CV date	27/01/2025

Part A. PERSONAL INFORMATION

First name	Fernado Hipólito		
Family name	Pareja Blanco		
Gender (*)	Male	Birth date (dd/mm/yyyy)	17/03/1986
ID number	47510538J		
e-mail	fparbla@upo.es	URL Web	
Open Researcher and Contributor ID (ORCID) (*)		0000-0001-7184-7610	

(*) Mandatory

A.1. Current position

Position	Senior Lecturer		
Initial date	02/12/2022		
Institution	Pablo de Olavide University (UPO)		
Department/Center	Sports and Computer Science		
Country	Spain	Teleph. number	+34653121522
Key words	Training; Performance; Velocity-Based Training; Strength		

A.2. Previous positions (research activity interruptions, see call)

Period	Position/Institution/Country/Interruption cause
2018 - Current	Senior Lecturer (UPO, Spain)
2015 - 2018	Associate Lecturer (UPO, Spain)
2013 - 2015	Senior research technician CIRFD (UPO, Spain)
2009 - 2013	Temporary Substitute Lecturer (UPO, Spain)

A.3. Education

PhD, Licensed, Graduate	University/Country	Year
PhD. in Sport Sciences (International)	UPO (Spain)	2016
MSc. in Physical and Sports Performance	UPO (Spain)	2012
Master's Degree High Performance in Sport	Spanish Olympic Committee (Spain)	2011
Bsc. in Sport Sciences	UPO (Spain)	2009

Part B. CV SUMMARY

Positions: Senior Lecturer at UPO from December 2022. Recognized 6-year periods: 2. Professor accredited by ANECA with the category of Titular Professor of University as of July 2020. Senior research technician at the Centre for Research in Physical and Sports Performance (CIRFD) in UPO for 3 years.

Research Projects: Principal Investigator of the project (PID2020-117915RA-100) "New Paradigm in Strength Training: Blood Flow Restriction Training Monitored Through Execution Velocity (BFR-VBT)", running from September 1, 2021, to August 31, 2024, as part of the State Programs for Knowledge Generation and Strengthening of R&D&I. Researcher in a research project with R+D+i funding: dep2011-29501.

Research publications: Articles in journals with JCR impact = 106 (Pubmed). H-Index (Scopus) = 28. 34.4% international collaborations; 61.5% in the top 25% most cited documents worldwide; 73.4% in the top 25% journals by Citescore; FWCI: 2.03. Reviewer for 6 JCR impact journals.

Divulgation: Author of an international reference book on sports training (English and Spanish versions) and four book chapters.

Research stays: National stays = 3 (CEIMD and ULPGC), with Prof. López Calbet;

international stay = 4 (Denmark, Finland (2), and Brazil), with Prof. Per Aagaard, Keijo Hakkinen, Simon Walker, and Irineu Loturco. During these research stays, he earned experience with techniques such as muscle cutting, electrophoresis, western blotting, and satellite cell analysis.

Congresses: Scientific Committee Member of the European Congress of Sport Sciences (ECSS, The world's largest congress on Sports Science) from 2023. Coordinator of the local scientific committee: ECSS, Sevilla 2022. Invited speaker at conferences and congresses. Publications in national and international conferences and congresses> 80.

Theses: co-directed: 5 (1 FPU), one about BFR. Currently co-directing 10 doctoral theses (2 FPU), two about BFR.

Teaching in a range of postgraduate courses in Spain (UPO, UNIA, UMU, UCAM, UPSA, UCJC) and abroad (Jyvaskyla, Finland, and Bochum, Germany).

Formation: Degree in Physical Activity and Sport Sciences. Master's Degree in High Performance in Sport from the Spanish Olympic Committee. Master's degree in Physical and Sports Performance from the UPO. International Doctorate in Physical Activity and Sport Sciences at UPO, with a rating of Excellent Cum Laude, awarded unanimously. Extraordinary Doctorate Award from UPO.

Leadership and cooperation: Head of the research group: SEJ680: Science-Based Training (SBT). Member of the Research Network for the Optimization of Strength Training and Neuromuscular Performance.

Transfer: Registration of a patent. Transfer projects: 2. Fitness coach for several professional football clubs' youth teams. Head Coach for middle-distance athletes at international and national level (PB: 1:45.99 in 800 m; 3:35.75 in 1500 m).

