques, J., Lemos, M., Borges, M., Rodrigues, C., Alves Da Silva P., Ricardo, I., Santa-Clara, H., Abreu, A., Pinto, F. J., Sousa, C. (2021). Body composition, lipid profile and mediterranean diet adherence in cardiovascular disease patients attending a long-term exercise-based cardiac rehabilitation program during COVID-19 pandemic. *European Journal of Preventive Cardiology* 28(1).  
<https://doi.org/10.1093/eurjpc/zwab061.187>. IF = 7.804. Q1 (Cardiac & Cardiovascular Systems)
9. Martins, J., Mata, C., Santhappan, A., Sereli, S., Onofre, M., Papaioannou, A. (2021). Self-transcendence goals, motivation, self-regulation, intentions to help others, physical activity and vitality across three cultures. *International Journal of Sport and Exercise Psychology*, 19 (1), pp. 139-140. <https://doi.org/10.1080/1612197X.2021.1982479>. IF = 3.304. Q3 (Hospitality, Leisure, Sport & Tourism) & Q2 (Psychology, Applied)
10. Moleirinho-Alves, P., Almeida, A., Cebola, P., Oliveira, R., & Pezarat-Correia, P. (2021). Effects of two programs with aerobic exercise in headache Awarded to temporomandibular disorder. *Journal Of Headache And Pain*, 22(1) (Meeting Abstract-0190), 76–77. IF = 7.277. Q1 (Clinical Neurology) & Q1 (Neurosciences)
11. Papaioannou, A., Martins, J., Santhappan, A., Mata, C., Sereli, S., Kromidas, C. (2021). The Self-Transcendence, Self-Improvement and Self-Enhancement (SESIST) goals measure: Measurement invariance, reliability, internal convergent and divergent validity across three cultures. *International Journal of Sport and Exercise Psychology*, 19 (S1), pp. 138-139. <https://doi.org/10.1080/1612197X.2021.1982479>. IF = 3.304. Q3 (Hospitality, Leisure, Sport & Tourism) & Q2 (Psychology, Applied)
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13. Silva, L.C., Teles, J., Fragoso, I. (2021). Influence of Maturation on Sports Injuries Profile in Portuguese Youth. *Medical Science Forum*, 5, 43. <https://doi.org/10.3390/msf2021005043>
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## **Reports, Proceedings & Abstracts**

### **Abstracts**

1. Altenburg, M., Farinha, C., Santos, C., Mercê, C., Catela, D., & Branco, M. (2021). Analysis of recurrence in adults with autism spectrum and neurotypicals in a dynamic balance task: pilot study. In *Book of Abstracts 1º Congresso Internacional do CIEQV* (p. 170). Rio Maior, Portugal: Escola Superior de Desporto de Rio Maior. [https://www.cieqv.pt/research/#cieqv\\_editions](https://www.cieqv.pt/research/#cieqv_editions)
2. Araújo, D. (2021). Skilled performance: Embodied intelligence, sophisticated action, situated expertise. In *Book of Abstracts of Sport Sciences Congress 2021* (p. 38). Lisboa, Portugal: Faculdade de Motricidade Humana, Universidade de Lisboa. <https://ssc2021.net/pt/book-of-abstracts/>

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middle-aged and older adults with different chronic diseases. In E. Bentlage, M. Brach, Y. Netz, T. Hinrichs, H. Mechling & S. Tałach-Kubas (Eds), Bridging Research & Practice. Active aging - new challenges and new opportunities. EGREPA conference (pp. 30).

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26. Martins, J., Mata, C., Santhappan, A., Sereli, S., Onofre, M., Papaioannou, A. (2021). Self-transcendence goals, motivation, self-regulation, intentions to help others, physical activity and vitality across three cultures. In Book of Abstracts of International Society of Sport Psychology 15<sup>th</sup> World Congress (pp. 139-140).  
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Soccer Players. In Book of Abstracts of Sport Sciences Congress 2021 (p. 117). Lisboa, Portugal: Faculdade de Motricidade Humana, Universidade de Lisboa.

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39. Santhappan, A., Sereli, S., Onofre, M., Martins, J., Krommidas, C., Papaioannou, A. (2021). Antecedents of self-transcendence goals across three cultures: Motivational climate, family and friends' support in youth physical activity settings. In Book of Abstracts of International Society of Sport Psychology 15<sup>th</sup> world Congress (pp. 140-141).  
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## Proceedings

1. Pedro, E., Duarte, S., & Fernandes, Rita. (2021) "Exercise-Induced Hypoalgesia in Chronic Low Back". In Proceedings of the XI Congresso Nacional de Fisioterapeutas.

## Oral Communications

### In Portugal (by invitation)

1. Araújo, D. (2021, July 14<sup>th</sup>). Skilled performance: Embodied intelligence, sophisticated action, situated expertise. (Virtual communication). Sport Expertise Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-14th-live-presentations/>
2. Araújo, D. (2021, September 22<sup>nd</sup>). O futebol é uma ciência? (Virtual communication session). “Diálogos Cogito, ideias de longo alcance” Oeiras Valley Scientific Program. Cogito and Oeiras Valley, Oeiras, Portugal.  
<https://www.facebook.com/ideiasquetransformamoeiras/videos/231869945568068>
3. Araújo, D. (2021, October 7<sup>th</sup>). Fair-play. (Virtual seminar session). Seminário “Virtudes Desportivas”. Universidade Católica Portuguesa, Lisboa, Portugal. <https://ier.ucp.pt/pt-pt/eventos/1o-workshop-ii-seminario-manuel-sergio-virtudes-desportivas-6106>
4. Baptista, F. (2021, February 26<sup>th</sup>). Envelhecimento e Mobilidade. (Virtual communication). 5º Congresso de Envelhecimento Ativo: Atividade Física e Saúde. Viseu, Portugal.  
<https://www.cm-viseu.pt/pt/areas-servicos/desporto-atividade-fisica/programas-projetos-desportivos/congresso-de-envelhecimento-ativo-atividade-fisica-e-saude/>
5. Baptista, F., Zymbal, V., & Janz, K. F. (2021, July 15<sup>th</sup>). Musculoskeletal Fitness Tests for the Assessment of Pediatric Sarcopenia. (Virtual communication). Exercise and Health Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/pt/july-15th-live-presentations/>
6. Barreto, J., Peixoto, C., Cabral, S., Williams, A. M., Casanova, F., Pedro, B. & Veloso, A. P. (2021, July 21<sup>st</sup>). Concurrent Validation of 3D Joint Angles During Gymnastics Techniques Using Inertial Measurement Units. (Virtual communication). Biomechanics Symposium at

Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations-2/>

7. Brandão, R., Jordão, S., Cortes, N., Oliveira, R., Pezarat-Correia, P., Rocha Vaz, J. (2021, November 6th). Variabilidade da marcha e controlo postural correlacionam-se no idoso, mas não no jovem adulto. (Communication). XI Congresso Nacional de Fisioterapeutas, Lisboa, Portugal. <https://www.cnft.pt/pt/programa>
8. Burnay, C., Cordovil, R., Anderson, D., & Button, C. (2021, July 13<sup>th</sup>). Infants drowning prevention: an ecological approach to infants' perception and action around bodies of water. (Virtual communication). Motor Behavior Symposium at the Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-13th-live-presentations/>
9. Cabral, S., Veloso, A. P., & Brito, J. (2021, July 21st). Assessing the Movement Strategies of Portuguese Elite Goalkeepers During a Football Penalty Kicks. (Virtual communication). Biomechanics Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations-2/>
10. Carnide, F. (2021, November 30th). Ageing. (Round table member). 5th Conference of the redeSAÚDE, Universidade de Lisboa, Lisboa, Portugal. <https://www.ulisboa.pt/evento/5a-conferencia-anual-da-redesaude-uma-agenda-de-investigacao-em-saude-para-2030>
11. Carnide, F. (2021, September 29<sup>th</sup>). Desafio do Envelhecimento @ULisboa:. (Webinar moderator). redeSAÚDE, Universidade de Lisboa, Lisboa, Portugal. <https://www.ulisboa.pt/evento/webinar-desafios-do-envelhecimento-ulisboa>
12. Carraça, B., Rosado, A., & Serpa, S. (2021, July 13th). Mindfulness, Autocompaixão e Flexibilidade Psicológica no Futebol Profissional (MBSoccerP): Estudo piloto de eficácia de um programa (MBSoccerP) em Atletas. (Virtual communication). Sport Psychology Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-13th-live-presentations/>
13. Cordovil, R. (2021, October 27<sup>th</sup>). Promover a autonomia motora na era dos ecrãs. (Hybrid communication). 21º Congresso Nacional de Pediatria, Braga, Portugal. <https://21cnp.spp.pt/>
14. Cordovil, R., Neto, C., & Nery, M. (2021, September 27<sup>th</sup>). Imaginário, movimento e exploração do espaço urbano na infância". (Round table participation). Ciclo de Conferências Semana Europeia do Desporto, Universidade Europeia, Lisboa, Portugal. <https://beactiveportugal.ipdj.pt/atividade/universidade-europeia-ciclo-de-conferencias-semana-europeia-do-desporto/>

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<https://www.youtube.com/watch?v=jgWzehGK-HE>
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17. Correia, V. (2021, November 29<sup>th</sup> to 30<sup>th</sup>). Affordances, Perceção e Ação. (Communication moderator). XVI Seminário de Desenvolvimento Motora da Criança, Évora, Portugal.  
<https://www.sdmc16.uevora.pt/programa/>
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<https://www.facebook.com/fmotricidadehumana/videos/2334930166638085>
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<https://www.youtube.com/watch?v=mscXCujGeTM>
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23. Ferreira, A. P. (2021, July 13<sup>th</sup> to 21<sup>st</sup>). Avaliar para caracterizar o jovem talento... e melhor decidir sobre o seu desenvolvimento. (Virtual communication). Sports Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/pt/sports-federations-presentations/>
24. Freitas, S. R. (2021, July 20<sup>th</sup>). HamStrong: new perspective for an unsolved problem. (Virtual communication). Neuromuscular Function Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations/>

25. Freitas, S. R. (2021, November 13<sup>th</sup>). Hamstring Strain Injuries (HSI): Semitendinosus and biceps femoris (Lh) responses in athletes with vs. without previous HSI. (Communication speaker). 4th Strength & Conditioning Annual Conference. Porto, Portugal.  
<https://www.scs.academy/strength-and-conditioning-for-human-performance/>
26. Gomez-Jordana, L., Milho, J., Ric, A., Amaro e Silva, R., & Passos, P. (2021, July 13th to 21st). Illustrating changes in landscapes of passing opportunities along a set of competitive football matches. (Virtual communication). Motor Behavior Symposium at the Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-13th-live-presentations/>
27. Jordão, S., Cortes, N., Gomes, J., Santos, P., Brandão, R., Pezarat-Correia, P., Oliveira, R., Rocha Vaz, J. (2021, November 5<sup>th</sup> to 6<sup>th</sup>). O efeito da sincronização nos padrões de variabilidade da passada durante o treino de marcha com pistas visuais. (Communication). XI Congresso Nacional de Fisioterapeutas, Lisboa, Portugal. <https://www.cnft.pt/pt/programa>
28. Lopes, R. J., Ramos, J. P., Pereira, L. R., & Araújo, D. (2021, July 14th). Capturing Football Dynamics via multilayers hypernetworks. (Virtual communication). Sport Expertise Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-14th-live-presentations/>
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30. Magalhães J.P. (2021, October 22<sup>nd</sup>). The COVID-19 pandemic – The day after Future perspectives for the delivery of health and social care. 2<sup>nd</sup> Conference Lisbon Living +. (Communication). Lisboa, Portugal. <https://lisbonlivingplusconference.pt>
31. Magalhães J.P. (2021, November 20<sup>th</sup>). Marcadores Metabólicos e Variabilidade interindividual na Resposta ao Exercício na Obesidade e na Diabetes. (Hybrid Communication). 25º Congresso Português de Obesidade. Lisboa, Portugal.  
<https://congressoportuguesobesidade.pt/programa/>
32. Mateus, R. B., Ferrer-Roca, V., João, F. & Veloso, A. P. (2021, July 21st). Individual muscle contributions to knee bone-on-bone forces occurring during a maximal forward breaking and backward acceleration in elite athletes. (Virtual communication). Biomechanics Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations-2/>
33. Mendonça, G. V. (2021, July 20th). The role of percutaneous electrical nerve stimulation on the assessment of neuromuscular function. (Virtual communication). Neuromuscular

Function Symposium at Sport Sciences Congress 2021. Lisboa, Portugal.

