

CENTROS DE INVESTIGACIÓN

CENTRO DE INVESTIGACIÓN EN RENDIMIENTO FÍSICO Y DEPORTIVO

Actividades

Durante el curso académico 2023-2024 se han llevado a cabo diversos estudios de investigación: evaluaciones del estado físico y mental de deportistas, población general y clínica, así como intervenciones basadas en programas de ejercicio físico.

Las instalaciones y material del Centro de Investigación en Rendimiento Físico y Deportivo han sido utilizados por un amplio número de grupos de investigación de la UPO. Se han realizado un total de 80 actuaciones formales de préstamo temporal de material deportivo e instrumental, dirigidas al desarrollo de proyectos de I+D, pruebas de concepto, tesis doctorales y proyectos de fin de Grado y Máster.

Asimismo, se han publicado 108 artículos científicos en revistas indexadas JCR, 10 colaboraciones en congresos y comunicaciones en congresos como el *26th Annual Congress of the European College of Sport Science*; *36th World Congress of Sports Medicine*; II Congreso Virtual de la Sociedad Española de Geriatria y Gerontología o the Conference of the International Society of Biomechanics in Sport. Además, el Departamento ha organizado 1 Jornada y se han aprobado 10 proyectos de investigación.

Publicaciones en JCR y revistas indexadas

1. Alcázar, J., Pareja-Blanco, F., Ara, I., & Alegre, L. M. (2023). Comment on: Exploring the Low Force-High Velocity Domain of the Force–Velocity Relationship in Acyclic Lower-Limb Extensions. *Sports Medicine - Open*, 9(1). Scopus. <https://doi.org/10.1186/s40798-023-00648-7>.
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3. Asad-Cabrera, I., Borrueco-Sánchez, J., López-Sánchez, C., López-Moral, A., Munguía-izquierdo, D., & Bueno-Antequera, J. (2023). Behavioral change techniques to increase adherence to physical activity in severe mental disorders: The psychiactive project. In *Comb. Exerc. And psychother. To treat ment. Health* (pp. 239–264). IGI Global; Scopus. <https://doi.org/10.4018/978-1-6684-6040-5.ch011>.

4. Asián-Clemente, J. A., Rabano-Muñoz, A., Requena, B., & Suárez-Arrones, L. (2024). Influence of the Number of Players on the Load of Soccer Players During Transition Games. *International Journal of Sports Medicine*. Scopus. <https://doi.org/10.1055/a-2286-3914>.
5. Asián-Clemente, J. A., Rabano-Muñoz, A., Suárez-Arrones, L., & Requena, B. (2023). Different pitch configurations constrain the external and internal loads of young professional soccer players during transition games. *Biology of Sport*, 40(4), 1047–1055. Scopus. <https://doi.org/10.5114/biol sport.2023.124848>.
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8. Barrenetxea-García, J., Nuell, S., Garai, S., Murua-Ruiz, A., Mielgo-Ayuso, J., Calleja-González, J., & Sáez de Villarreal, E. (2024). Effect of Foam Roll recovery method on performance in water polo players: A randomized controlled trial. *Physician and Sportsmedicine*, 52(3), 262–270. Scopus. <https://doi.org/10.1080/00913847.2023.2240274>.
9. Barrera-Domínguez, F. J., Almagro, B. J., Sáez de Villarreal, E., & Molina-López, J. (2023). Effect of individualised strength and plyometric training on the physical performance of basketball players. *European Journal of Sport Science*, 23(12), 2379–2388. Scopus. <https://doi.org/10.1080/17461391.2023.2238690>.
10. Brazo-Sayavera, J., Crochemore-Silva, I., Bizzozero-Peroni, B., González-Gálvez, N., de Camargo, E. M., & López-Gil, J. F. (2023). Inequalities in the association between adherence to the Mediterranean diet and physical fitness in the young population during the COVID-19 lockdown. *Nutrición Hospitalaria*, 40(2), 391–399. Scopus. <https://doi.org/10.20960/nh.04225>.
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Ponencias, comunicaciones, jornadas o simposios y eventos de divulgación científica

1. Jiménez Díaz-Benito, V., García Tascón, M., & Magaz González, A. M. (2023). Receta Deportiva: propuesta de proceso de planificación transversal para los modelos sanitarios. En F. Calabuig Moreno, A. Vidal Vilaplana, & D. Parra Camacho, *Los eventos deportivos: impacto, turismo y tecnología*.
2. Floría, P., Alberto, S.-S., Melgarejo-Meseguer, F. M., Rojo, J. L., & Harrison, A. J. (2023). Joint movement patterns differ among male recreational runners with different running style. En K. Kipp, C. Geiser, & N. Ahn (Eds.), *ISBS-Conference Proceedings* (Vol. 41, p. 34). International Society of Biomechanics in Sport. Available at: <https://commons.nmu.edu/isbs/vol41/iss1/34>.
3. Berral-de la Rosa, F. J., Moya-Amaya, H., & Molina-López, A. (2024). Salivary biomarkers in post-competition recovery in professional soccer players. FPF360+ (Revista Oficial da Federação Portuguesa de Futebol). 2024; Edição Extra no 11: 55 Meeting Abstract. Comunicación Oral. Applied Science in Football. Lisboa (Portugal). 3-4 May 2024. Organizado por Federação Portuguesa de Futebol. Depósito legal: 359066/13. Available at: www.fpf.pt/FooterMenu/Links/RevistaFPF360.

