

1. Funding, source, dates.

1.1 International Research and Development Projects

“Race Analysis and Training Evaluation”. Projeto de investigação e desenvolvimento financiado pela Federação Internacional de Natação – FINA Olympic Aquatics Support Programme (2022). Federação Portuguesa de Natação, Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano, 25000 USD.

“Experienti@.”. referência **EAC-2020-0602. Financiado pelo “Exchanges and mobility in sport”** – UE. 200.000.00 EUR.

WalkingPad: Patient education on a quantified supervised home-based exercise therapy to improve walking ability in patients with peripheral arterial disease and intermittent claudication, financed by the ERDF – European Regional Development Fund through the Operational Programme for Competitiveness and Internationalisation - COMPETE 2020 Programme and by National Funds through the Portuguese funding agency, FCT - Fundacao para a Ciencia e a Tecnologia within project “NORTE-01-0145-FEDER-031161, 225. Financiamento total: 225.801,18€ e alocado a UTAD: 29.287,50€. Data de inicio/termino: 11/11/2019 a 11/11/2022.

I&D HEALTH-UNORTE: Setting-up biobanks and regenerative medicine strategies to boost research in cardiovascular, musculoskeletal, neurological, oncological, immunological and infectious diseases. NORTE-01-0145-FEDER-000039, BI/UTAD/39/2020, financiado por Fundo Europeu de Desenvolvimento Regional (FEDER) através do NORTE 2020 (Programa Operacional Regional do Norte 2014/2020). Financiamento total: 3.528.383,04€ e alocado a UTAD: 176.422,76€. Data de inicio/termino: 01/10/2020 a 1/10/2023.

EASIER-hEalth And wellneSs promotIng game platfoRm”, no aviso 13/2019 do Norte2020, NORTE-01-0247-FEDER-072637. Financiamento total: 797.700,16€ e alocado a UTAD: 207.764,84€. Data de inicio/termino: 01/07/2021 a 1/07/2023.

Continental Factory of Future, (CONTINENTAL FoF), financiado pelo Fundo Europeu de Desenvolvimento Regional (FEDER), através do Programa Operacional Competitividade e Internacionalizacao (POCI) do PORTUGAL 2020, gerido pela Agencia para o Investimento e Comercio Externo de Portugal, E.P.E. (AICEP), com financiamento de 10.251.255,37 Euros e alocado a UTAD: 1.506.123,17€. Data de inicio/termino: 01-07-2020/01-07-2023.

SoilRec4+Health - Soil recover for a healthy food and quality of life, financiado por NORTE-01-0145-FEDER-000083. Financiamento total: 499.999,99€ e alocado a UTAD: 499.999,99€. Data de inicio/termino: 01/04/2021 a 1/04/2023.

Investigadora do projeto oneHcancer - One health approach in animal cancer, financiado por NORTE-01-0145-FEDER-000078. Financiamento total: 588.235,28€ e alocado a UTAD: 588.235,28€. Data de início/termino: 01/04/2021 a 1/04/2023.

Fernando Pessoa Teaching and Culture Foundation • Fernando Pessoa University • Faculty of Human and Social Sciences • **School of Health. Teaching activities, food and sleep for teachers of students with special educational needs, before and during the COVID-19 pandemic in Brazil.** From 01/01/2021 to 31/12/2022, financing: unfunded. Research team member.

TRIPLE-C - Capitalising climate change projects in risk management for a better atlantic area resilience (EAPA_772/2018). INTERREG ESPAÇO ATLÂNTICO. 2019-2023. 1,671,264.80 € (170 000.00 € for UTAD)

INCLUSEA (IN=SEA) – Professional skills in adapted surfing, 2021-2023. ERASMUS+/KEY ACTION: SPORT (622736-EPP-1-2020-1-ES-SPO-SCP). 364 460,00 €.

UNISF – UNIVERSIDADE SEM FRONTEIRAS (0685_UNISF_1_P). Interreg Program V-A Spain-Portugal (POCTEP) 2014-2020. 2018-2020. 1.492.212,45 € (Member of the Academic Commission of the 3rd Cycle in Social Sciences and Ageing).

TELEexe4ALL: Synchronous and asynchronous tele-exercise to encourage the participation in sport and physical activity and to promote them as a tool for Health. **Projeto Financiado** pelo Erasmus+, sob o tópico ERASMUS-SPORT-2021-SCP (ID 101089869). **Período**: 2022-2024. **Função**: Membro da Equipa de Investigação. **Montante atribuído**: 250.000,00 EUR (financiamento para a UTAD de 35.000,00 EUR)

Digi-Sporting: A new step towards digital. **Projeto Financiado** pelo Erasmus+ (2019-1-ES01-KA203-065505). **Período**: 2019-2022. **Montante atribuído**: 374.407,00 EUR (financiamento para a UTAD de 38.755,00 EUR)

ALFAC: Aquatic Literacy For All Children. Projeto Financiado pelo Erasmus+ (ID 101049889)-Período: 2022-2025. Montante atribuído: 400.000,00 EUR. ALFAC-Nota: Este projeto não tem financiamento direto para a UTAD, sendo a UTAD associated partner. Este projeto inclui as seguintes entidades: 1) UNIVERSITE DE LILLE, 2) VIESOJI ISTAIGA ACTIVE VILNIUS, 3) DEUTSCHE SPORHOCHSCHULE KÖLN, 4) ASSOCIAÇÃO PORTUGUESA DE TÉCNICOS DE NATAÇÃO, 5) AKADEMIA WYCHOWANIA FIZYCZNEGO IM. POLSKICH OLIMPIJCZYKÓW WE WROCŁAWIU, 6) FÉDÉRATION NATIONALE DES MÉTIERS DE LA NATATION ET DU SPORT, 7) NORGES IDRETTSHØGSKOLE, 8) UNIVERSIDADE DO PORTO, 9) VŠĮ LIETUVOS PLAUKIMO FEDERACIJOS INFORMACIJOS IR PASLAUGU BIURAS, e 10) VRIJE UNIVERSITEIT BRUSSEL,

oneHcancer - One health approach in animal cancer. (NORTE-01-0145- FEDER-000078). 75.000,00 € para do CIDESD (Total: 500.000,00 €)

