

## Ficha de grupo de investigación

# PROMOTING FITNESS AND HEALTH THROUGH PHYSICAL ACTIVITY

Código: CTS977

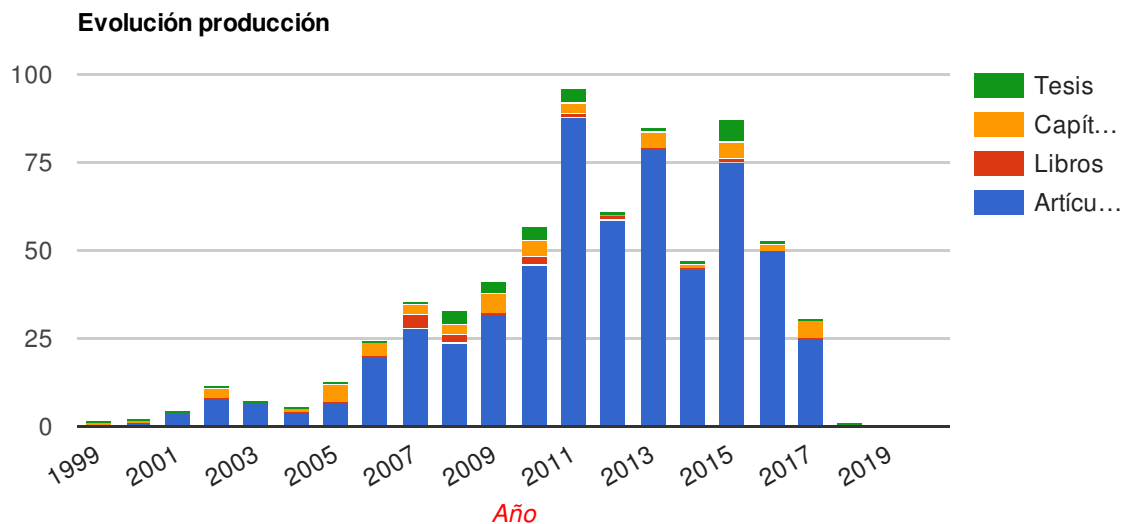
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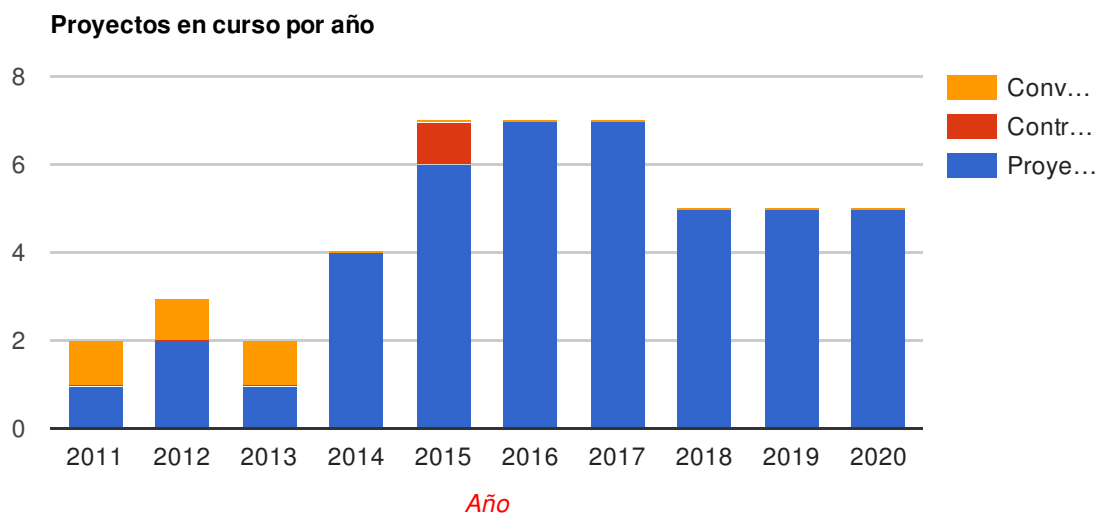
## Producción 1136

- Artículos (1021)
- Libros (13)
- Capítulos de Libros (71)
- Tesis dirigidas (31)



## Proyectos dirigidos 15

- Proyectos (13)
- Contratos (1)
- Convenios (1)