Proyectos, contratos y convenios de investigación

1. Nuevo paradigma en el entrenamiento de fuerza: entrenamiento con restricción de flujo sanguíneo monitorizado a través de la velocidad de ejecución. PID2020-117915RA-I00. Programas Estatales de Generación de Conocimiento y Fortalecimiento Científico y Tecnológico del Sistema de I+D+i y de I+D+i orientada a los Retos de la Sociedad, del Plan Estatal de Investigación Científica y Técnica y de Innovación 2017-2020. Desde el 01/09/2021 hasta el 31/08/2024. Investigador/a principal: Fernando H Pareja Blanco. Financiación: 50.000 €. Número de investigadores/as participantes: 10.
2. Actividad física, sedentaria, sueño y condición física en población andaluza con TMG. Análisis de datos composicional y efectos de un innovador programa de ejercicio físico. Ministerio de Ciencia e Innovación. Gobierno de España. 112.530 €. 1.º año: 18.004,80 €, 2.º año: 29.257,80 € y 3.º año: 65.267,40 €. PID2020-118262RB-I00. Vicerrectorado de Investigación y Nuevas Tecnologías. Universidad Pablo de Olavide de Sevilla. Desde el 1 de septiembre de 2021 al 2 de septiembre de 2024. Investigador /a principal: Dr. Diego Munguía Izquierdo. Número de investigadores/as: 15.
3. Development and validation of the Global Adolescent and Child Physical Activity Questionnaire (GAC-PAQ): A multi-country study across six continents. Canadian Institutes of Health Research. From 2022-23: \$275.560; From 2023-24: \$508.725; Total: \$784.285. PRIZE 202203PJT. Investigador Principal: Richard Larouche y Mark Stephen Tremblay. Investigador participante: Francisco Javier Brazo Sayavera.
4. Diagnóstico molecular de los defectos de la fosforilación oxidativa mitocondrial: Patogénesis de las deficiencias de coq10 (PI20/00541). Convocatoria Proyectos Investigación en Salud 2020. Instituto Carlos III. Desde el 1 de enero de 2021 hasta el 31 de diciembre de 2023. Financiación Total: 124.630€. Investigador principal: Carlos Santos Ocaña. Investigador participante: Guillermo López Lluch.
5. Optimización del rendimiento y prevención de lesiones de deportivas auto provocadas. Olympic Marsella. Desde el 1 de julio de 2023 hasta el 20 de septiembre de 2023. Investigador principal: Francisco Javier Nuñez Sánchez.
6. Asesoramiento técnico y revisiones para mejorar la calidad de la divulgación científica en el ámbito social de las ciencias del deporte. Desde el 1 de junio de 2023 hasta el 1 de junio de 2024. Investigador principal: Alberto Nuviala Nuviala.

7. El ejercicio es medicina en salud mental. Como iniciar y evaluar programas de actividad física y salud en personas con trastorno mental grave (CTD-JA-IAD-S23). Consejería de Turismo, Cultura y Deporte de la Junta de Andalucía. Instituto Andaluza del Deporte (IAD). Del 1 de septiembre de 2023 al 31 de agosto de 2024 Investigador principal: Dr. Diego Munguia Izquierdo Investigadores participantes: Francisco José Berral de la Rosa; José Naranjo Orellana; Alfredo Santalla Hernández; Luis Jesús Suarez Moreno-Arrones; Javier Bueno Antequera; Miguel Angel Oviedo Caro; Remedios López Liria; Eveling Huizing; Carmen Jiménez Casado.
8. Convenio de colaboración entre el Ayuntamiento de Puente Genil y la Universidad Pablo de Olavide de Sevilla para el desarrollo de un plan de prevención del sobrepeso y obesidad en la población, con especial atención a la población infantil (2023/00269/001). Desde 1 de enero a 31 de diciembre de 2023. Investigador principal: Francisco José Berral de la Rosa.
9. Contrato OTRI de carácter científico entre la Universidad Pablo de Olavide de Sevilla con la entidad Histamina Síndrome Diagnostic SL (España) para la búsqueda de biomarcadores relacionados con el síndrome de sensibilidad central y la realización de analíticas relacionadas con los biomarcadores (2019/00108/006). Desde el 11 de octubre de 2023 al 31 de diciembre de 2024. Investigador principal: Francisco Martín Bermudo. Investigadores participantes: Francisco José Berral de la Rosa.
10. Contrato OTRI de carácter científico con la entidad Nutrifarma Pediatría SL para la asistencia médica al personal nutricionista en el diagnóstico y el tratamiento de las alteraciones de peso de los pacientes y deportistas, para la correcta prescripción de complementos alimenticios y pautas nutricionales (2024/00083/001). Del 26 de febrero de 2024 al 28 de febrero de 2025. Investigador principal: Francisco José Berral de la Rosa.