World Rugby Research Project (2020-2021): Leeds Beckett University and University of Cape Town performance analysis laboratories. “Match exposures of rugby players at different ages (Under 12s to seniors), levels (amateur to pro) and within different countries (England, South Africa, New Zealand, Portugal and North America) across Rugby Union. Principal investigator, Professor Ben Jones, from Leeds Beckett University. Professor Kevin Till and Professor Sharief Hendricks (SA). (Prof. Luis Vaz. CIDESD)

Research Project (2020-2021): **An investigation into the match profile of men’s and women’s international sevens rugby between 2016 and 2020**. Application Reference CSRP170410226490 Applicant Name Dr. Wilbur Kraak - Stellenbosch University - South Africa. (Prof. Luis Vaz. CIDESD)

National Research Foundation: Research Project (2020-2021): **Sport Sciences; Sport biomechanics who is associated with a Higher Education/Research Institution in South Africa**. Professor Ren Venter. (Prof. Luis Vaz. CIDESD)

Erasmus + Project (2021-2023) "S.A.T.I.N - safe sport return for children post pandemic".

International Basketball Research Network 20-21 [2020-2021]. Consejo Superior de Deportes «*Redes de Investigación en Ciencias del Deporte*».

1.1 National Research and Development Projects

MENO(S)PAUSA+MOVIMENTO - Programme to promote exercise and health in postmenopausal women. Promoted by Penafiel City Hall with the collaboration of North Regional Health Administration and with the scientific-pedagogical coordination of UTAD. 2022-2023. 27993,00 €.

DIAGNOSIS ON HEALTH AND WELLBEING OF THE ACADEMIC COMMUNITY: EATING HABITS, PHYSICAL ACTIVITY AND PSYCHOLOGICAL WELLBEING (ACAD3SBE). Coordinated project by the UTAD's Pro-Rectorate for Health.

“Educação e Desenvolvimento Moral pelas Vozes da Comunidade: Um outro olhar sobre Cidadania e Desenvolvimento” do Centro de Investigação e Intervenção Educativas (CIIE) da Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto (FPCEUP). Este projeto, aprovado na 1ª edição do concurso interno de apoio a projetos de investigação 2020-2023 do CIIE, é apoiado através do Financiamento Plurianual (Financiamento Base, com a ref.^a UIDB/00167/2020), atribuído ao CIIE pela Fundação para a Ciência e a Tecnologia, IP (FCT). Coordenado pela Prof.^a Doutora Maria da Conceição Azevedo: visa contribuir para a construção colaborativa de um referencial teórico de suporte à educação para a cidadania, integrando perspetivas culturais, filosóficas, psicológicas e pedagógicas (Sem financiamento).

“**Bullying e empatia em crianças dos 3 aos 6 anos**” com um parecer favorável da Comissão de Ética da UTAD no dia 29 de abril de 2021 (Sem financiamento).

“**Atividade física, capacidades e dificuldades em crianças dos 3 aos 6 anos**” com parecer favorável da Comissão de Ética da UTAD no dia 12 de maio de 2021(Sem financiamento).

Academia Experimental – Associação Diogo Cão, Agrupamento de Escolas Diogo Cão; Universidade de Trás-os-Montes e Alto Douro (UTAD) (2021). Academias Gulbenkian do Conhecimento. Fundação Calouste Gulbenkian, Membro da Equipa. [30.000€].

2. Publications

2.1 Articles

- Afonso, J., Nakamura, F. Y., Baptista, I., Rendeiro-Pinho, G., Brito, J., & Figueiredo, P. (2022). Microdosing: Old Wine in a New Bottle? Current State of Affairs and Future Avenues. *International journal of sports physiology and performance*, 17(11), 1649–1652. <https://doi.org/10.1123/ijsp.2022-0291>
- Alabdulwahed, S., Galán-López, N., Hill, T., James, L.J., Christmas, B.C.R., Racinais, S., Stellingwerff, T., Leal, D.V., Hausen, M., Chamari, K., Fullagar, H.H.K., Esh, C.J., & Taylor, L. (2022). Heat adaptation and nutrition practices: athlete and practitioner knowledge and use. *International Journal of Sports Physiology and Performance*. 17(7). 1011-1024. <https://doi.org/10.1123/ijsp.2021-0462>
- Andrade, A.J., Ekkekakis, P., Evmenenko, A., Monteiro, D., Rodrigues, F., Cid, L., & Teixeira, D.S. (2022). Affective Responses to Resistance Exercise: Toward Consensus on the Timing of Assessments. *Psychology of Sport and Exercise*, 62. <https://doi.org/10.1016/j.psychsport.2022.102223>
- Arellano, R., Ruiz-Navarro, J. J., Barbosa, T. M., López-Contreras, G., Morales-Ortíz, E., Gay, A., López-Belmonte, O., González-Ponce, A., Cuenca-Fernández, F. (2022). Are the 50 m Race Segments Changed from Heats to Finals at the 2021 European Swimming Championships? *Front. Physiol.* 13: 797367. <https://doi.org/10.3389/fphys.2022.797367>
- Amara, S., Barbosa, T. M., Chortane, O. G., Hammami, R., Attia, A., Chortane, S. G., & Van Den Tillaar, R. (2022). Effect of Concurrent Resistance Training on Lower Body Strength, Leg Kick Swimming, and Sport-Specific Performance in Competitive Swimmers. *Biology*, 11(2), 299. <https://doi.org/10.3390/biology11020299>