## Actividades 37

Titulo publicación	Fuente
Ejercicio físico, rendimiento cognitivo y cerebro en personas jóvenes	
Active commuting to school was inversely associated with academic achievement in primary but not secondary school students	Acta paediatrica
Actividad física, estilos de vida y prevención de las enfermedades crónicas no transmisibles	Tratado de nutrición
Actividad física, estilos de vida y prevención de las enfermedades crónicas no transmisibles	Tratado de nutrición
Association of sedentary time and physical activity with pain, fatigue, and impact of fibromyalgia: the al-andalus study	Scandinavian journal of medicine & science in sports
Association of sedentary time and physical activity with pain, fatigue, and impact of fibromyalgia: the al-ándalus study.	Scandinavian journal of medicine & science in sports
Associations of parental self-efficacy with diet, physical activity, body composition and cardiorespiratory fitness in swedish preschoolers: results from the ministop trial.	Health education & behavior
Circadian impairment of distal skin temperature rhythm in patients with sleep-disordered breathing: the effect of cpap	
Comparison of definitions for the metabolic syndrome in adolescents. the helena study	European journal of pediatrics
Deporte como potenciador de salud física, mental y rendimiento cognitivo en niños y adolescentes	Manual de buenas practices de deporte para todos y desarrollo humano en el municipio
Desplazamiento activo al colegio, salud positiva y estrés en niños españoles	Sport tk
Desplazamiento activo al	

Desplazamiento activo al colegio, salud positiva y estrés en niños españoles	Sport tk
Diet quality and attention capacity in european adolescents: the helena study	British journal of nutrition
Early life programming of attention capacity in adolescents: the helena study	Maternal and child nutrition
Effects of a school-based intervention on active commuting to school and health-related physical fitness	Bmc public health
El desplazamiento activo al colegio: una oportunidad para mejorar la salud en jóvenes	Condición física, actividad física y ejercicio físico en niños y adolescentes: un enfoque ac
Evaluación de la actividad y la condición física	Tratado de nutrición
Ideal cardiovascular health and liver enzyme levels in european adolescents; the helena study.	Journal of physiology and biochemistry
Inflammation in metabolically healthy and metabolically abnormal adolescents: the helena study	Nutrition, metabolism, and cardiovascular diseases
Longitudinal physical activity, body composition and physical fitness in preschoolers	Medicine and science in sports and exercise
Maternal pre-pregnancy obesity is associated with altered placental transcriptome.	Plos one
Mobile-based intervention intended to stop obesity in pre-school children: the ministop randomized controlled trial	The american journal of clinical nutrition
Parental bmi and its association with body composition, physical fitness and lifestyle factors in their 4-year-old children: results from the ministop trial	European journal of clinical nutrition
Parental perceptions of barriers to active commuting to school in	European journal of public health

spanish children and adolescents	
Physical fitness and shapes of subcortical brain structures in children.	British journal of nutrition
Prevalence of metabolically healthy but overweight/obese phenotype and its association with sedentary time, physical activity, and fitness	Journal of adolescent health
Prevalence of ideal cardiovascular health in european adolescents: the helena study	International journal of cardiology
Teaching skills, students' emotions, perceived control and academic achievement in university students: a sem approach	Teaching and teacher education
The clock is ticking. ageing of the circadian system: from physiology to cell cycle	
The threshold distance associated with walking from home to school	Health education & behavior
Validation of an online food frequency questionnaire against doubly labelled water and 24 h dietary recalls in pre-school children.	Nutrients
A mobile phone based method to assess energy and food intake in young children: a validation study against the doubly labelled water method and 24 h dietary recalls	Nutrients
An exercise-based randomized controlled trial on brain, cognition, physical health and mental health in overweight/obese children (activebrains project): rationale, design and methods.	Contemporary clinical trials
Assessing physical fitness in preschool children: feasibility, reliability and practical recommendations for the	Journal of science and medicine in sport

