



## Part A. PERSONAL INFORMATION

		<b>CV date</b>	2022
First name	EMILIO J.		
Family name	MARTÍNEZ LÓPEZ		
Gender (*)			
Open Researcher and Contributor ID (ORCID) (*)	0000-0001-9412-5207		

(\*) Mandatory

### A.1. Current position

Position	Professor		
Initial date	01/09/2020		
Institution	University of Jaen		
Department/Centre	Department of Didactic of Musical, Plastic and Corporal Expression	Faculty of Humanities and Educational Sciences	
Country	Spain	Teleph. number	
Key words	Didactic of Physical Education, Physical fitness, physical activity and cognitive performance, youth obesity, physical activity and new technologies.		

### A.3. Education

PhD, Licensed, Graduate	University/Country	Year
Physical Education degree	National Institute of Physical Education (INEF) Polytechnic University of Madrid	1985-1990
Master in Psychology of Sport	UNED	1996-98
PhD in Physical Education	Faculty of Medicine – University of Granada	2001

## Part B. CV SUMMARY (last 10 years: 2012-2021)

### Research

Author of more than 110 scientific papers (76 with JCR and/or SJR impact), 84% of them are signed as first or last author. He has published 12 scientific books and 40 book chapters. He has participated in more than 180 papers/communications in scientific and teaching congresses and conferences. Particularly relevant are those celebrated in San Juan -Puerto Rico- (2016), Budapest -Hungary- (2017), Wroclaw -Poland- (2018), Setubal -Portugal- (2018), Temuco -Chile- (2018) and Orlando - EEUU (2019). He has participated in several national and regional research projects (R+D plan from University of Jaen, Institute of "Estudios Giennenses"). He has also participated in national and international research networks and has been PI of a National R+D Project (2019-2021). Research stays in La Habana (2006), Beja (2015), Valparaiso (2017), Temuco (2018) Orleans (2021), Mexicali (2022). Reviewer in more than 10 international journals with JCR impact. Member of more than 25 scientific committees in congresses and journals. It is worth highlighting his great commitment to dissemination, due to his continuous presence in events such as "European Researchers' Night", "School with science", "Science week workshops", "Coffee with science", or for some of his appearances in the press, radio or TV. In 2018 he was awarded the 1st Scientific Dissemination Prize at University of Jaen.

### Teaching activity

He has taught a range of subjects in Bachelor degrees, international Masters (Iberoamerican University, since 2012, and Polytechnic Institute of Beja, since 2015) and several Doctorate programs. He holds two excellent DOCENTIA evaluations >90/100 (2014 and 2018) with positive feedback in all the subjects above the average (M = 4.51) and higher than all the groups compared (own knowledge area M = 3.94, Degree M = 4.09, and University M = 3.89). Direction of 15 Doctoral Theses (5 international) and 3 international Theses in progress. Responsible for 3 FPU PhD candidates (2014, 2016 and 2021). Director of 92 DEAs, TFMs and TFGs. He has edited 8 books of teaching material and 45 chapters in leading educational publishers such as "Springer" or "Octaedro" (more than 100,000 copies sold in one textbook

alone –Editorial Paidotribo). He has directed and participated in 6 Teaching Innovation Projects. He has received 8 awards for the best Thesis and MA Theses supervision, and also the prize for the best presentation at the 13<sup>th</sup> Ibero-American Symposium on Education (Florida, 2016).

### Management

He is the coordinator of the Official Master's Degree in Research and Teaching in Physical Activity and Health Sciences (since 2008/09 to 2022-23) and has lead the Research Unit - HUM943- *Physical Activity Applied to Education and Health* (AFAES) since 2013 (12 researchers). He is coordinator of the Erasmus programme carried out at the Higher School of Education of Beja (Portugal, 2015/23). Coordinator of several Doctoral Programmes and several lines of research within Official Postgraduate Programmes. He has participated in more than 30 evaluation tribunals and more than 40 scientific events as organizer, coordinator and member of management and research commissions.

