Parte A. DATOS PERSONALES

Fecha del CVA	02/09/2023

Nombre y apellidos	ALFONSO JIMENEZ GUTIERREZ		
DNI/NIE/pasaporte		Edad	
Núm. identificación del investigador	Researcher ID	AAI-8765-2020	
	Author ID	26635204800	
	Código ORCID	0000-0001-5295-9668	

A.1. Situación profesional actual

Organismo	UNIVERSIDAD REY JUAN CARLOS		
Dpto./Centro	CENTRO INVESTIGACIÓN CIENCIAS DEL DEPORTE		
Dirección	Campus Fuenlabrada, Madrid	Correo	
Teléfono	electrónico	alfonso.jimenez@urjc.es	
Categoría profesional	Catedrático Universidad	Fecha inicio	16/04/2021
Código UNESCO	5899 Educación Física y Deportiva; 241106 Fisiología del Ejercicio		
Palabras clave	ejercicio físico, entrenamiento, prescripción, salud		

A.2. Formación académica *(título, institución, fecha)*

Licenciatura/Grado/Doctorado	Universidad	Año
Doctorado Ciencias de la Actividad Física y el Deporte	Universidad de León	2003
Certificado en Educación CAP	Universidad Complutense	1994
Licenciatura en Educación Física	INEF-Universidad Politécnica de Madrid	1993

A.3. Indicadores generales de calidad de la producción científica *(véanse instrucciones)*
Extensive experience serving at academic institutions in US, UK and Australia. 3 research sexenios (from 2004 to 2021). Regarding PGR supervision, 12 PhD completions as Director of Studies, and currently supervising another 10 PhD students. IF and citations from publications achieve the following scores:

- Google Scholar: total citations 5.284; citations/year (last 5 years) 536; IF: h32.
- Publons (WOS): total citations 1.858; IF: h19.
- Scopus: total citations 2.814; IF: h19.

Parte B. RESUMEN LIBRE DEL CURRÍCULUM *(máximo 3500 caracteres, incluyendo espacios en blanco)*

I am Full Tenured Professor (Catedrático Echegaray) of Exercise Science & Health (Área Educación Física y Deportiva) and Executive Director of URJC´s Research Centre in Sports Science. Additional current leadership roles include: Co-Chair *Task Force (TF SPORT) on the harmonisation and development of sport statistics, including statistics and data on health-enhancing physical activity, social dimension of sport and Sport Satellite Accounts in the EU*. GOPA Luxemburg, EU Commission DGEAC, Sport Unit & Eurostat; Head of THiNK Active (EuropeActive´s new Research Centre); Director National Observatory of Fundación España Activa; and Research & Innovation Officer at GO fit, heading the so-called GO fit LAB as PI. I have formal current appointments as Visiting Professor at Victoria University (Melbourne, Australia), Sheffield Hallam University (Sheffield, UK), Coventry University (Coventry, UK), the University of Greenwich (London, UK) and EUNEIZ (Vitoria, Spain).

Born in Madrid in 1970, I completed a bachelor´s degree in Sports & Exercise Science/Physical Education (Polytechnic University of Madrid, INEF), a postgraduate Certificate in Education (University Complutense of Madrid), a PhD in Physiology (University of Leon, Spain), and a postdoctoral training at Arizona State University (Exercise & Wellness Department), supported by a competitive grant from the Spain's Ministry of Education (José Castillejo Programme, 2007). At the same time, I hold different professional accreditations and certifications, as CSCS and NSCA-CPT (both Recertified with Distinction 2006-2011). Regarding my leadership

development I´ve achieved Fellowship status from the Leadership Foundation of Higher Education in 2013 (becoming the *first non-British Fellow* of the Foundation). My **personal focus** is a long-standing and uncompromising vision to get *more people, more active, more often.* I am fully committed to improving people´s health through promoting an active lifestyle, integrating physical activity, exercise and sports participation. During my career, I´ve tried to achieve this by facilitating big impact partnerships, championing innovation, providing high quality evidence, campaigning, and supporting research from others and sharing insights.

Previous appointments include: Professor of Exercise Science & Health at the Advanced Wellbeing Research Centre of Sheffield Hallam University (UK); Professor and Executive Director of the Research Centre in Applied Biological and Exercise Sciences at Coventry University (UK); Professor & Dean of the Faculty of Heath, Exercise and Sport Sciences at European University of Madrid (Spain); Professor, Deputy Dean & Head of School of Sport & Exercise Sciences at Victoria University (Melbourne, Australia); Professor and Head of the Centre for Sport Sciences and Human Performance at the University of Greenwich (London, UK); and Chairman of the Standards Council at EuropeActive (Brussels, Belgium).

