



Mikel Izquierdo Redín

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Summary of CV

This section describes briefly a summary of your career in science, academic and research; the main scientific and technological achievements and goals in your line of research in the medium -and long- term. It also includes other important aspects or peculiarities.

Mikel Izquierdo is Head and full Professor of Biomechanics and Exercise Physiology in the Department of Health Sciences of the Public University of Navarra. He also holds and an appointment as a professor of Sport Biomechanics at the Centre of Studies of the Spanish Olympic Committee. Additionally, he was the Head of the Unit of the Research, Studies and Sport Medicine Center of the Government of Navarra from 2005-2010. During that time was involved with several olympic gold medals in Rowing, Handball ad Basque ball. He also was involved with the LIVERPOOL AND BARCELONA FC TEAMS with whom won 2 European Championships, as well as the Spanihs cup and League.

Principal investigator and collaborator in several EU- funded projects focused on frailty and exercise: VIVIFRAIL to Promote and recommend changes in lifestyle associated with physical exercise for frail patients at risk of functional decline and MID-FRAIL to test the efficacy of a multimodal intervention in prefrail/frail older patients with type 2 diabetes. Actually is involved in a H2020 funded project of the European Comission DIABFRAIL-LATAM. Actually is collaborating with WHO in the implementation of an physical exercise program as a global strategy of invervention in frailty and risk of falling prevention. His current research interests include the neuromuscular biomechanics of muscle strength and power with special interest in strength training in both the elite athlete and the aging human. Prof. Mikel Izquierdo has published more than 380 original articles in peer-reviewed journals and have been supervisor of more that 30 PhD students. **Publications on PubMed:** <http://goo.gl/zaiGw8>

Mikel Izquierdo es Catedrático y Director del Departamento de Ciencias de la Salud de la Universidad Pública de Navarra. Profesor del Máster en Alto Rendimiento Deportivo del Comité Olímpico Español. Ha dirigido números proyectos de investigación en el ámbito de la Biomecánica y el Sistema Neuromuscular, con especial interés en el estudio de los efectos del entrenamiento de fuerza y potencia muscular en diferentes deportes, el envejecimiento, fragilidad, poblaciones especiales (diabetes y obesidad) y el rendimiento muscular.

En la actualidad participa como investigador en la Red Española de Envejecimiento y Fragilidad (RETICEF) del Ministerio de Economía y Competitividad, en el estudio "Mid-Frail" financiado por la Comisión Europea (7PM) y coordina el proyecto Europeo VIVIFRAIL en el programa Eramus+. Actualmente pertenece al CIBER de fragilidad y envejecimiento Saludable. También participa en un programa H2020 de la Comisión Europea. Colabora con la OMS en la implementación global de un programa de Ejercicio físico para el manejo y cuidado integrado de las personas mayores, basado en la metodología vivifrail (www.vivifrail.com)

Ha dirigido más de 30 Tesis doctorales en el ámbito de la actividad física y ha publicado más de 369 artículos indexados en el JCR con mas de 13000 citas. Factor H (en12 años): 60 (60 artículos citados 60 ó más veces). Publicaciones recientes (https://www.researchgate.net/profile/Mikel_Izquierdo3/publications). Ha recibido mas de 1.5 millones de euros en financiación para realizar proyectos de investigación en los últimos 10 años.

Publications on PubMed: <http://goo.gl/zaiGw8>



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CURRÍCULUM VÍTAE NORMALIZADO

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General quality indicators of scientific research

This section describes briefly the main quality indicators of scientific production (periods of research activity, experience in supervising doctoral theses, total citations, articles in journals of the first quartile, H index...). It also includes other important aspects or peculiarities.

ResearcherID: A-4894-2010

ORCID: <https://orcid.org/0000-0002-1506-4272>

Scopus authorID: 7103111881

Total Articles in Publication List: 375

Articles With Citation Data: 164

Sum of the Times Cited: 8137

Average Citations per Article: 28.45

h-index: 54

Publications on PubMed: <http://goo.gl/zaiGw8>

https://www.researchgate.net/profile/Mikel_Izquierdo/contributions

H-index: 60

H-index en Scopus: 68

RG-Score: 48

Citations: 13690

4 sexenios de investigación (Ultimo en 31 Diciembre 2018)

Mikel Izquierdo Redín

Surname(s): **Izquierdo Redín**
Name: **Mikel**
DNI: **33424291R**
ORCID: **0000-0002-1506-4272**
ScopusID: **7103111881**
ResearcherID: **A-4894-2010**
Date of birth: **28/09/1970**
Gender: **Male**
Land line phone: **(34) 948417876**
Email: **mikel.izquierdo@gmail.com**

Current professional situation

Employing entity: Universidad Pública de Navarra **Type of entity:** University

Department: Departamento de Ciencias de la Salud

Professional category: Director del Departamento de Ciencias de la Salud de la Universidad Pública de Navarra. Head of the Department of Health Sciences/Director Departamento Ciencias de la Salud

Start date: 23/05/2012

Type of contract: Civil servant

Dedication regime: Full time

Employing entity: Universidad Pública de Navarra **Type of entity:** University

Department: Faculty of Health Sciences/Facultad de Ciencias de la Salud

Professional category: Catedrático de Universidad/Full professor

Start date: 22/12/2010

Type of contract: Civil servant

Dedication regime: Full time

Employing entity: /Centro de Estudios, Investigación y Medicina del Deporte(Research Studies and Sport Medicine Center

Professional category: Jefe de la Unidad Técnica de Investigación. Head of Research and Development

Start date: 14/02/2005

Type of contract: Permanent employment contract

Dedication regime: Full time

Employing entity: Spanish Olympic Committee **Type of entity:** State agency

Professional category: Profesor del Master en Alto Rendimiento Deportivo. Professor of Sport Sciences

Start date: 26/01/1996

Type of contract: Temporary employment contract

Previous positions and activities

| | Employing entity | Professional category | Start date |
|---|--|---|------------|
| 1 | Gobierno de Navarra. Departamento de Bienestar Social, Familia, Juventud y Deporte | Tecnico Superior de Deportes | 28/04/2008 |
| 2 | Universidad de León | Associate Professor/Profesor Titular de Universidad | 01/01/2004 |
| 3 | Federación Española de Pelota. | Technical Director/Director Técnico | 2001 |
| 4 | Centro de Tecnificación de Pelota de Navarra | Director | 1999 |

- Employing entity:** Gobierno de Navarra. Departamento de Bienestar Social, Familia, Juventud y Deporte
Professional category: Tecnico Superior de Deportes
Start-End date: 28/04/2008 - 22/12/2010
Duration: 3 years - 1 month
Type of entity: State agency
- Employing entity:** Universidad de León
Professional category: Associate Professor/Profesor Titular de Universidad
Start-End date: 01/01/2004 - 22/12/2010
Duration: 6 years - 9 months
Type of entity: University
- Employing entity:** Federación Española de Pelota.
Professional category: Technical Director/Director Técnico
Start-End date: 2001 - 2002
Duration: 1 year
Type of entity: Associations and Groups
- Employing entity:** Centro de Tecnificación de Pelota de Navarra
Professional category: Director
Start-End date: 1999 - 2000
Duration: 1 year
Type of entity: Technological Centre



Education

University education

1st and 2nd cycle studies and pre-Bologna degrees

1 University degree: Higher degree

Name of qualification: Master Degree in Sport Sciences

Degree awarding entity: Universidad Complutense de Madrid **Type of entity:** University

Date of qualification: 01/09/1998

2 University degree: Doctorate

Name of qualification: Graduate in Sport Sciences

Degree awarding entity: Universidad de León **Type of entity:** University

Date of qualification: 01/06/1994

Doctorates

Doctorate programme: Physical Activity and Sport Sciences

Degree awarding entity: Universidad de León **Type of entity:** University

Date of degree: 20/09/1997

Language skills

| Language | Listening skills | Reading skills | Spoken interaction | Speaking skills | Writing skills |
|----------|------------------|----------------|--------------------|-----------------|----------------|
| English | | C1 | C1 | C1 | C1 |

Teaching experience

General teaching experience

1 Name of the course: Adaptaciones Neuromusculares y Hormonales con el entrenamiento de fuerza

University degree: Doctorado en Ciencias de la Actividad Física y el Deporte

Start date: 31/10/2006

End date: 31/10/2010

Entity: Universidad de León

Type of entity: University

Faculty, institute or centre: Facultad de Ciencias de la Actividad Física y del Deporte

2 Type of teaching: Official teaching

Name of the course: Biomecánica de la Actividad física y el deporte

Type of programme: Bachelor's degree

Type of subject: Obligatory

Type of call: Competitive



University degree: Licenciado en Ciencias de la Actividad Física y del Deporte

Start date: 2004

End date: 2005

Type of hours/ ECTS credits: Credits

Hours/ECTS credits: 12

Entity: Universidad de León

Type of entity: University

Faculty, institute or centre: Facultad de Ciencias de la Actividad Física y del Deporte