- Bastos, V., Andrade, A.J., Rodrigues, F., Monteiro, D., Cid, L., & Teixeira, D.S. (2022). Set to Fail: Affective Dynamics in a Resistance Training Program Designed to Reach Muscle Concentric Failure. *Scandinavian Journal of Medicine and Science in Sports*, 32(12), 1710-1723. <https://doi.org/10.1111/sms.14222>
- Brito, J., Mendes, R., Figueiredo, P., Marques, J. P., Beckert, P., & Verhagen, E. (2022). Is it Time to Consider Quaternary Injury Prevention in Sports? *Sports medicine*. <https://doi.org/10.1007/s40279-022-01765-1>
- Casanova, F., Esteves, P., Padilha, M., Ribeiro, J., Williams, M., & Garganta, J., (2022). The effects of physiological demands on visual search behaviours during 2v1+gk game situation in football: an in-situ approach. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022885765>
- Chortane, O. G., Amara, S., Barbosa, T. M., Hammami, R., Khalifa, R., Chortane, S. G., & van den Tillaar, R. (2022). Effect of High-Volume Training on Psychological State and Performance in Competitive Swimmers. *International Journal of Environmental Research and Public Health*, 19(13), 7619. <https://doi.org/10.3390/ijerph19137619>
- Conceição, A., Fernandes, O., Baia, M., Parraca, J.A., Gonçalves, B., & Batalha, N. (2022). Changes in Muscular Activity in Different Stable and Unstable Conditions on Aquatic Platforms. *Biology*, 11(1643). <https://doi.org/10.3390/biology11111643>
- Costa, J. A., Brito, J., Nakamura, F. Y., Dores, H., & Rebelo, A. (2022). Associations between 24-h heart rate variability and aerobic fitness in high-level female soccer players. *Scandinavian journal of medicine & science in sports*, 32 (Suppl 1), 140–149. <https://doi.org/10.1111/sms.14116>
- Costa, J., Rago, V., Brito, P., Figueiredo, P., Sousa, A., Abade, E., & Brito, J. (2022). Training in women soccer players: a systematic review on training load monitoring. *Frontiers in Psychology*, 4714. <https://doi.org/10.3389/fpsyg.2022.943857>
- Cid, L., Monteiro, D., Teixeira, D.S., Evmenenko, A., Andrade, A., Bento, T., Vitorino, A., Couto, N., & Rodrigues, F. (2022). Assessment in Sport and Exercise Psychology: Considerations and Recommendations for Translation and Validation of Questionnaires. *Frontiers in Psychology*, 13 (806176). <https://doi.org/10.3389/fpsyg.2022.806176>
- Filter-Ruger, A., Gantois, P., Henrique, R. S., Olivares-Jabalera, J., Robles-Rodríguez, J., Santalla, A., Requena, B., & Nakamura, F. Y. (2022). How does curve sprint evolve across different age categories in soccer players? *Biology of sport*, 39(1), 53–58. <https://doi.org/10.5114/biol sport.2022.102867>

- Fail, L.B., Marinho, D.A., Marques, E.A., Costa, M.J., Santos, C.C., Marques, M.C., Izquierdo, M. & Neiva, H.P. (2022). Benefits of aquatic exercise in adults with and without chronic disease - A systematic review with meta-analysis. *Scandinavian Journal of Medicine & Science in Sports*, 32, 465-486. <http://doi.org/10.1111/sms.14112>
- Fernandez-Fernandez, J., Moreno-Perez, V., Cools, A., Nakamura, F.Y., Teixeira, A.S., Ellenbecker, T., Johansson, F., & Sanz-Rivas, D. (2022). The Effects of a Compensatory Training Program Adding an Isoinertial Device in the Shoulder Function on Young Tennis Players. *Journal of strength and conditioning research*, in press. <https://doi.org/10.1519/JSC.0000000000004374>
- Leão, I., Garcia, C., Antunes, P., Campolargo, A., Dias, I., Coimbra, E., Oliveira, P., Zenha, H., Costa, H., Capela, A., Viamonte, S., Alves, A.J., Joaquim, A. (2022). Acute Impact of Cancer Treatment on Head and Neck Cancer Patients: FIT4TREATMENT. *Cancers*, 14 (11). <https://doi.org/10.3390/cancers14112698>
- Lopes, T.J., Morais, J.E., Pinto, M.M., & Marinho, D.A. (2022). Numerical and experimental methods used to evaluate active drag in swimming: A systematic narrative review. *Frontiers in Physiology*, 13. <https://doi.org/10.3389/fphys.2022.938658>
- Lopes, V. P., Martins, S.R., Goncalves, C., Cossio-Bolanos, M.A., Gomez-Campos, R., & Rodrigues, L.P. (2022). Motor competence predicts self-esteem during childhood in typical development children. *Psychology of Sport and Exercise*, 63. <https://doi.org/10.1016/j.psychsport.2022.102256>
- Loturco, I., Mcguigan, M.R., Freitas, T.T., Nakamura, F.Y., Boullosa, D.A., Valenzuela, P.L., Pereira, L.A., & Pareja-Blanco, F. (2022). Squat and countermovement jump performance across a range of loads: a comparison between Smith machine and free weight execution modes in elite sprinters. *Biology of sport*, 39(4), 1043–1048. <https://doi.org/10.5114/biol sport.2022.112085>
- Mira, T., Monteiro, D., Costa, A.M., Morouço, P., Matos, R., Antunes, R. (2022). Tokyo 2020: A Sociodemographic and Psychosocial Characterization of the Portuguese Paralympic Team. *Healthcare*, 10(7). <https://doi.org/10.3390/healthcare10071185>
- Machado, S., de Oliveira Sant'Ana, L., Cid, L., Teixeira, D., Rodrigues, F., Travassos, B. & Monteiro, D. (2022) Impact of victory and defeat on the perceived stress and autonomic regulation of professional eSports athletes. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.987149>