prefit battery	
Association of physical fitness with depression in women with fibromyalgia	Pain medicine
Association of physical fitness and fatness with cognitive function in women with fibromyalgia	Journal of sports sciences
Associations between patterns of active commuting and socioeconomic factors in women with fibromyalgia: the al-áandalus project	Clinical and experimental rheumatology
Associations between patterns of active commuting and socioeconomic factors in women with fibromyalgia: the al-áandalus project	Clinical and experimental rheumatology
Associations of fat mass and fat-free mass with physical fitness in 4-year-old children: results from the ministop trial	Nutrients
Attitudes towards cycling skills training in new zealand adolescents	Transportation research. part f: traffic psychology and behaviour
Behavioral predictors of attrition in adolescents participating in a multidisciplinary obesity treatment program: evasyon study.	International journal of obesity
Biomechanical characteristics of adults walking forward and backward in water at different stride frequencies	Journal of sports sciences
Body composition indices and single and clustered cardiovascular disease risk factors in adolescents: providing clinical-based cut-points.	Progress in cardiovascular diseases
Body mass index, the most widely used but also widely criticized index: would a criterion standard measure of total body fat be a better predictor of cardiovascular disease mortality?	Mayo clinic proceedings
Cardiorespiratory fitness cut points to avoid	

cardiovascular disease risk in children and adolescents; what level of fitness should raise a red flag? a systematic review and meta-analysis	British journal of sports medicine
Changes in plasma fatty acid composition are associated with improvements in obesity and related metabolic disorders: a therapeutic approach to overweight adolescents.	Clinical nutrition
Dance participation and academic performance in youth girls	Nutrición hospitalaria
Dance participation and academic performance in youth girls.	Nutrición hospitalaria
Desplazamiento activo al colegio: ¿qué distancia están dispuestos a andar nuestros jóvenes?	Habilidad motriz. revista de ciencias de la actividad física y del deporte
Dietary fat intake modifies the influence of the fto rs9939609 polymorphism on adiposity in adolescents: the helena cross-sectional study	Nutrition, metabolism, and cardiovascular diseases
Do adolescents accurately evaluate their diet quality? the helena study	Clinical nutrition
Efectos de un programa de entrenamiento presencial vs prescripción a través de una aplicación móvil en personas mayores	Retos (madrid)
Effects of face-to-face training intervention versus mobile application prescription among elderly	Revista andaluza de medicina del deporte
Envelliment del rellotge biològic	Anuari de l'envelliment
Fitness and fatness in relation with attention capacity in european adolescents: the helena study	Journal of science and medicine in sport
Fragmentation of daily rhythms associates with obesity and cardiorespiratory fitness	Clinical nutrition

in adolescents: the helena study	
Gestión de aula ante conductas contrarias a la convivencia en educación secundaria obligatoria (classroom management in problematic behaviors of coexistence in mandatory secondary education)	Retos nuevas tendencia en educación física, deportes y recreación
Gestión de aula ante conductas contrarias a la convivencia en educación secundaria obligatoria	Retos (madrid)
Health-related physical fitness is associated with total and central body fat in preschool children aged 3 to 5 years.	Pediatric obesity
Inflammatory biomarkers and academic performance in youth	Brain, behavior and immunity
Influencia del nivel de atracción hacia la actividad física en el rendimiento académico de los adolescentes	Revista latinoamericana de psicología
International normative 20 m shuttle run values from 1142026 children and youth representing 50 countries	British journal of sports medicine
Is brown adipose tissue-mediated adaptive thermogenesis the missing component of the constrained total energy expenditure model?	Annals of nutrition and metabolism
La comunicación educativa de entrenadores de fútbol en competición	Retos (madrid)
Lifelong amateur endurance practice attenuates oxidative stress and prevents muscle wasting in senior adults	The journal of sports medicine and physical fitness
Objectively measured physical activity during physical education and school recess and their associations with academic performance in youth; the up&down study	Journal of physical activity & health



Parental educational level and psychological positive health and health complaints in spanish children and adolescents	Child: care, health and development
Parental and adolescent perceptions of neighborhood safety related to adolescents; physical activity in their neighborhood	Research quarterly for exercise and sport
Perceived environment in relation to objective and self-reported physical activity in spanish youth. the up&down study	Journal of sports sciences
Percepción de las conductas contrarias a la convivencia en el profesorado de educación secundaria obligatoria	Sport tk
Physical activity is associated with attention capacity in adolescents	Journal of pediatrics
Physical activity throughout adolescence and cognitive performance at 18 years of ag	Medicine and science in sports and exercise
Physical activity intensity, sedentary behavior, body composition and physical fitness in 4-year-old children: results from the ministop trial	International journal of obesity
Physical activity intensity, sedentary behavior, body composition and physical fitness in 4-year-old children: results from the ministop trial.	International journal of obesity
Physical exercise and fitness in adults kidney transplant recipients	
Physical fitness as a mediator between objectively measured physical activity and clustered metabolic syndrome in children and adolescents: the up&down study	Nutrition, metabolism, and cardiovascular diseases
Physical fitness reference standards in	Scandinavian journal of medicine & science in sports