3 Type of teaching: Official teaching

Name of the course: Biomecánica 1

Type of programme: Bachelor's degree

Type of subject: Obligatory

Type of call: Competitive

University degree: Licenciado en Ciencias de la Actividad Física y del Deporte

Start date: 1993

End date: 1997

Type of hours/ ECTS credits: Credits

Hours/ECTS credits: 9

Entity: Universidad de León

Type of entity: University

Faculty, institute or centre: Facultad de Ciencias de la Actividad Física y del Deporte

4 Name of the course: Ejercicio físico y Calidad de Vida

University degree: Graduado o Graduada en Medicina

Start date: 06/01/2020

Entity: Universidad Pública de Navarra

Type of entity: University

Faculty, institute or centre: Ciencias de la Salud

5 Name of the course: Cinesiología y Biomecánica

University degree: PCEO Grado en Fisioterapia / Grado en Podología

Start date: 05/01/2010

Entity: Universidad Pública de Navarra

Type of entity: University

Faculty, institute or centre: Ciencias de la Salud

6 Type of teaching: Official teaching

Name of the course: Fatiga Neuromuscular

Type of programme: Doctorate

University degree: Doctorado en Ciencias del Deporte

Start date: 2009

Type of hours/ ECTS credits: Credits

Hours/ECTS credits: 1

Entity: Universidad de La Coruña

Type of entity: University

Faculty, institute or centre: Facultade de Ciencias da Saúde

7 Name of the course: Nuevas tecnologías aplicadas en el deporte y la actividad física

University degree: Master de Ingeniería Biomédica

Start date: 2009

Entity: Universidad Pública de Navarra

Type of entity: University

8 Type of teaching: Official teaching

Name of the course: profesor

Type of programme: Bachelor's degree

University degree: Master en Actividad Física y Salud

Start date: 2003

Entity: Universidad Europea de Madrid

Type of entity: University



Faculty, institute or centre: Facultad de Ciencias de la Actividad Física y el Deporte

9 Type of teaching: Official teaching

Name of the course: Aplicaciones del Análisis de la Técnica Deportiva

Type of programme: Master's degree

University degree: Master Universitario Alto Rendimiento Deportivo

Start date: 1997

Entity: Universidad Autónoma de Madrid

Type of entity: University

10 Name of the course: Curso; Nutrición, dietética y ejercicio físico en la atención comunitaria al anciano

University degree: Master Europeo de Nutrición y Salud Pública

Entity: Universidad de Navarra

Type of entity: University

Experience supervising doctoral thesis and/or final year projects

1 Project title: Prevención del deterioro funcional, estado cognitivo y calidad de vida en adultos mayores con cáncer de pulmón de células no pequeñas mediante un programa de ejercicio físico multicomponente

Entity: Universidad Pública de Navarra

Type of entity: University

Student: Ilem Daiana Rosero

Date of reading: 05/10/2020

2 Project title: Detección temprana de factores de riesgo y factores asociados con el sobrepeso y la Obesidad

Entity: Universidad Pública de Navarra

Type of entity: University

Student: Adriana Yolanda Campos

Date of reading: 21/06/2020

3 Project title: Incidencia del Desgaste Profesional del Docente de Educación Física sobre Los Niveles de Satisfacción de los Escolares en las clases relacionadas con el Área

Entity: Universidad Pública de Navarra

Type of entity: University

Student: Diego De la Rotta Villamizar

Date of reading: 06/06/2020

4 Project title: Biomechanical evaluation of horizontal jumping after anterior cruciate ligament (ACL) reconstruction in elite handball players: an inertial sensor unit (ISU)-based study

Entity: Universidad Pública de Navarra

Type of entity: University

Student: Francisco Antonio Amu Ruiz

Date of reading: 30/01/2020

5 Project title: Factors associated with health and intrinsic capacity domain in older adults: a secondary analysis for survey on health, well-being, and aging in Colombia

Entity: Universidad Pública de Navarra

Type of entity: University

Student: Jorge Enrique Correa Bautista

Date of reading: 30/01/2020

6 Project title: Actividad física, comportamientos sedentarios y condición física en escolares latinos

Entity: Universidad Pública de Navarra

Type of entity: University

Student: Daniel Humberto Prieto Benavides

Date of reading: 28/01/2020



- 7** **Project title:** Cardiovascular health, muscular strength and body composition in Colombian university students
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: María Alejandra Tordecilla Sanders
Date of reading: 28/01/2020
- 8** **Project title:** Effects of physical exercise intervention on functional and cognitive decline in geriatric hospitalized patients
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Mikel López Saez de Asteasu
Date of reading: 21/06/2019
- 9** **Project title:** Intensity Training and Cardiovascular Health in Colombian Adults: Results from HIIT-Heart Study and Cardiometabolic HIIT-RT Study
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Robinson Ramirez-Vélez
Date of reading: 29/10/2018
- 10** **Project title:** Changes in muscle and blood metabolites and power output during high-intensity bilateral leg press exercise, with special reference to the effect of leading or not leading to repetition failure
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Ion Navarro Amézqueta
Date of reading: 31/07/2018
- 11** **Project title:** Prevalence of non-responders to exercise-training for improving cardiometabolic and performance outcomes
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Cristian Alvarez-Lepín
Date of reading: 19/06/2018
- 12** **Project title:** Effects of manual therapy protocol in chronic neck pain, with a special reference to a high velocity low amplitude manipulation techniques
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Xabier Galindez Ibarbengoechea
Date of reading: 13/09/2017
- 13** **Project title:** Efecto del entrenamiento de fuerza y/o una dieta hipocalórica en la síntesis de moléculas que modulan el metabolismo de la glucosa a través de la resistencia a la insulina
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Cristina Martinez Labari
Date of reading: 31/07/2017
- 14** **Project title:** Determinación de la capacidad aeróbica mediante métodos prácticos, baratos y submáximos ("Determination of the aerobic capacity in amateur to elite athletes and elderly men, with special reference to the development of functional strategies to overcome actual on-field hitches")
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Ibai García Tabar
Date of reading: 17/11/2016
- 15** **Project title:** Jumping biomechanics and function evaluation among both elite handball and recreational athletes recovering from acute anterior cruciate ligament reconstruction. An inertial sensor unit based study
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Igor Chourraout



Date of reading: 07/10/2015

- 16** **Project title:** Frailty assessment based on the instrumented version of the 30-s chair and stand test
Entity: Universiad Publica de Navarra **Type of entity:** University
Student: Nora Millor
Date of reading: 22/06/2015
- 17** **Project title:** Ambulatory movement assessment systems: clinical applications.
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Alicia Martinez
Date of reading: 30/09/2013
- 18** **Project title:** Analysis of swimming power: relationship with muscular power output, swimming technique and changes after training
Entity: Universidad de Grandada
Student: Rocio Dominguez
Date of reading: 2013
Quality recognition: Yes
- 19** **Project title:** Effects of plyometric training on explosive and endurance performance. Influence of resting period, training volumen and surface
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Rodrigo Ramirez Campillo
Date of reading: 2013
Quality recognition: Yes
- 20** **Project title:** Multicomponent exercise program and functional capacity in institutionalized frail and cognitive impairment nonagerians
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Alvaro Casas Herrero
Date of reading: 2013
Quality recognition: Yes
- 21** **Project title:** Strength and endurance training in elderly men
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Eduardo Lusa Cadore
Date of reading: 26/09/2012
- 22** **Project title:** Concurrent strength and Endurance training in the elderly".
Entity: Universidad Pública de Navarra
Student: Eduardo L Cadore
Obtained qualification: Sobresaliente Cum Laude por Unanimidad
Date of reading: 09/2012
- 23** **Project title:** Muscle fatigue estimation using semg recordigns
Entity: Universidad Pública de Navarra **Type of entity:** University
Student: Miriam González-Izal
Date of reading: 31/05/2011