- Marques, D.L., Neiva, H.P., Marinho, D.A., & Marques, M.C. (2022). Manipulating the resistance training volume in middle-aged and older adults: A systematic review with meta-analysis of the effects on muscle strength and size, muscle quality, and functional capacity. *Sports Medicine*. <https://doi.org/10.1007/s40279-022-01769-x>
- Marques, D.L., Neiva, H.P., Marinho, D.A., Pires, I.M., Nunes, C., & Marques, M.C. (2022). Load-power relationship in older adults: The influence of maximal mean and peak power values and their associations with lower and upper-limb functional capacity. *Frontiers in Physiology*, 13. <https://doi.org/10.3389/fphys.2022.1007772>
- Martinho, D. Nobari, H., Faria, A., Field, A. Duarte, D. & Sarmiento, H. (2022). Oral Branched-Chain Amino Acids Supplementation in Athletes: A Systematic Review. *Nutrients* 2022, 14. <https://doi.org/10.3390/nu14194002>
- Mendez-Dominguez, C., Nakamura, F. Y. & Travassos, B. (2022). Editorial: Futsal Research and Challenges for Sport Development. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.856563>
- Mikalonytė, R., Paulauskas, R., Abade, E. & Figueira, B. (2022). Effects of small-sided games vs. simulated match training on physical performance of youth female handball players. *Plos one*. <https://doi.org/10.1371/journal.pone.0273574>
- Monteiro Pereira, A., Costa, J. A., Verhagen, E., Figueiredo, P., & Brito, J. (2022). Associations Between Esports Participation and Health: A Scoping Review. *Sports Medicine*, 52(9), 2039–2060. <https://doi.org/10.1007/s40279-022-01684-1>
- Morais, J.E., Barbosa, T.M., Nevill, A.M, Cogley, S., & Marinho, D.A. (2022). Understanding the role of propulsion in the prediction of front-crawl swimming velocity and in the relationship between stroke frequency and stroke length. *Frontiers in Physiology*, 13. <https://doi.org/10.3389/fphys.2022.876838>
- Morais, J.E., Barbosa, T.M., Silva, A.J., Veiga, S., & Marinho, D.A. (2022). Profiling of elite male junior 50 m freestyle sprinters: understanding the speed-time relationship. *Scandinavian Journal of Medicine and Science in Sports*, 32(1), 60-68. <http://doi.org/10.1111/sms.14058>
- Olstad, B., Gonjo, T., Conceição, A., Stastny, J., Seifert, L. (2021). Arm- leg coordination during the underwater pull-out sequence in the 50, 100 and 200m breaststroke start. *Journal of Science and Medicine in Sport*, 25(1), 95-100. <https://doi.org/10.1016/j.jsams.2021.08.006>

- Silva, M., Pereira, H., & Beatriz, C. (2021). Trauma, Mental Health, and Suicidal Tendencies: Lessons from Portuguese Language Countries. *Journal of Loss and Trauma*. <https://doi.org/10.1080/15325024.2021.2007651>
- Pimenta, N.M., Félix, I., Monteiro, D., Marques, M.M., & Guerreiro, M.P. (2022). Promoting physical activity in older adults with type 2 diabetes via an anthropomorphic conversational agent: development of an evidence and theory-based multi-behavior intervention. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.883354>
- Querido, S. M., Brito, J., Figueiredo, P., Carnide, F., Vaz, J.R., & Freitas, S.R. (2022). Postmatch Recovery Practices Carried Out in Professional Football: A Survey of 56 Portuguese Professional Football Teams. *International journal of sports physiology and performance*, 17(5), 748–754. <https://doi.org/10.1123/ijsp.2021-0343>
- Ribeiro, B., Forte, P., Vinhas, R., Marinho, D.A., Fail, L., Pereira, A., Vieira, F., & Neiva, H.P. (2022). The benefits of resistance training in obese adolescents: A systematic review and meta-analysis. *Sports Medicine – Open*, 8 (109). <https://doi.org/10.1186/s40798-022-00501-3>
- Ribeiro, H.S., Neri, S.G.R., Oliveira, J.S., Bennett, P.N., Viana, J.L., & Lima, R.M. (2022). Association between sarcopenia and clinical outcomes in chronic kidney disease patients: A systematic review and meta-analysis. *Clinical Nutrition*, 41(5), 1131-1140. <https://doi.org/10.1016/j.clnu.2022.03.025>
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- Rodrigues, F., Amaro, N., Matos, R., Mendes, D., Monteiro, D., & Morouço, P. (2022). The impact of an exercise intervention using low-cost equipment on functional fitness in the community-dwelling older adults: a pilot study. *Frontiers in Physiology*, 13. <https://doi.org/10.3389/fphys.2022.1039131>
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2.2 Books and Book Chapters

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- Abrantes, C. (2022) Acute and chronic effects of physical exercise on cardiorespiratory and haemodynamic responses. In 2nd International Meeting of the Portuguese Society of Physiology (p.19), Seminar II – Who What Where,. School of Health Technology of Coimbra, 11-12 November, Coimbra, Portugal.
- Abrantes, C., Machado, I., Sousa, N., Ferreira, J., Sousa, P., Machado, L., Santarem, D. (2022) Monitoring pulse pressure, rate pressure product and mean arterial pressure along a 6-month supervised program in peripheral artery disease, *Book of Abstracts of the 27th Annual Congress of the European College of Sport Science*, 30 August – 2 September 2022, p.158-159, ISBN 978-3-9818414-5-9.
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2.4 Poster communications at scientific events

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2.5 Oral communications at scientific events

