

**CURRICULUM VITAE ABREVIADO (CVA)**

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

CV date	08/03/2023
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**Part A. PERSONAL INFORMATION**

First name	Alberto		
Family name	Grao Cruces		
Gender (*)	Male	Birth date (dd/mm/yyyy)	
Social Security, Passport, ID number			
e-mail		URL Web	
Open Researcher and Contributor ID (ORCID) (*)	<a href="https://orcid.org/0000-0003-1425-9745">https://orcid.org/0000-0003-1425-9745</a>		

(\*) *Mandatory*

**A.1. Current position**

Position	Associate Professor (Profesor Titular de Universidad)		
Initial date	09/12/2020		
Institution	University of Cadiz		
Department/Center	Department of Didactics of Physical, Plastic and Musical Education	Faculty of Education Sciences	
Country	Spain	Teleph. number	
Key words	Physical activity, Physical education, Physical fitness, Sedentary behavior, Lifestyle		

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

Period	Position/Institution/Country/Interruption cause
2020-2020	Associate Professor (Profesor Contratado Doctor) / University of Cadiz / Spain
2015-2020	Assistant Professor / University of Cadiz / Spain
2014-2015	Substitute Teacher / University of Cadiz / Spain
2010-2014	FPU Predoctoral Fellow / Pablo de Olavide University / Spain
2009-2010	Substitute Teacher / Pablo de Olavide University / Spain

**A.3. Education**

PhD, Licensed, Graduate	University/Country	Year
International PhD in Health Sciences	University of Jaen / Spain	2013
MSc in Research and Teaching in Physical Activity and Health Sciences	University of Jaen / Spain	2010
Bachelor of Physical Activity and Sport Sciences	Pablo de Olavide University / Spain	2009

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

**Scientific contributions:** His main research line focuses on the promotion of physical activity and healthy habits in schoolchildren and their association with learning and health. He has been Principal Investigator of 2 competitive R&D&I projects (1 regional, 1 public university) and participated in other 12 (1 European, 3 national, 4 regional, 4 public university), with a whole sum of funding over 1 million euros. He has published 58 papers in indexed journals with relative quality index, 44 of these JCR (16 Q1 and Q2), with main authorship in many of them and sharing authorship with international researchers in several of them. In WOS, his h-index is 16, his i10 index is 24 and he has 784 citations. He has authored 10 books, of which 6 are SPI (3 in Q1 and Q2), and 23 book chapters, 22 SPI (20 Q1 and Q2). He has given 6 invited lectures and 77 congress communications (66 oral), most of them at prestigious international conferences. He has accumulated 12 months of mobility, distributed in 2 international research stays, 2 stays in national centers of international reference according to the Shanghai ranking of his knowledge area, and 7 international teaching stays (all funded



after competitive concurrence). He has been recently recognized by his institution as one of its most excellent researchers. He has 2 six-year research period and has been awarded on several occasions for his academic achievement (e.g., Extraordinary Doctorate Award) and scientific work (e.g., Andalusian Award of Sport Research -international competition-). His research has contributed to the advancement of knowledge about the benefits of an active and healthy lifestyle on well-being and academic performance, has been pioneering in the study of physical activity patterns during the school day and has generated new ideas for the promotion of physical activity from school.

Contributions to society: He has participated in the development of the EUMOVE project technological and innovation resources (app, video tutorials, digital platform...). These resources were designed to facilitate the promotion of a healthy lifestyle from school and they are freely available in 5 languages (<https://eumoveproject.eu/educational-resources/>). He has been trainer at the Teachers Center of Jerez de la Frontera and has participated in an OTRI contract with the company CGD E-learning Center. In addition, he has published 3 book chapters approved for sports education, financed by the Employment Area of the City Council of Seville. He is a member of the International Research Network on Physical Education and Healthy Habits Promotion, on four occasions funded by the National Sports Council, constituted as a scientific association. This network performs numerous knowledge transfer to society (<https://edufisaludable.com/>). He has organized and participated in numerous scientific dissemination events (Science Window, The European Researcher's Night, Science Fairs...) and his sport promotion work has been recognized with the City of Cadiz Sports Award.