- 24** **Project title:** Manifestaciones mioeléctricas de la fatiga muscular”.
Entity: Universidad Pública de Navarra
Student: Miriam González-Izal
Obtained qualification: Sobresaliente Cum Laude por Unanimidad
Date of reading: 12/2010
- 25** **Project title:** Segmentación abdominal de la grasa visceral y subcutánea: Efectos del entrenamiento de fuerza y de la dieta”.
Entity: Universidad de Navarra
Student: Fernando Idoate
Obtained qualification: Sobresaliente Cum Laude por Unanimidad
Date of reading: 11/2010
- 26** **Project title:** Entrenamiento Concurrente de Fuerza y resistencia en remeros y kayistas de alto nivel”.
Entity: Universidad Europea de Madrid
Student: Mikel Izquierdo-Gabarren
Obtained qualification: Sobresaliente Cum Laude por Unanimidad
Date of reading: 06/2010
- 27** **Project title:** Periodización del entrenamiento de fuerza y resistencia en deportistas de Alto Nivel”.
Entity: Universidad de Murcia
Student: Jesús García-Pallarés
Obtained qualification: Sobresaliente Cum Laude por Unanimidad
Date of reading: 01/2010
- 28** **Project title:** Periodización del entrenamiento de fuerza y resistencia en deportistas de Alto Nivel”.
Entity: Universidad de Murcia
Student: Jesús García-Pallarés
Obtained qualification: Sobresaliente Cum Laude por Unanimidad
Date of reading: 01/2010
- 29** **Project title:** Análisis de la posible relación existente entre los saltos más utilizados en los entrenamientos de patinaje de velocidad sobre ruedas y algunas variables cinemáticas obtenidas durante el análisis de un 300 m Contrareloj y un test de vuelta lanzada
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Silvia González
Date of reading: 2010
- 30** **Project title:** Análisis de las variables temporales y cinemáticas en la prueba de 300 metros contrareloj
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: D. Carlos Lugea Bertolami
Date of reading: 2010
- 31** **Project title:** Análisis mecánico de la técnica de carrera en triatletas y su relación con la frecuencia de zancada
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Carlos Martín Caro
Date of reading: 2010



- 32** **Project title:** Definición del gesto técnico de colgar en vela ligera
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: D. Ramón Iago
Date of reading: 2010
- 33** **Project title:** Desarrollo de un sistema para medir la velocidad y el ángulo en el lanzamiento de Peso
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español
Student: D. Manuel José Suárez Polidura
Date of reading: 2010
- 34** **Project title:** Efectos de la fatiga muscular sobre parámetros de eficacia del golpeo con el empeine en fútbol
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Jose Antonio González Jurado
Date of reading: 2010
- 35** **Project title:** Estudio comparativo de la maestría técnica en el paso de la valla en la prueba de 110 metros entre un atleta de élite mundial y atletas de diferentes niveles de tecnificación
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Juan Manuel Sesé Santana
Date of reading: 2010
- 36** **Project title:** Evaluación de la eficacia y de la maestría técnica en el bateo en fútbol
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Laura Paz Abelleira
Date of reading: 2010
- 37** **Project title:** Influencia de los tiros libres en la victoria o derrota en los partidos de la liga ACB de Baloncesto
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: D. Jose Angel Salamanca Ibañez
Date of reading: 2010
- 38** **Project title:** Análisis cuantitativo de las acciones técnicas de los jugadores de colo-colo durante el torneo de clausura 2008
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Julio Piña Poblete
Date of reading: 2009
- 39** **Project title:** Estudios y descripción técnica de la prueba 50 m. Remolque de maniquí
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Roberto Navalón Saiz
Date of reading: 2009



- 40** **Project title:** Evaluación del rendimiento durante la competición en Mountain Bike
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Raul Palacios Carmona
Date of reading: 2009
- 41** **Project title:** Mecanismos de ejecución en la fase de carga-descarga de los saltos con snowboard
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Albert Mallol Soler
Date of reading: 2009
- 42** **Project title:** Neuromuscular fatigue after resistance training
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Iñaki Tirapu Segura
Date of reading: 2009
- 43** **Project title:** Valoración de ciertos parámetros biomecánicos en el lanzamiento de disco en 3D de un atleta de nivel internacional
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Carolina Corradi
Date of reading: 2009
- 44** **Project title:** Análisis de la eficacia técnica en el jugador de fútbol
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Sergui Sukunza Rodríguez
Date of reading: 2008
- 45** **Project title:** Análisis de la técnica ciclista en contrareloj
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Yago Alcarde Gordillo
Date of reading: 2008
- 46** **Project title:** Análisis de las características técnicas de las pruebas de 50 m, 100m. Y 200 m. libre y su aplicación al control del entrenamiento
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: David Domínguez Cortes
Date of reading: 2008
- 47** **Project title:** Configuración de la pala de kayak, las medidas antropométricas y variables cinemáticas
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Jesús García Pallarés
Date of reading: 2008



- 56** **Project title:** Análisis del penalti corner en jockey
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Rebeca Piñeiro
Date of reading: 2007
- 57** **Project title:** Estudio descriptivo y análisis de las diferentes variables sobre el rendimiento en remo de banco fijo.
Entity: Programa de Doctorado Ciencias de la Actividad Física y el Deporte. Universidad de León.
Student: Mikel Izquierdo Gabarren
Date of reading: 2007
- 58** **Project title:** Estudios de comparación del golpeo abajo-arriba en la modalidad de mano individual en pelota vasca entre jugadores profesionales y debutantes
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Francisco Javier Martínez Muñoz
Date of reading: 2007
- 59** **Project title:** Incidencia del desajuste biomecánico de la cadera en corredores con lesiones repetitivas en flexores de rodilla
Entity: Programa de Doctorado Ciencias de la Actividad Física y el Deporte. Universidad de León.
Student: Martín Palavicini
Date of reading: 2007
- 60** **Project title:** Protocolo y análisis digital del movimiento en la especialidad de gigante de esquí alpino. Aplicación del protocolo a un caso real
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Eduardo Pajares Baussa
Date of reading: 2007
- 61** **Project title:** . Análisis de la técnica de pedaleo. Angulaciones y eficacia
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Jaume Carmona
Date of reading: 2006
- 62** **Project title:** . Bases y aplicaciones al talento específico-deportivo para la evaluación de la técnica en el fútbol base. La técnica como uno de los factores determinantes en el fútbol base necesario para conseguir la selección de talentos
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Juan Ismael Galiana Barceló
Date of reading: 2006
- 63** **Project title:** . La precisión en la batida del salto de longitud
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: Eduardo Aguilla Lanza
Date of reading: 2006



Date of reading: 18/06/2002

- 72** **Project title:** Adaptaciones Neuromusculares, hormonales y metabólicas con el entrenamiento de fuerza y resistencia de hombres a diferentes edades.
Entity: Instituto Nacional de Educación Física de Cataluña.
Student: D. Miriam Aranzazu Garrues Irisarri
Date of reading: 2000
- 73** **Project title:** Tendencia evolutiva do xogo de Rugby. Analisise técnica-táctica.
Entity: Master Universitario en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid y Comité Olímpico Español.
Student: D. Luis Miguel Teixeira Vaz
Date of reading: 2000

Healthcare experience

Healthcare experience in EU entities

- 1** **Relevant results:** Mobile Health for Ageing (mAgeing) Clinical guide
Entity: Who Aging and life course **Type of entity:** University
Affiliation entity: WHO
Start-End date: 04/12/2018 - 04/12/2018
- 2** **Relevant results:** WHO Clinical Guidelines on Integrated Care for Older People
Entity: WHO Aging and life course **Type of entity:** University
Start-End date: 06/12/2017 - 04/12/2018

Healthcare experience in the WHO

Relevant results: WHO Clinical Consortium on Healthy Ageing
Department: <http://www.who.int/ageing/health-systems/clinical-consortium/meeting-2017/en/>
Entity: WHO Aging and life course department **Type of entity:** University
Start-End date: 01/01/2017 - 04/12/2018

Healthcare innovation projects

Name of the project: Consenso de prevención de la Fragilidad y las caídas
Type of project: Clinical support services
Entity where project took place: Ministerio de Sanidad y Consumo **Type of entity:** Administrative Body of the National Health System
Start date: 17/12/2014 **Duration:** 1 year