In the **Research field**, I´ve led and managed as Principal Investigator 36 competitive research and consultancy projects with a total funding allocation exceeding 4 million euros in the areas of Active Living, Clinical Exercise (metabolic disorders), Worksite Health Promotion and Social Value impact of physical activity and sports participation.

I serve as associated editor and reviewer for several peer-reviewed journals, and I´ve published 12 books, 35 book chapters, 81 peer-reviewed papers and more than 120 scientific contributions presented at international Conferences.

During my career I have received some relevant **awards and recognitions** in my field, as Fellow of the Leadership Foundation of Higher Education of UK (2013), Honorary Membership from the European Health and Fitness Association for service to the European industry (2012), the University of Greenwich Professorial Merit Award for outstanding contribution (2011), the Award of Appreciation (Silver Level) from the National Strength & Conditioning Association (2009), or the National Award in Sports Quality, Sports Quality International (1995).

Parte C. MÉRITOS MÁS RELEVANTES *(ordenados por tipología)*

C.1. Publications (last 3 years)

1. PUENTE-FERNÁNDEZ, J., LARUMBE-ZABALA, E., **JIMÉNEZ, A.**, LIGUORI, G., ROSSATO, C.J.L., MAYO, X., NACLERIO, F. No impact of combining multi-ingredient supplementation with exercise on body composition and physical performance, in healthy middle-aged and older adults: A systematic review and meta-analysis. *Experimental Gerontology*, 30th December 2022 *(in press)*, 112079, https://doi.org/10.1016/j.exger.2022.112079
2. MAYO, X., IGLESIAS-SOLER, E., LIGUORI, G., COPELAND, R.J., CLAVEL, I., DEL VILLAR, F., **JIMENEZ, A.** A modifiable factors-based model for detecting inactive individuals: are the European assessment tools fit for purpose? *European Journal of Public Health*, 2022; ckac116, https://doi.org/10.1093/eurpub/ckac116
3. JONES, B., PHILLIPS, G., VALERIANI, F., EDWARDS, T., ADAMS, E., BONADONNA, L., COPELAND, R., CROSS, M., DALTON, C., HODGSON, L., **JIMENEZ, A.**, KEMP, S., PATRICIOS, J., ROMANO SPICA, V., STOKES, K., WEED, M., & BEGGS, C. (2021). End-to-end SARS-CoV-2 transmission risks in sport: Current evidence and practical recommendations: SARS-CoV-2 transmission risks in sport. *South African Journal of Sports Medicine*, *33*(1), 1–17. https://doi.org/10.17159/2078-516X/2021/v33i1a11210
4. LAVÍN-PÉREZ, A.M., COLLADO-MATEO, D., MAYO, X., LIGUORI, G., HUMPHREYS, L., **JIMENEZ, A**. Can Exercise Reduce the Autonomic Dysfunction of Patients With Cancer and Its Survivors? A Systematic Review and Meta-Analysis. *Frontiers in Psychology*, Vol. 12 (2021). DOI: 10.3389/FPSYG.2021.712823
5. LAVÍN-PÉREZ, A.M., COLLADO-MATEO, D., MAYO, X., LIGUORI, G., HUMPHREYS, L., COPELAND, R.J., **JIMENEZ, A.** Effects of high-intensity training on the quality of life of cancer patients and survivors: a systematic review with meta-analysis. *Sci Rep* 11**,** 15089 (2021). https://doi.org/10.1038/s41598-021-94476-y
6. LÓPEZ FERNÁNDEZ J, LÓPEZ-VALENCIANO A, MAYO X, HORTON, E., CLAVEL, I., LIGUORI, G., **JIMENEZ, A.** Comparative analysis of reported physical activity from leisure centres' members versus the general population in Spain. *BMJ Open* 2021;**11:**e043963. http://dx.doi.org/10.1136/bmjopen-2020-043963
7. LÓPEZ-FERNÁNDEZ, J., LÓPEZ-VALENCIANO, A., MAYO, X., LIGUORI, G., LAMB, M., COPELAND, R.J., JIMENEZ, A. No changes in adolescent's sedentary behaviour across

Europe between 2002 and 2017. *BMC Public Health* **21,** 784 (2021). https://doi.org/10.1186/s12889-021-10860-3