### Part C. RELEVANT MERITS (all academic life)

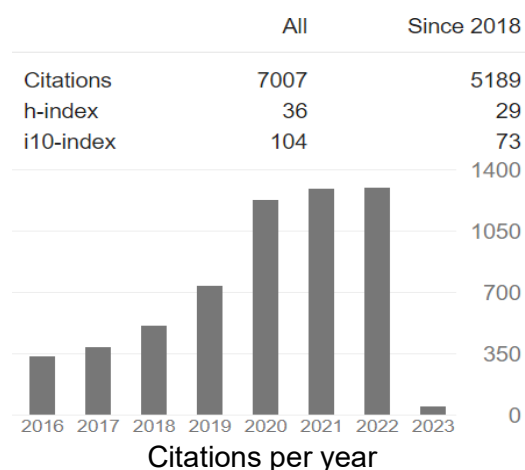
2 research periods:  
(2004-2010 and 2010 - 2016). 3<sup>o</sup> requested.  
1 transfer period (2002-2008)

Direction of 15  
Doctoral Thesis (5 international) and 3 international thesis in progress.

Citation index (Google Scholar), see graphic:

Other indicators:

170 scientific papers: 81 in JCR journals (Q1= 8)  
+ 15 SJR. 41 books and 45 chapter.



### C.1. Publications

1. Alberto Ruiz-Ariza, Sara Suárez-Manzano, Alberto Mezcuca-Hidalgo & **Emilio J. Martínez-López** (2022) Effect of an 8-week programme of active breaks between classes on cognitive variables in secondary school, *Educational Studies*, 1-19. JCR: 1.500.
2. **Martínez-López, E.J.**, López-Serrano, S., De La Torre-Cruz, M., & Ruiz-Ariza, A. (2022). Effects of the augmented reality game Pokémon GO on fitness and fatness in secondary school students. *Health Education Journal*, 81(1), 54-68. IF JCR: 1.49; Q4 (Education & Educational Research).
3. Serrano, S. L., Ruiz-Ariza, A., De La Torre-Cruz, M., & **Martínez López, E. J** (2021). Improving cognition in school children and adolescents through exergames. A systematic review and practical guide. *South African Journal of Education*, 41(1). IF: 0.971; Q4.
4. **Martínez-López, EJ**; Ruiz-Ariza, A; De La Torre-Cruz, M; Suarez-Manzano S (2020). Alternatives of Physical Activity within School Times and Effects on Cognition. A Systematic Review and Educational Practical Guide, *Psicología Educativa* 27(1) 37-50. JCR: 0.933
5. Mezcuca-Hidalgo, A; Ruiz-Ariza, A; Suárez-Manzano, S; **Martínez-López, EJ.** (2019). 48-Hour Effects of Monitored Cooperative High-Intensity Interval Training on Adolescent Cognitive Functioning. Perceptual and Motor Skills, 152(2):329-350. JCR: 0.706 (Sport Sciences).
6. Suarez-Manzano S; Ruiz-Ariza A; De La Torre Cruz M; **Martínez-López EJ** (2018). Acute and chronic effect of physical activity on cognition and behaviour in young people with ADHD: A systematic review. *Research in Developmental Disabilities*. JCR: 1.630 - Q1 (Educación Especial).
7. Ruiz-Ariza A; Suarez-Manzano S; López-Serrano S; **Martínez-López EJ** (2017). The effect of cooperative high-intensity interval training on creativity and emotional intelligence in secondary school: A randomised controlled trial. *European Physical Education Review*. JCR: 3.790 - Q1 (Education).
8. **Martínez-López EJ**; De La Torre-Cruz M; Suarez-Manzano S; Ruiz-Ariza A (2017). Analysis of the effect size of overweight in muscular strength tests among adolescents. Reference values according to sex, age and BMI. *Journal Strength & Conditioning Research*. JCR: 2.060 - Q2.