Scientific and technological experience

Scientific or technological activities

R&D projects funded through competitive calls of public or private entities

- 1** **Name of the project:** Scaling-up of and evidence-based intervention programme in older people with Diabetes and Frailty in LatinAmerica
Entity where project took place: Ciber de envejecimiento y Fragilidad **Type of entity:** CIBER
City of entity: Community of Madrid, Spain
Name principal investigator (PI, Co-PI....): Leocadio Rodriguez-Mañas; Mikel Izquierdo
Nº of researchers: 10
Funding entity or bodies: Horizon 2020 - Research and Innovation Framework Programme **Type of entity:** Public Research Body
City funding entity: Bruselas, Belgium
Start-End date: 01/01/2019 - 01/01/2021
Total amount: 3.991.995 €
- 2** **Name of the project:** PREVENCIÓN DEL DETERIORO FUNCIONAL Y COGNITIVO MEDIANTE ACTIVIDAD FÍSICA PRECOZ EN ANCIANOS HOSPITALIZADOS POR PATOLOGÍA MÉDICA: ENSAYO CLÍNICO ALEATORIZADO. ESTUDIO MULTICÉNTRICO .PI17/01814 of the Ministerio de Economía, Industria y Competitividad (ISCIII, FEDER)
Entity where project took place: Universidad Pública de Navarra **Type of entity:** University
City of entity: Pamplona, Foral Community of Navarre, Spain
Nº of researchers: 10
Funding entity or bodies: PI17/01814 of the Ministerio de Economía, Industria y Competitividad (ISCIII, FEDER)
Start-End date: 01/01/2018 - 31/12/2020
- 3** **Name of the project:** Consorcio CIBER Envejecimiento activo y Fragilidad (CIBERFES) CB16/10/00315
Entity where project took place: Universidad Pública de Navarra **Type of entity:** University
City of entity: Pamplona, Foral Community of Navarre, Spain
Nº of researchers: 9
Start-End date: 01/01/2016 - 31/12/2020
Total amount: 40.000 €
- 4** **Name of the project:** Promotion of physical exerciser in elderly Frail. VIVIFRAIL 556988-EPP-1-2014-1-ES-SPO-SCP.Erasmus+ European Commission. EU programme for education, training, youth and sport.
Entity where project took place: Universidad Pública de Navarra **Type of entity:** University
Nº of researchers: 10
Start-End date: 01/01/2015 - 31/12/2016



- 5** **Name of the project:** Red temática de investigación cooperativa en envejecimiento y fragilidad (RETICEF)
Entity where project took place: Ministerio de Ciencia e Innovación. Universidades **Type of entity:** 1
City of entity: Pamplona, Foral Community of Navarre, Spain
Nº of researchers: 7
Start-End date: 01/01/2013 - 31/12/2016
Total amount: 190.032 €
- 6** **Name of the project:** Prevención del deterioro funcional y cognitivo mediante actividad física precoz en ancianos hospitalizados por patología médica. Ensayo clínico aleatorizado
Entity where project took place: Gobierno de Navarra **Type of entity:** Complejo Hospitalario de Navarra
Nº of researchers: 8
Start-End date: 06/11/2014 - 02/06/2015
- 7** **Name of the project:** Fragilidad e indicadores funcionales relacionados con el envejecimiento libre de incapacidad y una vejez autónoma e independiente. Efectos de un programa de fuerza y equilibrio.
Name principal investigator (PI, Co-PI....): Mikel Izquierdo
Funding entity or bodies: Ministerio de Economía y Competitividad. Plan I+d+i
Start date: 01/01/2012 **Duration:** 2 years - 11 months - 30 days
- 8** **Name of the project:** Caracterización de variables relacionadas con la Fragilidad en el envejecimiento de la población. Identificación de un envejecimiento libre de incapacidad y una vejez autónoma e independiente.
Name principal investigator (PI, Co-PI....): Mikel Izquierdo
Funding entity or bodies: Ministerio de Educación y Ciencia. Consejo Superior de Deportes.
Start date: 2010 **Duration:** 1 year
- 9** **Name of the project:** Oxigenación cerebral y fatiga durante el ejercicio en hipoxia aguda
Name principal investigator (PI, Co-PI....): Jose Antonio López Calbet; Mikel Izquierdo
Nº of researchers: 5
Funding entity or bodies: Ministerio de Ciencia e Innovación. Convocatoria 2009 del Subprograma de Proyectos de Investigación Fundamental no orientada **Type of entity:** State agency
Start date: 2009 **Duration:** 3 years
- 10** **Name of the project:** Efectos agudos y crónicos del entrenamiento de fuerza sobre el sistema neuroendocrino y muscular, el metabolismo energético y sobre los factores inflamatorios y marcadores de estrés oxidativo.
Name principal investigator (PI, Co-PI....): Mikel Izquierdo
Funding entity or bodies: Ministerio de Educación y Ciencia. Plan Nacional de I+D+I (2004-2007). Acción estratégica: Deporte y Actividad Física”
Start date: 2006 **Duration:** 2 years

- 11 Name of the project:** Efecto de un programa de actividad física dirigido al desarrollo de la masa muscular y fuerza muscular, en pacientes ancianos con diabetes tipo II y mujeres obesas portadoras del polimorfismo GLN27GLU en el gen del receptor adrenérgico beta 2.

Name principal investigator (PI, Co-PI....): Javier Ibáñez

Funding entity or bodies:

Ministerio de Sanidad y Consumo. Programa del promoción de la investigación biomédica y en ciencias de la salud del ministerio de sanidad y consumo

Start date: 2005

Duration: 2 years

- 12 Name of the project:** Valoración de la capacidad funcional en el ámbito domiciliario y en la clínica: Desarrollo de utilidad para la valoración de la marcha, equilibrio y potencia muscular en personas mayores

Name principal investigator (PI, Co-PI....): Dr. M. Izquierdo

Funding entity or bodies:

Convocatoria de Becas 2004/2005 Fundación MAPFRE Medicina.

Start date: 2005

Duration: 2 years

- 13 Name of the project:** Producción endógena de IGF-1, IGFB-3, Testosterona total, Testosterona libre y GH con el entrenamiento de fuerza en deportistas de alto nivel.

Name principal investigator (PI, Co-PI....): Dr. M. Izquierdo

Funding entity or bodies:

Ministerio de Educación, Cultura y Deporte. Consejo Superior de Deportes. Convocatoria de ayudas a las Universidades y Entidades Públicas para la realización de proyectos de apoyo científico y tecnoló

Start date: 2004

Duration: 1 year

- 14 Name of the project:** Acute and long term neuromuscular and hormonal adaptations during strength training in middle-aged versus elderly men and women"

Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen

Funding entity or bodies:

Ministerio de Educación de Finlandia

Start date: 1996

Duration: 1 year

- 15 Name of the project:** Red temática de Investigación en Fragilidad

Geographical area: National

Entity where project took place: Universidad Pública de Navarra

Type of entity: University

Nº of researchers: 4

Name of the programme: RD12/043/0002

Duration: 4 years

Dedication regime: Full time

R&D non-competitive contracts, agreements or projects with public or private entities

- 1 Name of the project:** Implementación de un programa multicomponente de Ejercicio físico en tiempos de Pandemia COVID-19 para personas mayores frágiles

Degree of contribution: Coordinator of total project, network or consortium

Nº of researchers: 3

Start date: 09/10/2020

- 2** **Name of the project:** Desarrollo de materiales audiovisuales e implementación de un programa de ejercicio físico para personas mayores frágiles
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 3
Start date: 20/05/2020
- 3** **Name of the project:** Quinta ampliación del Asesoramiento y puesta en marcha de progra de ejercicio físico para personas mayores frágiles
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 1
Start date: 15/11/2019 **Duration:** 1 year
Total amount: 5.000 €
- 4** **Name of the project:** Cuarta ampliación del Asesoramiento y puesta en marcha de progra de ejercicio físico para personas mayores frágiles
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 1
Start date: 15/11/2018 **Duration:** 1 year
Total amount: 5.000 €
- 5** **Name of the project:** Tercera ampliación del Asesoramiento y puesta en marcha de progra de ejercicio físico para personas mayores frágiles
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 1
Start date: 18/09/2017 **Duration:** 1 year
Total amount: 5.000 €
- 6** **Name of the project:** Segunda ampliación del Asesoramiento y puesta en marcha de progra de ejercicio físico para personas mayores frágiles
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 1
Start date: 27/09/2016 **Duration:** 1 year
Total amount: 5.000 €
- 7** **Name of the project:** Asesoramiento y apoyo científico para la puesta en marcha de un sistema que permita gestionar y monitorizar el proceso de rehabilitación basado en la evidencia en el campo de la medicina en el ámbito laboral (2015-16)
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 3
Start date: 16/03/2016 **Duration:** 1 year
Total amount: 15.000 €
- 8** **Name of the project:** Asesoramiento y apoyo científico-técnico para el desarrollo de evidencia científica en el proceso de rehabilitación en el campo de la medicina en el ámbito laboral (2016-2017)
Degree of contribution: Coordinator of total project, network or consortium
Nº of researchers: 3
Start date: 12/01/2016 **Duration:** 1 year
Total amount: 20.000 €
- 9** **Name of the project:** Renovación del Asesoramiento y puesta en marcha de progra de ejercicio físico para personas mayores frágiles
Degree of contribution: Coordinator of total project, network or consortium

**Nº of researchers:** 1**Start date:** 08/09/2015**Total amount:** 5.000 €**Duration:** 1 year

- 10 Name of the project:** Efectos de la suplementación de una membrana de cáscara de huevo sobre alteraciones en articulaciones debidas a degeneración o uso excesivo en personas mayores

Degree of contribution: Coordinator of total project, network or consortium**Nº of researchers:** 10**Start date:** 13/02/2015**Duration:** 1 year

- 11 Name of the project:** Efectos de la suplementación de una membrana de cáscara de huevo sobre alteraciones en articulaciones debidas a degeneración o uso excesivo en deportistas

Degree of contribution: Coordinator of total project, network or consortium**Nº of researchers:** 10**Start date:** 13/02/2015**Duration:** 1 year

- 12 Name of the project:** Asesoramiento y puesta en marcha de progra de ejercicio físico para personas mayores frágiles

Degree of contribution: Coordinator of total project, network or consortium**Nº of researchers:** 1**Start date:** 23/10/2014**Duration:** 1 year**Total amount:** 5.000 €

- 13 Name of the project:** Asesoramiento y puesta en marcha de proyectos de investigación, protocolos de asistencia y laboratorio de valoración Biomecánica y funcional en el campo de la medicina en el ámbito laboral.