8. ROWLEY, N., STEELE, J., MANN, S., **JIMENEZ, A.,** HORTON, E. Delivery Approaches Within Exercise Referral Schemes: A Survey of Current Practice in England. *Journal of Physical Activity and Health*, DOI: https://doi.org/10.1123/jpah.2020-0388
9. WILLINGER, N., STEELE, J., ATKINSON, L. LIGUORI, G., **JIMENEZ, A.**, MANN, S., HORTON, E. Effectiveness of Structured Physical Activity Interventions Through the Evaluation of Physical Activity Levels, Adoption, Retention, Maintenance, and Adherence Rates: A Systematic Review and Meta-Analysis. *Journal of Physical Activity & Health*, ahead of print, pages 1-14 (2021). https://journals.humankinetics.com/view/journals/jpah/aop/article-10.1123-jpah.2019-0349/article-10.1123-jpah.2019-0349.xml
10. LUQUE-CASADO, A.; MAYO, X.; LAVÍN-PÉREZ, A.M.; **JIMENEZ, A.**; DEL VILLAR, F. Understanding Behavioral Regulation Towards Physical Activity Participation: Do We Need a Paradigm Shift to Close the Gender Gap? *Sustainability* **2021**, *13*, 1683. https://doi.org/10.3390/su13041683
11. PUENTE-FERNÁNDEZ, J., SEIJO, M., LARUMBE-ZABALA, E., **JIMENEZ, A.,** LIGUORI, G., ROSSATO, C.J.L., NACLERIO, F. (2020). Effects of Multi-Ingredient Preworkout Supplementation across a Five-Day Resistance and Endurance Training Microcycle in Middle-Aged Adults. *Nutrients, 12* (12), 3778. http://doi.org/10.3390/nu12123778
12. SERRABLO-TORREJON, I., LOPEZ-VALENCIANO, A., AYUSO, M., HORTON, E., MAYO, X., MEDINA-GOMEZ, G. LIGUORI, G., **JIMENEZ, A.** High intensity interval training exercise-induced physiological changes and their potential influence on metabolic syndrome clinical biomarkers: a meta-analysis. *BMC Endocr Disord* ***20,*** *167 (2020).* https://doi.org/10.1186/s12902-020-00640-2
13. LAVÍN-PÉREZ, A., COLLADO-MATEO, D., MAYO, X., HUMPHREYS, L., LIGUORI, G., COPELAND, R. J., **JIMÉNEZ, A.** High-intensity exercise to improve cardiorespiratory fitness in cancer patients: a systematic review and meta-analysis. *Scand J Med Sci Sport*, 2020;00:1–30. https://doi.org/10.1111/sms.13861
14. LOPEZ-VALENCIANO, A., MAYO, X., LIGUORI, G., COPELAND, R.J., LAMB, M., **JIMENEZ, A.** Changes in sedentary behaviour in European Union adults between 2002 and 2017. *BMC Public Health* ***20,*** *1206 (2020). https://doi.org/10.1186/s12889-020-09293-1*
15. MAYO, X., LIGUORI, G., IGLESIAS-SOLER, E., COPELAND, R. J., CLAVEL SAN EMETERIO, I., LOWE, A., DEL VILLAR, F., **JIMENEZ, A.** The active living gender's gap challenge: 2013-2017 Eurobarometers physical inactivity data show constant higher prevalence in women with no progress towards global reduction goals. December 2019. *BMC Public Health*. DOI: 10.1186/s12889-019-8039-8
16. ROWLEY, N., STEELE, J., WADE, M., COPELAND, R. J., MANN, S., LIGUORI, G., HORTON, E., **JIMENEZ, A.** (2020). "Are Exercise Referral Schemes Associated With an Increase in Physical Activity? Observational Findings Using Individual Patient Data Meta-Analysis From the National Referral Database". *Journal of Physical Activity and Health. DOI: 10.1123/jpah.2019-0435.*
17. S. MCGUIRE, E. J. HORTON, D. RENSHAW, K. CHAN, **A. JIMENEZ**, H. MADDOCK, N. KRISHNAN, G. MCGREGOR. Cardiac stunning during haemodialysis: the therapeutic effect of intra-dialytic exercise. *CKJ: Clinical Kidney Journal*. 17 Dec, 2019. https://doi.org/10.1093/ckj/sfz159
18. RICHARDSON, D. L., DUNCAN, M., **JIMENEZ, A.**, JURIS, P. & CLARKE, N. Affective Responses to Supervised 10-Week Programmes of Resistance Exercise in Older Adults. *Journal of Sport and Health Science.* 17 Jan 2019. https://doi.org/10.1016/j.jshs.2019.01.006

C.2. Projects

Projects as PI:

- *Development and implementation of an industry-based Research & Innovation Unit, the GO fit LAB*. GO fit Life, Science & Technology, S.A., I+D (Spain). Funded: 2 million euros (for the period 2018 to 2023, project on-going).
- 4-years Industrial Doctorate Research 2018 Competitive Programme. Project: *"Effects of exercise prescription based on hear rate variability on cardiotoxicity, physical and mental health of breast cancer survivors after chemotherapy treatment".* Research National Agency (Spain). Funded: 48,000€
- *2018 Erasmus+ Collaborative Partnership Project: Let's BEACTIVE.* Research Leader role as PI. Coordinator: EuropeActive. Partners: Ireland Active; ukactive; Czech Fitness Association; AGAP, Portugal; SKY Finland; SpainActive Foundation; ANIF, Italy. (Funded 450,000€).