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34. Moleirinho-Alves, P. Almeida, A.M, Oliveira, R. & Pizarat-Correia, P (2021, November 5<sup>th</sup> to 6<sup>th</sup>). Efeitos de dois programas com exercício aeróbio na dor, ansiedade e qualidade de vida relacionada com a saúde oral em pacientes com DTM. (Communication). XI Congresso Nacional de Fisioterapeutas, Lisboa, Portugal. <https://www.cnft.pt/pt/programa>
35. Papic, L., ..., Vleck, V. et al (2021, May 14<sup>th</sup> to 15<sup>th</sup>). Correlation between running experience, half-marathon performance, and frequencies of running-related injuries. (Virtual communication). XX International Scientific Conference "Contemporary Challenges in Sport, Physical Exercising & Active Lifestyle". Belgrade, Serbia.  
<http://www.fsfvconference.rs/en/conference-programme/21-conference-programme>
36. Pedro, B., João, F., Cabral, S., Lara, J. P. R., & Veloso, A. P. (2021, July 21st). Contribuição das rotações do membro superior para a velocidade d raquete no batimento de direta no ténis. (Virtual communication). Biomechanics Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations-2/>
37. Pizarat-Correia, P. (2021, July 20th). The Neuromuscular Lab. (Virtual communication). Neuromuscular Function Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations/>
38. Quagliarotti, C., ..., Vleck, V. et al. (2021, September 8<sup>th</sup> to 10th). Swimming with a Wetsuit Mitigates the Increase in Fatigue and Reduces Drag (Trunk Incline) in Well Trained Triathletes. (Virtual poster presentation). Annual Congress of the European College of Sports Sciences. <https://sport-science.org/index.php/congress/ecss-2021>
39. Radaelli, R. (2021, November 12<sup>th</sup> to 13<sup>th</sup>). Regional active stiffness responses of biceps femoris long head and semitendinosus are exercise-joint-dependent. (Poster presentation). 4<sup>th</sup> Annual Meeting Strength and Conditioning for Human Performance.  
<https://www.scs.academy/strength-and-conditioning-for-human-performance/>
40. Reis, J. F., Curto, D., Antunes, A., & Alves, F. B. (2021, July 15th). Muscle Oxygenation: Insights for Training and Performance. (Virtual communication). Exercise Physiology at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-15th-live-presentations/>
41. Robalo, R., Pitacas, P., Milho, J., Fernandes, O., Diniz, A., & Passos, P. (2021, July 13th to 21st). The role of synergies and variability on Basketball dribble control. (Virtual communication). Motor Behavior Symposium at the Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-13th-live-presentations/>

42. Rocha, P. (2021, February 24<sup>th</sup>). Avaliação em Programas de Promoção de Atividade Física através do IPDJ e do EUPASMOS. 5º Congresso de Envelhecimento Ativo: Atividade Física e Saúde. (Online communication). Viseu, Portugal. <https://www.cm-viseu.pt/pt/areas-servicos/desporto-atividade-fisica/programas-projetos-desportivos/congresso-de-envelhecimento-ativo-atividade-fisica-e-saude/>
43. Rocha, P. (2021, May 14<sup>th</sup>). Novas Recomendações para a Atividade Física: Desafios. (Spekaer). Maio no Coração. Lisboa, Portugal. <https://maionocoracao.pt/category/sessoes/>
44. Rocha, P. (2021, May 18<sup>th</sup>). Exercício físico e diabetes. (Webinar). Ciclo Diabetes Talks 2021. <https://www.mgfamiliar.net/programa-do-ciclo-diabetes-talks-2021/>
45. Rocha, P. (2021, May 25<sup>th</sup>). Exercício na Síndrome Metabólica: Best Buy? Congresso Internacional Online - Profissionais de Fitness. <https://congresso.fitnessacademy.pt/?fbclid=IwAR2zUwr1Hg2JAZryD44fTI6OTzGR03CF6Ob9QWvAAAdGYD-RU3sJXNI6UCE>
46. Rocha, P. (2021, May 28<sup>th</sup>). Exercício Físico, promover a adesão. (Virtual communication). XXIII Congresso Anual APNEP “Globalização da Nutrição Clínica em Tempos de Pandemia”. Lisboa, Portugal. <https://congresso.apnep.pt>
47. Rocha, P. (2021, June 17<sup>th</sup>). Como os fundos europeus estão a contribuir para a inovação no Desporto. Inovação no Desporto “Beyond Business as Usual” Seminar. (Painel member). Lisboa, Portugal. <https://www.sport2021portugal.eu/eventos/seminario-de-inovacao-desportiva/programa>
48. Rocha, P. (2021, September 30<sup>th</sup>). Recomendações nacionais de atividade física e comportamento sedentário. II Fórum Nacional de Desporto para Todos. (Virtual communication). Lisboa, Portugal. <https://beactiveportugal.ipdj.pt/ii-forum-nacional-de-desporto-para-todos/>
49. Rocha, P. (2021, October 8<sup>th</sup>). Os novos desafios da ciência no contexto da atividade física e do desporto em Portugal e na Europa. (Opening session). Universidade de Évora. Évora, Portugal.
50. Rocha, P. (2021, November 13<sup>th</sup>). Impacto da Pandemia COVID-19 na AF de crianças e jovens. Projeto HEPAS Multiplier Event. Coimbra, Portugal.
51. Rocha, P. (2021, December 4<sup>th</sup>). Novos desafios no Desporto para Todos 2021-2025. (Communication). V Jornadas Técnicas Associativas. Algarve, Portugal. <https://www.avozdoalgarve.pt/d/v-jornadas-tenicas-associativas/58179>

52. Rocha, P. (2021, December 4th). “O Associativismo como ferramenta de Inclusão”. (Communication). V Jornadas Técnicas Associativas. Faro, Portugal  
<https://www.avozdoalgarve.pt/d/v-jornadas-tenicas-associativas/58179>
53. Rocha, P. (2021, December 9th). Webinar Políticas para os Jovens. (Virtual communication). Recuperação da Crise conference webinars. IPPS-ISCTE. Lisboa, Portugal. <https://ipps.iscte-iul.pt/index.php/divulgacao/conferencias/conferencias-para-a-administracao-publica/1005-webinar-politicas-para-os-jovens>
54. Rocha, P. (2021, December 10th). Percurso Académico e Profissional, Perfis de Saída e Certificações IPDJ. Ciclo de Conferências e Workshops. Curso Profissional de Técnico de Desporto. Montemor-o-Novo, Portugal.
55. Rosado, A. (2021, December 12th). Bullying em Desporto, Investigação e Intervenção. (Virtual conference speaker). XVI Seminário Internacional de Educação Física, Lazer e Saúde. Madeira, Portugal. <https://sieflas2021.web.uma.pt/index.php/pt/>
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57. Santa-Clara, H. (2021, November 16<sup>th</sup>). Prevenir, conhecer e investigar: o Exercício Físico. (Virtual communication). Juntos Por Uma Vida Melhor.  
[https://alzheimerportugal.org/pt/news\\_text-77-13-1322-conferencia-juntos-por-uma-vida-melhor](https://alzheimerportugal.org/pt/news_text-77-13-1322-conferencia-juntos-por-uma-vida-melhor)
58. Santa-Clara, H. (2021, April 21<sup>st</sup>). Treino aeróbico e de fortalecimento muscular: especificidade na doença pulmonar. (Hybrid communication). Cuidados Respiratórios em Enfermagem de Reabilitação congress. Lisboa, Portugal.  
<https://www.acenfermeiros.pt/pages/eventos-ace>
59. Santa-Clara, H. (2021, July 15th). The effect of HIIT protocols on cardiac rehabilitation. (Virtual communication). Exercise and Health Symposium at Sports Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-15th-live-presentations/>
60. Santos-Rocha, R. (2021, March 29th to April 4th). Importância da atividade física e do exercício físico. Adaptação aos constrangimentos causados pela pandemia. Summit Covid-19: O Desafio Do Mundo Moderno. <http://www.summitlamask.pt/>
61. Santos-Rocha, R. (2021, April 6th). Programa de exercício para idosos frágeis – Programa Mind&Gait. (Webinar). Atividade Física e Saúde. Coimbra, Portugal.

<https://www.esenfc.pt/event/event/program/index.php?target=program&defLang=1&event=505>

62. Santos-Rocha, R. (2021, April 27th). Exercício Físico e Gravidez. Semana da Educação Física e Desporto. Lisboa, Portugal. <http://fefd.ulusofona.pt/noticias/semana-da-educacao-fisica-e-desporto-3/>
63. Santos-Rocha, R. (2021, May 27th). Gravidez ativa no combate à obesidade infantil. (Webinar). CIAS. Coimbra, Portugal. <http://cias.uc.pt/event/gravidez-ativa-no-combate-a-obesidade-infantil/>
64. Santos-Rocha, R. (2021, November 26th). Exercício Físico e Desporto na Gravidez. (Webinar). Formação Desportiva Desporto e Maternidade.
65. Santos-Rocha, R. (2021, May). Parques Urbanos Ativos. Usos no espaço público: atividade física em espaços abertos. ISCTE
66. Sarajarvi, J., Volossovitch, A., Almeida, C. H. (2021, July 14th). Analysis of headers in high-performance football: Evidence from the English Premier League. (Virtual communication). Sport Expertise Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-14th-live-presentations/>
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68. Silva, A. M. (2021, September 24<sup>th</sup>). Body Water Percentage in mothers and Children, athletes and Seniors (Virtual communication). XX Congresso de Nutrição e Alimentação, II Congresso Internacional de Nutrição e Alimentação. <https://www.cna.org.pt/documentos/programa.pdf>
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71. Teixeira, F. T., Matias, C. N., Monteiro, C. P. (2021, July 15th). The Effects of Leucine Metabolites on Performance, Body Composition and Biomechanical Markers of Muscle Damage Inflammation in Young Resistance. (Virtual communication). Exercise Physiology

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72. Teques, P., Rosado, A., & Serpa, S. (2021, July 13th). Testing a conceptual model of parental involvement in sport (Virtual communication). Sport Psychology Symposium at Sports Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-13th-live-presentations/>
73. Vaz, J. R. (2021, July 20th). Human (and) nature: variability as a key element in injury prevention and rehabilitation. (Virtual communication). Neuromuscular Function Symposium at Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/july-20th-live-presentations/>
74. Vila-Nova, F., Oliveira, R., Duarte, A., Gonçalves, H., Cordovil, R. (2021, October 28th to 29th). Tricicleta: Revisão de Estudos com Crianças e Adolescentes com Paralisia Cerebral (Poster presentation). 16th Seminário de Desenvolvimento Motor da Criança. Évora, Portugal. <https://www.sdmc16.uevora.pt/programa/>

In Portugal (without invitation)

1. Batista J., & Fernandes, R. (2021, November 6th). Efetividade de um programa de exercício estruturado na incapacidade funcional em indivíduos com dor lombar crónica. (Oral Communication). XI Congresso Nacional de Fisioterapeutas. Lisboa, Portugal. <https://www.cnft.pt/pt/programa>
2. Borges, M., Lemos, M., Pinto R., De Sá, G., Ricardo, I., Cunha, N., Alves Da Silva P., Linan Pinto M., Sousa, C., Pinto, F. J., Abreu, A., Santa-Clara, H. (2021, April 30th to May 2nd). The impact of COVID-19 era in phase III Cardiac Rehabilitation programs: How was body composition affected in trained cardiovascular patients? (Communication). Congresso Português de Cardiologia. Lisboa, Portugal. <https://cpc2021.appdoevento.pt>
3. Brigida, N., Branco, M., Mercê, C., & Catela, D. (2021, June 24<sup>th</sup> to 25th). Walking on treadmill or on the ground? A fibromyalgia case study based on multiscale dispersion entropy. (Paper Presentation). 3<sup>rd</sup> International Virtual Congress on Controversies in Fibromyalgia. Virtual. <https://fibromyalgia2021.com/congress-agenda/>
4. Carraça, B., Rosado, A., Magalhães, C. (2021, November 6th). Mindfulness-Based Soccer Program and Self-Criticism on Flow and Perceived Soccer Performance. (Oral Communication). XXII Jornadas da Sociedade Portuguesa de Psicologia do Desporto. Leiria, Portugal. <https://sites.ipleiria.pt/jsppd2021/jsppd2021/programa/>