Degree of contribution: Coordinator of total project, network or consortium**Nº of researchers:** 3**Start date:** 04/03/2013**Duration:** 1 year**Total amount:** 20.000 €

- 14 Name of the project:** Ayudas Mapfre a la investigación "Descripción comparativa del patrón de movimiento en deportistas de élite con y sin antecedente previo de lesión de LCA. Un estudio de acelerometría.

Degree of contribution: Coordinator of total project, network or consortium**Nº of researchers:** 4**Participating entity/entities:** Fundación Mapfre**Start date:** 09/01/2013**Duration:** 1 year**Total amount:** 9.400 €

- 15 Name of the project:** Contrato de Asesoría y Formación para la determinación de un protocolo de actuación ante una patología.

Degree of contribution: Coordinator of total project, network or consortium**Nº of researchers:** 2**Start date:** 12/12/2012**Duration:** 1 year**Total amount:** 19.000 €

- 16 Name of the project:** Informe sobre la validez de la utilización de las máquinas de resistencia variable. Exercycle. 2013

Degree of contribution: Coordinator of total project, network or consortium**Participating entity/entities:** EXERCYCLE, S.L.**Start date:** 01/11/2012**Duration:** 12 months**Total amount:** 4.500 €

Results

Industrial and intellectual property

Title registered industrial property: Sistema de monitorización del movimiento humano

Type of industrial property: Patent of invention

Date of register: 27/11/2007

Nº of patent: 200501531

Technological results derived from specialized and transfer activities, not included in previous sections

- 1** **Description:** Pagina web (www.vivifrail.com)
Name of the principal Investigator (PI): Mikel Izquierdo
Degree of contribution: Coordinator of total project, network or consortium
Collaborating entity or bodies:
Erasmus + European Comission
Start date: 01/01/2015 **Duration:** 2 years
- 2** **Description:** Página web <http://www.saludydeporte.consumer.es>
Name of the principal Investigator (PI): J Ibáñez
Name of the Co-principal investigator (Co-PI): Mikel Izquierdo Redín
Degree of contribution: Researcher
New techniques or equipment: Yes
Geographical area: National
Collaborating entity or bodies:
Fundación Eroski
Start date: 2003



Scientific and technological activities

Scientific production

H index: 60

Date of application: 21/04/2019

Fuente de Índice H: WOS

Publications, scientific and technical documents

- 1** Cuevas-Lara, Cesar; Izquierdo, Mikel; Zambom-Ferraresi, Fabiola; Saez de Asteasu, Mikel L.; Marin-Epelde, Itxaso; Chenhuichen, Chenhui; Zambom-Ferraresi, Fabricio; Ramirez-Velez, Robinson; Garcia-Hermoso, Antonio; Casas-Herrero, Alvaro; Capon-Saez, Amaya; Lozano-Vicario, Lucia; Criado-Martin, Irene; Sanchez-Latorre, Marina; Antonanzas-Valencia, Cristina; Martinez-Velilla, Nicolas. A Feasibility Study for Implementation "Health Arcade": A Study Protocol for Prototype of Multidomain Intervention Based on Gamification Technologies in Acutely Hospitalized Older Patients. INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH. 17 - 21, 11/2020.

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0
- 2** Delgado-Floody, Pedro; Izquierdo, Mikel; Ramirez-Velez, Robinson; Caamano-Navarrete, Felipe; Moris, Roberto; Jerez-Mayorga, Daniel; Andrade, David C.; Alvarez, Cristian. Effect of High-Intensity Interval Training on Body Composition, Cardiorespiratory Fitness, Blood Pressure, and Substrate Utilization During Exercise Among Prehypertensive and Hypertensive Patients With Excessive Adiposity. FRONTIERS IN PHYSIOLOGY. 11, 19/10/2020. ISSN 1664-042X

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0
- 3** Teodoro, Juliana L.; Izquierdo, Mikel; da Silva, Larissa X. N.; Baroni, Bruno M.; Grazioli, Rafael; Lopez, Pedro; Fritsch, Carolina G.; Radaelli, Regis; de Asteasu, Mikel L. Saez; Bottaro, Martim; Farinha, Juliano; Pinto, Ronei S.; Cadore, Eduardo L.. Effects of long-term concurrent training to failure or not in muscle power output, muscle quality and cardiometabolic risk factors in older men: A secondary analysis of a randomized clinical trial. EXPERIMENTAL GERONTOLOGY. 139, 01/10/2020. ISSN 0531-5565

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0
- 4** Barranco-Ruiz, Yaira; Villa-Gonzalez, Emilio; Venegas-Sanabria, Luis C.; Chavarro-Carvajal, Diego A.; Cano-Gutierrez, Carlos A.; Izquierdo, Mikel; Correa-Bautista, Jorge E.; Gonzalez-Ruiz, Katherine; Ramirez-Velez, Robinson. Metabolic Syndrome and Its Associated Factors in Older Adults: A Secondary Analysis of SABE Colombia in 2015. METABOLIC SYNDROME AND RELATED DISORDERS. 18 - 8, pp. 389 - 398. 01/10/2020. ISSN 1540-4196

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0



- 5** Garcia-Hermoso, Antonio; Izquierdo, Mikel; Alonso-Martinez, Alicia M.; Faigenbaum, Avery; Olloquequi, Jordi; Ramirez-Velez, Robinson. Association between Exercise-Induced Changes in Cardiorespiratory Fitness and Adiposity among Overweight and Obese Youth: A Meta-Analysis and Meta-Regression Analysis. CHILDREN-BASEL. 7 - 9, 09/2020.

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0

- 6** Sousa, Antonio C.; Neiva, Henrique P.; Gil, Maria H.; Izquierdo, Mikel; Rodriguez-Rosell, David; Marques, Mario C.; Marinho, Daniel A.. Concurrent Training and Detraining: The Influence of Different Aerobic Intensities. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH. 34 - 9, pp. 2565 - 2574. 09/2020. ISSN 1064-8011

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 1

- 7** Garcia-Hermoso, Antonio; Hormazabal-Aguayo, Ignacio; Gonzalez-Calderon, Nicole; Russell-Guzman, Javier; Vicencio-Rojas, Francisca; Chacana-Canas, Cesar; Urrutia-Reyes, Ignacio; Ramirez-Velez, Robinson; Alonso-Martinez, Alicia M.; Izquierdo, Mikel; Fernandez-Vergara, Omar. Exercise program and blood pressure in children: The moderating role of sedentary time. JOURNAL OF SCIENCE AND MEDICINE IN SPORT. 23 - 9, pp. 854 - 859. 09/2020. ISSN 1440-2440

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0

- 8** Andrade, David C.; Arce-Alvarez, Alexis; Parada, Felipe; Uribe, Sebastian; Gordillo, Pamela; Dupre, Anita; Ojeda, Carla; Palumbo, Fiorella; Castro, Guillermo; Vasquez-Munoz, Manuel; Del Rio, Rodrigo; Ramirez-Campillo, Rodrigo; Izquierdo, Mikel. Acute effects of high-intensity interval training session and endurance exercise on pulmonary function and cardiorespiratory coupling. PHYSIOLOGICAL REPORTS. 8 - 15, 08/2020. ISSN 2051-817X

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0

- 9** Valenzuela, Pedro L.; Morales, Javier S.; Castillo-Garcia, Adrian; Mayordomo-Cava, Jennifer; Garcia-Hermoso, Antonio; Izquierdo, Mikel; Serra-Rexach, Jose A.; Lucia, Alejandro. Effects of exercise interventions on the functional status of acutely hospitalised older adults: A systematic review and meta-analysis. AGEING RESEARCH REVIEWS. 61, 08/2020. ISSN 1568-1637

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 4

- 10** Perez-Sousa, Miguel angel; del Pozo-Cruz, Jesus; Cano-Gutierrez, Carlos A.; Ferrebuz, Atilio J.; Sandoval-Cuellar, Carolina; Izquierdo, Mikel; Hernandez-Quinonez, Paula A.; Ramirez-Velez, Robinson. Glucose Levels as a Mediator of the Detrimental Effect of Abdominal Obesity on Relative Handgrip Strength in Older Adults. JOURNAL OF CLINICAL MEDICINE. 9 - 8, 08/2020.