fibromyalgia: the al-andalus project	Scandinavian journal of medicine &amp; science in sports
Prevalence of overweight/obesity and fitness level in preschool children from the north compared with the south of europe: an exploration with two countries.	International journal of pediatric obesity
Promoting hope in youth	The world book of hope
Reliability and validity of field-based test to assess upper body muscular strength in children aged 6-12 years	Pediatric exercise science
Reliability and validity of different models of tkk hand dynamometers	American journal of occupational therapy
Reliability and validity of field-based tests to assess upper-body muscular strength in children aged 6-12 years	Pediatric exercise science
Runkeeper: a complete app for monitoring outdoor sports.	British journal of sports medicine
Utilización del teléfono móvil para la prescripción de ejercicio físico y hábitos alimentarios saludables. una propuesta de estudio	Trances: revista de transmisión del conocimiento educativo y de la salud
A longitudinal study of the distance that young people walk to school.	Health and place
A new mobile phone-based tool for assessing energy and certain food intakes in young children: a validation study	Journal of medical internet reserch mhealth uhealth
A web- and mobile phone-based intervention to prevent obesity in 4-year-olds (ministop): a population-based randomized controlled trial	Bmc public health
A web- and mobile phone-based intervention to prevent obesity in 4-year-olds (ministop): a population-based randomized controlled trial	Bmc public health
A web- and mobile phone-based intervencion to	

<p>based intervention to prevent obesity in 4-year-olds (ministop): a population-based randomized controlled trial.</p>	Bmc public health
<p>Anthropometric characteristics and physical fitness level in relation to body weight status in chilean preschool children.</p>	Nutrición hospitalaria
<p>Activating brown adipose tissue through exercise (actibate) in young adults: rationale, design and methodology</p>	Contemporary clinical trials
<p>Active commuting to school, weight status, and cardiometabolic risk in children from rural areas: the cuenca study</p>	Health education & behavior
<p>Adherence to the mediterranean diet and academic performance in youth: the up&amp;down study</p>	European journal of nutrition
<p>Ageing influence in the evolution of strength and muscle mass in women with fibromyalgia: the al-ándalus project</p>	Rheumatology international
<p>Agreement between self-reported sleep patterns and actigraphy in fibromyalgia and healthy women</p>	Clinical and experimental rheumatology
<p>Anthropometric indices to assess body-fat changes during a multidisciplinary obesity treatment in adolescents: evasyon study.</p>	Clinical nutrition
<p>Assessment of handgrip strength in preschool children aged 3 to 5 years</p>	Journal of hand surgery (european volume)
<p>Association of physical fitness with fibromyalgia severity in women: the al-ándalus project</p>	Archives of physical medicine and rehabilitation
<p>Association of physical fitness with pain in women with fibromyalgia: the al-ándalus project</p>	Arthritis care & research
<p>Association of different levels of depressive symptoms with symptomatology, overall</p>	Quality of life research

symptomatology, overall disease severity, and quality of life in women with fibromyalgia	Quality of life research
Association of low weekly physical activity	Science & sports
Association of sleep patterns with psychological positive health and health complaints in children and adolescents.	Quality of life research
Associations between active commuting to school and health-related physical fitness in spanish school-aged children: a cross-sectional study	
Body composition changes during a multidisciplinary treatment programme in overweight adolescents: evasyon study.	Nutrición hospitalaria
Body composition indices and single and clustered cardiovascular disease risk factors in adolescents: providing clinical-based cut-points	Progress in cardiovascular diseases
Breastfeeding attenuates the effect of low birthweight on abdominal adiposity in adolescents: the helena study.	Maternal and child nutrition
Cardiorespiratory fitness and ideal cardiovascular health in european adolescents	Heart
Circadian activity rhythms during the last days of nothobranchius rachovii's life: a descriptive model of circadian system breakdown	
Cognition and the risk of eating disorders in spanish adolescents: the avena and afinos studies	European journal of pediatrics
Criterios diagnósticos, composición corporal, condición física, actividad física y ejercicio físico en fibromialgia: el proyecto al-ándalus	Fm, sfc y ssqm. un auténtico reto para la ciencia