5. Gomes, L., Fernandes, R., Caeiro, C., Pimentel, F., Branco, J. C., de Sousa, R., Pinto, I. et al. (2021, October 13<sup>th</sup> to 16<sup>th</sup>). The SPLIT Stratified Model of Care For Low Back Pain - Results From an Implementation Study In The Portuguese Context Of Primary Healthcare. (Communication). XXIII Congresso Português de Reumatologia. Albufeira, Portugal. <https://spreumatologia.pt/evento/xxxiii-congresso-portugues-de-reumatologia/>
6. Gouveia, E., Lopes, H., Gouveia, B., Ihle, A., Martins, F., Freitas, C., Rodrigues, A., Correia, A., Alves, R., Antunes, H. & Marques, A. (2021, October 15<sup>th</sup>). A eficácia do modelo de educação desportiva numa unidade didática de aptidão física em alunos do 3º Ciclo. (Oral communication). 9.º Congresso da Sociedade Científica de Pedagogia do Desporto. Leiria, Portugal. <http://www.ipg.pt/scpd/9congresso-scpd/programa.aspx>
7. Gouveia, E.R., Lopes, H., Correia, A., Rodrigues, A., Antunes, H., Alves, R., Prudente, J., Ornelas, R., Sousa, H., Costa, M., Campos, P., Gonçalves, F., Gouveia B.R., Marques, A., Ihle, A. (2021, April 24<sup>th</sup>). Tecnologias digitais na educação física: aplicações em realidade virtual e aumentada. (Virtual communication). Ação Científico-Pedagógica Coletiva “A Educação Física e o Ensino à Distância: Limitações e Potencialidades”. Funchal, Portugal. <https://www.uma.pt/noticias/acao-cientifico-pedagogica-coletiva-a-educacao-fisica-e-o-ensino-a-distancia-limitacoes-e-potencialidades/>
8. Jesus, F., Sousa, M., Nunes, C. L., Sardinha, L. B., Silva, A. M. (2021, September 24<sup>th</sup>). Energy availability over one athletic season. (Virtual communication). XX Congresso de Nutrição e Alimentação, II Congresso Internacional de Nutrição e Alimentação. <https://www.cna.org.pt/documentos/programa.pdf>
9. Magalhães, R., Ferreira, D., Marques, A., & Ferreira, V. (2021, October 15<sup>th</sup>). Association between distance physical education teaching purposes and the management of classroom time, pedagogical feedback and teacher’s behaviour. (Communication). 9.º Congresso da Sociedade Científica de Pedagogia do Desporto. Leiria, Portugal. <http://www.ipg.pt/scpd/9congresso-scpd/programa.aspx>
10. Martins, C., Caeiro, C., Fernandes, R., Cruz, E., Pimentel-Santos, F. (2021, September 30<sup>th</sup> to October 2<sup>nd</sup>). Patient-centred education and exercise versus exercise alone for patients with fibromyalgia: a randomized controlled trial. (Communication). 12 Topics in Rheumatology. Lisboa, Portugal. <https://spreumatologia.pt/evento/12-topics-in-rheumatology-3rd-edition/>
11. Nery, M., Rosado, A., Neto, C. (2021, November 6<sup>th</sup>). As bases do desporto: movimento, jogo e competição. (Oral communication). XXII Jornadas da Sociedade Portuguesa de

Psicologia do Desporto. Leiria, Portugal.

<https://sites.ipleiria.pt/jsppd2021/jsppd2021/programa/>.

12. Nunes, C. L., Jesus, F., Francisco, R., Hopkins, M., Sardinha, L. B., Martins, P., Minderico, C. S., Silva, A. M. (2021, November 24th to 27th). Assessing adaptive thermogenesis using a marker of adiposity limits an energy conservation effect on weight loss maintenance. (Virtual communication). VIII Congresso Brasileiro de Metabolismo, Nutrição e Exercício. <http://www.conbramene.com.br/index.php?page=programacao>
13. Oliveira, S., Cunha, M., Rosado, A., Matos-Pina, I., & Ferreira, C. (2021, November 5th). PLAYwithHEART: Estudo piloto de um programa baseado no mindfulness, aceitação e compaixão para atletas adolescentes. (Oral communication). XXII Jornadas da Sociedade Portuguesa de Psicologia do Desporto. Leiria, Portugal. <https://sites.ipleiria.pt/jsppd2021/jsppd2021/programa/>
14. Pombo, A., Luz, C., Rodrigues, L.P., & Cordovil, R. (2021, July 13th to 21st). Role of motor competence in healthy lifespan habits. (Virtual communication). Motor Behavior Symposium, Sport Sciences Congress 2021. Lisboa, Portugal. <https://ssc2021.net/pt/programme/>
15. Raposo, P., Branco, M., & Figueiredo, A. (2021, November 18th). Testing biomotor abilities of karate athletes: Karate Battery Test. 13th ICCE - Global Coach Conference. Lisboa, Portugal. <https://icce2021.com/program>
16. Vieira, A., Moço, D., Caeiro, C., Cruz, E., Fernandes, R. (2021, October 2nd). Effectiveness of a Structured Exercise Program on Pain, Function and Psychosocial Profile in Individuals with Non-Specific Chronic Low Back Pain – A Pilot Study. (Oral communication). 12 Topics in Rheumatology. Lisboa, Portugal. <http://cedoc.unl.pt/12-topics-2021-3/>

Abroad (by invitation)

1. Araújo, D. (April, 15th). Embodiment and Embeddedness in an Ecological Theory of Expertise. (Virtual communication). 3<sup>rd</sup> Invited European/North American Summit on Talent Development Berkeley.
2. Baptista, F. (2021, September 8<sup>th</sup>). Mobility and Active/Healthy Ageing. (Web conference speaker under EMMA Project - Erasmus+Programme, Strategic Partnership (Key Action 2), 2020-1-FI01-KA203-066477). Lisboa, Portugal. <https://www.emma-master.eu/2021/12/mobility-and-active-ageing-conference-report/>

3. Abéllan, J., Januário, N., & Rosado, A. (2021, October 15<sup>th</sup> to 17<sup>th</sup>). Estudio de las barreras y facilitadores de la práctica deportiva en deportistas con discapacidad intelectual. (Virtual communication). I Congreso IberoAmericano de Asociaciones de Psicología del Deporte. <https://ciapsid.com/programa-oficial>
4. Araújo, D. (2021, May 20<sup>th</sup> to 23<sup>rd</sup>). The Birth of Sport Skill. (Virtual conference session). 4<sup>th</sup> Sport Movement Conference 2021, United States of America. <https://emergentmvt.com/product/sport-movement-skill-conference-2021/>
5. Araújo, D. (2021, October 20<sup>th</sup>). Crafting Sport Skill: An Ecological Dynamics Perspective (Virtual conference session). 1st World Giftedness Center International Conference, Dubai, United Arab Emirates. <https://wgc.ae/conference/undefined/conference-theme>
6. Araújo, D. (2021, October 22<sup>nd</sup>). Ecological cognition: cognizant body, intelligent action. (Virtual seminar session). “Movement, Learning and Pedagogy – A contemporary perspective” Seminar. Norwegian School of Sports Sciences and Norwegian University of Science and Technology, Oslo, Norway. <https://www.nih.no/om-nih/aktuelt/aktivitetskalender/2021/symposium-movement-learning-and-pedagogy---a-contemporary-perspective/>
7. Dias, S.B. (2021, May 18<sup>th</sup>). A/B/C-TEACH: Towards effective teaching at a Higher Education Institution by Bridging LMS-Based Affective-, Blended- and Collaborative-Learning Potentialities. (Conference speaker). Artificial Intelligence in Higher Education (AI-HE). <https://sites.google.com/smartlearningonline.net/aiw2020/programme?authuser=0>
8. Encantado, J., Carraça, E. V., Battista, F., Beaulieu, K., Blundell, J. E., Busetto, L., van Baak, M., Dicker, D., Ermolao, A., Farpour-Lambert, N., Pramono, A., Woodward, E., Bellicha, A., & Oppert, J.-M. (2021, May 10<sup>th</sup> to 13<sup>th</sup>). Effect of Exercise Training on Psychological Outcomes in Adults with Overweight or Obesity: A Systematic Review and Meta-Analysis. (Virtual communication). European Congress of Obesity 2021. <https://www.eco2021.com>
9. Nery, M., Rosa, B., Rosado, A. (2021, October 15<sup>th</sup> to 17<sup>th</sup>). Análise de políticas europeias de proteção de atletas contra Abuso. (Virtual communication). I Congreso IberoAmericano de Asociaciones de Psicología del Deporte. <https://ciapsid.com/programa-oficial>
10. Passos, P. (2021, December 13<sup>th</sup> to 14<sup>th</sup>). The coordination dynamics of collective behaviors in sports. (Keynote speaker). I Conference on Motor Learning and Control applied to Motor Skills. Alicante, Spain. <https://sites.google.com/goumh.umh.es/httpjornadasapcom/inicio>
11. Rocha, P. (2021, September 24<sup>th</sup>). Atualizações em Hipertensão Arterial e atividade física no envelhecimento: Atividade Física e HAS em idosos. (Virtual communication). XVIII

Simpósio Internacional de Geriatria e Gerontologia, IX Simpósio de Psiquiatria Geriátrica. Porto Alegre. Brasil. <https://www.pucrs.br/sigg2021/>

12. Rocha, P. (2021, May 17th). Portuguese experience of increasing physical activity in the population. Symposium ‘Promotion of physical activity at the populational level’. Russia's Public Health Technology Week. Moscow, Russia.
13. Rocha, P. (2021, September 24th). Why should Europe monitor physical fitness? (Communication). Presidency Conference “Lifelong Physical Activity Conference“. Ljubljana, Slovenia. <https://slovenian-presidency.consilium.europa.eu/en/events/presidency-conference-lifelong-physical-activity/>
14. Rocha, P. (2021, November 24th). Youth radicalization in times of pandemic. (Virtual keynote). “Safe Zone” - 3rd European Seminar: “Preventing Youth Radicalization in Sports: Lessons Learned from the Covid-19 Pandemic”. Rome, Italy. <https://www.iprs.it/en/safe-zone-3rd-transnational-seminar-preventing-youth-radicalization-in-sport-lessons-learnt-from-covid-19-pandemic/>
15. Rocha, P. (2021, November 18<sup>th</sup>). Rebuild, Reconnect and Restart with Placemaking for the physical activity network. Move Congress 2021. Brussels, Belgium. <https://www.movecongress.com/rebuild-reconnect-and-restart-with-placemaking-for-the-physical-activity-network/>
16. Rodrigues, L.P., Cordovil, R., Luz, C., and Lopes, V.C. (2021, October 8th). Model invariance of the Motor Competence Assessment (MCA) from early childhood to young adulthood. (Virtual communication). I-MDRC Journal Club. <https://www.i-mdrc.com/journal-club>
17. Rosado, A. (2021, December 7th). Bullying em Desporto, Investigação e Intervenção (Virtual conference spekaer). Simpósio Comemorativo LAPES/UFMG 30 anos. Belo Horizonte, Brasil. <http://www.eeffto.ufmg.br/eeffto/noticias/4709>
18. Rosado, A. (2021, September 25th). De la prevención de la violencia al tratamiento del bullying: Desporto Sem Bullying. (Oral communication). Justicia social en la Educación Física y el Deporte. De la teoría a la práctica. Albacete, Espanha. <https://eventos.uclm.es/64528/section/30111/justicia-social-en-la-educacion-fisica-y-el-deporte.-de-la-teoria-a-la-practica.html>
19. Sardinha, L. B. (2021, April 20<sup>th</sup> to 24<sup>th</sup>). Towards Intelligent Health and Well-Being Network of Physical Activity Assessment (INTERLIVE®). (Communication). Sports, Medicine and Health Summit. Hamburg, Germany. <https://www.sports-medicine-health-summit.de/en/program-engl/online-program.html#!/>