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0

- 11** Francisco Lopez-Gil, Jose; Oriol-Granado, Xavier; Izquierdo, Mikel; Ramirez-Velez, Robinson; Fernandez-Vergara, Omar; Olloquequi, Jordi; Garcia-Hermoso, Antonio. Healthy Lifestyle Behaviors and Their Association with Self-Regulation in Chilean Children. INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH. 17 - 16, 08/2020.

Type of production: Scientific paper **Format:** Journal

Source of citations: WOS **Citations:** 0



- 12** Ramirez-Velez, Robinson; Martinez-Velilla, Nicolas; Fernandez-Irigoyen, Joaquin; Santamaria, Enrique; Palomino-Echeverria, Sara; Izquierdo, Mikel. Influence of short-term training on functional capacity and (anti-)inflammatory immune signalling in acute hospitalization. JOURNAL OF CACHEXIA SARCOPENIA AND MUSCLE. 11 - 4, pp. 1154 - 1157. 08/2020. ISSN 2190-5991
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 13** Alves, Ana R.; Marta, Carlos; Neiva, Henrique P.; Nunes, Celia; Izquierdo, Mikel; Marques, Mario C.. Modeling Fitness Variable Responses to Training in Prepubescent Children. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH. 34 - 8, pp. 2352 - 2359. 08/2020. ISSN 1064-8011
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 14** Luis Sanchez-Sanchez, Juan; Izquierdo, Mikel; Antonio Carnicero-Carreno, Jose; Jose Garcia-Garcia, Fransico; Rodriguez-Manas, Leocadio. Physical activity trajectories, mortality, hospitalization, and disability in the Toledo Study of Healthy Aging. JOURNAL OF CACHEXIA SARCOPENIA AND MUSCLE. 11 - 4, pp. 1007 - 1017. 08/2020. ISSN 2190-5991
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 2
- 15** Ramirez-Velez, Robinson; Castro-Astudillo, Karem; Correa-Bautista, Jorge Enrique; Gonzalez-Ruiz, Katherine; Izquierdo, Mikel; Garcia-Hermoso, Antonio; alvarez, Cristian; Ramirez-Campillo, Rodrigo; Correa-Rodriguez, Maria. The Effect of 12 Weeks of Different Exercise Training Modalities or Nutritional Guidance on Cardiometabolic Risk Factors, Vascular Parameters, and Physical Fitness in Overweight Adults: Cardiometabolic High-Intensity Interval Training-Resistance Training Randomized Controlled Study. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH. 34 - 8, pp. 2178 - 2188. 08/2020. ISSN 1064-8011
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 16** Etxaleku, Saioa; Izquierdo, Mikel; Bikandi, Eder; Garcia Arroyo, Jaime; Sarriegi, Inigo; Sesma, Iosu; Setuain, Igor. Validation and Application of Two New Core Stability Tests in Professional Football. APPLIED SCIENCES-BASEL. 10 - 16, 08/2020.
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 17** Ramirez-Velez, Robinson; Izquierdo, Mikel; Castro-Astudillo, Karem; Medrano-Mena, Carolina; Monroy-Diaz, Angela Liliana; Castellanos-Vega, Rocio del Pilar; Triana-Reina, Hector Reynaldo; Correa-Rodriguez, Maria. Weight Loss after 12 Weeks of Exercise and/or Nutritional Guidance Is Not Obligatory for Induced Changes in Local Fat/Lean Mass Indexes in Adults with Excess of Adiposity. NUTRIENTS. 12 - 8, 08/2020.
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 18** Contreras-Escamez, Beatriz; Izquierdo, Mikel; Galbete Jimenez, Arkaitz; Gutierrez-Valencia, Marta; Cedeno-Veloz, Bernardo A.; Martinez-Velilla, Nicolas. Differences in the predictive capability for functional impairment, cognitive decline and mortality of different frailty tools: A longitudinal cohort study. MEDICINA CLINICA. 155 - 1, pp. 18 - 22. 10/07/2020. ISSN 0025-7753
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0

- 19** Martinez de Quel, Oscar; Ara, Ignacio; Izquierdo, Mikel; Ayan, Carlos. Does Physical Fitness Predict Future Karate Success? A Study in Young Female Karatekas. INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE. 15 - 6, pp. 868 - 873. 07/2020. ISSN 1555-0265
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 20** Garcia-Hermoso, Antonio; Hormazabal-Aguayo, Ignacio; Fernandez-Vergara, Omar; Izquierdo, Mikel; Alonso-Martinez, Alicia; Bonilla-Vargas, Kely Johana; Gonzalez-Ruiz, Katherine; Ramirez-Velez, Robinson. Physical fitness components in relation to attention capacity in Latin American youth with overweight and obesity. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS. 30 - 7, pp. 1188 - 1193. 07/2020. ISSN 0905-7188
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 0
- 21** Ramirez-Campillo, Rodrigo; Alvarez, Cristian; Gentil, Paulo; Loturco, Irineu; Sanchez-Sanchez, Javier; Izquierdo, Mikel; Moran, Jason; Nakamura, Fabio Y.; Chaabene, Helmi; Granacher, Urs. Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH. 34 - 7, pp. 1959 - 1966. 07/2020. ISSN 1064-8011
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 8
- 22** Garcia-Hermoso, Antonio; Alonso-Martinez, Alicia M.; Ramirez-Velez, Robinson; Perez-Sousa, Miguel Angel; Ramirez-Campillo, Rodrigo; Izquierdo, Mikel. Association of Physical Education With Improvement of Health-Related Physical Fitness Outcomes and Fundamental Motor Skills Among Youths A Systematic Review and Meta-analysis. JAMA PEDIATRICS. 174 - 6, 06/2020. ISSN 2168-6203
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 1
- 23** Ramirez-Campillo, Rodrigo; Moran, Jason; Chaabene, Helmi; Granacher, Urs; Behm, David G.; Garcia-Hermoso, Antonio; Izquierdo, Mikel. Methodological characteristics and future directions for plyometric jump training research: A scoping review update. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS. 30 - 6, pp. 983 - 997. 06/2020. ISSN 0905-7188
Type of production: Scientific paper **Format:** Journal
Source of citations: WOS **Citations:** 4
- 24** Garcia-Hermoso, Antonio; Ramirez-Velez, Robinson; Saez de Asteasu, Mikel L.; Martinez-Velilla, Nicolas; Zambom-Ferraresi, Fabricio; Valenzuela, Pedro L.; Lucia, Alejandro; Izquierdo, Mikel. Safety and Effectiveness of Long-Term Exercise Interventions in Older Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. SPORTS MEDICINE. 50 - 6, pp. 1095 - 1106. 06/2020. ISSN 0112-1642
Type of production: Scientific paper **Format:** Journal
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- Type of production:** Scientific paper **Format:** Journal
- 329** E.L.a e Cadore; M.b Izquierdo; S.S.a Pinto; C.L.a d Alberton; R.S.a Pinto; B.M.a Baroni; M.A.a Vaz; F.J.a Lanferdini; R.a Radaelli; M.b Gonz lez-Izal; M.c Bottaro; L.F.M.a Kruel. Neuromuscular adaptations to concurrent training in the elderly: effects of intrasession exercise sequence. *Age*. pp. 1 - 13. 2012. Available on-line at: <<http://www.scopus.com/inward/record.url?eid=2-s2.0-84858721630&partnerID=40&md5=9ee8e8ddef366cace021e5e2abd9abbb>>. ISSN 01619152
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Format: Journal

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Type of production: Scientific paper

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Format: Journal

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Type of production: Scientific paper