Daytime variation in ambient temperature affects skin temperatures and blood pressure: ambulatory winter/summer comparison in healthy young women	
Diferencias en la composición corporal y somatotipo de escolares de etnia mapuche y no mapuche de la comuna de temuco ¿ chile	International journal of morphology
Differences in sedentary time and physical activity between woment with fibromyalgia and healthy controls: the al-ándalus project	Arthritis care & research
Disruption of circadian rhythms and delirium, sleep impairment and sepsis in critically ill patients. potential therapeutic implications for increased light-dark contrast and melatonin therapy in an icu environment	
Distance from home to school: a main correlate on the mode of commuting to school.	Revista andaluza de medicina del deporte
Dos pautas claves para fomentar el desplazamiento activo al colegio	Centros escolares y municipios promotores de una vida activa y saludable para prevenir e intervenir en el sedentarismo y la obesidad
Efecto de la precipitación y el periodo estacional sobre los patrones de desplazamiento al centro educativo en niños y adolescentes de granada	Nutrición hospitalaria
Efectos de la suplementación con $\beta$ -hidroxi- $\beta$ -metilbutirato (hmb) y ejercicio intermitente de alta intensidad	
Effectiveness of an active commuting school based intervention at 6-month follow-up	European journal of public health
Effects of a school-based intervention program on active commuting to	

school in children	
Effects of a school-based intervention program on active commuting to school in children	
Effects of a whatsapp-delivered physical activity intervention to enhance health-related physical fitness components and cardiovascular disease risk factors in older adults	The journal of sports medicine and physical fitness
Effects of a whatsapp-delivered physical activity intervention to enhance health-related physical fitness components and cardiovascular disease risk factors in older adults.	The journal of sports medicine and physical fitness
Eficacia de la suplementación con $\beta$ -hydroxy- $\beta$ -methylbutyrate (hmb) en el deporte: actualización e implicación práctica	Nutrición hospitalaria
El sistema circadiano a lo largo de la vida	Tratado de medicina del sueño
El deporte como medio de reinserción social en instituciones penitenciarias	Trances: revista de transmisión del conocimiento educativo y de la salud
Estudio comparativo de la composición corporal y somatotipo en niños de 10 a 13 años de la etnia mapuche y no-mapuche de la comuna de temuco, chile.	Universidad de granada
Exercise during pregnancy. a narrative review asking: what do we know?	British journal of sports medicine
Factores determinantes en el desplazamiento activo al colegio de los jóvenes	Promoción de la actividad física en la infancia y la adolescencia.
Family socioeconomic factors are negatively associated with blood pressure in european boys, but not girls, and brazilian adolescents: results from two observational studies.	Blood pressure
Fibromyalgia has a larger impact on physical health	

than on psychological health, yet both are markedly affected: the al-ándalus project.	Seminars in arthritis and rheumatism
Gestational weight gain according to institute of medicine recommendations in relation to infant size and body composition	Pediatric obesity
Impact of physical activity and cardiovascular fitness on total homocysteine concentrations in european adolescents: the helena study.	Journal of nutritional science and vitaminology
Independent and combined influence of neonatal and current body composition on academic performance in youth: the up & down study.	
Inter-accelerometer comparison to measure physical activity and sedentary time in female fibromyalgia patients: the al-ándalus project	Clinical and experimental rheumatology
International fitness scale (ifis): construct validity and reliability in women with fibromyalgia: the al-ándalus project	Archives of physical medicine and rehabilitation
Los juegos del rojas: el valor del reto y las tics para crear adherencia a la actividad física fuera del aula los juegos del rojas: el valor del reto y las tics para crear adherencia a la actividad física fuera del aula the rojas games: value of chal	Habilidad motriz. revista de ciencias de la actividad fisica y del deporte
La feria del juego como recurso didáctico. el juego cooperativo: una experiencia educativa para la vida	Avicam
Liver enzymes and clustering cardiometabolic risk factors in european adolescents: the helena study	Pediatric obesity
Liver enzymes and clustering	