20. Silva, A. M. (2021, November 24<sup>th</sup> to 27<sup>th</sup>). Como prever a perda de peso: Mitos e Verdades. (Virtual communication). VIII Congresso Brasileiro de Metabolismo, Nutrição e Exercício. Brasil. <http://www.conbramene.com.br/index.php?page=programacao>
  21. Silva, A. M. (2021, September 18<sup>th</sup>). Body Composition in Athletes. (Webinar). Program Master Sport Nutrition and Wellness. Italy. <https://eve-lab.com/iscrizioni/evento/master-sport-nutrition-and-wellness/>
  22. Santos-Rocha, R. (2021, June X). Physical activity, exercise, and fitness: health benefits of regular physical activity. (Oral Communication). Physical activity recommendations, exercise prescription, and how to measure physical activity. Gdansk, Poland.
  23. Teques, P., Rosa, B.A., & Araújo, D. (2021, October 15<sup>th</sup> to 17<sup>th</sup>). Perturbação mental, suporte social e comportamentos relacionados com a saúde de futebolistas profissionais. (Virtual communication). I Congreso Iberoamericano de Asociaciones de Psicología del Deporte. <https://ciapsid.com/programa-oficial>
  24. Veloso, A. P. (2021, April 11<sup>th</sup>). Model-based comparative biomechanics and muscle function analysis of simulated crouch gait by healthy children and crouch gait in CP children (Virtual communication at symposium). ISB Technical Group in Motor Control, International Foot & Ankle Biomechanics Meeting 2021. <http://mcg.isbweb.org/download/2021-iFAB.pdf>
- Abroad (without invitation)

1. Baptista, F., Kuisma, R., Mali, J., Sourtzi, P., Stitzel, A., Timonen, L., & Timmons, S. (2021, December 8<sup>th</sup> to 9<sup>th</sup>). European Master on Active Ageing and Age-Friendly Society. 11<sup>th</sup> Hong Kong International Nursing Forum. [https://hknf.hku.hk/?\\_page=programme](https://hknf.hku.hk/?_page=programme)
2. Bueno, A.H.F., Oliveira, N.M., Teixeira, F.J., Matias, C.N., Monteiro, C.P., Valamatos, M.J., Reis, J.F., & Gonçalves, E.M. (2021, October 7<sup>th</sup> to 9<sup>th</sup>). Associação entre o ângulo de fase da impedância bioelétrica e o desempenho anaeróbico em adultos fisicamente ativos. (Virtual communication). 44<sup>th</sup> Simpósio Internacional de Ciências do Esporte, 4<sup>o</sup> Simpósio Internacional de Atividade Física e Comportamento Sedentário. Brasil, São Paulo. <https://simposiocelafiscs.org.br>
3. Carvalho, F., Onofre, M., Mota, J., Rodrigues, A., Marques, A., Quitério, A., & Martins, J. (2021, June 8<sup>th</sup>). The factors associated with motor competence in primary school students: A cross-sectional study within the context of the Sintra Grows Healthy program. (Oral communication). AIESEP 2021 Virtual Scientific Conference. Canada. <https://sites.google.com/ualberta.ca/aiesep2021/program?authuser=0>

4. Chaldogeridis, A., Politopoulos, N., Apostolidis, H., Kotiou, E., Douka, S., Marques, A., Peralta, M., & Tsiatsos, T. (2021, November 5th). Design and implementation of an online European network for monitoring fitness in youth. (Oral communication). 2021 International Conference on Interactive Mobile Communication, Technologies and Learning (IMCL). Thessalonki, Greece. <http://www.imcl-conference.org/current/index.php>
5. Encantado, J., Marques, M., & Palmeira, A. L. (2021, June 8th to 10th). Behavior change maintenance: Insights from weight regain prevention interventions. (Oral communication). ISBNPA Xchange 2021. <https://isbnpa2021.venuewest.com/program/>
6. Encantado, J., Palmeira, A. L., Silva, C., Sniehotta, F. F., Stubbs, J., Gouveia, M. J., Teixeira, P. J., Heitmann, B. L., & Marques, M. (2021, August 23rd to 27th). What goes on in digital behaviour change interventions for weight loss maintenance targeting physical activity: A Scoping Review. (Virtual communication). 35<sup>th</sup> Annual Conference of the European Health Psychology Society. <https://2021.ehps.net/program/>
7. Gomes, M., Nuno Loureiro, N., Sabino, B., Marconcin, P., Marques, A., & Loureiro, V. (2021, May 20th). Postural balance as predictor of fall in Community-Dwelling Older Adults. (Oral communication). Active aging - new challenges and new opportunities, EGREPA Conference 2021. Warsaw, Poland. <https://www.egrepa.org/#>
8. João, F. (2021, October 12<sup>th</sup> to 15th). Effect of different pose estimation algorithms in gait kinematics of cerebral palsy children using ankle foot orthosis (work in progress). (Virtual poster presentation). Virtual ESMAC 2021. Prague, Czech Republic. <https://www.esmac2021.org/#>
9. Lima, A.B., Pinto, A.A., Miranda, K.A., Henriques-Neto, D., Ribeiro, G.S., Gouveia, E.R., & Baptista, F. (2021, November 24th to 27th). Rastreo para a sarcopenia- desempenho do Sarc-f e Sarc-calf em Idosos do Norte do Brasil. (Virtual communication). VIII Congresso Brasileiro de Metabolismo, Nutrição e Exercício. Brasil. <http://www.conbramene.com.br/index.php?page=programacao>
10. Loureiro, V., Cachola, A., Rosa, T., Marques, A., Gradek, J., & Loureiro, N. (2021, May 20th). Effectiveness of a combined exercise program to improve functional fitness in community dwelling older adults. (Oral communication). Active aging - new challenges and new opportunities, EGREPA Conference 2021. Warsaw, Poland. <https://www.egrepa.org/#>
11. Loureiro, V., Gomes, M., Branco, L., Loureiro, N., Alves, A., Marques, A., & Matos, M. G. (2021, May 20th). Home-based exercise program and health literacy intervention during COVID-19 pandemic: UP AGAIN SENIOR study pilot. (Oral communication). Active aging

- new challenges and new opportunities, EGREPA Conference 2021. Warsaw, Poland.

<https://www.egrepa.org/#>

12. Marconcin, P., Peralta, M., Loureiro, N., Loureiro, V., Martins, J., Murawska-Ciałowicz, E., & Marques, A. (2021, May 20th). The association of grip strength with depressive symptoms among middle-aged and older adults with different chronic diseases. (Oral communication). Active aging - new challenges and new opportunities, EGREPA Conference 2021. Warsaw, Poland. <https://www.egrepa.org/#>
13. Maroco, J. P., Pinto, M., Fernhall, B., Santa-Clara, H., & Melo, X. (2021, October 21<sup>st</sup> to 23<sup>rd</sup>). Vascular Function in Unaltered after Aerobic Acute Exercise in Physically Active Young and Older Male Adults. (Virtual paper presentation). ARTERY Conference 2021. <https://www.arterysociety.org/our-activities-2/our-conference/>
14. Maroco, J.L., Pinto, M., Santa-Clara, H., Fernhall, B., & Melo, X. (2021, May 21<sup>st</sup> to 22<sup>nd</sup>). Examining the reproducibility of flow-mediated slowing as an alternative method to flowmediated dilation: a comparison study. (Virtual paper presentation). North American Artery Conference. <https://naa.centerforconferences.uiowa.edu>
15. Maroco, J. P., Pinto, M., Laranjo, S.M., Fernhall, B., Santa-Clara, H., & Melo, X. (2021, July 12<sup>th</sup> to 16th). Cardiovagal modulation is acutely reduced following high-intensity interval exercise but not moderate-intensity continuous exercise in physically active young and older male adults”. (Virtual paper presentation). Physiology 2021. <https://www.physoc.org/events/physiology-2021/>
16. Marques, A., Marconcin, P., Peralta, M., Gouveia, E. R., Loureiro, N., Loureiro, N., Martins, J., & Matos, M. G. (2021, May 20th). Grip strength and depressive symptoms among European middle-aged and older adults. (Oral communication). Active aging - new challenges and new opportunities, EGREPA Conference 2021. Warsaw, Poland. <https://www.egrepa.org/#>
17. Martins, J., Costa, J., Sarmiento, H., Marques, A., Farias, C., González Valeiro, M., Onofre, M. (2021, June 9th). Adolescents’ perspectives on the barriers and facilitators of physical activity: An updated systematic review of qualitative studies. AIESEP 2021 Virtual Scientific Conference. Canada. <https://sites.google.com/ualberta.ca/aiesep2021/program?authuser=0>
1. Matias, C. N., Campa, F., Nunes, C. L., Monteiro, C., Francisco, R., Jesus, F., Marini, E., Sardinha, L. B., Martins, P., Minderico, C. S., Silva, A. M. (2021, September 8<sup>th</sup> to 10th). Specific Bioelectrical Impedance Vector Analysis Identifies Body Fat Reduction After a Lifestyle Intervention in Former Elite Athletes. (Virtual communication). Annual Congress of

the European College of Sports Sciences. <https://sport-science.org/index.php/congress/ecss-2021>

18. Mercê, C., Branco, M., Catela, D., Lopes, F., & Cordovil, R. (2021, September 23rd to 25th). Learning to cycle: Lateral training wheels versus balance bike. (Virtual communication). 5th Assembly of the International Motor Development Research Consortium. <https://motordevelopment.gr/scientific-programme/>
19. Moleirinho-Alves, P., Cebola, P., Santos, P., Correia, J., Oliveira, R. & Pezarat-Correia, P. (2021, June 16<sup>th</sup> to 18<sup>th</sup>). Effects of two aerobic exercise programs on pain, neuromuscular activation, and bite force in patients with temporomandibular. (Virtual communication). 5th International Congress of CiiEM - Reducing Inequality in Health and Society. Setúbal Portugal. <https://ciiem.egasmoniz.edu.pt/pt-pt/news/5th-international-congress-of-ciiem.aspx>
20. Moleirinho-Alves, P., Almeida, A., Cebola, P., Oliveira, R. & Pezarat-Correia, P. (2021, September 8<sup>th</sup> to 12<sup>th</sup>). Effects of two programs with aerobic exercise in headache Awarded to temporomandibular disorder. (Virtual communication). International Headache Congress. Berlin, Germany. <https://www.headache-congress.org/programme/scientific-programme>
21. Oliveira, N.M., Bueno, A.H.F., Teixeira, F.J., Matias, C.N., Monteiro, C.P., Valamatos, M.J., Reis, J.F., & Gonçalves, E.M. (2021, October 7th to 9th). Ângulo de fase como indicador de hidratação celular e força muscular dinâmica em adultos fisicamente ativos. (Virtual communication). 44th Simpósio Internacional de Ciências do Esporte, 4º Simpósio Internacional de Atividade Física e Comportamento Sedentário. Brasil, São Paulo. <https://simposiocelafiscs.org.br>
22. Peralta, M., Marconcin, P., Gouveia, E. R., Martins, J., Loureiro, V., Loureiro, N., Santos, J., & Marques, A. (2021, May 20th). Physical activity is negatively associated with depression symptoms independently of the socioeconomic status. (Oral communication). Active aging - new challenges and new opportunities, EGREPA Conference 2021. Warsaw, Poland. <https://www.egrepa.org/#>
23. Pombo, A., Cordovil, R., Rodrigues, L.P., Moreira, A.C., Borrego, R., Machado, M., Costa, V., Almeida, A.M., Tavares, A.S., Sá, C., & Luz, C. (2021, September 23rd to 25th). Effect Of Motor Competence and Health Related Fitness in the Prevention of Metabolic Syndrome Risk Factors. (Virtual communication). 5th Assembly of the International Motor Development Research Consortium. <https://motordevelopment.gr/scientific-programme/>
24. Rodrigues, L.P., Cordovil, R., Luz, C., & Lopes, V.P. (2021, September 23rd to 25th). Validation of the Motor Competence Assessment (MCA) from 3 to 22 years of age. (Virtual