Young researchers training: He has supervised 2 doctoral theses (1 awarded with the Extraordinary Doctorate Award), these two doctoral students are currently teachers, one of them at university. He is currently supervising 4 doctoral theses (3 of them financed by contracts or predoctoral grants). He has supervised 37 master's degree final project and 28 bachelor's degree final projects. He is currently supervising 1 Margarita Salas postdoctoral fellow, 1 FPU predoctoral fellow and 1 predoctoral contract. He has also tutored 4 collaborating students.

Other relevant contributions: He has been a member of the Editorial Board of 4 indexed journals with relative quality indexes (2 Q1-JCR) and is a regular reviewer of WOS indexed journals (27 JCR). He has been a member of the Scientific Committee of 4 international congresses (3 of them held outside Spain) and of the Organizing Committee of 1 national congress. His evaluation activity is completed with numerous advanced work and university placement tribunals. He holds the position of Secretary of the PhD Program in Physical Activity and Sport Sciences and coordinates the specialty of Physical Education in the Master's Degree in Teaching.

## **Part C. RELEVANT MERITS** (sorted by typology)

### **C.1. Publications**

1. Journal publication. **Grao-Cruces, A.** (AC), Pérez-Bey, A., Jiménez-Iglesias, J., Cruz-León, C., Cabanas-Sánchez, V., Veiga, O. L., Castro-Piñero, J. (2023). Influence of volume and bouts of sedentary time and physical activity on school-aged youth's physical fitness: the UP&DOWN longitudinal study. *Journal of Physical Activity & Health*, epub ahead of print. (1/7). <https://doi.org/10.1123/jpah.2022-0406>.
2. Journal publication. **Grao-Cruces, A.** (AC), Sánchez-Oliva, D., Padilla-Moledo, C., Izquierdo-Gómez, R., Cabanas-Sánchez, V., Castro-Piñero, J. 2020. Changes in the school and non-school sedentary time in youth: the UP&DOWN longitudinal study. *Journal of Sports Sciences*, 38: 780-786. (1/6). <https://doi.org/10.1080/02640414.2020.1734310>.
3. Journal publication. **Grao-Cruces, A.**, Velázquez-Romero, M. J., Rodríguez-Rodríguez, F. (AC). 2020. Levels of physical activity during school hours in children and adolescents: A systematic review. *International Journal of Environmental Research and Public Health*, 17: 4773. (1/3). <https://doi.org/10.3390/ijerph17134773>.
4. Journal publication. **Grao-Cruces, A.** (AC), Conde-Caveda, J., Cuenca-García, M., Nuviola, R., Pérez-Bey, A., Martín-Acosta, F., Castro-Piñero, J. 2020. Temporal trends of compliance with school-based physical activity recommendations among Spanish children, 2011-2018. *Journal of Physical Activity & Health*, 17: 756-761. (1/7). <https://doi.org/10.1123/jpah.2019-0235>.