Part C. RELEVANT MERITS

C.1. Publications

1. Sánchez-Valdepeñas J, Cornejo-Daza PJ, Páez-Maldonado J, …, **Pareja-Blanco F**. Acute Responses to Different Velocity-Loss Thresholds During Squat Training With and Without Blood-Flow Restriction. Int J Sports Physiol Perform. 2024 Dec 5;20(1):80-90. (**9/9**)

2. Sánchez-Valdepeñas J, Cornejo-Daza PJ, Rodiles-Guerrero L, Páez-Maldonado JA, Sánchez-Moreno M, Bachero-Mena B, Saez de Villarreal E, **Pareja-Blanco F**. Acute Responses to Different Velocity Loss Thresholds during Squat Exercise with Blood-Flow Restriction in Strength-Trained Men. Sports (Basel). 2024 Jun 20;12(6):171. (**8/8**)

3. Cornejo-Daza PJ, Sánchez-Valdepeñas J, Páez-Maldonado J, Rodiles-Guerrero L, Boullosa D, León-Prados JA, Wernbom M, **Pareja-Blanco F**. Acute Responses to Traditional and Cluster-Set Squat Training With and Without Blood Flow Restriction. J Strength Cond Res. 2024 Aug 1;38(8):1401-1412. (**8/8**)

4. Cornejo-Daza PJ, Sánchez-Valdepeñas J, Rodiles-Guerrero L, Boullosa D, León-Prados JA, Wernbom M, **Pareja-Blanco F**. Training Effects of Traditional versus Cluster Set Configuration with and without Blood Flow Restriction. Med Sci Sports Exerc. 2024 Nov 6. (**7/7**)

5. Pareja-Blanco F, Rodríguez-Rosell D, Sánchez-Medina L, Sanchís-Moysi J, Dorado C, Mora-Custodio R, Yáñez-García JM, Morales-Alamo D, Pérez-Suárez I, Calbet JA, González-Badillo JJ. Effects of Velocity Loss during Resistance Training on Athletic Performance, Strength Gains and Muscle Adaptations. Scand J Med & Sci Sports. 2017, 27(7):724-735. (**AC; 1/11**)

6. Martinez-Canton M, Gallego-Selles A, Gelabert-Rebato M, … Calbet JAL. Role of CaMKII and sarcolipin in muscle adaptations to strength training with different levels of fatigue in the set. Scand J Med Sci Sports. 2020 Sep 18. **(5/11)**

7. Walker S, Häkkinen K, Virtanen R, Mane S, Bachero-Mena B, **Pareja-Blanco F**. Acute neuromuscular and hormonal responses to 20 versus 40% velocity loss in males and females before and after 8 weeks of velocity-loss resistance training. Exp Physiol. 2022;107(9):1046-1060. **(6/6)**

8. Rodiles-Guerrero L, Cornejo-Daza PJ, Sánchez-Valdepeñas J, …, **Pareja-Blanco F**. Specific Adaptations to 0%, 15%, 25%, and 50% Velocity-Loss Thresholds During Bench Press Training. Int J Sports Physiol Perform. 2022 Jun 20:1-11. **(9/9)**

9. Ortega-Becerra M, Sánchez-Moreno M, **Pareja-Blanco F**. Effects of Cluster Set Configuration on Mechanical Performance and Neuromuscular Activity. J Strength Cond Res 35: 310-317, 2021. **(AC; 3/3)**

10. Páez-Maldonado JA, Cano C, Cornejo-Daza PJ, Sánchez-Valdepeñas J, Rodiles-Guerrero L, Wernbom M, Ortega-Becerra M, **Pareja-Blanco F**. Effects of Training Volume in the Bench-Press Exercise Performed With Interrepetition Rest Periods on Strength Gains and Neuromuscular Adaptations. Int J Sports Physiol Perform. 2024 30;20(1):37-46. **(8/8)**

C.2. Congresses

1. Theory and applications of velocity-based training. 12th International Conference on Strength Training. 2023. Jyvaskyla (Finland). **Invited conference.**

2. Speed execution as a basis for strength training with blood flow restriction. International Congress "Exercise, Biomechanics and Nutrition". 2022. Setúbal (Portugal). **Invited conference.**

3. Effects of Velocity Loss on Neuromuscular Adaptations, Hypertrophy and Performance. SCS 5th Annual CONFERENCE. 2022. São Paulo (Brazil). **Invited conference.**

4. Effect of manipulation of load components during strength training. XIV International Symposium on Strength Training Updates. 2022. Madrid (Spain). **Invited conference.**

5. Volume prescription through execution velocity control. I International Congress on the Optimisation of Strength Training and Neuromuscular Performance. 2022. Granada (Spain). **Invited conference.**

6. Methodological Aspects and Practical Applications of Speed Measurement during Strength Training. Seminar of the Spanish Paralympic Committee. 2021. Madrid (Spain). **Invited conference.**

7. Velocity Loss as a Determining Factor of Muscle Adaptations to Strength Training. UPSI Conference of Physical Education and Sport Science. 2021. Online. **Invited conference.**