- Abade, E., Brito, J., Gonçalves, B., Saura, L., Coutinho, D., Sampaio, J. (2022). Using deadlifts as post-activation performance enhancement strategy in warm-ups in football. Oral presentation at the World Congress on Science and Soccer 2022, Coimbra, Portugal. <https://wcss2021.org/abstracts-book/>
- Abrantes, C. (2022) Acute and chronic effects of physical exercise on cardiorespiratory and haemodynamic responses. In 2nd International Meeting of the Portuguese Society of Physiology (p.19), Seminar II – Who What Where,. School of Health Technology of Coimbra, 11-12 November, Coimbra, Portugal.
- Almeida, F. & Gonçalves, C. (2022). Benefícios e Barreiras para a prática desportiva em estudantes do ensino superior. No XXIII CONGRESSO NACIONAL DE GESTÃO DE DESPORTO: Lei de Bases e a Gestão do Desporto: 15 anos depois, Leiria.
- Bischofberger, J., Exel, J., Travassos, B., Sampaio, J., & Baca, A. (2022) Effect of different players' motion models on linear and non-linear measures of space control in futsal. 27th Congress of the European Society of Biomechanics. Porto, Portugal.
- Bruno Rafael Vilaça e Paulo Vicente João (2022) A Influência Do Exercício Físico Na Performance Escolar Dos Alunos No Ensino Secundário. Livro de Abstracts, do Seminário “Os Novos Paradigmas da Educação Física na Escola, o Presente e o Futuro” do Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário realizado a 2 de Junho de 2022 na Universidade de Trás os Montes e Alto Douro (UTAD), Vila Real, com o ISBN 978-989-704-493-9.
- Cabral, F., Relva, I. C., & Fernandes, O. M. (junho 2022). Qual o papel da violência entre irmãos nas relações entre pais e filhos? Comunicação oral apresentada no XI Simpósio Nacional de Investigação em Psicologia, Vila Real, Portugal.
- Campos, P., Santos, S., Gonçalves, B. & Coutinho, D. (2022, Abril 29-30). Efeitos no Desempenho Físico e Técnico da Instrução sobre o Posicionamento dos Jogadores durante Jogos Reduzidos de Futebol [Comunicação oral]. Conferência Internacional Ciência e Futebol. Portuguese Football School, 29-30 Abril 2022, Lisboa.

- Carvalho, I., Relva, I. C., & Simões, M., (junho 2022). Presença de traços psicopáticos em crianças: Que relação com a qualidade do relacionamento professor-aluno? Comunicação oral apresentada no XI Simpósio Nacional de Investigação em Psicologia, Vila Real, Portugal.
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- Coutinho, D., Gonçalves, B., Santos, S., Folgado, H., Travassos, B., Abade, E. & Sampaio, J. (2022, Agosto/Setembro 31-2). Amplifying Space Exploration as Result of Pitch Obstacles During Association Football Large-Sided Games in Semi-Professional Players [Comunicação oral]. 27th Annual Congress of European College of Sport Science 2022. Universidad Pablo de Olavide, Sevilla. ISBN: 978-3-9818414-5-9.
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Patrícia Queirós (2022). Violência entre irmãos, crueldade contra animais e estilos parentais: Que relação com a psicopatia? Dissertação (Psicologia Clínica) - Universidade de Trás-os-Montes e Alto Douro. (Orientadora). Defesa a 15 novembro de 2022.

Pedro Miguel Vaz Afonso (2022). Relatório da prática de ensino supervisionada – “DE QUE FORMA É POSSÍVEL DETETAR DÉFICES MOTORES COM O TESTE KTK?”. Estágio realizado no Agrupamento de Escolas Abade de Baçal – Bragança. 2º ciclo em Ensino de Educação física nos Ensinos Básico e Secundário. Vila Real: Universidade de Trás-os-Montes e Alto Douro (UTAD). Orientador: Paulo Vicente João.

Pereira, Ines (2022) Aptidao Fisica E Saude Em Desportistas De Recreacao E De Competicao No CrossfitR. Dissertacao de Mestrado em Ciencias do Desporto especializacao em Atividades de Academia, UTAD (M.Sc.).

- Philippe Marracho (2022). Bullying Em Contexto Desportivo Na Região De Trás-Os-Montes E Alto Douro, Tese De Doutoramento Em Ciências Do Desporto. Universidade De Trás-Os-Montes E Alto Douro. Orientadora: Eduarda Coelho e co-orientador: Francisco Saavedra.
- Pinheiro, E. (2022). Relatório da Prática de Ensino Supervisionada [Dissertação Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário]. Universidade de Trás-os-Montes e Alto Douro. Data: 17/11/2022. Orientadores: António José Silva e Nuno Domingos Garrido
- Pinto, Rui (2022) Relatório de Atividades de Estágio na Instituição Fitness UP– Vila Real. Relatório de Estágio em Ciências do Desporto Especialização em Atividades de Academia, UTAD (M.Sc.).
- Pires, D. (2022) sessões de exercício físico na resposta aguda da pressão arterial: exercício cardiovascular e exercício para músculos inspiratórios. Dissertação de Mestrado em Ciências do Desporto, Especialização em Avaliação e Prescrição da Atividade Física, UTAD (M.Sc.).
- Raquel Teixeira Oliveira. (2022). Qualidade de vida em estudantes do ensino superior: relação com insónia e atividade física, 18 de março de 2022, Gerontology: Physical Activity and Health in the Elderly, University of Trás-os-Montes and Alto Douro.
- Rezende, M. de A. (2022). Avaliação dos diversos tipos de aquecimento sobre performance em atletas de Powerlifting Paralímpico [Doutoramento em Ciências Desporto]. Universidade de Trás-os-Montes e Alto Douro. Data: 04/11/2022. Orientadores: Nuno Domingos Garrido e Felipe José Aidar
- Ribeiro, Maria Inês Evangelho. (2022). Relatório de Prática de Ensino Supervisionada. Relatório de Atividade Profissional. Mestrado em Ensino de Educação Física nos Ensinos Básico e Secundário. Orientadores: António José Silva. e Ágata Aranha. Defesa a 9 de Março de 2022, na Universidade de Trás-os-Montes e Alto Douro, Vila Real. Tese de Mestrado. Vila Real. <http://hdl.handle.net/10348/11199>
- Ruben João Martins Pinto e Magalhães Moreira, (2022). : Controlo de carga e respostas fisiológicas em treinos de High Intensity Functional Training de diferentes durações. Curso de 2º ciclo em Ciências do Desporto – Especialização em Atividades de Academia, Universidade de Trás-os-Montes e Alto Douro. Tese de Mestrado.
- Rui Pedro Higino Padrão. (2022). A prática da atividade física em contexto escolar Mestrado em Ciências do Desporto, especialização em Avaliação e Prescrição na Atividade Física. Defendida a 21.10.2022 na Universidade de Trás-os-Montes e Alto Douro.
- Teixeira, J.E. Pathways for training load variations pathways in sub-elite youth soccer players. Doutoramento em Ciências do Desporto. 07 de abril de 2022. Universidade de Trás-os-Montes e Alto Douro.