5. Journal publication. **Grao-Cruces, A.**, Sánchez-Oliva, D., Segura-Jiménez, V., Cabanas-Sánchez, V., Martínez-Gómez, D., Rodríguez-Rodríguez, F., Moreno, L. A., Castro-Piñero, J. (AC). 2019. Changes in compliance with school-based physical activity recommendations in Spanish youth: The UP&DOWN longitudinal study. *Scandinavian Journal of Medicine & Science in Sports*, 24: 554-565. (1/8). <https://doi.org/10.1111/sms.13355>.
6. Journal publication. **Grao-Cruces, A.**, Segura-Jiménez, V., Conde-Caveda, J., García-Cervantes, L., Martínez-Gómez, D., Keating, X. D., Castro-Piñero, J. (AC). 2019. The role of school in helping children and adolescents reach the physical activity recommendations: The UP&DOWN study. *Journal of School Health*, 89: 612-618. (1/7). <https://doi.org/10.1111/josh.12785>.
7. Journal publication. Sánchez-Oliva, D. (AC), **Grao-Cruces, A.**, Carbonell-Baeza, A., Cabanas-Sánchez, V., Veiga, O. L. Castro-Piñero, J. 2018. Lifestyle clusters in school-aged youth and longitudinal associations with fatness: The UP&DOWN study. *Journal of Pediatrics*, 203: 317-324. <https://doi.org/10.1016/j.jpeds.2018.07.092>.
8. Journal publication. Pozo, P., **Grao-Cruces, A.**, Pérez-Ordás, R. (AC). 2018. Teaching personal and social responsibility model-based programmes in physical education: A systematic review. *European Physical Education Review*, 24: 56-75. (2/3). <https://doi.org/10.1177/1356336X16664749>.
9. Journal publication. Ruiz-Ariza, A. (AC), **Grao-Cruces, A.**, Loureiro, N., Martínez-López, E. J. (2/4). 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: 108-133. (2/4). <https://doi.org/10.1080/1750984X.2016.1184699>.
10. Journal publication. **Grao-Cruces, A.** (AC), Fernández-Martínez, A., Nuviala, A. (2014). Association of fitness with life satisfaction, health risk behaviors, and adherence to the Mediterranean diet in Spanish adolescents. *Journal of Strength and Conditioning Research*, 28: 2164-2172. (1/3). <https://doi.org/10.1519/JSC.000000000000363>.

## C.2. Congress

1. International. **Grao-Cruces, A.**, Camiletti-Moirón, D., Martín-Acosta, F., González-Pérez, M., Cano-Cañada, E., Sánchez-Oliva, D. 2022. Physically active learning in secondary education: the ACTIVE CLASS pilot study. Oral presentation. ACTivate international congress for physically active learning. Bergen, Norway.
2. International. Camiletti-Moirón, D., **Grao-Cruces, A.**, Martín-Acosta, F., González-Pérez, M.; Cano-Cañada, E., García-Calvo, T., González-Ponce, I., Conde-Caveda, J., Padilla-Moledo, C., Álvarez-Gallardo, I. C., Izquierdo-Gómez, R., Sánchez-Oliva, D. 2022. Effects of the inclusion of physical activity in academic classes on educational indicators and health markers: the ACTIVE CLASS study. Oral presentation. The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 2022 annual meeting. Phoenix, USA.
3. International. González-Pérez, M., **Grao-Cruces, A.**, Camiletti-Moirón, D., Martín-Acosta, F., Cano-Cañada, E., Sánchez-Oliva, D. 2022. Introducing physically active lessons in Spanish secondary schools: the co-creation process within the ACTIVE CLASS study. Oral presentation. ACTivate international congress for physically active learning. Zwolle, Netherland.
4. International. Sánchez-Oliva, D., García-Calvo, T., Sánchez-López, S. L., Castro-Piñero, J., **Grao-Cruces, A.**, Martins, J., Mota, J., Ceciliani, A., Murphy, M., Vuillemin, A. 2022. EUMOVE Project: an Erasmus+ Project for the promotion of healthy lifestyles among children and adolescents. Poster. 11<sup>th</sup> Conference of HEPA Europe and 16<sup>th</sup> annual meeting: "An ecosystem approach to health enhancing physical activity promotion". Nice, France.
5. International. **Grao-Cruces, A.** 2021. Let's move Europa: School-based promotion of healthy lifestyles to prevent obesity / EUMOVE Project. Invited conference. VII Simposio EXERNET: "Prescripción del ejercicio físico basado en la evidencia". Cuenca, Spain.
6. International. **Grao-Cruces, A.**, Padilla-Moledo, C., Conde-Caveda, J., Segura-Jiménez, V., Sánchez-Oliva, D., Nuviala, R., Cuenca-García, M., Camiletti-Moirón, D., Castro-Piñero, J. 2019. Physical activity levels and self-rated health in Spanish schoolchildren: A trend analysis, 2011-2018. Oral presentation. 24<sup>th</sup> Annual congress of the European College of Sport Science (ECSS). Prague, Czech Republic.
7. International. **Grao-Cruces, A.**, Blanco-Luengo, D., Nuviala, A., Sánchez-Oliva, D. 2018. Psychometric properties of the Spanish version of the Situational Motivation Scale (SIMS)



in physical education lessons. Oral presentation. ERPA International congresses on education 2018. Istanbul, Turkey.