Format: Journal

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Type of production: Book chapter **Format:** Book
- 425** MA Gonzalez Villaron; Mikel Izquierdo Redin. Observación y análisis en deportes individuales y colectivos. Biomecánica y sistema neuromuscular en la actividad física y el deporte. Editorial Panamericana, 2008. ISBN 978-84-9835-023-4
Type of production: Book chapter **Format:** Book
- 426** Mikel Izquierdo Redin; JJ Gonzalez Badillo. Prescripción del entrenamiento de fuerza. Biomecánica y sistema neuromuscular en la actividad física y el deporte. Editorial Panamericana, 2008. ISBN 978-84-9835-023-4
Type of production: Book chapter **Format:** Book
- 427** Mikel Izquierdo Redin. Prescripción del entrenamiento de fuerza. Influencia del volumen y la intensidad en el desarrollo de la fuerza y la potencia muscular. Natación y Actividades acuáticas. Editorial Marfil, 2008. ISBN 978-84-268-1342-8
Type of production: Book chapter **Format:** Book
- 428** J Ibañez; Mikel Izquierdo Redin; EM Gorostiaga. Puesta a punto (tapering) del rendimiento físico para la competición. Biomecánica y sistema neuromuscular en la actividad física y el deporte. Editorial Panamericana, 2008. ISBN 978-84-9835-023-4
Type of production: Book chapter **Format:** Book
- 429** JC Morante; Mikel Izquierdo Redin. Técnica deportiva, modelos técnicos y estilo personal. Biomecánica y sistema neuromuscular en la actividad física y el deporte. Editorial Panamericana, 2008. ISBN 978-84-9835-023-4
Type of production: Book chapter **Format:** Book



- 430** Mikel Izquierdo Redin. Optimización del volumen y la intensidad en el desarrollo de la fuerza y la potencia muscular. Dieta y ejercicio: una combinación necesaria para la salud y el rendimiento. Facultad de CC de la Actividad Física y el Deporte de la UPV-EHU, 2007. ISBN 978-84-612-0555-4
Type of production: Book chapter **Format:** Book
- 431** J Ibañez; Mikel Izquierdo Redin; EM Gorostiaga. Alimentación y deporte. Alimentación y Nutrición. Módulo I. Consejo General de Colegios de Farmacéuticos. Acción Médica, 2006.
Legal deposit: M-26575-2006
Type of production: Book chapter **Format:** Book
- 432** J Lopez Chicharro; Mikel Izquierdo Redin. Aspectos fisiológicos del ejercicio en relación con el envejecimiento. Fisiología del Ejercicio. Médica Panamericana, 2006. ISBN 84-7903-983-3
Type of production: Book chapter **Format:** Book
- 433** Mikel Izquierdo Redin; C Granados; J Ibañez; EM Gorostiaga. Entrenamiento de Fuerza en Balonmano. Medicina y Balonmano. Asociación Navarra de Medicina del Deporte, 2006. ISBN 978-84-609-9756-6
Legal deposit: NA-919-2006
Type of production: Book chapter **Format:** Book
- 434** Mikel Izquierdo Redin; JJ Gonzalez Badillo; J Ibañez; A Alonso; EM Gorostiaga. Entrenamiento de fuerza: Adaptaciones neuromusculares y hormonales. Fisiología del Ejercicio. Médica Panamericana, 2006. ISBN 84-7903-983-3
Type of production: Book chapter **Format:** Book
- 435** JJ Gonzalez Badillo; Mikel Izquierdo Redin. Evaluación de la fuerza. Fisiología del Ejercicio. Médica Panamericana, 2006. ISBN 84-7903-983-3
Type of production: Book chapter **Format:** Book
- 436** JJ Gonzalez Badillo; Mikel Izquierdo Redin. Fuerza muscular: concepto y tipos de acciones musculares. Fisiología del Ejercicio. Médica Panamericana, 2006. ISBN 84-7903-983-3
Type of production: Book chapter **Format:** Book
- 437** Mikel Izquierdo Redin; JJ Gonzalez Badillo; EM Gorostiaga. Prescripción del entrenamiento de fuerza. Fisiología del Ejercicio. Médica Panamericana, 2006. ISBN 84-7903-983-3
Type of production: Book chapter **Format:** Book
- 438** J Ibañez; Mikel Izquierdo Redin; EM Gorostiaga. Ejercicio físico en la edad adulta. Ejercicio y Calidad de Vida. Claves para mantener la salud mental y física. EUNSA, 2005. ISBN 84-313-2266-7
Legal deposit: NA 841-2005
Type of production: Book chapter **Format:** Book
- 439** J Ibañez; Mikel Izquierdo Redin; EM Gorostiaga. Ejercicio físico en la prevención y tratamiento de las enfermedades más prevalentes. Nutrición Aplicada y Dietoterapia. EUNSA, 2004. ISBN 84-313-2196-2
Type of production: Book chapter **Format:** Book
- 440** A Alonso; Mikel Izquierdo Redin. Asociación de la fuerza y potencia muscular y los indicadores del estado de salud. La fuerza muscular, el deporte y la rehabilitación. Universidad de las Palmas de Gran Canaria, 2003.
Type of production: Book chapter **Format:** Book
- 441** Mikel Izquierdo Redin; A Alonso; J Ibañez; EM Gorostiaga. Envejecimiento y desarrollo de la fuerza muscular: Adaptaciones neuromusculares y hormonales. La fuerza muscular, el deporte y la rehabilitación. Universidad de las Palmas de Gran Canaria, 2003.



Type of production: Book chapter

Format: Book

- 442** Mikel Izquierdo Redín. Envejecimiento saludable y actividad física. El Deporte del Siglo XXI: Un reto para todos. Gobierno de Navarra, 2001. ISBN 84-235-2134-6

Legal deposit: NA 1478-2001

Type of production: Book chapter

Format: Book

- 443** Mikel Izquierdo Redín; K Hakkinen. Activación neural, área de la sección transversal y producción de fuerza de los músculos extensores de los miembros inferiores durante acciones isométricas y dinámicas. Adaptaciones neuromusculares durante el entre-namiento de fuerza en hombre de 40 y 70 años. Ministerio de educación y Cultura. Consejo Superior de Deportes. ICD, 1999. ISBN 84-7949-097-9

Legal deposit: M 6099-2000

Type of production: Book chapter

Format: Book

- 444** Mikel Izquierdo Redín; K Hakkinen. Adaptaciones neuro- musculares durante el entrenamiento de fuerza en el hombre a diferentes edades. Avances en Ciencias del Deporte. Universidad de las Palmas de Gran Canaria, 1999. ISBN 84-89728-86-0

Legal deposit: GC 226-1999

Type of production: Book chapter

Format: Book

- 445** Mikel Izquierdo Redin; José Antonio López Calbet. Test de pista para la evaluación de la potencia y de la capacidad anaeróbica. Valoración del deportista. Aspectos biomédicos y funcionales. Federación de Medicina del Deporte, 1999. ISBN 84-605-871-5

Legal deposit: NA 662-1999

Type of production: Book chapter

Format: Book

- 446** Mikel Izquierdo Redín. Activación Neural y Producción de Fuerza máxima/ explosiva. Efectos del entrenamiento, envejecimiento y tipo de acción muscular. Biomecánica Aplicada al Deporte I. Universidad de León, 1998. ISBN 84-7719-699-0

Legal deposit: LE 847-1998

Type of production: Book chapter

Format: Book

- 447** Mikel Izquierdo Redín. Aportaciones de la Biomecánica al estudio de la técnica en el saque de en paleta cuero: estudio de un caso practico. Libro del I Congreso de Actualización de la Enseñanza/ Entrenamiento de la Pelota Vasca. Federación Alavesa de Pelota Vasca, 1998.

Legal deposit: VI 167-1998

Type of production: Book chapter

Format: Book

- 448** Mikel Izquierdo Redín. Aportaciones de la Biomecánica al estudio de la técnica en el saque de en paleta cuero: estudio de un caso practico. Libro del I Congreso de Actualización de la Enseñanza/ Entrenamiento de la Pelota Vasca. Federación Alavesa de Pelota Vasca, 1998.

Legal deposit: VI 167-1998

Type of production: Book chapter

Format: Book

- 449** Mikel Izquierdo Redín. Biomecánica y sistema neuromuscular en la actividad física y el deporte. Biomecánica y sistema neuromuscular en la actividad física y el deporte. Médica Panamericana, 2008. ISBN 978-84-9835-023-4

Type of production: Scientific book or monograph

Format: Book

- 450** M Alfonso; A Calleja; F Forriol; JC Galofre; M Garcia; EM Gorostiaga; J Ibañez; Mikel Izquierdo Redín; I Pombo; I Zazpe. Osteoporosis. MEjora la salud de tus huesos. Osteoporosis. MEjora la salud de tus huesos. Clínica Universitaria de Navarra. Everest, 2006. ISBN 84-241-8431-9