- Teixeira, José Eduardo. (2022). Doutoramento em Ciências do Desporto da UTAD. Pathways for training load variations in sub-elite youth football players. Orientadores: António José Rocha Martins da Monteiro Silva, António Miguel de Barros; Forte, Miguel Gomes (orientadores). Defesa a 07 Abril de 2022 na Universidade de Trás-os-Montes e Alto Douro, Vila Real. Tese de Doutoramento.
- Vanessa Mendes (2022). Dissertação (Psicologia Clínica) - Traços psicopáticos em estudantes universitários: que relação com o uso de substâncias e as práticas educativas parentais? Universidade de Trás-os-Montes e Alto Douro. (Coorientadora). Defesa 08-03-2022. <https://repositorio.utad.pt/handle/10348/11218>
- Vasco Ferreira Pereira (2022). Relatório da prática de ensino supervisionada – “O FITEscola com a aplicação da Aprendizagem Diferencial”. Estágio realizado na Escola EB 2,3 Diogo Cão – Vila Real. 2º ciclo em Ensino de Educação física nos Ensinos Básico e Secundário. Universidade de Trás-os-Montes e Alto Douro (UTAD). Orientador: Paulo Vicente João
- Victor Hugo Farrabras De Souza. (2022). Adaptation factors that affect the performance of Brazilian football players expatriated to Portugal. Orientador: António Jaime da Eira Sampaio. Tese de Mestrado. Defesa a 14/09/2022. Universidade de Trás-os-Montes e Alto Douro. Dissertação de Mestrado.
- Vitor Joel Pinto Pereira. (2022). Relação da aptidão física com a qualidade de vida e os níveis de atividade física em indivíduos após acidente vascular cerebral, 7 de junho de 2022, Gerontology: Physical Activity and Health in the Elderly, University of Trás-os-Montes and Alto Douro.

4. Organization of conferences

1st Workshop MENO(S)PAUSA+MOVIMENTO, 28 May 2022, Penafiel.

2nd Workshop MENO(S)PAUSA+MOVIMENTO, July 27th 2022, Penafiel.

45º congresso da Associação Portuguesa de Técnicos de Natação (APTN) que decorreu nos dias 15 e 16 de outubro de 2022 na ESECS – Politécnico de Leiria. Organização das II Jornadas Internacionais em Prescrição de Exercício e Promoção da Saúde que decorreram nos dias 18 e 19 de novembro de 2022 na ESECS – Politécnico de Leiria.

4º edição do seminário “Porque é importante Saber Investigar sobre a, e na, Formação de Professores em Educação Física?” organizado pelo Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário da Universidade da Maia (ISMAI) (8 de julho)

CIDESD 15th Anniversary Research Seminars. Covilhã, Portugal. 14 de junho de 2022.

CIDESD 15th Anniversary Research Seminars. Maia, Portugal. 22 de junho de 2022

CIDESD 15th Anniversary Research Seminars. Vila Real, Portugal. 25 de maio de 2022

Congress “The new Paradigms of Physical Education at School, the present and the future”, CIDESD, UTAD, June 2, 2022

ELPA EPIC Congress - Euroleague Players Association (Basketball). Online (<https://elpa.basketball/elpa-performance-international-congress-29-may-2021/>)

III International Congress of Applied Research in Physical Activity and Sports Sciences (2022). Facultad de Ciencias del Deporte – Universidad de Murcia, Murcia (Espanha).

III Jornadas de Educação Básica que decorreram em 31 de maio e 1 de junho de 2022 na UTAD. Comissão científica.

International Health Congress, held at the Federal University of Bahia from 03/28 to 04/01/2022.

International Master in Performance Analysis of Sport – CIDESD ISMAI Seminar (May, 2022). University Institute of Maia, ISMAI, Porto, Portugal. Role: Member of the Organizing Committee.

Os Novos Paradimas da Educação Física na Escola, o Presente e o Futuro. June 2, 2022, Department of Sport, Exercise and Health Sciences, University of Trás-os-Montes and Alto Douro, Vila Real, Portugal (2022).

Palestra “Oficinas CreativeLab com o Professor Emídio Rodrigues” (Membro da equipa técnica da Selecção Nacional de Futsal Masculino). O evento decorreu no dia 1 de junho 2022, na Universidade de Trás-os-Montes e Alto Douro, UTAD, Vila Real. Evento Presencial.

Regional event of the project TRIPLE C – Capitalizing climate change projects in risk management for a better atlantic area resilience - (EAPA_772/2018) - Synergies between nature and health for climate change adaptation and mitigation, December 13th 2022, Vila Real.

Seminar. “Porque é importante saber investigar sobre a e na formação de professores em educação Física.” June, 2022. Universidade da Maia, Maia, Portugal.

Seminar: *Especialização - Bebés e Crianças.* September 17, 2022, Portuguese Gymnastics Federation - Gymnastics National School, Lisboa. Portugal (2022).