8. Velocity-based resistance training: applied concepts. SCS Digital Meeting. Strength and Conditioning Society. 2020. Online. **Invited conference.**

9. What is the velocity-based strength method? KONGRESS NACHWUCHSFÖRDERUNG NRW. 2019. Cologne (Germany). **Invited conference.**

10. What is the velocity-based strength training method? 19th International Symposium "Modern Science and Practice for Strength and Endurance Training". 2018. Jyväskylä (Finland). **Invited conference.**

C.3. Research projects

1. New paradigm in strength training: training with blood flow restriction monitored through execution velocity (Ref.: PID2020-117915RA-I00). State Programmes for Knowledge Generation and Scientific and Technological Strengthening of the R+D+i System and R+D+i Oriented to the Challenges of Society, of the State Plan for Scientific and Technical Research and Innovation 2017-2020 (Ministry of Science and Innovation). Principal Investigator: Prof. Dr. **Fernando H. Pareja Blanco** (01/09/2022-31/08/2024). 44.891 €. PI of the research project. Number of participating researchers: 10.

2. Strength training with blood flow restriction monitored by execution velocity (UPO-009) (Ref.: UPO-009). Grants for the development of own lines of research. PPI2101. (Pablo de Olavide University). Principal Investigator: Prof. Dr. **Fernando H. Pareja Blanco** (01/01/2022-31/12/2024). 7.500 €. PI of the research project.

3. Advances in the study of body composition and cardiorespiratory fitness in multiple populations. (Ref.: EQC2018-004429-P). State Plan: Scientific, technical and innovation research: Infrastructures. (MICINN). Principal Investigator: Prof. Dr. Diego Munguía (01/01/2018-31/12/2024). 138.350€. Member of the working team, researcher**.**

4. Research Network for the Optimisation of Strength Training and Neuromuscular Performance (Ref.: 31/UPB/21). Call for applications for grants for Sport Science Research Networks. (Consejo Superior de Deportes). Principal Investigator: Gonzalo Márquez Sánchez (01/01/2021-31/12/2021). 8.000 €. Number of participating researchers: 20. Member of the Network, researcher.

5. Research Network for the Optimisation of Strength Training and Neuromuscular Performance (Ref.: 37/UPB/22). Call for applications for grants for Sport Science Research Networks. (Consejo Superior de Deportes). Principal Investigator: Gonzalo Márquez Sánchez (01/01/2022 - 31/12/2020). 8000 €. Number of participating researchers: 20. Member of the Network, researcher.

6. Assessment and effect of loading different types of strength training through changes in strength, speed, metabolic and hormonal stress and entropy (Ref.: DEP2011-29501). Ministry of Science and Innovation (2008-2011). (Ministry of Science and Innovation). Principal Investigator: Juan José González-Badillo (01/10/2011-31/12/2014). 57.475 €. Member of the working team, researcher. Number of participating researchers: 10. Sports Research Awards 2016 of the Junta de Andalucía. First prize (5.000 €) in the modality of research group work.

C.4. Contracts, technological, or transfer merits

1. Transfer contract: Analysis of the effect of the SUECOS® metallic device on balance and stability in adults (Reference: 2022/00139/001). Suecos Footwear S.L.U. (CIF: B66748377). Principal Researchers: Prof. Dr. Floria P, **Pareja-Blanco F** and Saéz E. (12/07/2022-12/09/2022). 2.500 €.

2. Transfer contract: Analysis of the effect of the SUECOS® metallic device on the ability to produce force, the maintenance of static balance and stability after a dynamic task. (Reference: 20.10.50.20.62). Suecos Footwear S.L.U. (CIF: B66748377). Principal Researchers: Prof. Dr. Floria P. (01/02/2020-28/02/2020). 2.500 €.

3. Contract: Senior research technician at the Research Centre for Physical and Sports Performance of the Pablo de Olavide University directed by Juan José González Badillo. November 2013 to November 2016 (3 years).

4. Patent: Direct jump assessment device. Application number: P201730557.

5. Intellectual Property Registration: CHRONO RISCART Software (File: SE-896-18).

6. Award: Category of research work in the XXII IAD Awards for Sports Research organised by the Junta de Andalucía and the Andalusian Institute of Sport, for the work: "Evaluation and effect of the load of different types of strength training through changes in strength, velocity, metabolic and hormonal stress and entropy", for which the principal investigator was Juan José González Badillo.

7. Award: 2nd Prize for an innovative business idea in the 2nd Innovative Business Ideas Competition 2008, organised by the Vice-Rectorate for Research and Technology Transfer of the Pablo de Olavide University of Seville.