

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

First name	José Joaquín		
Family name	Muros Molina		
Gender (*)		Birth date (dd/mm/yyyy)	
Social Security, Passport, ID number			
e-mail		URL Web	
Open Researcher and Contributor ID (ORCID) (*)		https://orcid.org/0000-0001-7573-0399	

(*) Mandatory

A.1. Current position

Position	Senior Lecturer		
Start date	20-02-2021		
Institution	University of Granada		
Department/Center	Didactics of Body Expression	Faculty of Education	
Country	Spain	Teleph. number	
Keywords	Physical activity, Mental health, Children, Anthropometry, Nutrition		

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

Period	Position/Institution/Country/Interruption cause
2008-2012	FPU Spanish research and teaching fellowship. University of Granada, Spain
2013-2015	Substitute Teaching Tutor. University of Granada, Spain
2015-2017	Postdoctoral Fellow. University of Nottingham, United Kingdom
2017-2018	Substitute Teaching Tutor. University of Granada, Spain
2018-2019	Junior Lecturer. University of Granada, Spain
2019-2021	Permanent Lecturer. University of Granada, Spain

A.3. Education

PhD, Licensed, Graduate	University/Country	Year
Bachelor Degree in Education	University of Granada, Spain	2004
Bachelor Degree in Sport Science	University of Granada, Spain	2006
Diploma in Advanced Studies in Education	University of Granada, Spain	2008
Master Degree in Human Nutrition	University of Granada, Spain	2008
PhD in Nutrition	Universities of Granada and Loughborough (UK), Spain	2013
Bachelor Degree in Nutrition and Dietetics	University of Granada, Spain	2015
PhD in Education	Universities of Jaen and Nottingham (UK), Spain	2018

Part B. CV SUMMARY (max. 5000 characters, including spaces)

I was appointed senior lecturer at the University of Granada in 2021. In 2019, I obtained an international doctorate in Education from the Universities of Jaen and Nottingham, obtaining an extraordinary doctorate award. In 2013, I obtained an international doctorate in Nutrition from the University of Granada following a placement at Loughborough University. Both doctorates were awarded the highest possible rating. I obtained a Master's Degree in Human Nutrition and a Diploma in Advanced Studies from the University of Granada in 2008. I have three Bachelor's degrees in Sports Sciences, Nutrition and Dietetics, and Educational Sciences. During my academic formation, I was the beneficiary of a University Teacher Training contract (FPU) during 2008-2012. During this period, I spent three months at Loughborough University (United Kingdom) under the direction of Prof. Stuart Biddle. I was also the beneficiary of a Postdoctoral Fellow from the University of Granada during 2015-2017. During this period, I completed a placement at the University of Nottingham, under the supervision of Prof. Michael Symonds. This stay resulted in publication of three articles in JCR journals, in addition to a book chapter. Further, I learned the scientific techniques needed to assess brown adipose tissue using thermo-imaging. I have received several research awards, most notably the 17th John M Kinney Award for Paediatric Nutrition in 2017 for the article "Mediterranean diet adherence is associated with lifestyle, physical fitness, and mental wellness among 10-y-olds in Chile", published in the journal Nutrition (10,000 dollars), the "La Rioja Study Institute" research award for young researchers (under 35-years-old) (6,000 euros), and best young researcher in the area of clinical nutrition and metabolism awarded by the SENPE in 2018 (1,000 euros).

With regards to scientific contributions, I have published 55 articles in Journal Citation Reports (JCR) journals, being a reference author (first, last or corresponding author) in 37 of these cases. I have 12 additional articles in Scimago Journal Rank (SJR) indexed journals, being a reference author in five of these cases. Further, I have published one book under the title Innovation in Nutritional Health and Education, and eight book chapters, most notably an invited contribution in the Elsevier published book "The Mediterranean diet: an evidence-based approach", entitled "Mediterranean diet and mental well-being in the young". A further two chapters appear in Nova Science Publishers books. I have given more than 100 presentations and 13 invited talks at scientific conferences.

