

## CURRICULUM VITAE ABREVIADO (CVA)

**IMPORTANT** – The Curriculum Vitae cannot exceed 4 pages. Instructions to fill this document are available in the website.

### Part A. PERSONAL INFORMATION

CVA Date 16/03/2025

First name	Jesús		
Family name	García Pallarés		
Gender (*)	Male		

#### A.1. Current position

Position	Full Professor – Senior Lecturer - Profesor Catedrático de Universidad		
Initial date	10/01/2014		
Institution	University of Murcia		
Department/Center	Physical Activity & Sport	Faculty of Sport Sciences	
Country	Spain	Teleph. number	
Key words	Exercise; Sport Sciences; Sport Science; Sport Performance Health; Exercise Physiology		

#### A.2. Previous positions (research activity interruptions, indicate total months)

Period	Position/Institution/Country/Interruption cause
2010-2014	Assistant Professor – University of Castilla La Mancha

#### A.3. Education

PhD, Licensed, Graduate	University/Country	Year
Bachelor in Sport and Exercise Science	Catholic University of Murcia	2005
Master in Sport and Exercise Science	University of Murcia	2007
PhD in Exercise Physiology	University of Murcia	2010

### Part B. CV SUMMARY

#### Research and transference

General indicators of the quality of scientific production:

- 2 x six-year term of research and 1 x six-year term of transference.
- Total citations received: Web of Science – 3424; Google Scholar – 7800.
- H index: Web of Science – 32; Google Scholar – 47.
- Director of 3 predoctoral grantees and 12 Doctoral Theses.

Since 2008 I have published a total of 106 articles in JCR-indexed journals, of which 56 are indexed in JCR Q1 journals and 27 in Q2, being the first or corresponding author in 69 of these articles (67 %). Author and co-author of several specialized books on Exercise Physiology and Sports Training, where publishers such as Panamericana stand out.

All these publications are directly related to 4 lines of research that I have been leading since 2010:

- Resistance and endurance training as a health enhancer in older adults and for people with different pathologies.
- Programming and monitoring the intensity of resistance and endurance training to maximize neuromuscular, cardiorespiratory and sports adaptations.
- Effects of dehydration and heat stress on neuromuscular, cardiorespiratory and sports performance.
- Effects of different nutritional support and ergogenic aids on sports performance, senescence, metabolic syndrome and obesity.

- I have been PI of two Research Projects financed in competitive calls, 1 National Plan (RETOS Ministry office call) and 1 Autonomous (Fundación Séneca). These two projects have resulted in Doctoral theses, JCR Articles and Consultancy Contracts. Moreover, I have been a research collaborator of 10 other Research Projects financed by Competitive Calls, 3 x National calls, 1 x Consejo Superior de Deportes, 2 x Redes de Investigación del Consejo Superior de Deportes, 1 x Fundación Mapfre, 2 x Autonomous and 1 x Own University Plan
- Since 2015 I have been IP of the group E0B5-05 HUMAN PERFORMANCE AND SPORTS SCIENCE at the University of Murcia. A Consolidated and active research group with relevant production over the last 9 years, number 1 in the Ranking of scientific production of the University of Murcia in the branch of Social Sciences, and ranking number 7 in the whole University of Murcia (350 research groups).
- Inventor of 2 National Patents that have been the result of additional research work with new technologies during my professional activity. Director of the University Chair of Physical-Sports Activity and Health between the University of Murcia, the Polytechnic University of Cartagena, and the Municipality of Cartagena. IP of 8 consultancy contracts under Article 83 of the Universities with a total of more than 200,000 euros financed.
- I have been Director of 12 Doctoral Theses, 6 with Extraordinary Doctoral Prizes in three different Universities. In 6 I have also been Sole Director. These 12 theses have resulted in high impact publications (between 3 and 7 JCR), and 3 have resulted in direct transfer actions such as consultancy contracts.
- Member of the Scientific Committee at 7 International Congresses of relevant Scientific Society Organizations. Speaker at 8 Plenary Conferences of International and 1 National Congresses, organized by relevant scientific societies.
- Over 100 articles and reviews for different JCR journals and Member of the Editorial Team of 2 JCR Q1 and Q2 journals.
- I have carried out multiple research visits at National Centers. In addition, I have had 3 long-term international research visits of between 1 month and 6 months. In all cases, I have been able to participate in active research projects and/or ongoing research that have led to collaborations in scientific publications or transfer actions. Since 2019 I am an evaluator of National Projects of different calls (RETOS, REDES, CSD, etc.) for the State Research Agency, coordination, and evaluation branch.

## OFFICIAL UNIVERSITY TEACHING

Since 2009, I have been teaching Bachelor's and Master's Degrees at two public universities (University of Castilla la Mancha and University of Murcia), in the branch of Physical Education and Sports, with a total of 2450 hours (245 credits LRU and ECTS). These 15 years of teaching have been developed in part-time associate positions (2 years), and full-time as AYD, CD, TU and CU for 13 years. My teaching has been mainly focused on the subjects of Exercise Physiology and Sports Training in the Bachelor's Degree, as well as Research Methodology and Documentary Sources in the Master's Degree. In these 15 years I have directed more than 30 EDP and 14 MFP of official studies.