8. International. Pozo, P., Pérez-Ordás, R., **Grao-Cruces, A.** 2018. Effects on schoolchildren's social skills through a TPSR model-based programme in physical education. Oral presentation. ERPA International congresses on education 2018. Istanbul, Turkey.
9. International. **Grao-Cruces, A.**, Gil-Muñoz, A. 2018. Interventions to increase physical activity in academic lessons: A review. Oral presentation. 7<sup>th</sup> International congress of physical activity and sport. Beja, Portugal.
10. National. **Grao Cruces, A.** 2017. Spanish school is not exploiting its potential to increase student physical activity. Invited conference. II Seminario de investigación en ciencias de la actividad física y salud. Puerto Real, Spain.

### **C.3. Research projects**

1. P20\_00908. Design and implementation of resources to develop physically active lessons: effects on educational and health indicators. Andalusian Plan R&D&I 2020. Grao-Cruces, A. (University of Cadiz). 05/10/2021 – 30/06/2023. 38,100.00 EUR. Principal Researcher. Leadership during all phases of the project.
2. 622242-EPP-1-2020-1-ES-SPO-SCP. Let's move Europe: School-based promotion of healthy lifestyles to prevent obesity (the EUMOVE project). Erasmus+ Programme 2020. Sánchez-Oliva, D. (University of Extremadura). 01/01/2021 – 31/12/2023. 394,979.00 EUR. Researcher. Project design, member of the executive committee, and supervisor of the intellectual product about physically active learning.
3. PID2019-104023RA-I00. Effects of the inclusion of physical activity in academic classes on academic indicators and health markers: The ACTIVE CLASS study. National Plan R&D&I 2017-2020. Sánchez Oliva, D. (University of Extremadura), Camiletti-Moirón, D. (University of Cadiz). 01/06/2020 – 31/05/2023. 35,090.00 EUR. Researcher. Project design, data collection, result analysis and dissemination.
4. DEP2017-88043-R. Design of a health-related fitness test battery in adults: The ADULT-FIT battery. National Plan R&D&I 2017-2020. Castro-Piñero, J., Cuenca-García, M. (University of Cadiz). 01/01/2018 – 31/12/2020. 102,850.00 EUR. Researcher. Data collection and results analysis.
5. PI-0002-2017. Influence of a physical exercise intervention on markers associated with aging, proteomic profile and frailty in elderly with mild cognitive impairment (INTERMAE). Andalusian Plan R&D&I 2014-2020. Jiménez-Pavón, D. (University of Cadiz). 01/01/2018 – 31/12/2020. 492,107.54 EUR. Researcher. Responsible of cognition during the data collection and result analysis.
6. DEP2016-76123-R. Effect of the supervised physical exercise on cerebral, cognitive and metabolomic levels in older adults with mild cognitive impairment. National Plan R&D&I 2013-2016. Jiménez-Pavón, D., Carbonell-Baeza, A. (University of Cadiz). 30/12/2016 – 29/12/2020. 121,000.00 EUR. Researcher. Responsible of cognition during the data collection and result analysis.
7. PR2017-096. Trends of physical activity, sedentary behavior, nutrition, physical fitness and weight status in Spanish schoolchildren, 2011-2018. University Research Plan 2016-2017. Grao-Cruces, A. (University of Cadiz). 01/01/2018 – 31/12/2018. 1,974.00 EUR. Principal Researcher. Leadership during all phases of the project.
8. UJA2013/08/29. Parental relationship influences on physical activity, youth obesity, quality of life, and academic performance in Andalusian adolescents. University Research Plan 2012-2013. Martínez-López, E. J. (University of Jaen). 01/01/2014 – 31/12/2015. 8,959.81 EUR. Researcher. Data collection and result analysis.

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

1. Contract. Creation and development of a tool to study the reasons for the use of soccer club websites. CGD E-learning Center S. L. Nuviala, A. (Pablo de Olavide University). 25/01/2013 – 24/07/2013. 2,644.00 EUR.