9. **Martínez-López EJ**; Zamora N; Grao-Cruces, A; De la Torre Cruz, M (2017). The Association between Spanish Physical Education Teachers' Self-efficacy Expectations and their Attitudes towards Overweight and Obese Students. *Journal of Teaching in Physical Education*, 36(2), 220-231. JCR: 0.705 (Education).
10. Ruiz-Ariza, A., Casuso-Pérez, R., Suárez-Manzano, S., & **Martínez-López, E. J.** (2017). Effect of augmented reality game Pokémon GO on cognitive performance and emotional intelligence in adolescent young. *Computer & Education*. 116- pag. 49-63. Impact factor JCR: 3.819 – Q1 (Education).
11. Ruiz-Ariza, A., Grao-Cruces, A., de Loureiro, N. E. M., & **Martínez-López, E. J.** (2017). Influence of physical fitness on cognitive and academic performance in adolescents: A systematic review from 2005–2015. *International Review of Sport and Exercise Psychology*, 10(1), 108–133. 9. Impact factor JCR: 2.917 – Q1.
12. **Martínez-López, EJ**; Hita-Contreras, F; Moral-García JE; Grao-Cruces, A; Ruiz-Ruiz, J; Redecillas-Peiró, MT; Martínez-Amat, A. (2015). Association of low weekly physical activity and sedentary lifestyle with self-perceived health, pain, and well-being in a Spanish teenage population. *Science & Sport*. 30,342-351. JCR: 0.537.
13. De la Torre-Cruz, M; Ruiz-Ariza, A; López-García MD; **Martínez-López EJ.** (2015). Differential Effect of Maternal and Paternal Educational Style on Adolescent Physical Self-Concept. *Revista de Educación*, 369 (59-84). JCR: 0.450.
14. **Martínez-López, EJ**; López-Leiva, F; Moral-García, JE; De la Torre-Cruz, M. (2014). Perceived parental style and beliefs about physical activity in children and adolescents. *Behavioral Psychology*; Vol. 22(1):95-115. JCR: 0.83 T3.
15. **Martínez-López, EJ**; Grao-Cruces, A; Moral-García, JE; De la Torre Cruz, M. (2013). Knowledge and attitude. Two key elements in the training of Physical Education teachers to prevent and treat youth obesity. *Revista Española de Pedagogía*, 256: 525-540 JCR: 0.09 Q4

## C.2. Congress

**Martínez López, EJ**; Alberto Ruiz, A; Suárez Manzano, S; De La Torre Cruz, MJ. Influence of body type on strength and cardiovascular endurance test results in Spanish adolescents. Communication in "1<sup>st</sup> International Conference on Training, Research and Innovation in Education", San Juan (Puerto Rico), 17/02/2016.

**Martínez López, EJ**; López Serrano, S; Suárez Manzano, S; Ruiz Ariza, A. Is the body composition equal or more important in physical fitness variables than other features like age or sex within physical education classes? A theoretical-practice study. Communication in "ERPA International Educational Sciences Congress", Budapest, Hungary, 18/05/2017.

**Martínez López, EJ.** Descriptive analysis and relationship between physical activity and academic performance in young students from central Spain. XXV International INFAD Congress "Today's world: Values and changes. Psychology and its responses", Wroclaw, Poland, 28/04/2018.

**Martínez López, EJ.** Strength assessment in physical education and the influence of weight status and gender in adolescents. Invited lecturer in "6th International Congress of Educational Sciences and Development", Setubal, Portugal, 21/06/2018.

**Martínez López, EJ.** Attitude and teaching self-efficacy. New trends in the training of Physical Education teachers. First seminar of Didactics of the Disciplines, 2018 at the School of Pedagogy. Department of Physical Education, Sports and Recreation. Universidad de la Frontera (Temuco, Chile), 25/10/2018.

**Martínez López, EJ.** Effect of an Educational Programme using a Pedometer on Body Mass Index in overweight adolescents. Invited lecturer in "13<sup>th</sup> Ibero-American Symposium on Education, Systems, Cybernetics and Informatics", Orlando, Florida (USA), 08/07/2019.

## C.3. Research projects

1. **Project:** Flipped classroom, active homework and Physical Education. Effects on emotional intelligence, acquisition of competences and techno-stress in secondary school (FCAHPE Study)". Scope of the project: National. Call for R+D+I challenge, Ministry of Science, Innovation and Universities. Project code: RTI2018-095878-B-100. **Main researcher: Martínez López, EJ.** Duration: 3 years (2019-2021). Funding: 33000€.