In both universities where I have been teaching, since 2009, I have been subject to annual or biannual official assessment of my teaching quality by the respective Quality Units, reaching 12 consecutive years an overall assessment of my teaching performance of "Very good" or "Excellent". In the year 2022, my teaching quality for the last 6 years was assessed by the DOCENTIUM (Docentia) program, achieving a rating of excellent (10/10). I am Director of a Teaching Innovation Group at the University of Murcia, where I have directed (2) and/or collaborated (2) in 4 Teaching Innovation Projects, each of which has resulted in between 1 and 2 publications on innovation.

## ACADEMIC MANAGEMENT EXPERIENCE

During my 14 years as a university teaching and research staff, I have held various positions of responsibility in single-person management positions:

- Dean of Faculty (since 1/05/2019 – 20/03/2025)
- Department director (Academic Courses 2017/2018/2019)

- Vice-Dean for Students and Academic Organization (Academic Course 2015/2016)
- Vice-Dean of Research, Coordination and Postgraduate (Academic Course 2014/2015)
- Coordinator of the Master's Degree in Research in Physical Activity and Sport Sciences.

## Part C. RELEVANT MERITS

### C.1. Publications

- 1.- Barranco-Gil, D., Hernández-Belmonte, A., Rodríguez-Rielves, V., Iriberry, J., Martínez-Cava, A., Buendía-Romero, Á., & **Pallares, J.G.** (2025). Off-and On-Bike Resistance Training in Cyclists: A Randomized Controlled Trial. *Medicine and Science in Sports and Exercise*. 1;57(2):296-304. JCR IMPACT FACTOR: **4.1** - RANKING: 11/127(**Q1**)
- 2.- Barranco-Gil, D., Hernández-Belmonte, A., Iriberry, J., Martínez-Cava, A., Buendía-Romero, Á., Alejo, L. B., & **Pallares, J.G.** (2024). Relative pedaling forces are low during cycling. *Journal of Science and Medicine in Sport*. Sep;27(9):660-663 JCR IMPACT FACTOR: **3.0** - RANKING: 22/127(**Q1**)
- 3.- Hernández-Belmonte, A., Martínez-Cava, A., Buendía-Romero, Á., Franco-López, F., & **Pallarés, J.G.** (2023). Free-Weight and Machine-Based Training Are Equally Effective on Strength and Hypertrophy: Challenging a Traditional Myth. *Medicine and Science in Sports and Exercise*. 1;55(12):2316-2327 JCR IMPACT FACTOR: **4.1** - RANKING: 11/127(**Q1**)
- 4.- Jimeno-Almazán, A., Franco-López, F., Buendía-Romero, Á., Martínez-Cava, A., Sánchez-Agar, J. A., Sánchez-Alcaraz Martínez, B. J., & **Pallarés, JG.** (2022). Rehabilitation for post-COVID-19 condition through a supervised exercise intervention: A randomized controlled trial. *Scandinavian journal of Medicine & Science in Sports*, 32(12), 1791-1801. JCR IMPACT FACTOR: **4.645** - RANKING: 14/88 (**Q1**)
- 5.- Hernández-Belmonte, A., Martínez-Cava, A., & **Pallarés, JG.** (2022). The 2-Point Method: A Quick, Accurate, and Repeatable Approach to Estimate Ultrasound-Derived Quadriceps Femoris Cross-Sectional Area. *International Journal of Sports Physiology and Performance*, 1(aop), 1-9. JCR IMPACT FACTOR: **4.211** - RANKING: 20/88 (**Q1**)
- 6.- Martínez-Cava A, Hernández-Belmonte A, Courel-Ibáñez J, Conesa-Ros E, Morán-Navarro R, **Pallares JG.** Effect of pure-concentric vs. eccentric-concentric contractions on neuromuscular and functional performance after a prolonged velocity-based training. *Int J Sports Physiol Perform*. 2022 Mar 31;17(7):1044-1053. doi: 10.1123/ijspp.2021-0579. JCR IMPACT FACTOR: **4.211** - RANKING: 20/88 (**Q1**)
- 7.- **Pallarés, JG.**, Hernández-Belmonte, A., Martínez-Cava, A., Vetrovsky, T., Steffl, M., & Courel-Ibáñez, J. (2021). Effects of range of motion on resistance training adaptations: A systematic review and meta-analysis. *Scandinavian journal of medicine & science in sports*, 31(10), 1866-1881. JCR IMPACT FACTOR: **4.645** - RANKING: 14/88 (**Q1**)
- 8.- Courel-Ibáñez, J., **Pallarés, JG.**, García-Conesa, S., Buendía-Romero, Á., Martínez-Cava, A., & Izquierdo, M. (2021). Supervised exercise (Vivifrail) protects institutionalized older adults against severe functional decline after 14 weeks of COVID confinement. *Journal of the American Medical Directors Association*, 22(1), 217-219. 10.1016/j.jamda.2020.11.007 JCR IMPACT FACTOR: **7.802** - RANKING: 7/54 (**Q1**)
- 9.- **Pallarés JG**, Cava AM, Courel-Ibáñez J, González-Badillo JJ, Morán-Navarro R. Full squat produces greater neuromuscular and functional adaptations and lower pain than partial squats after prolonged resistance training. *Eur J Sport Sci* . 2020 Feb;20(1):115-124. doi: 10.1080/17461391.2019.1612952. JCR IMPACT FACTOR: **4.02**- RANKING: 21/88 (**Q1**)
- 10.- Courel-Ibáñez J, **Pallarés JG.** Effects of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) supplementation in addition to multicomponent exercise in adults older than 70 years living in