cardiometabolic risk factors in european adolescents: the helena study.	Pediatric obesity
Los juegos del rojas: el aula en llamas	Habilidad motriz. revista de ciencias de la actividad fisica y del deporte
Maternal physical activity before and during the prenatal period and the offspring's academic performance in youth. the up&down study.	The journal of maternal-fetal & neonatal medicine
Motor characteristics of fast break in high level basketball	Kinesiology
Objectively measured and self-reported leisure-time sedentary behavior and academic performance in youth: the up&down study	Preventive medicine
Ontogeny and aging of the distal skin temperature rhythm in humans	
Parental history of premature cardiovascular disease, estimated gfr, and rate of estimated gfr decline: results from the aerobics center longitudinal study.	American journal of kidney diseases
Perceived exertion, physical fitness, depression and disease severity in women with fibromyalgia	Universidad de granada. facultad de ciencias de la actividad física y del deporte
Perceived exertion, physical fitness, depression and disease severity in women with fibromialgia	
Perspectivas de futuro en la investigación para el graduado	La formación integral a través del deporte
Physical activity and cognition in adolescents: a systematic review.	Journal of science and medicine in sport
Physical activity, fatness, educational level and snuff consumption as determinants of semen quality: findings of the actiart study.	Reproductive biomedicine online
Relation between plasma antioxidant vitamin	



levels, adiposity and cardio-metabolic profile in adolescents: effects of a multidisciplinary obesity programme.	Clinical nutrition
Reliability and feasibility of physical fitness tests in female fibromyalgia patients	International journal of sports medicine
Reliability and validity of field-based tests to assess upper body muscular strength in children aged 6-12 years	Pediatric exercise science
Reliability and validity of tests to assess lower-body muscular power in children	Journal of strength and conditioning research
Reliability and feasibility of physical fitness tests in female fibromyalgia patients	International journal of sports medicine
Reliability of an adaptation of the 20m shuttle run test to be use in preschool children: the prefit 20m shuttle run test	Revista andaluza de medicina del deporte
Resistance training does not have an effect on cognition or related serum biomarkers in nonagenarians: a randomized controlled trial.	International journal of sports medicine
Revisión de la biomecánica de la marcha en medio acuático vs terrestre	Retos (madrid)
Role of exercise in the activation of brown adipose tissue	Annals of nutrition and metabolism
Straight-a students dislike physical education in adolescence: myth or truth?: the avena, afinos and up&down	Nutrición hospitalaria
Television viewing, psychological positive health, health complaints and health risk behaviors in spanish children and adolescents	The journal of sports medicine and physical fitness
The association of dance participation with body composition and physical fitness among youth girls.	Nutrición hospitalaria
The benefits of four	

The benefits of four weeks of melatonin treatment on circadian patterns in resistance-trained athletes	Chronobiology international
The combined effect of physical activity and sedentary behaviors on a clustered cardio-metabolic risk score: the helena study.	International journal of cardiology
The effect of a multidisciplinary intervention program on hepatic adiposity in overweight-obese children: protocol of the efigro study.	Contemporary clinical trials
Usefulness of $\gamma$ -hydroxy- $\gamma$ -methylbutyrate (hmb) supplementation in different sports: an update and practical implications	Nutrición hospitalaria
Utilización de una aplicación móvil para mejorar la condición en personas mayores. estudio piloto	Revista andaluza de medicina del deporte
Validity and reliability of self-reported flexibility with the international fitness scale in women with fibromyalgia: the al-ándalus project.	Revista andaluza de medicina del deporte
Vigorous physical activity rather than sedentary behaviour predicts overweight and obesity in pubertal boys: a 2-year follow-up study	Scandinavian journal of public health
kinematic adaptations of forward and backward walking on land and in water	Journal of human kinetics
A cross-sectional study of demographic, environmental and parental barriers to active school travel among children in the united states	The international journal of behavioral nutrition and physical activity
Actn3 r577x polymorphism and team-sport performance: a study involving three european cohorts	Journal of science and medicine in sport
Assessment of physical	