- *ukactive Research Institute PhD Scholarships Programme*. Funding (EU/UK fees + stipend) for three PhD students at the Centre for Applied Biological and Exercise Sciences, Coventry University. (Funded £162,000).
- *Erasmus+ Collaborative Partnerships: Promoting Physical Activity and Health in Ageing (PAHA)*. (Total grant funding: 400,000€). Coordinator: EuropeActive. Partners: Coventry University (Research Leader, UK), Goethe-Universität (Germany), SkillsActive (UK), AGAP (Portugal), IWI (Hungary), Leisureworld (Ireland), Finnish SKY (Finland), AUGA (Greece), All Fit&Sund (Denmark).
- Development of the *Fitness Industry Association Research Institute* at the University of Greenwich. Ref: G8153 (Funded £90,000, plus £45,000, Total funding: £135,000).

C.3. Knowledege Transfer Contracts and Service

- *4-years Consolidation Grant for National Observatory for Healthy & Active Living* at the Centre for Sports Studies (URJC). Period: 2020-2023. Funders: URJC and SpainActive Foundation. Funded: 192,000€.
- *Design, Development and Implementation of the Strategic Plan to promote Physical Activity & Exercise "Galicia Saudable".* Galicia Regional Government Sports Promotion Department. Knowldege Transfer Consultancy 4-years contract. Ref: G8138 (Funded £65,000).
- *Exercise in Metabolic Disorders Project.* Postdoctoral research fellow supported by the RAE 2010 Competitive Internal funding programme of the University of Greenwich. Ref: 0541 (SCI) / 14612 (ResCap) / R09218. (Funded £44,000)
- *Definition & Methodological Design for an Epidemiological Study focused on the Physical Activity levels and determinant factors related in Elderly Population at Madrid's Region*. Knowledge Transfer Contract from the Dirección General de Promoción Deportiva, Comunidad de Madrid. Ref OTRI-UEM: 2007/10 FG (funded: 13.600€).
- *Contents Development and Support for the WinHealth Forum*. Knowledge Transfer Contract from the Dirección General de Promoción Deportiva, Comunidad de Madrid. Ref OTRI-UEM: 2007/09 FG (funded: 25.000€).

C.4. Patents

NA

C.5. Scientific & Academic Assessment activity

- Reviewer Volkswagen Foundation Programme *"Lichtenberg Professorships",* 2018-
- Reviewer Welcome Trust Research Fellowships Programme, 2018-
- Reviewer Medical Research Council Grants Programme, UK, 2016-
- Reviewer NIHR Fellowships Programme, UK, 2016-
- Chair/academic member Accreditation Panels for graduate, postgraduate and PhD degrees, Quality Assurance Agency, Catalonian Government (AQU), since 2014-

C.6. International Committees Membership/Activity

- Co-Chair *Task Force (TF SPORT) on the harmonisation and development of sport statistics, including statistics and data on health-enhancing physical activity, social dimension of sport and Sport Satellite Accounts in the EU*. GOPA Luxemburg, EU Commission DGEAC, Sport Unit and Eurostat.
- Head of *THINK Active*, EuropeActive´s Research Centre, 2020-
- Member of Board of Directors *EuropeActive* (Ethics & Strategy Committees), 2020-23.
- Chair Experts Group Standards Development Register for Exercise Professionals, *Saudiete Foundation & Leadership Institute*, Kingdom Saudi Arabia, 2018-21.
- Member of the Working Group in Quality and Reputation of the UK Doctorate at the *UK Council for Graduate Education* (UKCGE), 2016-19.
- Chair of the ICCE Standards for Higher Education Bachelor Coaching Degree Programs Group*, International Council for Coaching Excellence* (ICCE), 2015-17.
- Chairman of the Standards Council, *EuropeActive*, 2009-2012.

C.7. Awards and Recognitions

2013 Fellowship status, Leadership Foundation of Higher Education, UK.

2012 Honorary Membership, in recognition to service and outstanding contribution as Chairman of the Standards Council, European Health & Fitness Association.

2011 Professorial Merit Award for outstanding performance and contribution from the University of Greenwich, Vice-Chancellor Office.