nursing homes, a cluster randomized placebo-controlled trial: the HEAL study protocol. BMC Geriatr. 2019 Jul 5;19(1):188. doi: 10.1186/s12877-019-1200-5. JCR IMPACT FACTOR: 3.07 - RANKING: 6/36 (Q1)

### C.3. Research projects. Among other research projects, highlight:

**GRANT REF N°:** PID2019-108202RA-I00 - **TITLE:** Reverse Limited mobility in Frail people over 80 years through Exercise and nutritional supplementation with HMB. **FUNDING:** Ministerio de Ciencia e Innovación **DURATION:** from 01/10/2020 to 01/10/2022 **PRINCIPAL INVESTIGATOR:** Dr. Pallarés JG – Universidad de Murcia **AMOUNT:** 45.254 €

**GRANT REF N°:** 20872/PI/18 - **TITLE:** Effects of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) supplementation in addition to multicomponent exercise in adults older than 70 years, a randomized placebo-controlled trial **FUNDING:** Fundación SENECA **DURATION:** from 21/04/2019 to 21/05/2021 **PRINCIPAL INVESTIGATOR:** Dr. Pallarés JG – University of Murcia **AMOUNT:** 38.878 €

**GRANT REF N°:** DEP2017-83244-R **TITLE:** Interacciones entre el entrenamiento físico y la medicación crónica con antihipertensivos, estatinas e hipoglucemiantes en personas con síndrome metabólico **FUNDING:** Ministerio de Economía y Competitividad **DURATION:** from 01/01/2018 to 31/12/2020 **PRINCIPAL INVESTIGATOR:** Dr. Ricardo Mora Rodríguez – Universidad De Castilla La Mancha **AMOUNT:** 100.000 €

**GRANT REF N°:** DEP2014-52930-R **TITLE:** Interacciones entre el entrenamiento físico y la medicación con hipoglucemiantes e hipotensores en personas con síndrome metabólico **FUNDING:** Ministerio de Economía y Competitividad **DURATION:** from 01/01/2015 to 31/12/2017 **PRINCIPAL INVESTIGATOR:** Dr. Ricardo Mora Rodríguez – Universidad De Castilla La Mancha **AMOUNT:** 100.000 €

**GRANT REF N°:** 19904/GERM/15 **TITLE:** Genoarchitectonic brain development and applications to neurodegenerative diseases and cáncer **FUNDING:** Fundación Séneca **DURATION:** from 01/01/2015 to 31/12/2017 **PRINCIPAL INVESTIGATOR:** Dr. Luis Puelles López – Universidad Murcia **AMOUNT:** 150.000 €

### TRANSFERENCE ACTIVITIES. Among other Transference Activities, highlight:

**GRANT REF N°:** 40273 **TITLE:** Assessment of applied research, health status and performance of athletes at the Infanta Cristina sports center. **FUNDING:** Sport Center Región de Murcia **DURATION:** from 05/06/2024 to 04/06/2028 **PRINCIPAL INVESTIGATOR** Dr. Pallarés JG **AMOUNT:** 251.680,00 €

**GRANT REF N°:** 38223 **TITLE:** Assessment of applied research, the health status and performance of athletes at the Infanta Cristina sports center. **FUNDING:** Sport Center Región de Murcia **DURATION:** from 30/01/2023 to 31/12/2023 **PRINCIPAL INVESTIGATOR** Dr. Pallarés JG **AMOUNT:** 30.000 €

**GRANT REF N°:** 32854 **TITLE:** Effect of a 6-month intervention of individualized multicomponent training and b-hydroxy-b-methylbutyrate (hmb) intake on frailty, cardiometabolic health and muscle mass. **FUNDING:** Centro Médico Virgen de la Caridad **DURATION:** 19/07/2019 to 18/01/2022 **PRINCIPAL INVESTIGATOR** Pallarés JG **AMOUNT:** 7,768 €