Type of production: Scientific book or monograph

Format: Book

- 451** JM Echeverria; Mikel Izquierdo Redín. Aplicaciones del Análisis y Evaluación de la Técnica. Aplicaciones del Análisis y Evaluación de la Técnica. Universidad Autónoma de Madrid. COE., 2002.
Type of production: Scientific book or monograph **Format:** Book
- 452** Mikel Izquierdo Redín; JM Echeverria. Bases generales para el análisis de la Técnica Deportiva. Bases generales para el análisis de la Técnica Deportiva. Universidad Autónoma de Madrid. COE., 2002.
Type of production: Scientific book or monograph **Format:** Book
- 453** Mikel Izquierdo Redín; JM Echeverria. Nuevas Tecnologías aplicadas al Entrenamiento Deportivo. Nuevas Tecnologías aplicadas al Entrenamiento Deportivo. Universidad Autónoma de Madrid. COE., 2002.
Type of production: Scientific book or monograph **Format:** Book
- 454** J Ibañez; EM Gorostiaga; Mikel Izquierdo Redín. Deporte saludable. Un gran aliado para la salud. Deporte saludable. Un gran aliado para la salud. Fundación Grupo Eroski, 2001. ISBN 84-607-2823-4
Type of production: Scientific book or monograph **Format:** Book
- 455** J Ibañez; Mikel Izquierdo Redín. Crecimiento y maduración del deportista joven. Aplicación para el desarrollo de la fuerza. Cuadernos técnicos de deporte. Gobierno de Navarra, 2000. Crecimiento y maduración del deportista joven. Aplicación para el desarrollo de la fuerza. Cuadernos técnicos de deporte. Gobierno de Navarra, 2000. Instituto Navarro de Deporte y Juventud. Gobierno de Navarra, 2000. ISBN 84-235-2027-7
Type of production: Scientific book or monograph **Format:** Book
- 456** Mikel Izquierdo Redín. Análisis cinemático y cinético del salto horizontal a pies juntos. Tesina fin de Licenciatura. Análisis cinemático y cinético del salto horizontal a pies juntos. Tesina fin de Licenciatura. Universidad de León, 1999.
Type of production: Scientific book or monograph **Format:** Book
- 457** Mikel Izquierdo Redín; JM Echeverria. Aplicación del análisis y evaluación de la técnica. Módulo 1.2.3. Master en Alto Rendimiento Deportivo. Aplicación del análisis y evaluación de la técnica. Módulo 1.2.3. Master en Alto Rendimiento Deportivo. Universidad Autónoma de Madrid. COE., 1999.
Type of production: Scientific book or monograph **Format:** Book
- 458** Xavier Aguado; Mikel Izquierdo Redín; JL González. La biomecánica dentro y fuera del laboratorio. La biomecánica dentro y fuera del laboratorio. Universidad de León, 1999. ISBN 84-7719-625-5
Type of production: Scientific book or monograph **Format:** Book
- 459** Mikel Izquierdo Redín. Activación neural, área de la sección transversal y producción de fuerza durante acciones isométricas y dinámicas. Adaptaciones neuromusculares durante el entrenamiento de fuerza en hombres de 40 y 70 años. Activación neural, área de la sección transversal y producción de fuerza durante acciones isométricas y dinámicas. Adaptaciones neuromusculares durante el entrenamiento de fuerza en hombres de 40 y 70 años. Universidad de León, 1997. ISBN 84-7719-730-X
Type of production: Scientific book or monograph **Format:** Book
- 460** Xavier Aguado; Mikel Izquierdo Redín. Prácticas de biomecánica. Prácticas de biomecánica. Universidad de León, 1995. ISBN 84-7719-510-2
Type of production: Scientific book or monograph **Format:** Book
- 461** Sousa A.C.; Neiva H.P.; Izquierdo M.; Cadore E.L.; Alves A.R.; Marinho D.A.. Concurrent Training and Detraining: Brief Review on the Effect of Exercise Intensities. International Journal of Sports Medicine. 40, pp. 747 - 755. 2019. ISSN 01724622
DOI: 10.1055/a-0975-9471
Type of production: Bibliographic review
Source of citations: SCOPUS **Citations:** 3

- 462** Xavier Aguado; Mikel Izquierdo Redín; JL Montesinos. Laboratorio de Biomecánica. INEF Castilla y León. 1997.Universidad de León., 1997.
Legal deposit: LE 761-1997
Type of production: video científico **Format:** Scientific and technical document or report
- 463** JL Montesinos; Mikel Izquierdo Redín; JL López; Xavier Aguado. El pulsador plantar perfeccionado. Nuevo instrumento de medida para educación física deporte.Universidad de León., 1996.
Legal deposit: LE 1098-1996
Type of production: video científico **Format:** Scientific and technical document or report

R&D management and participation in scientific committees

Scientific, technical and/or assessment committees

- 1** **Committee title:** Editor Asociad. Journal of Nutrition, Health and Aging
Start date: 05/01/2019
- 2** **Committee title:** Associate Editor. Journal of Human Movement Studies
Start date: 05/01/2018
- 3** **Committee title:** Editor Asociado. Scandinavian Journal of Medicine & Science in sports,
Start date: 05/01/2018
- 4** **Committee title:** Associate Editor Journal of Strength and Conditioning Research
Start date: 04/01/2006
- 5** **Committee title:** Colegio Americano de Medicina del Deporte
Geographical area: Non EU International
Primary (UNESCO code): 241106 - Exercise physiology; 320404 - Rehabilitation
Affiliation entity: Colegio Americano de Medicina del Deporte **Type of entity:** University Centres and Structures and Associated Bodies
Start date: 2001
- 6** **Committee title:** Colegio Europeo de Ciencias del Deporte
Geographical area: European Union
Affiliation entity: Colegio Europeo de Ciencias del Deporte **Type of entity:** University Centres and Structures and Associated Bodies
City affiliation entity: Colonia, Germany
Start date: 2001

Evaluation and revision of R&D projects and articles

- 1** **Performed tasks:** Miembro del panel de expertos del Programa ACADEMIA de ANECA, sección Ciencias Sociales y Jurídicas
Entity where activity was carried out: Agencia Nacional de Evaluación de la Calidad y Acreditación
Type of entity: agencia estatal
Start date: 2007
- 2** **Performed tasks:** Evaluador para la Agencia Nacional de Evaluación y Prospectiva (Ministerio de Ciencia e Innovación) de proyectos de investigación Plan Nacional I+D+i
Entity where activity was carried out: Ministerio de Ciencia e Innovación. Investigación
Type of entity: ministerio
Start date: 2006
- 3** **Name of the activity:** Editor asociado
Performed tasks: Associate Editor
Entity where activity was carried out: Journal of Strength and Conditioning Research
Type of activity: Participation in editorial committees
Type of entity: Revista científica
Access system: By public merit
Geographical area: Non EU International
Start date: 2002
- 4** **Performed tasks:** Revisor invitado
Entity where activity was carried out: European Journal of Applied Physiology
Type of activity: Review of articles in scientific or technological journals
Access system: Designated by the corresponding party without competition
Geographical area: Non EU International
Start date: 2001
- 5** **Performed tasks:** Revisor invitado
Entity where activity was carried out: International Journal of Sports Medicine
Type of activity: Review of articles in scientific or technological journals
Access system: Designated by the corresponding party without competition
Geographical area: Non EU International
Start date: 2001
- 6** **Performed tasks:** Revisor invitado
Entity where activity was carried out: Journal of Sport Sciences
Type of activity: Review of articles in scientific or technological journals
Access system: Designated by the corresponding party without competition
Geographical area: Non EU International
Start date: 2001
- 7** **Performed tasks:** Revisor invitado
Entity where activity was carried out: Medicine & Science in Sports & Exercise
Type of activity: Review of articles in scientific or technological journals
Access system: Designated by the corresponding party without competition
Geographical area: Non EU International
Start date: 2001



- 8** **Performed tasks:** Revisor invitado
Entity where activity was carried out: Journal of Applied Physiology
Type of activity: Review of articles in scientific or technological journals
Access system: Designated by the corresponding party without competition
Geographical area: Non EU International
Start date: 2000
- 9** **Performed tasks:** miembro de la comisión de valoración de la convocatoria pública de ayudas para la realización de la Acción estratégica de deporte y Actividad Física
Entity where activity was carried out: Ministerio de Educación y Ciencia
Type of entity: State agency

Other achievements

Co-operation networks

- 1** **Name of the network:** CIBER FRAGILIDAD Y ENVEJECIMIENTO SALUDABLE
Identification of the network: CIBERFES
Start date: 01/01/2017 **Duration:** 1 year
- 2** **Name of the network:** RED ENVEJECIMIENTO Y FRAGILIDAD
Identification of the network: RETICEF
Start date: 01/01/2008 **Duration:** 4 years

Prizes, mentions and distinctions

Description: Premio Trayectoria Investigadora Universidad Pública de Navarra 2019
Awarding entity: Universidad Pública de Navarra **Type of entity:** University
City awarding entity: Pamplona, Foral Community of Navarre, Spain
Conferral date: 06/11/2020

Periods of research activity

Nº of recognized periods: 4
Certifying entity: Comisión Nacional Evaluadora de la Actividad Investigadora **Type of entity:** State agency
City certifying entity: Madrid, Foral Community of Navarre, Spain
Date of recognition: 31/12/2018