Assessment of physical fitness in military and security forces: a systematic review	European journal of human movement
Ambulatory circadian monitoring (acm) based on thermometry, motor activity and body position (tap): a comparison with polysomnography	
An adaptation of the children's hope scale in a sample of spanish adolescents	Child indicators research
Anthropometric, body composition and somatotype characteristics of elite female volleyball players from the highest spanish league.	Journal of sports sciences
Assessing modes and frequency of commuting to school in youngsters: a systematic review	Pediatric exercise science
Assessment of cardiorespiratory fitness in preschool children: adaptation of the 20 metres shuttle run test	Nutrición hospitalaria
Association between chocolate consumption and fatness in european adolescents.	Nutrition
Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in european adolescents: the helena (healthy lifestyle in europe by nutrition in adolescence) study.	Public health nutrition
Association of cardiorespiratory fitness with pressure pain sensitivity and clinical pain in women with fibromyalgia.	Rheumatology international
Associations between patterns of active commuting and socioeconomic factors in women with fibromyalgia: the al-áandalus project.	Revista andaluza de medicina del deporte
Cardiorespiratory fitness	

and ideal cardiovascular health in european adolescents	Heart
Characteristics of extracurricular physical activity and cognitive performance in adolescents. the avena study	Journal of sports sciences
Circadian rhythmicity as a predictor of weight loss effectiveness	
Combined influence of healthy diet and active lifestyle on cardiovascular disease risk factors in adolescents	Scandinavian journal of medicine & science in sports
Comparison of physical activity using questionnaires (leisure time physical activity instrument and physical activity at home and work instrument) and accelerometry in fibromyalgia patients: the al-ándalus project.	Archives of physical medicine and rehabilitation
Comparison of physical activity using questionnaires (leisure time physical activity instrument and physical activity at home and work instrument) and accelerometry in fibromyalgia patients: the al-ándalus project.	Archives of physical medicine and rehabilitation
Construct validity and test-retest reliability of the international fitness scale (ifis) in spanish children aged 9-12 years.	Scandinavian journal of medicine & science in sports
Day-night contrast as source of health for the human circadian system	Chronobiology international
Distance from home to school: a main correlate on the mode of commuting to school	Revista andaluza de medicina del deporte
El desplazamiento activo al colegio: una propuesta de intervención escolar	Tándem. didáctica de la educación física
Effectiveness of tai-chi for decreasing acute pain in fibromyalgia patients.	International journal of sports medicine
Evaluation of actiheart	

Evaluation of actigraph and a 7-day activity diary for estimating free-living total and activity energy expenditure using criterion methods in 1.5- and 3-year-old children	British journal of obesity
Evening physical activity alters wrist temperature circadian rhythmicity	Chronobiology international
Follow-up in healthy schoolchildren and in adolescents with down syndrome: psycho-environmental and genetic determinants of physical activity and its impact on fitness, cardiovascular diseases, inflammatory biomarkers and mental health	Bmc public health
Health inequalities in urban adolescents: role of physical activity, diet, and genetics	Pediatrics
High fat diets are associated with higher abdominal adiposity regardless of physical activity in adolescents; the helena study.	Clinical nutrition
Independent and combined influence of the components of physical fitness on academic performance in youth	Journal of pediatrics
Inteligencia emocional, personalidad y actividad física en mayores institucionalizados	Revista argentina de clínica psicológica
Is active commuting to school associated to academic achievement in youth?	Revista andaluza de medicina del deporte
Obese and unfit students dislike physical education in adolescence: myth or truth? the avena and up&down studies	Nutrición hospitalaria
Obese and unfit students dislike physical education in adolescence: myth or truth? the avena and up&down studies.	Nutrición hospitalaria
Objectively measured physical activity has a negative but weak association with	

academic performance in children and adolescents	
Physical activity modifies the associations between genetic variants and blood pressure in european adolescents.	Journal of pediatrics
Physical activity, hydration and health.	Nutrición hospitalaria
Physical activity, sedentary time, and liver enzymes in adolescents: the helena study.	Pediatric research
Physical fitness reference standards in european children: the idefics study	International journal of obesity
Reliability of the alpha environmental questionnaire and its association with physical activity in female fibromyalgia patients: the al-ándalus project	Journal of sports sciences
Systematic review and proposal of a field-based physical fitness-test battery in preschool children: the prefit battery	Sports medicine
The two-component model for calculating total body fat from body density: an evaluation in healthy women before, during and after pregnancy	Nutrients
Validity and reliability of the 1/4 mile run-walk test in physically active children and adolescents	Nutrición hospitalaria
Validity and reliability of rating perceived exertion in women with fibromyalgia: exertion-pain discrimination	Journal of sports sciences
Validity and reliability of rating perceived exertion in women with fibromyalgia: exertion-pain discrimination.	Journal of sports sciences
Valoración de la fuerza muscular en niños de 6 a 12 años aspectos metodológicos de validez y fiabilidad	Universidad de cádiz. facultad de ciencias de la educación
Variation in the fat mass and obesity-related (ftr)	