- communication). 5th Assembly of the International Motor Development Research Consortium. <https://motordevelopment.gr/scientific-programme/>
25. Teixeira, P. J., Johnson, M. W., Timmermann, C., Watts, R., Erritzoe, D., Douglass, H., Ketner, H., & Carhart-Harris, R. L. (2021, September 9<sup>th</sup> to 12<sup>th</sup>). Psychedelics and health behaviour change. (Oral communication). INSIGHT Conference. Berlin, Germany. <https://insight-conference.eu/program/>
  26. Teques, P., Figueiredo, P., & Brito, J. (2021, September 30<sup>th</sup> to October 4<sup>th</sup>). Common mental disorders, coping strategies, and health-related behaviours among soccer referees. (Symposium communication). ISSP 15<sup>th</sup> World Congress Taipei 2021. Taipei, Taiwan. <https://issp2021.com/Page/Daily%20Program>
  27. Wiggin, D.A., Mali, J., Hrast, M.F., Setti, A., Stitzel, A., Ströckl, D.E., Kuisma, R., Baptista, F., Carnide, F., Zymbal, V., Cardadeiro, G., Hlebec, V., Nevala, E., Kaitelidou, D., Sourtzi, P., & Timmons, S. (2021, October 11<sup>th</sup> to 13<sup>th</sup>). Student learning needs in healthy and active ageing: a multi-national survey of potential students, academics and key stakeholders. (Virtual communication). 17th European Geriatric Medicine Society (EuGMS) Congress. Athens, Greece. <https://eugms2021.com>
  28. Wiggin, D.A., Penič, B., Sulopuisto, O., Setti, A., Mali, J., Stitzel, A., Kuisma, R., Baptista, F., Kukkonen, T., Konstantakopoulou, O., Timonen, L., Carnide, F., Velonaki, V.S., & Suzanne Timmons. (2021, October 11<sup>th</sup> to 13<sup>th</sup>). Learning needs in healthy and active ageing and age-friendly society concepts: a scoping review. (Virtual communication). 17th European Geriatric Medicine Society (EuGMS) Congress. Athens, Greece. <https://eugms2021.com>
  29. Wiggin, D.A., Penič, B., Sulopuisto, O., Setti, A., Ströckl, D.E., Timmons, S., on behalf of the EMMA Consortium (Baptista, F. & Carnide, F.). (2021, November 18<sup>th</sup>). Investigating Learning Needs, Outcomes, And Curricula In Healthy And Active Ageing: A Scoping Review And Multinational Survey. (Virtual communication). 68<sup>th</sup> IGS Annual Scientific Meeting. <https://www.irishgerontology.com/events/68th-igs-annual-scientific-meeting-2021>
  30. Wiggin, D.A., Velonaki, V.S., Sourtzi, P., Timmons, S., on behalf of the EMMA Consortium (Baptista, F. & Carnide, F.). (2021, November 18<sup>th</sup>). What Does ‘Active Ageing’ Mean To You?” A Five-Country Survey Of Academics, Students, Advocacy Groups, And ‘Expert’ Older People. (Virtual communication). 68<sup>th</sup> IGS Annual Scientific Meeting. <https://www.irishgerontology.com/events/68th-igs-annual-scientific-meeting-2021>

## Symposiums, Seminars and Conferences' Organization in Portugal and Abroad

### In Portugal

1. Araújo, D. (2021, July 13<sup>th</sup> to 21<sup>st</sup>). Sports Sciences Congress 2021. (Honor committee, congress president and scientific commission). Lisboa, Portugal. <https://ssc2021.net/pt/>
2. Araújo, D. (2021, November 4<sup>th</sup> to 6<sup>th</sup>). XXII Jornadas da Sociedade Portuguesa de Psicologia do Desporto. (Scientific commission). Leiria, Portugal. <https://sites.ipleiria.pt/jsppd2021/>
3. Araújo, D. (2021, November 6<sup>th</sup>). Desenvolvimento da Expertise em Futebolistas Campões do Mundo. (Conference chair). XXII Jornadas da Sociedade Portuguesa de Psicologia do Desporto. Leiria, Portugal. <https://sites.ipleiria.pt/jsppd2021/>
4. Carnide, F. (2021, November 30<sup>th</sup>). RedeSAÚDE 5th Annual Conference: A Health Research Agenda Towards 2030. (Chair of the Organizing Committee). Lisboa, Portugal. <https://www.ulisboa.pt/evento/5a-conferencia-anual-da-redesaude-uma-agenda-de-investigacao-em-saude-para-2030>
5. Carnide, F. (2021, November 30<sup>th</sup>). RedeSAÚDE 5th Annual Conference: A Health Research Agenda Towards 2030. (Member of the Scientific Committee). Lisboa, Portugal. <https://www.ulisboa.pt/evento/5a-conferencia-anual-da-redesaude-uma-agenda-de-investigacao-em-saude-para-2030>
6. Carnide, F. (2021, November 29<sup>th</sup>). RedeSAÚDE 3rd Annual Conference of Public Health: Health and Smart Cities. (Chair of the Organizing Committee). Lisboa, Portugal. <https://www.ulisboa.pt/evento/3a-conferencia-anual-de-saude-publica-da-redesaude>
7. Correia, V. (2021, November 20th to 30th). XVI Seminário de Desenvolvimento Motora da Criança. (Member of the Scientific Committee). Évora, Portugal. <https://www.sdmc16.uevora.pt/comissoes/>
8. João, F. ((2021, July 13<sup>th</sup> to 21<sup>st</sup>). Sports Sciences Congress 2021. (Member of Scientific Commission). Lisboa, Portugal. <https://ssc2021.net/pt/>
9. Mercê, C., Branco, M., Catela, D., & Arrais, A. (2021, May 21st, 22nd, 28th and 29th). Perturbação no Desenvolvimento da Coordenação Motora (DCD): Identificação e Intervenção. (Online training action). Rio Maior, Portugal. [https://siesdrm.ipsantarem.pt/esdrm/noticias\\_geral.ver\\_noticia?p\\_nr=5668](https://siesdrm.ipsantarem.pt/esdrm/noticias_geral.ver_noticia?p_nr=5668)

10. Oliveira, R. (2021, November 5th to 6th). XI Congresso Nacional de Fisioterapeutas. (Scientific Commission President). Lisboa, Portugal. <https://www.cnft.pt/pt/sobre-o-congresso>
11. Passos, P. (2021, July 13<sup>th</sup> to 21<sup>st</sup>). Sports Sciences Congress 2021. (Congress president and scientific commission). Lisboa, Portugal. <https://ssc2021.net/pt/>
12. Rocha, P. (2021, June 3rd to 4th). Diplomacia do desporto de base – Um conceito único de diplomacia desportiva. (Conference Moderator). Conferência de Diplomacia Desportiva. Lisboa, Portugal. <https://www.sport2021portugal.eu/eventos/conferencia-diplomacia-desportiva/programa>
13. Rocha, P. (2021, June 18th to 24th). Conferência Internacional dos 7<sup>os</sup> Jogos Mundiais de Desporto para Todos da TAFISA. Keeping People Connected – Sport Innovation and Sport Diplomacy as Key Pillars. (Conference Moderator). Lisboa, Portugal. <https://ipdj.gov.pt/tafisa-jogos-mundiais-de-desporto-para-todos>
14. Rocha, P. (2021, September 30th). Mulheres no Desporto. (Conference Moderator). II Fórum Nacional de Desporto para Todos. Lisboa, Portugal. <https://beactiveportugal.ipdj.pt/ii-forum-nacional-de-desporto-para-todos/>
15. Rocha, P. (2021, Noveber 20th). Marcadores metabólicos e variabilidade inter-individual na resposta ao exercício na obesidade. (Conference Moderator). 25<sup>o</sup> Congresso Português de Obesidade. Lisboa, Portugal. <https://congressoportuguesobesidade.pt/programa/>
16. Rosado, A. (2021, November 4<sup>th</sup> to 6<sup>th</sup>). XXII Jornadas da Sociedade Portuguesa de Psicologia do Desporto. (Member of the Scientific Committee). Leiria, Portugal. <https://sites.ipleiria.pt/jsppd2021/>
17. Santa-Clara, H. (2021, October 13th). O Homem e as Circunstâncias (Webinar Organization). Grupo de Vertente Clínica “Metabolismo & Cardiovasculares”, redeSAÚDE, Redes Temáticas Interdisciplinares da Universidade de Lisboa. Lisboa, Portugal. <https://www.ulisboa.pt/evento/rede-saude-o-homem-e-circunstancias>
18. Veloso, A. P. (2021, July 13th to 21st). Sports Sciences Congress 2021 (Member of Scientific Commission). Lisboa, Portugal. <https://ssc2021.net/organizing-committee/>
19. Veloso, A. V. (2021, February 19th-20th). 9<sup>o</sup> Congresso Nacional de Biomecânica (CNB2021) (Member of Scientific Commission). Porto, Portugal. <https://cnbio2021.wixsite.com/cnb2021/congresso>

Abroad

1. Baptista, F. (2021, September 8<sup>th</sup>). Web Conference: Mobility and Active/Healthy Ageing. (Organization under EMMA Project - Erasmus+Programme, Strategic Partnership (Key Action 2), 2020-1-FI01-KA203-066477). Lisboa, Portugal. <https://www.emma-master.eu/2021/12/mobility-and-active-ageing-conference-report/>
2. Carnide, F. (2021, September 8<sup>th</sup>). Web Conference: Mobility and Active/Healthy Ageing. (Organization under EMMA Project - Erasmus+Programme, Strategic Partnership (Key Action 2), 2020-1-FI01-KA203-066477). Lisboa, Portugal. <https://www.emma-master.eu/2021/12/mobility-and-active-ageing-conference-report/>
3. Encantado, J., Marques, M., & Palmeira, A. L. (2021, June 8th-10th). Behavior change maintenance: Insights from weight regain prevention interventions. (Virtual symposium). ISBNPA Xchange 2021. <https://isbnpa2021.venuewest.com/program/>
4. Pazarat-Correia, P. (2021, October 28<sup>th</sup> to 29th). 9th International Congress on Sports Sciences Research and Technology Support. (Program Committee Chair). <https://icsports.scitevents.org/?y=2021>)
5. Volossovitch, A. (2021, October 27th to 30th). III Congreso Internacional de Balonmano – COINBA 21. (Scientific Committee Member). Cáceres, Espanha. <https://sites.google.com/view/coinba2021>
6. Zymbal, V. (2021, September 8<sup>th</sup>). Web Conference: Mobility and Active/Healthy Ageing. (Organization under EMMA Project - Erasmus+Programme, Strategic Partnership (Key Action 2), 2020-1-FI01-KA203-066477). <https://www.emma-master.eu/2021/12/mobility-and-active-ageing-conference-report/>

### **Concluded Doctoral and Master's Thesis Orientation**

#### **Doctoral Thesis**

1. Caldeira, P. (2021). Constraints-led Approach and Synergetic Behaviour in Volleyball Performance. (Tese de doutoramento em Motricidade Humana, na especialidade de Treino Desportivo). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Duarte Araújo
2. Cortez, L. C. S. (2021). Formação contínua e em serviço de professores de educação física e a Base Nacional Comum Curricular no Brasil: Um estudo de pesquisa-ação desenvolvido através da modalidade blended learning. (Tese de Doutoramento em Educação Física e Desporto, Especialidade de Didática da Educação Física e Desporto). Faculdade de Educação

Física e Desporto, Universidade Lusófona de Humanidades e Tecnologias, Lisboa, Portugal.

Orientador: João Martins

3. Cheira, J. N. G. (2021). Estilos de vida ativos e saudáveis no currículo International Baccalaureate: Estudo de um caso. (Programa de doutoramento em Ciencias del Deporte, Educación Física y Actividad Física Saludable). Universidade da Coruña, Coruña, Espanha. Coorientador: Adilson Marques
4. Ferreira, H. R. (2021) Disfunção da coluna lombo-sagrada: análise dos fatores de risco associados a alterações neuromusculares e posturais. (Tese de Doutoramento em Ciências da Motricidade na especialidade de Comportamento Motor). (Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Raúl Oliveira
5. Góis, F. M. D. (2021). O papel da escola e da educação física na promoção da atividade física: um estudo comparativo entre duas escolas com abordagens pedagógicas diferentes. (Tese de Doutoramento em Educação, na especialidade de Educação para a Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Adilson Marques
6. Magalhães, J. P. (2021). A 1-year randomized controlled trial in type 2 patients: comparing moderate and high-intensity interval training combined with resistance training on health biomarkers. (Tese de Doutoramento em Motricidade Humana, na especialidade de Atividade Física e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Luís B. Sardinha
7. Peralta, M. (2021). Health-related cardiorespiratory fitness in the school context. (Tese de Doutoramento em Educação, na especialidade de Educação para a Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Adilson Marques
8. Pereira, H. V. (2021). Understanding and Influencing Sustained Participation in Recreational Running. (Tese de Doutoramento em XXX). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Teixeira
9. Nunes, A. M. P. N. (2021). Nociceptive pain in office workers with chronic neck pain. (Tese de Doutoramento no ramo de Motricidade Humana na especialidade de Reabilitação). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Margarida Espanha
10. Ramalho, F. (2021). Design and implementation of an exercise intervention focused on postural stability, and evaluation of its impact on gait pattern and functional fitness of the older population (Tese de Doutoramento em Motricidade Humana na especialidade de

Biomecânica). Faculdade de Motricidade Humana, Universidade Humana. Lisboa, Portugal.  
Orientador: Rita Santos-Rocha