Seminar: *Especialização - Ginástica Adaptada.* July 23, 2022, Portuguese Gymnastics Federation - Gymnastics National School, Lisboa. Portugal (2022).

Seminário "INSIDE TEAM SPORTS – A TECNOLOGIA NOS DESPORTOS COLETIVOS COM TRANSFERÊNCIA PARA A PRÁTICA", realizado no dia 5 de Dezembro de 2022 na UTAD - Universidade de Trás-os-Montes e Alto Douro, com organização do CIDESD - Centro de Investigação em Desporto, Saúde e Desenvolvimento, pela comunidade CreativeLab, realizado no Departamento de Ciências de Desporto, Exercício e Saúde, com carga horária de 5 horas.

Seminário “Os novos Paradigmas da Educação Física na Escola, o presente e o futuro” (2022). UTAD, Vila Real (Portugal).

Seminário “Os Novos Paradigmas da Educação Física na Escola, o Presente e o Futuro” do Mestrado em Ensino da Educação Física nos Ensinos Básico e Secundário realizado a 2 de Junho de 2022 na Universidade de Trás os Montes e Alto Douro (UTAD), Vila Real, com o ISBN 978-989-704-493-9.

Seminário “Os novos paradigmas da Educação Física na Escola. O presente e o futuro”. Decorreu no dia 2 de Junho de 2022 na Universidade de Trás-os-Montes e Alto Douro, UTAD, Vila Real. O evento contou com a participação de mais de 100 participantes. Evento presencial.

Seminário Desporto e Ciência 2022. Universidade da Madeira. Funchal.

Seminário Inovação e Interatividade em Pedagogia do Desporto, realizado no dia 25 de Novembro de 2022 na Escola Superior de Desporto de Rio Maior.

Seminário: O cuidar na família uma abordagem multidisciplinar: A família como cuidadora e como objeto de cuidados. Realizado no dia 24 de março na Escola Superior de Saúde.

Seminário: O cuidar na família uma abordagem multidisciplinar: Stresse Tóxico e Saúde Mental Parental. Realizado no dia 1 de abril, na Escola Superior de Saúde.

Seminário: *Porque é importante investigar sobre, e na, formação de professores de Educação Física? Onde a Teoria encontra a Prática.* (4.^a Ed.). 2 July 2022. Universidade da Maia - ISMAI, Maia. [Ação de Curta duração - 6 horas. Centro de Formação Contínua de Professores da Universidade da Maia – ISMAI]

World Congress of Science and Soccer (2022). Coimbra, Portugal.

X Congreso Ibérico / IV Congreso Iberoamericano de Baloncesto (2022). Sociedad Científica de Investigación en Baloncesto y el Grupo de Optimización del Entrenamiento y el Rendimiento Deportivo. Universidad del País Vasco, Vitoria-Gasteiz (Espanha).

XI Simpósio Nacional de Investigação em Psicologia, que decorreu na Universidade de Trás-os-Montes e Alto Douro, em Vila Real, nos dias 20, 21 e 22 de junho de 2022.

XIVI Congresso Internacional de Futebol do ISMAI (May, 2022). University Institute of Maia, ISMAI, Porto, Portugal.

XVII Seminar on “Childhood Motor Development” 28-29 October 2022. Universidade do Algarve, Faro, Portugal

XXX Jornadas Técnicas Actividades Acuáticas - Acondicionamiento Físico Acuático - 7 de novembro de 2022. Organizado pela Universitas Miguel Hernandez e AIDEA - internacional, com o apoio do Programa de Pryectos Docentes de Internacionalización en casa (PRODIC-UMH) 2022

XXXI Jornadas Luso Espanholas de Gestão Científica. Toledo, Universidade de Castilla-La Mancha. 2 a 5 de fevereiro de 2022.

5. Internationalization

António Silva:

- Refereeing for *Sports Biomechanics; Research Quarterly for Exercise and Sport; Journal of Frontiers in Physiology; Refereeing for the Journal of Frontiers in Sports and Active Living; Scandinavian Journal of Medicine and Science in Sports; Journal of Sport Sciences; Scientific Reports; Journal of Human Sport and Exercise; International Journal of Sports Medicine; Nutrients and International Journal of Environmental Research and Public Health*

Carlos Almeida:

- Referring for *International Journal of Environmental Research and Public Health; Children - Participação em corpo revisor da Revista Científica Healthcare; Pharmaceutical Research International; Open Medicine e Revista Baiana de Enfermagem.*

Catarina Abrantes:

- Refereeing for *Age and Ageing Journal; The Gerontologist.*
- Member of Ph.D. External Evaluation Panel of Alagappa University, Karaikudi, India.

Francisco Saavedra:

- Trainer of the training course for Gymnastics Coaches: Gymnastics Board Educator with action on the Portuguese Gymnastics Federation courses:
 - Level I Coaches Course (General Component);
 - Theory and Methodology of Sports Training: Physical training factor (12 hours);
 - Adapted Sports: Fundamental Motor Skills (2 hour);
 - Adapted Sports: Introduction to motor skills or qualities (8 hours);
 - Fundamentals of the training process (6 hours);
 - Level I Coaches Course (Specific Component);
 - Notions of Planning and Training Session: Strength in Gymnastics (4 hours);
 - Notions of Planning and Training Session: Alactic and lactic anaerobic resistance (1 hour);
 - Level II Coaches Course (General Component);
 - Theory and Methodology of Sports Training: Fundamentals of the training load (18 hours);
 - Theory and Methodology of Sports Training: Physical training factor (12 hours);
 - Theory and Methodology of Sports Training: Warming up and cooling down: advanced aspects (4 hours);
 - Level III Coaches Course Internship Evaluation Committee Member;
 - Refereeing for the Journal of Back and Musculoskeletal Rehabilitation; International Journal Environmental Research and Public Health; Frontiers in Psychology; American Journal Human Biology e Attendance in General Assembly of the International Human Motricity Network;
 - Member of International Editorial Board for the Revista Norte Mineira de Educação Física e da Revista Perspectivas Online: Biológicas & Saúde.