1. **Project:** International Research Network on Physical Education and Promotion of Healthy Habits (RiiEFPHS in Spanish). Code: 23/UPB/20. <https://edufisaludable.com/quienes-somos/>. Field of the project: National and International. Funding program: Superior Sports Council. Principal Investigator: Luis García (University of Zaragoza). Duration: 1 year per call (from 2020 to the present 3 years of funding obtained). Amount: Total €24,000.
2. **Project:** Influence of Physical Activity on Attitudes and Cognition in School Children with Attention Deficit Hyperactivity Disorder (ADHD). Scope of the project: Autonomic. Funding programme: Instituto de Estudios Giennenses. Project code: RFC/IEG2017. **Main researcher: Martínez López, EJ.** Duration: 3 years (2019-2021). Funding: 4000€.
3. **Project:** Influence of parental relationships on physical activity, youth obesity, quality of life and academic performance in Andalusian adolescents. Code: R5/8/2013. Scope of the project: Autonomic. Funding programme: Action 8 - Funding for research projects in any field of knowledge. Support plan for R+D+I activities of the support plan for research, technological development and innovation. Vice-rectorate for Research, technological development and innovation. University of Jaen (2012/2013 biennium). **Main researcher: Martínez López, EJ.** Funding: 9959€.
4. **Project:** Physical activity in adolescents and family context. Cross-sectional study and two-year parent-child intervention programme. Code: UJA2016/08/05. Scope of the project: Autonomic. **Main researcher: Martínez López, EJ.** Funding programme: Action 8 - Funding for research projects in any field of knowledge. Support plan for R+D+I activities of the support plan for research, technological development and innovation. Vice-rectorate for Research, technological development and innovation. University of Jaen. Duration: 1 year – beginning: 29/04/2016. Funding: 3500 €.
5. **Project:** Creation and application of a programme with pedometers for the control and evaluation of out-of-school physical activity in primary education. Code: PID12\_2014-16. Funding programme: Teaching Innovation Projects. Vice-rectorate for Teaching and Teaching Staff. University of Jaen. Call 2014/2016. **Main researcher: Martínez López, EJ.** Funding: 2200€.
6. **Project:** Basic cardiopulmonary resuscitation for teachers. Code: PID34\_2012/14. Funding programme: Teaching Innovation Projects. Vice-rectorate for Teaching and Teaching Staff. University of Jaen. **Main researcher: Martínez López, EJ.** Funding: 2500€.

#### **C.4. Contracts, technological or transfer merits**

1. Creation of Spin-of: AreaD2 Proyectos Educativos SL. Year: 2021. Principal Researcher: Alberto Ruiz Ariza (50%). Participation of Emilio j. Martínez = 30%. Research Results Transfer Office (OTRI) of the University of Jaen.
2. Creation of IntEFsity app. An App to motivate the practice and INTENSITY of daily Physical Activity from PHYSICAL EDUCATION. Year of creation: 2022. AFAES research group. Principal Researcher: Emilio j. Martínez López (Patent: ordered and in process).
3. First Prize for Scientific Dissemination (2018) to the research group HUM943 "Physical Activity Applied to Education and Health" (AFAES in Spanish) in the VIII Contest "University of Jaen" PI: Emilio J. Martinez Lopez.
4. Collaborator in reports and roadmap Interdisciplinary Research Network for the promotion of mental health and wellbeing in young people (RED PROEM in Spanish). Ministry of Economy, Industry and Competitiveness. NRPI: 201899902658019 (2018 - 21).

In the same way, he belongs to the Iberoamerican Research Network on Sedentary Lifestyles and Physical Activity in the School Context (CAUABC175 in Spanish), Autonomous University of Baja California. He has carried out collaborations with the Joint University Institute of Sport and Health of the University of Granada, as well as numerous research groups: Physical Activity and Sports (HUM-790), Comparative Psychology: learning, attention and memory (HUM642), New technologies applied to health research (CTS107), Decision-making and memory processes (HUM008), Physical Activity and Sports (HUM790) and Educational Research and Development of Guidance (HUM-660), among others.