## Masters Thesis

1. Alpalhão, V. (2021). Kinesiophobia, fear-avoidance and aging: A systematic integrative review on the state of the art. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Pezarat
2. Amador, V. (2021). Avaliação do equilíbrio muscular do ombro através do rácio da taxa de produção de momento de força em rotação externa e rotação interna em atletas praticantes de badminton e ténis. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Pezarat
3. Antunes, H. D. (2021). Relationship between the hamstring passive and active stiffness and the knee flexors rate of force production. (Tese de Mestrado em Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Sandro Freitas
4. Ávila, F. (2021). Green Exercise: Influência de ambientes naturais no bem-estar psicológico. (Tese de mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Duarte Araújo
5. Barão, L. (2021). As diferenças na morfologia e arquitetura muscular do bicípite femoral e do vasto lateral. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Pezarat
6. Breda, J. (2021). Efeitos de estar sentado, de pé ou em transições sentado/pé na dinâmica de acumulação de fluidos nos membros inferiores. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Analiza Silva
7. Cardadeiro, C. G. (2021). Model-based comparative biomechanics and muscle function analysis of simulated crouch gait by healthy children and crouch gait in CP children. (Tese de Mestrado em Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: António Prieto Veloso
8. Cardoso, V. V. (2021). Effects of Home-Based Exercise Programs on Physical Fitness in Cancer Patients Undergoing Neoadjuvant or Adjuvant Therapy: a Systematic Review of Randomized Controlled Trials. (Tese de Mestrado em Exercício e Saúde). Faculdade de

Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Luís B. Sardinha

9. Carvalho, M. F. (2021). Construção e validação de um programa de exercício físico para grávidas. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Rita Santos-Rocha
10. Coelho, R. (2021). Acute Effects of Exercise Mode on Arterial Stiffness and Cardiac Autonomic Function in Healthy Young Adults. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Xavier Melo
11. Cordeiro, J. (2021). Níveis de prática de Atividade Física: Revisão Sistemática sobre Crianças com Problemas na Coordenação Motora e Impacto da Pandemia de COVID-19 nas Crianças Portuguesas. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Marco Branco
12. Correia, A. (2021). Força de Preensão e Potência de Salto em Jovens dos 10-18 Anos de Ambos os Sexos. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Fátima Baptista
13. Correia, A. (2021). Irish Dancing Injuries and Associated Risk Factors: A Systematic Review. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Raúl Oliveira
14. Diniz, A. (2021). Efeitos do treino na cinética do consumo de oxigénio e da desoxigenação muscular. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Joana Reis
15. Falcoski, F. (2021). An Ecological Approach to Meditation in Sport: A Theoretical Essay. (Tese de mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Duarte Araújo
16. Fernandes, S. (2021). Avaliação dos efeitos de suplementação com bicarbonato de sódio na performance em jogadores de voleibol de elite. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa. Portugal. Orientador: Cristina Bento
17. Freixeiro, A. S. (2021). Análise Cinemática da Técnica de Impulsão do Guarda-Redes de Futebol. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: António Prieto Veloso

18. Gomes, T. (2021). Validação da bioimpedância espectral (bis) na determinação da água corporal total e compartimentos hídricos, em atletas com diferentes níveis de hidratação. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Analiza Silva
19. Honorário, R. (2021). Effects of dietary protein on body composition and inflammatory profile in resistance training individuals. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Cristina Bento
20. Izadora, D. (2021). Flow Experience in Green Exercise: Systematic Review and Study Protocol. (Tese de mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Duarte Araújo
21. Jesus, F. (2021). Assessment of athlete's energy availability. (Tese de Mestrado em XXX). NOVA Medical School, Lisboa, Portugal. Orientador: Analiza Silva
22. Joana, C. (2021). Caracterização da Marcha, Força e Performance em Indivíduos com Diagnóstico recente de Espondiloartrite Axial. (Tese de Mestrado em Fisioterapia em Condições Músculo-Esqueléticas). Escola Superior de Saúde, Instituto Politécnico de Setúbal, Setúbal, Portugal. Nova Medical School, Universidade Nova de Lisboa, Lisboa, Portugal. Escola Nacional de Saúde Pública, Universidade Nova de Lisboa, Lisboa, Portugal. Orientador: Rita Fernandes
23. Lamy, J.A.G., (2021). Avaliação do Rácio RE:RI Rápido em Jogadores de Pólo Aquático. Tese de Mestrado em Treino de Alto Rendimento. Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Maria João Valamatos
24. Lopes, M. G. (2021). Os efeitos da atividade física na depressão: uma revisão de revisões. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Adilson Marques
25. Loutfi, L. (2021). Illustrating Landscapes of Shooting Opportunities in Football. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Passos
26. Maranhão, C. G. (2021). Validação de um Programa de Exercício no Período Pós-Parto. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Rita Santos-Rocha
27. Maroco, J. (2021). Reproducibility and physiological factors pertinent to the study of the acute effects of exercise on traditional and alternative measures of vascular and autonomic

- function in young and older adults. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Xavier Melo
28. Mendes, I. M. (2021). Aplicação do Pilates na prevenção de lesões em bailarinos. Revisão sistemática e validação de programa de exercício. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Rita Santos-Rocha
  29. Moedas, D. (2021). Rapid external/internal shoulder rotator ratio in elite swimmers. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Pizarat
  30. Moço, D. (2021). Efetividade do Exercício Estruturado na Função e Perfil Psicossocial em Indivíduos com Lombalgia Crónica - Estudo Piloto. (Tese de Mestrado em Fisioterapia em Condições Músculo-Esqueléticas). Escola Superior de Saúde, Instituto Politécnico de Setúbal, Setúbal, Portugal. Nova Medical School, Universidade Nova de Lisboa, Lisboa, Portugal. Escola Nacional de Saúde Pública, Universidade Nova de Lisboa, Lisboa, Portugal. Orientador: Rita Fernandes
  31. Mota, J. M. (2021). Validation of a Volumetric Model to Estimate Limb Soft Tissue Mass Against DXA. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Luís B. Sardinha
  32. Pedro, B. M. V. (2021). Caracterização dos hábitos de ingestão nutricional e da composição corporal de atletas de dança desportiva em Portugal. (Tese de Mestrado Nutrição Clínica). Faculdade de Medicina, Universidade de Lisboa; Escola Superior de Tecnologia da Saúde de Lisboa, Instituto Politécnico de Lisboa. Lisboa, Portugal. Orientador: Paulo Rocha.
  33. Pereira, A. G. (2021). Impacto da tomada de decisão do guarda-redes de futebol na cinemática da Impulsão em guarda-redes de elite. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: António Prieto Veloso
  34. Pereira, I. (2021). Ângulo de fase e parâmetros brutos da impedância bioelétrica como preditores dos compartimentos hídricos e distribuição de fluidos em crianças e adolescentes atletas. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Analiza Silva
  35. Pitau, M. (2021). Programa Fit Sénior – Câmara Municipal de Oeiras, Equilíbrio e Risco de Queda dos Participantes. (Tese de Mestrado em Exercício e Saúde). (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Fátima Baptista

36. Rebelo, A.G., (2021). Profiling the artistic roller skater: Physical and physiological performance differences in competitive female artistic roller skaters based on discipline and level of expertise. Tese de Mestrado em Treino de Alto Rendimento. Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Maria João Valamatos
37. Rigor, C. (2021). Influência do exercício físico na autonomia funcional do idoso. Programa de Exercício para Idosos Frágeis. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Rita Santos-Rocha
38. Romão, C. (2021). Atividade Física e Dor lombar: Uma revisão sistemática e um estudo observacional transversal descritivo. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Marco Branco
39. da Silva, T. (2021). Atividade Física e Qualidade de Vida de Pessoas em Situação Excecional de Confinamento. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Fátima Baptista
40. Silva, A. (2021). How sex and strength differences influence the load-velocity profile. (Tese de Mestrado em Treino de Alto Rendimento). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Pedro Pezarat
41. Silva, N. A. A. (2021). Comparação da composição corporal e distribuição da pressão plantar durante a marcha entre jovens bailarinos e não bailarinos. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa. Lisboa, Portugal. Orientador: Filomena Vieira
42. Sousa, N. (2021). Programa Fit Sénior – Câmara Municipal de Oeiras: Mobilidade e Força Muscular dos Participantes. (Tese de Mestrado em Exercício e Saúde). (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Fátima Baptista
43. Souto, I. (2021). Efetividade de um Programa de Exercício na Dor e Qualidade de Vida em Indivíduos com Dor Lombar Crónica. (Tese de Mestrado em Fisioterapia em Condições Músculo-Esqueléticas). Escola Superior de Saúde, Instituto Politécnico de Setúbal, Setúbal, Portugal. Nova Medical School, Universidade Nova de Lisboa, Lisboa, Portugal. Escola Nacional de Saúde Pública, Universidade Nova de Lisboa, Lisboa, Portugal. Orientador: Rita Fernandes

44. Souza, J. T. F. (2021). Limitações física e depressão: o exercício físico como efeito moderador dessa relação. (Tese de Mestrado em Exercício e Saúde). Faculdade de Motricidade Humana, Universidade de Lisboa, Lisboa, Portugal. Orientador: Adilson Marques
45. Vicente, C. (2021). Impacto de um programa de exercício nas quedas em idosos: Uma análise Biomecânica e de Aptidão Física. (Tese de Mestrado em Atividade Física em Populações Especiais). Escola Superior de Desporto de Rio Maior, Instituto Politécnico de Santarém. Santarém, Portugal. Orientador: Marco Branco
46. Vieira, A. (2021). Efetividade do Exercício Estruturado na Dor, Catastrofização e Qualidade de Vida em Indivíduos com Lombalgia Crónica - Estudo Piloto. (Tese de Mestrado em Fisioterapia em Condições Músculo-Esqueléticas). Escola Superior de Saúde, Instituto Politécnico de Setúbal, Setúbal, Portugal. Nova Medical School, Universidade Nova de Lisboa, Lisboa, Portugal. Escola Nacional de Saúde Pública, Universidade Nova de Lisboa, Lisboa, Portugal. Orientador: Rita Fernandes

## **Additional Information**

### **Intellectual Property Management**

### **Editor in Scientific Journals**

#### Journals with Impact Factor

1. Araújo, D. Movement Science and Sport Psychology section of Frontiers in Psychology (Associate Editor). <https://www.frontiersin.org/journals/psychology#editorial-board>
2. Araújo, D. Psychology of Sport and Exercise (Associate Editor). <https://www.journals.elsevier.com/psychology-of-sport-and-exercise/editorial-board>
3. Dias, S. B. Expert System With Applications Journal. (Associate Editor). <https://www.journals.elsevier.com/expert-systems-with-applications/editorial-board>
4. Magalhães, J. Frontiers in Endocrinology (Associate Editor). <https://loop.frontiersin.org/people/405487/overview>
5. Passos, P. (2021). Skills Acquisition, Talent ID and Sport Biomechanics in Science and Medicine in Football (Associate Editor). <https://www.tandfonline.com/action/journalInformation?show=editorialBoard&journalCode=rsmf20>
6. Vleck, V. Triathlon Section in Journal of Science and Medicine in Sport (Section Editor). <https://jssm.org>

#### Journals without Impact Factor

1. Araújo, D. Journal of Expertise (Associate Editor). <https://www.journalofexpertise.org>
2. Dias, S. B. Intelligent Systems With Applications Journal (Associate Editor). <https://www.journals.elsevier.com/intelligent-systems-with-applications/editorial-board>
3. Martins, J. Boletim da Sociedade Portuguesa de Educação Física (Editor in Chief). <https://boletim.spef.pt/index.php/spef/about/editorialTeam>