Helena Moreira:

- International *Journal of Environmental Research and Public Health* (ISBN:1661-7827), Member of the Editorial Panel of the special issue entitled "Ecosystem Health Services and Healthy Living to Face Climate Changes", since January 2020.
- Member of the Academic Commission of the 3rd cycle cross-border degree in Social Sciences and Aging on UNISF – UNIVERSIDADE SEM FRONTEIRAS (0685_UNISF_1_P).
- Member of *ENOS – European Network of Outdoor Sports*.
- Founding Associate Member of the Portuguese Association of Exercise Physiologists
-
- Member of *International Menopause Society*

Inês Relva:

- Membro da Ação COST CA18121 intitulada “Cultures of Victimology” da European

Cooperation in Science and Technology.

- Guest Editor para o open access journal /**International Journal of Environmental Research and Public Health**, para desenvolver uma Edição Especial subordinada às relações familiares, aos comportamentos desviantes e às experiências na infância.
- Membro do corpo editorial do *Journal of Aggression, Maltreatment & Trauma* desde fevereiro de 2022.
- Membro do corpo editorial do *Journal Family Trauma, Child Custody & Child Development*.
- Membro do corpo editorial do *Interamerican Journal of Psychology*.
- Membro do corpo editorial do *Journal of Family Violence*.
- Revisora Ad Doc de várias revistas Internacionais e trabalhos para conferências.

Maria Isabel Carvalho:

- Refereeing for the Obesity Research & Clinical Practice/Elsvier; International Journal of Environmental Research and Public Health, Journal of Clinical Medicine e Gerontology and Geriatric Medicine

Nuno Garrido:

- Transnational meetings under the aforementioned projects

Paulo Vicente João:

- Paulo Vicente João has been an ERASMUS+ during the academic year 2021 /2022, in the Department/ School of Humanities, Social & Education Sciences - European University Cyprus (EUC), from 1 to 9 April 2022. where he taught volleyball classes: Study and Research in Portugal and around the world; Performance Analysis in Volleyball and futsal; Research Center Presentation: The Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD), Vila Real – Portugal; “Quantifying Movement Demands in Elite Female Beach Volleyball: A Positional Analysis”; Research vs Practical application vs Next Step; 2nd Volleyball practical session: 2h; How to teach Volleyball in Scholl; Gira-Volei with small sided game (2x2; 3x3;4x4); Offensive and defensive organization in Volleyball, through exercises with different intensities, dynamics and objectives.

Sara Santos:

- 2022: Prémio Investigador Jovem do ano 2021. Distingão atribuída pela Universidade de Trás-os-Montes e Alto Douro (UTAD) pela investigação produzida e pelo impacto nacional e internacional do programa Skills4Genius, no âmbito da Inovação Pedagógica, em especial no desenvolvimento da criatividade no desporto
- 2022: Melhor comunicação oral do painel “Games” no 6th International Congress in Complex Systems in Sports. University of Mainz, Virtual Edition.

Vítor Reis:

- Missão para recolha e tratamento de dados no Instituto de Capacitação Física do Exército Brasileiro (Rio de Janeiro), Novembro de 2022.

Vítor Rodrigues:

- Editorial Board Member of the revista *Investigación y Educación en Enfermería e Revista de Enfermagem Referência*.

6. Government/Organization contract research

António Silva: President of the Portuguese Swimming Federation;
President of the LEN (European Swimming League);
World Aquatics/FINA Vice President;
Member of the EOC Coordination Commission for the Krakow & Malopolska 2023 European Games.

Catarina Abrantes: Lecturer of the module of Fisiologia Exercício in Coaching Course UEFA B e C (level 2) from the Portuguese Football Federation (2022).

Francisco Saavedra: President of the General Assembly of the Gymnastics Association of Douro and Dão;
Full Member at the Scientific Committee of the Portuguese Gymnastics Federation - Gymnastics National School (ENGym):

- Certificate of Sport Coach: Men's Artistic Gymnastics - Level 1 (n.º. 54659) from the Portuguese Gymnastics Federation.
- Gymnastics Board Educator with action on the Portuguese Gymnastics Federation courses. Participation in Coaching Course (level 1, 2 & 3) from the Portuguese Gymnastics Federation.

Inês Relva: Membro da Comissão Alargada de CPCJ de Vila Pouca de Aguiar na qualidade de Observadora, desde agosto de 2020.

Helena Moreira: Member of the A3ES external evaluation commission of the 2nd cycle course in Technology in Sports and Health (Process no. NCE/21/2100266), from the University of Évora (Organic Unit: School of Health and Human Development).

7. Awards

António Silva: - Prémio como investigador de referência pela produção científica e transferência na área do rendimento Aquático, pela Asociación Iberoamericana de Educación Acuática, Especial e Hidroterapia;

- Prémio de gestor do ano, atribuído pela APOGESD: Associação Portuguesa de Gestão do Desporto, Leiria 29 de novembro de 2022;

- Prémio figura nacional atribuído pela Associação Portuguesa de Técnicos de Natação, APTN, 15 outubro 2022.

Catarina Abrantes: Young Travel Award atribuído ao trabalho: Teixeira, A., Amaral, A., Machado, I., Santarem, D., Sampaio, J., Mateus, N., Abrantes, C. (2022). Muscle reoxygenation kinetics during six different variations of push-up exercise. In 2nd International Meeting of the Portuguese Society of Physiology (p.28). School of Health Technology of Coimbra, 11-12 November, Coimbra, Portugal.

8. Patents

- **António Silva:** Registo da propriedade de marca nacional nº 686197: À Prova de Água Sobrevivência e Prontidão Aquática: Ensino de Natação; Aulas de Natação; Formação de Professores de Natação.