I have collaborated or am currently collaborating on four projects with the Office for the Transfer of Research Findings (OTRI) for a total sum of 176,660 euros and with the Business-UGR Foundation for a total of 707.697,78 euros, being the PI of one of these projects. I am a research team member on the European project "Intervention proposal for the development of resilience in higher education. Overcoming adversity" (2021-1-ES01-KA220-HED-000031173), with a stipend of 370,455 euros. I am also on the research team of two projects included in the UGR's business plan, with a grant of 3,800 euros, in addition to a project being led by the La Rioja Study Institute, with a total amount of 766,67 euros, entitled "Evaluation of health status in sixth year primary school students in Logrono (La Rioja): Influence of diet and physical activity". I am also active in the private setting, being member of a project overseen by a private company, with a grant of 6,000 euros, entitled "Effect of a physical and nutritional intervention program on quality of life in the child population. Health indicators of obesity. Biological function of extra virgin olive oil consumption", and another being run by the MAPFRE foundation, for 14,510 euros, entitled "Effect of physical activity, nutritional education and EVOO consumption on lipid, physiological and anthropometric profiles in a youth population". Currently, I am the PI of a UGR plan project entitled "¿La actividad física regular mejora el rendimiento cognitivo y académico durante la etapa de educación primaria? un estudio transversal" (PP2024PP-11), with a grant of 2,500 euros.

I have directed 3 doctoral theses to date, all receiving cum laude honours and international mention. These theses have produced 11 articles published in JCR journals. Currently, these three PhD graduates are working in academia. I am currently the director of three ongoing theses, one of which is recipient of an FPU scholarship (FPU20/02739). I have directed 13 research TFMs, all of which were rated as outstanding, with three being distinguished with honours. I am supervising the research start-up scholarship awarded to Cristina Villodres Bravo. I act as a reviewer for many JCR journals. I am a level 2 anthropometrist certified by the ISAK in 2011 and have worked as a nutritionist for the Andalusian and Spanish cycling team since 2020.

Part C. RELEVANT MERITS (sorted by typology)

C.1. Publications (see instructions)

1. **Muros JJ**, Salvador-Pérez F, Zurita-Ortega F, Gámez-Sánchez VM, Knox E. (2017). The association between healthy lifestyle behaviours and health-related quality of life among Spanish adolescents. *Jornal de Paedriatria*, 93(4), 406-12.
2. **Muros JJ**, Cofré-Bolados C, Arriscado D, Zurita F, Knox E. (2017). Mediterranean diet adherence is associated with lifestyles, physical fitness and mental wellness among 10-year-olds, in Chile. *Nutrition*, 35, 87-92.
3. Knox E, **Muros JJ**. (2017). Association of lifestyle behaviours with self-esteem through health-related quality of life in Spanish adolescents. *European Journal of Paediatrics*, 176(5), 621-8.
4. Arriscado D, Knox E, Zabala M, Zurita-Ortega F, Dalmau JM, **Muros JJ**. (2017). Different healthy habits between northern and southern Spanish school children. *Journal of Public Health*, 25(6), 653-60.
5. **Muros JJ**, Knox E (2020). Mediterranean diet and mental well-being in the young, in *The Mediterranean diet* (Second Edition). Academic Press (Elsevier) ISBN: 978-0-12-818649-7.
6. Zurita-Ortega F, Lindell D, González-Valero G, Puertas-Molero P, Ortiz-Franco M, **Muros JJ** (2021). Analysis of the psychometric properties of the five-factor self-concept questionnaire (AF-5) in Spanish students during the COVID-19 lockdown. *Current Psychology*, 31, 1-10.
7. Villodres GC, Salvador-Pérez F, Chacón-Cuberos R, **Muros JJ** (2023). Lifestyle behaviours, self-esteem and academic performance in primary education students-a structural equation model according to sex and school type. *Children*, 10(11), 1769.
8. Villodres GC, Salvador-Pérez, **Muros JJ**. (2024). Factors associated with Mediterranean diet adherence in a sample of high socioeconomic status children from southern Spain. *Public Health Nutrition*, 15, 1-21.
9. Villodres GC, Padial-Ruz R, Salas-Montoro JA, **Muros JJ** (2024). Lifestyle behaviours in pre-schoolers from southern Spain – a structural model according to sex and body mass index. *Nutrients*, 16(21), 3582. doi: 10.3390/nu16213582.
10. Villodres GC, Ruiz-Prieto S, **Muros JJ**. (2024). Impact of physical activity on executive function in primary school children with autism spectrum disorder: a systematic review. *International Journal of Developmental Disabilities*, 1-20. <https://doi.org/10.1080/20473869.2024.2385637>

C.2. Congress, indicating the modality of their participation (invited conference, oral presentation, poster)