### **Editorial Board Member in Scientific Journals**

#### Journals with Impact Factor

1. Araújo, D. Ecological Psychology (Consulting Editor).  
<https://www.tandfonline.com/action/journalInformation?show=editorialBoard&journalCode=heco20>
2. Araújo, D. European Journal of Sport Science (Editorial Board).  
<https://www.tandfonline.com/action/journalInformation?show=editorialBoard&journalCode=tejs20>
3. Araújo, D. Sports Medicine – Open (Editorial Board). <https://sportsmedicine-open.springeropen.com/about/editorial-board>
4. Araújo, D. Physical Sensor section of Sensors (Section Board).  
<https://www.mdpi.com/journal/sensors/sections/physicalsensors>
5. Araújo, D. Exercise and Health section of International Journal of Environmental Research and Public Health (Section Board).  
<https://www.mdpi.com/journal/ijerph/sectioneditors/Exercise-Health>
6. Araújo, D. The Sport Psychologist (Editorial Board).  
[https://journals.humankinetics.com/view/journals/tsp/tsp-overview.xml?tab\\_body=null-10774](https://journals.humankinetics.com/view/journals/tsp/tsp-overview.xml?tab_body=null-10774)
7. Carvalho, J. Movement Science and Sport Psychology section in Frontiers in Psychology (Review Editor). <https://loop.frontiersin.org/people/301665/overview>
8. Marques, A. Physical activity and health section in BMC Public Health (Editorial board member). <https://bmcpublichealth.biomedcentral.com/about/editorial-board>
9. Marques, A. International Journal of Environmental Research and Public Health (Editorial Board Member). <https://www.mdpi.com/journal/ijerph/editors#editorialboard>
10. Martins, J. Physical activity and health section in BMC Public Health (Editorial board member). <https://bmcpublichealth.biomedcentral.com/about/editorial-board>
11. Oliveira, R. European Journal Sport Science (Editorial Board).  
<https://www.tandfonline.com/action/journalInformation?show=editorialBoard&journalCode=tejs20>
12. Rocha, P. Health Problems of Civilization (Scientific board).  
[https://www.termedia.pl/Journal/Health\\_Problems\\_of\\_Civilization-99/Board](https://www.termedia.pl/Journal/Health_Problems_of_Civilization-99/Board)
13. Sardinha L.B. European Journal of Clinical Nutrition. (Editorial Board).  
<https://www.nature.com/ejcn/editors/editorial-board>
14. Teques, P. Data in Brief. (Editorial Board). <https://www.journals.elsevier.com/data-in-brief/editorial-board>

15. Veloso, A. P. BMC Biomedical Engineering (Senior Editorial Board Member).  
<https://bmcbiomedeng.biomedcentral.com/about/editorial-board>

Journals without Impact Factor

1. Rocha, P. Revista Fatores de Risco in Sociedade Portuguesa de Cardiologia.  
[https://sigarra.up.pt/fdup/pt/pub\\_geral.revista\\_view?pi\\_revista\\_id=14563](https://sigarra.up.pt/fdup/pt/pub_geral.revista_view?pi_revista_id=14563)

### **Editor of Scientific Journals' Special Issues**

Journals' Special Issues with Impact Factor

1. Armada, P. Interaction effect of low carbohydrate diets and exercise on weight loss and cardio-metabolic health. (Research Topic Editor). Frontiers in Nutrition.  
[https://www.frontiersin.org/research-topics/24472/interaction-effect-of-low-carbohydrate-diets-and-exercise-on-weight-loss-and-cardio-metabolic-health?utm\\_source=F-RTM&utm\\_medium=TED1&utm\\_campaign=PRD\\_TED1\\_T1\\_RT-TITLE](https://www.frontiersin.org/research-topics/24472/interaction-effect-of-low-carbohydrate-diets-and-exercise-on-weight-loss-and-cardio-metabolic-health?utm_source=F-RTM&utm_medium=TED1&utm_campaign=PRD_TED1_T1_RT-TITLE)
2. Baptista, F. Bone Health and Development in Children and Adolescents (Research Topic Editor). Bone Research section in Frontiers in Endocrinology.  
<https://www.frontiersin.org/research-topics/27146/bone-health-and-development-in-children-and-adolescents>
3. Martins, J. Promoting Physical Activity and Healthy Lifestyles in Sports, Leisure-Time and Physical Education (Special Issue Editor). International Journal of Environmental Research and Public Health.  
[https://www.mdpi.com/journal/ijerph/special\\_issues/promoting\\_physical\\_acativity](https://www.mdpi.com/journal/ijerph/special_issues/promoting_physical_acativity)
4. Monteiro, C. P. New training strategies and evaluation methods for improving health and physical performance (Special Issue Guest Editor). Journal International Journal of Environmental Research and Public Health.  
[https://www.mdpi.com/journal/ijerph/special\\_issues/New\\_Training\\_Strategies\\_Evaluation\\_Methods\\_Improving\\_Health\\_Physical\\_Performance](https://www.mdpi.com/journal/ijerph/special_issues/New_Training_Strategies_Evaluation_Methods_Improving_Health_Physical_Performance)
5. Cordovil, R. Sports Science for Children (Special Editor Issue). Children-Basel.  
[https://www.mdpi.com/journal/children/special\\_issues/Sports\\_Science\\_Children#editors](https://www.mdpi.com/journal/children/special_issues/Sports_Science_Children#editors)

6. Dias, S. B. Human-Computer Interaction Serious Games as Behavioral Change Moderators (Research Topic Editor). *Frontiers in Psychology*. <https://www.frontiersin.org/research-topics/22086/human-computer-interaction-serious-games-as-behavioral-change-moderators>
7. João, F. Joint Kinematics Analysis and Injuries Recovery (Special Issue Editor). *Applied Sciences*.  
[https://www.mdpi.com/journal/applsci/special\\_issues/biomechanics\\_injuries\\_recovery](https://www.mdpi.com/journal/applsci/special_issues/biomechanics_injuries_recovery)
8. Marques, A. Association Of Physical Activity And Fitness With Mental Health Outcomes: Current Advances And Future Directions (Research Topic Editor). *Frontiers in Public Health*.  
<https://www.frontiersin.org/research-topics/26448/association-of-physical-activity-and-fitness-with-mental-health-outcomes-current-advances-and-future>
9. Marques, A. Second Edition Of Active Commuting And Active Transportation (Special Issue Editor). *International Journal of Environmental Research and Public Health*.  
[https://www.mdpi.com/journal/ijerph/special\\_issues/ACAT\\_2](https://www.mdpi.com/journal/ijerph/special_issues/ACAT_2)
10. Marques, A. Physical Activity And Physical Fitness In Treating Depression And Boosting Mental Health (Special Issue Editor). *International Journal of Environmental Research and Public Health*. [https://www.mdpi.com/journal/ijerph/special\\_issues/PAPF](https://www.mdpi.com/journal/ijerph/special_issues/PAPF)
11. Marques, A. Physical Activity And Sustainable Health (Special Issue Editor). *Sustainability*.  
[https://www.mdpi.com/journal/sustainability/special\\_issues/physical\\_activity\\_and\\_sustainable\\_health](https://www.mdpi.com/journal/sustainability/special_issues/physical_activity_and_sustainable_health)
12. Santos-Rocha, R. Physical Activity During Pregnancy (Special Issue Editor). *International Environmental Research And Public Health*. <https://mdpi.com/si/102740>
13. Teques, P. Mental Health and Positive Youth Development in Sport and Physical Activity Contexts. (Research Topic Editor). *Frontiers in Psychology*  
<https://www.frontiersin.org/research-topics/13516/mental-health-and-positive-youth-development-in-sport-and-physical-activity-contexts>
14. Vleck, V. The Challenges of Open Water Swimmers (Special Issue Editor). *Journal of Functional Morphology and Kinesiology*.  
[https://www.mdpi.com/journal/jfmk/special\\_issues/Open\\_Water\\_Swimmers](https://www.mdpi.com/journal/jfmk/special_issues/Open_Water_Swimmers)
15. Vleck, V. Overtraining Prevention (Special Issue Editor). *Journal of Functional Morphology and Kinesiology*. [https://www.mdpi.com/journal/jfmk/special\\_issues/overtraining\\_prevention](https://www.mdpi.com/journal/jfmk/special_issues/overtraining_prevention)

Journals' Special Issues without Impact Factor

1. Vleck, V. Maximising Triathlon Health and Performance: the state of the Art (Special Issue Editor). Sports.

[https://www.mdpi.com/journal/sports/special\\_issues/Maximising\\_Triathlon\\_Health](https://www.mdpi.com/journal/sports/special_issues/Maximising_Triathlon_Health)

### **Funded Research Projects by Sector**

1. Armada, P. (2021). Determinants and neural correlates of Portuguese L2 proficiency amongst 1<sup>st</sup>-year higher education Chinese students. (CP-UMAC-2020-01). Funded by Specialized Subsidy Scheme for Chinese and Portuguese Bilingual Talent Training and Cooperation of Educations and Research for Macao Higher Education Insitutions, Higher Education Fund, Government of Special Administrative Region of Macao. Amount: 283.200,00 MOP. Role: Scientific consultancy.
2. Cabral, S., Carnide, F., Moniz-Pereira, V., & Veloso, A. P. (2021). Using markerless motion capture for a better screening of musculoskeletal injury risk in football players. (EXPL/SAU-DES/1441/2021). Funded by Fundação para a Ciência e Tecnologia, Screentech. Amount: 49.693,75Euros.
3. Cabral, S., João, F., Carnide, F., Moniz-Pereira, V., Veloso, A. (2021). Development of a simulation platform based in musculoskeletal models to predict recovery of gait following orthopedic interventions in cerebral palsy children. (PTDC/EMD-EMD/5804/2020). Funded by Fundação para a Ciência e Tecnologia. Amount: 243.421,25Euros.
4. Cabral, S. (2021). Technologically Expanded Performance. Funded by Fundação para a Ciência e a Tecnologia. Amount: 224 392,48€. Role: Researcher.
5. Dias, S. B. (2021). H2020 PROTEIN: PeRsOnalized nutriTion for hEalthy livINg (817732). Amount: 6.999.473€. Role: Partner (Contribution to the creation of models analyzing users' dietary behavior in correlation with individual parameters; and Contribution to the design of the user scenarios, requirements and system specification). <https://protein-h2020.eu/>
6. Fernandes, R. (2021). MyBack Project - Efetividade e implementação de um programa de autogestão personalizado para prevenir recorrências e incapacidade e promover a saúde músculo-esquelética em utentes com lombalgia. (PTDC/SAU-SER/7406/2020). Funded by Fundação para a Ciência e Tecnologia. Amount: 249.689,80€. Role: Researcher.
7. Fernandes, R. (2021). Projeto ScreenTech Project - Utilização da análise de movimento quantitativa sem marcadores para um melhor rastreio do risco de lesão músculo-esquelética em jogadores de futebol. (EXPL/SAU-DES/1441/2021). Funded by Fundação para a Ciência e Tecnologia. Amount: 49.693,75€. Role: Researcher.

8. Passos, P. (2021). Relearning Perception Action In Rehabilitation from a Systems perspective (REPAIRS). Funded by H2020-MSCA-ITN-2020 (Marie Skłodowska-Curie Innovative Training Networks). Type of Action: MSCA-ITN-ETN. Beneficiary: Faculdade de Motricidade Humana/UL. Role: Supervisor.
9. Rocha, P., & Sardinha, L.B. (2021). Determinants of Physical Activities in Settings (DEPASS, Cost Action CA19101). Role: Member of the Managing Committee. <https://depass.eu/>
10. Rosado, A. (2021). Projecto REDES, Bullying e deporte. Universidade Autónoma de Barcelona. Role: Researcher.
11. Santos-Rocha, R. (2021). Active pregnancy: promoting healthy lifestyle and exercise during pregnancy and postpartum (CCISP\_HES-OS). (2019-PT01-KA203-061389). Funded by Fundação para a Ciência e a Tecnologia. Role: Lead Researcher.
12. Santos-Rocha, R. (2021). NEPPE PROJECT - New era on pregnancy and postpartum exercise. Gdansk University. Role: Researcher.
13. Pimenta, N., & Santos-Rocha, R. (2021). Vida Ativa Para Sempre Para Todos. Funded by Direção Geral de Saúde.
14. Veloso, A. P. (2021). Development of “in vivo” experimental techniques and modelling methodologies for the evaluation of 4D scaffolds on bone defect in sheep model: an integrative research approach. (PTDC/CVT-CVT/31146/2017). Funded by Fundação para a Ciência e a Tecnologia. Fundação para a Ciência e Tecnologia: 239.937,32€. Role: Responsible for the FMH budget.
15. Veloso, A. P. (2021). ReinventO – Reinvent the way we build custom made Orthosis. (POCI-01-0247-FEDER-040021). Funded by European Union, FEDER. Amount: 708.418,33€. Role: Responsible for the FMH budget.

### **Scientific Consultancy**

1. Rocha, P. Lilly Portugal. (Scientific Advisor on Exercise Physiology).
2. Rocha, P. Boehringer Ingelheim Portugal. (Scientific Advisor on Exercise Physiology).
3. Silva, A. M. Coordinator of DECO's collaboration to describe and analyse the current availability and quality of the online exercise session.  
<https://www.deco.proteste.pt/saude/exercicio-fisico/noticias/treinos-online-atencao-praticante-deixa-desejar>
4. Silva, A. M. Member of the evaluation panel of IC&DT projects final scientific reports (Health Sciences and Sports) (2019-).