1. Poster: **Muros JJ**, Zabala M, Sánchez-Muñoz C, Som A, Sánchez-Sánchez E, Ramírez-Lechuga J, Molina-López M, Oliveras-López MJ, López-García de la Serrana H. Effect of a short time physical activity program on the lipid profile of primary school students. VI European Sports Medicine Congress. Antalya, Turkey (from 14/10/2009 to 18/10/2009).
2. Poster: **Muros JJ**, Zabala M, Oliveras MJ, Rodríguez-Pérez MA, Morente J, López-García de la Serrana H. A short physical activity and nutritional based program can improve obesity related parameters in children. International Congress for the Treatment of Overweight and Obesity: Nutrition and Physical Activity Programs. Madrid, Spain (from 15/12/2011 to 17/12/2011).
3. Oral Presentation: **Muros JJ**, Zabala M, Morente J, Molina-López M, Oliveras MJ, Knox E, López-García de la Serrana H. A six month program of physical activity and nutritional education can improve parameters related to health in children. 18th Annual Congress of the European College of Sport Science. Barcelona, Spain (from 26/06/2013 to 29/06/2013).
4. Poster: **Muros JJ**, Zabala M, Oliveras-López MJ, Bouzas PR, López-García de la Serrana H. Effect of physical activity and nutritional education on blood pressure and lipid profile in a paediatric population. 20th International Congress of Nutrition. Granada, Spain (from 15/09/2013 to 20/09/2013).

5. Invited Conference: **Muros JJ**. School as a prevention factor against obesity and sedentary behaviour. 1st International Congress on Physical Education Research and Didactics. Granada, Spain (from 19/05/2016 to 20/05/2016).
6. Invited Conference: **Muros JJ**. Association between healthy lifestyles and quality of life related with health in schoolchildren. Eighth International Conference on Health, Wellness & Society. London, UK (from 20/09/2018 to 21/09/2018).
7. Oral Presentation: **Muros JJ**, Puertas P, Ramírez I, San Román. Physical activity and nutrition as health promoters in schoolchildren. VI International and XXVII National Congress on Physical Education. Las Palmas, Spain (from 23/10/2019 to 25/10/2019).
8. Oral Presentation: Villodres GC, García-Pérez L, **Muros JJ**. Relationship between physical activity level, self-esteem and health-related quality of life in primary school students. XIV International Congress of Education and Innovation. Coimbra, Portugal (from 09/12/2020 to 11/12/2020).
9. Invited Conference: **Muros JJ**. Importance of bodily expression for the development of self-esteem in primary education. XVI International Congress of Education and Innovation. Merida, Mexico (from 28/06/2023 to 30/06/2023).
10. Invited Conference: **Muros JJ**. Mediterranean diet and physical activity. Third International Euro-Asian Conference on Educational & Social Studies. Granada, Spain (from 30/11/2023 to 03/12/2023).

C.3. Research projects, indicating your personal contribution. In the case of young researchers, indicate lines of research for which they have been responsible.

Researcher: Effect of physical activity, nutritional education and EVOO consumption on lipid, physiological and anthropometric profiles in a child population. MAPFRE foundation research grants. Principal investigator: Herminia López-García de la Serrana (University of Granada) from 01/02/2011 to 31/12/2012. Amount: 14,510 euros. Responsible for data collection, intervention rollout and article writing as part of my doctoral thesis.

Researcher: Intervention proposal for the development of resilience in higher education. Overcoming adversity (2021-1-ES01-KA220-HED-000031173). European Commission. Principal investigator: M^a del Mar Cepero González (University of Granada) from 28/02/2022 to 27/02/2025. Amount: 370,455 euros. Responsible for reviewing manuals and handbooks for building resilience competencies in the field of physical fitness and nutrition.

Principal Investigator: ¿La actividad física regular mejora el rendimiento cognitivo y académico durante la etapa de educación Primaria? Un estudio transversal. Personal Plan Stipend UGR 2024 (PP2024PP-11) from 01/01/2025 to 31/12/2025. Amount: 2,500 euros.

C.4. Contracts, technological or transfer merits, Include patents and other industrial or intellectual property activities (contracts, licenses, agreements, etc.) in which you have collaborated. Indicate: a) the order of signature of authors; b) reference; c) title; d) priority countries; e) date; f) Entity and companies that exploit the patent or similar information, if any.

Researcher: Oliveras-López MJ, Muros JJ, López-García de la Serrana. Effect of a physical and nutritional intervention on quality of life in a youth population. Health indicators of obesity. Biological function of extra virgin olive oil consumption. Covenant between the University of Granada and the company Potosi 10, S.A. Principal investigator: Herminia López-García de la Serrana (University of Granada) from 01/01/2009 to 01/01/2011. Amount: 6,000 euros.