5. Veloso, A. P. The Research Foundation – Flandes (FWO), International Experts Panel Member (Reviewer of Post-Doc Grants and Research Projects). <https://www.fwo.be/en/the-fwo/profile/>

### **Scientific Societies Management or Affiliation**

1. Araújo, D. Sociedade Portuguesa de Psicologia do Desporto (General Assembly President). <https://www.sppd.com.pt/corposgerentes.html>
2. Araújo, D. European College of Sport Sciences (Member). <https://sport-science.org/>
3. Araújo, D. International Society of Physical Psychology (Member). <https://www.ispah.org>
4. Baptista, F. American Society for Bone and Mineral Research (Member). <https://www.asbmr.org/Default.aspx>
5. Baptista, F. American College of Sports Medicine (Member). <https://members.acsm.org/ACSM/Contacts/ContactLayouts/AccountPageCustom.aspx?ID=530691>
6. Cordovil, R. International Motor Development Research Consortium (Member). <https://www.i-mdrc.com/>
7. Cordovil, R. North American Society For The Psychology Of Sport And Physical Activity (New membership due on January 2022). <https://www.naspspa.com/mission-statement/>
8. Dias, S. B. (2021). Sociedade Portuguesa de Educação Física (Member).
9. Diniz, A. Portuguese Statistical Society. (Member). <http://www.spestatistica.pt>
10. Encantando, J. (2021). International Society for Behavioral Nutrition and Physical Activity (<https://isbnpa.org/>)
11. Encantando, J. (2021). European Health Psychology Society (<https://ehps.net/>)
12. Martins, J. Association Internationale des Ecoles Superieures d'Education (AIESEP). (Institutional Board Member). <https://aiesep.org/board-of-directors/>
13. Martins, J. Sociedade Portuguesa de Educação Física. (Vice President). <https://www.spef.pt/sobre-a-spef>
14. Moniz-Pereira, V. (2021). International Society of Biomechanics. (Member). <https://isbweb.org/>
15. Moniz-Pereira, V. (2021). Sociedade Portuguesa de Biomecânica. (Member). (<https://spbiomecanica.pt/>)
16. Pimenta, N. (2021). Society for the Study of Obesity (Elected for the 2022-2024 board).
17. Rocha, P. Sociedade Portuguesa para o Estudo da Obesidade. (Member).

18. Rocha, P. Sociedade Portuguesa de Cardiologia. (Member).
19. Rocha, P. Associação Portuguesa de Fisiologistas do Exercício. (Member).
20. Rocha, P. Fundação Portuguesa de Cardiologia. (Member of the Scientific Council).  
<http://www.fpcardiologia.pt/fundacao/orgaos-sociais/>
21. Rosado, A. (2021). Sociedade Portuguesa de Psicologia do Desporto. (President).  
<https://www.sppd.com.pt/corposgerentes.html>
22. Santa-Clara, H. American College of Sports Sciences. (Member). <https://www.acsm.org>
23. Santa-Clara, H. Sociedade Portuguesa de Cardiologia. (Member). <https://spc.pt>
24. Santa-Clara, H. European Society of Cardiology. (Member). <https://www.escardio.org>
25. Teques, P. Sociedade Portuguesa de Psicologia do Desporto. (Vice President).  
<https://www.sppd.com.pt/corposgerentes.html>
26. Veloso, A. P. International Society of Biomechanics (Member; Board of Directors Member between 2011-2019). <https://isbweb.org/>
27. Veloso, A. P. Sociedade Portuguesa de Biomecânica (Founder Member; President between 2005-2009). <https://spbiomecanica.pt/>

#### **Scientific Interest Groups' Member**

1. Baptista, F. American College of Sports Medicine (ACSM) Bone Interest Group. (Group Member). <https://sites.google.com/site/acsmbone/home/position-announcements>
2. Monteiro, C. P. Colégio de Química da Universidade de Lisboa onde ocupa o cargo de 1<sup>a</sup> Secretária da Mesa da Assembleia, conjuntamente com os Professores Nuno Santos (Presidente - Faculdade de Medicina) e Maria da Graça Soveral (2<sup>a</sup> Secretária - Faculdade de Farmácia) pelo segundo mandato consecutivo (2017-2019 e 2019-2022) desde a constituição do Colégio. (Member). <https://www.ulisboa.pt/info/colégio-de-química-da-ulisboa>.  
<https://www.ulisboa.pt/info/organizacao-2>
3. Santa-Clara, H. Vertente Clínica “Metabolismo & Cardiovasculares” da redeSAÚDE, uma das Redes Temáticas Interdisciplinares da Universidade de Lisboa (ULisboa). (Group Member). <https://www.ulisboa.pt/info/redesaude>
4. Santa-Clara, H. ES+Saúde - Saúde e Estilos de Vida no Ensino Superior em Portugal. (Representative of Universidade de Lisboa). Instituto de Ciências Sociais da Universidade de Lisboa <https://www.esmaissaude.pt/>
5. Veloso, A. P. International Society of Biomechanics Technical Group in Motor Control (Member). <http://www.mcg.isbweb.org/index.html>

## **International and National Network Participation and Collaboration**

1. Baptista, F., & Carnide, F. (2021). European Master on Active Ageing and Age Friendly Society (2020-1-FI01-KA203-066477). Funded by Erasmus+Programme, Strategic Partnership (Key Action 2). Amount: 400.847,00€. Role: partner (2020-2023). <https://www.emma-master.eu/>.
2. Baptista, F. Rede Saúde da Universidade de Lisboa, Grupo de Trabalho de Vertente Clínica Oncologia. <https://www.ulisboa.pt/info/composicao-da-redesaude>
3. Carnide, F. (2021). PsyHealth worXs! Psychosocial Health Prevention and work standards: Training for OSH Professionals and Executives EIT Health BP2022 (220140). Amount: 800 000€. Role: as partner and coordinator from Portugal (2022-2024). <https://eithealth.eu/project/psyhealth-worxs/>
4. Carnide, F. (2021). Co-coordinator of the network “redeSAÚDE” of the Universidade de Lisboa (<https://www.ulisboa.pt/info/redesaude>)
5. Carnide, F. (2021). Coordinator of the workgroup “Ageing” of the redeSAÚDE of the Universidade de Lisboa (<https://www.ulisboa.pt/info/redesaude>)
6. Carnide, F. (2021). Representative of the Universidade de Lisboa at Innostars of the EIT Health (inherently of the co-coordination of the network redeSAÚDE) (<https://eithealth.eu/in-your-region/innostars/>)
7. Cordovil, R. (2021). Erasmus+ Sport and physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka (SPIRIT). Amount: 984,754.00€. Role: Participant representing Faculdade de Motricidade Humana – Universidade de Lisboa.
8. Dias, S. B. (2021). MoveONParkinson: Solução motivacional inovadora para exercício personalizado através da plataforma computacional ONParkinson (IPS2021-MoveOnParkinson). Role in the project: Scientific collaborator (Contribution for the design and development of the app/sensors and gamification for PD rehabilitation). Total funding: 49.949€.
9. Dias, S. B. (2021). AI-LMS: An AI-based Learning Management System for supporting learning amid and post Covid-19 era. Role in the project: Scientific collaborator (Contribution for selecting the modelling approaches, the deep learning techniques, technical evaluation, biosignals collection during experimental conditions and educational interpretation of the findings). Total funding amount: 96.000Euros.

10. Dias, S. B. (2021). Care4MyHeart: Personalized management of Cardiovascular Diseases via technology-enabled behavioral change. Role in the project: Scientific collaborator (Contribution for the design, development and implementation of the Care4MyHeart serious games). Total funding amount: 72.000Euros.
11. Dias, S. B. (2021). EEGRehab: Developing a wearable health device for real-time monitoring and autonomous exercise adjustment in stroke and cardiac rehabilitation. Role in the project: Scientific collaborator (Contribution for the design and development of the VR serious games for cardiac and post-stroke rehabilitation for at-home and clinical use). Total funding amount: 212.000Euros.
12. Encantado, J. (2021). Repositório de Instrumentos de Avaliação Psicossocial e Autorregulação na Atividade Física, Alimentação e Gestão do Peso (RIAP - PTDC/DES/122395/2010: 98,684.00€). <http://repositorio.fmh.ulisboa.pt>
13. Encantado, J. (2021). National Editor of the scientific blog organized by the European Health Psychology Society – “Psicologia da Saúde Aplicada” (<https://practicalhealthpsychology.com/pt/about-this-blog/>)
14. Encantado, J. (2021). Desenvolvimento de Curso Online de Promoção do Aconselhamento Breve para a Atividade Física no Serviço Nacional de Saúde – Colaboração Direção Geral de Saúde e Ordem dos Psicólogos
15. Fernandes, Rita. (2021). Researcher of the Well-Being & Ageing (WB&A) thematic research line of the E<sup>3</sup>UDRES<sup>2</sup> European University (the Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions) – (<https://eudres.eu/>)
16. Rocha, P. (2021). European Union Physical Activity and Sport Monitoring System – EUPASMOS Project. Erasmus + Sport Project. Role: Coordinator. <https://eupasmos.org/>
17. Rocha, P. (2021) European Union Physical Activity and Sport Monitoring System Plus – EUPASMOS Plus Project. Erasmus + Sport Project. Role: Coordinator. IPDJ. <https://eupasmos.org/>
18. Rocha, P. (2021) Europe In Action Project. Erasmus + Sport Project. Role: Active Partner. [http://tafisa.org/Erasmus/Europe\\_in\\_Action](http://tafisa.org/Erasmus/Europe_in_Action)
19. Rocha, P. (2021) European Mile Project. Erasmus + Sport Project. Role: Active Partner. <https://www.europeanmile.com/>
20. Rocha, P. (2021) Determinants of Physical Activities in Settings -DE-PASS. Cost Action CA19101. Member of the Managing Committee. <https://depass.eu/>.

21. Rocha, P. (2021)Membro do Grupo de Trabalho da Missão Portuguesa para o Desporto - Presidência Portuguesa do Conselho da União Europeia - PPUE21.  
<https://www.sport2021portugal.eu/>
22. Rocha, P. (2021)Membro do Grupo de Peritos HEPA – Health-Enhancing Physical Activity. Representação Portuguesa na Comissão Europeia e Organização Mundial de Saúde.
23. Rocha, P. (2021)European Week of Sport. Comissão Europeia. Coordenador Nacional. IPDJ
24. Rosado, A. (2021). Spirit :Sport and physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka. Funded by Erasmus+. Amount: 82.712€. Role: Researcher and Coordinator.
25. Rosado, A. (2021). Projeto “Formar, Educar e Ganhar com o Desporto Adaptado” supported by IPDJ, in the aim of Programa Nacional de Desporto para Todos.
26. Santos-Rocha, R. (2021). Exercise and Pregnancy Network. Universidade Politécnica de Madrid. <http://afipe.es/lineas-de-investigación.html>
27. Santos-Rocha, R., & Pimenta, N. (2021). SEDY2 - Sport Empowers Disabled Youth 2 (613130-EPP-1-2019-1-NL-SPO-SCP). Funded by Erasmus+.
28. Santos-Rocha, R. (2021). Train4Health - Improving Healthcare Students’ Competences for Behaviour to Effectively Support Self-care in Chronic Diseases. (2019-1-PT01-KA203-061389) Funded by Erasmus+. Role: Researcher.
29. Sardinha, L.B. (2021). Coordinator of the Towards Intelligent Health and Well-Being Network of Physical Activity Assessment (INTERLIVE®). <https://www.interlive.org>
30. Sardinha, L.B. (2021). Member of the international working group “Doubly Labeled Water (DLW) hosted in the International Atomic Energy Agency”. <https://doubly-labelled-water-database.iaea.org/dataContributors>
31. Sardinha, L.B. (2021). European Union Physical Activity and Sport Monitoring System – EUPASMOS. (590662-EPP-1-2017-1-PT-SPO-SCP). Funded by Erasmus+Sport. Role: Advisory Board.
32. Sardinha, L.B. (2021). European Union Physical Activity and Sport Monitoring System Plus – EUPASMOS Plus. (603328-EPP-1-2018-1-PT-SPO-SCP ). Funded by Erasmus+ Project. Role: Advisory Board.
33. Sardinha, L.B. (2021). The European Network for the Support of Development of Systems for Monitoring Physical Fitness of Children and Adolescents. (613010-EPP-1-2019-1-SI-SPO-SCP ). Funded by Erasmus+. Role: Researcher.

34. Silva, A. M. (2021). Member of the international working group “Doubly Labeled Water (DLW) hosted in the International Atomic Energy Agency”. <https://doubly-labelled-water-database.iaea.org/dataContributors>