and obesity-related (FTO) genotype is not associated with body fatness in infants, but possibly with their length	Pediatric obesity
¿puede la luz afectar a nuestra salud?	El lado oscuro de la luz: contaminación lumínica
A learning protocol improves the validity of the borg 6-20 rpe scale during indoor cycling	International journal of sports medicine
A physical education trial improves adolescents' cognitive performance and academic achievement: the edufit study.	Scandinavian journal of medicine & science in sports
A warm water pool-based exercise program decreases immediate pain in female fibromyalgia patients: uncontrolled clinical trial.	International journal of sports medicine
A confirmatory factor analysis of the fitness of adults with intellectual disabilities.	Disability and rehabilitation
A favorable built environment is associated with better physical fitness in european adolescents.	Preventive medicine
A prospective study of ideal cardiovascular health and depressive symptoms	
A weight loss diet intervention has a similar beneficial effect on both metabolically abnormal obese and metabolically healthy but obese premenopausal women.	
A weight loss diet intervention has a similar beneficial effect on both metabolically abnormal obese and metabolically healthy but obese premenopausal women.	Annals of nutrition and metabolism
Actn3 genotype in spanish elite swimmers: no heterozygous advantage?	Scandinavian journal of medicine & science in sports
Algo más que una gymkhana	Retos (madrid)

Anthropometric, body composition and somatotype characteristics of elite female volleyball players from the highest spanish league	Journal of sports sciences
Anxiety, depression and fibromyalgia pain and severity	Behavioral psychology/psicología conductual
Assessment and prediction of thoracic gas volume in pregnant women: an evaluation in relation to body composition assessment using air displacement plethysmography	British journal of nutrition
Association between self-reported sleep duration and dietary quality in european adolescents.	British journal of nutrition
Association between the characteristics of the neighborhood environment and physical activity].	
Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in european adolescents: the helena (healthy lifestyle in europe by nutrition in adolescence) study	Public health nutrition
Bmi kan inte säkert identifiera 4-åringar med hög kroppsfehalt	Läkartidningen
Basketball training influences shot selection assessment: a multi-attribute decision-making approach	Universitas psychologica
Breakfast consumption and cvd risk factors in european adolescents: the helena (healthy lifestyle in europe by nutrition in adolescence) study	Public health nutrition
Capacidad aeróbica, felicidad y satisfacción con la vida en adolescentes españoles	Universitas psychologica



Capacidad aeróbica, felicidad y satisfacción con la vida en adolescentes españoles	Revista de psicología del deporte
Cardiorespiratory fitness is negatively associated with metabolic risk factors independently of the adherence to a healthy dietary pattern	Nutrition, metabolism, and cardiovascular diseases
Clustering of multiple lifestyle behaviors and health-related fitness in european adolescents.	Journal of nutrition education and behavior
Comparison of physical activity estimates using international physical activity questionnaire (ipaq) and accelerometry in fibromyalgia patients: the al-andalus study	European journal of sport science
Comparison of physical activity estimates using international physical activity questionnaire (ipaq) and accelerometry in fibromyalgia patients: the al-andalus study.	
Comparison of the international physical activity questionnaire (ipaq) with a multi-sensor armband accelerometer in women with fibromyalgia: the al-ándalus project.	Clinical and experimental rheumatology
Condición física, adiposidad y autoconcepto en adolescentes. estudio piloto	Revista de psicología del deporte
Crosstalk opposing view: prolonged intense exercise does not lead to cardiac damage.	The journal of physiology
Cuenta con nosotros	Innovación y buenas prácticas docentes.
Determinación de la actividad física (assessment of physical activity)	Nutrition and diet for physical activity and sports: practical manual.
Dietary and lifestyle quality indices with/without physical activity and markers of insulin resistance in european adolescents: the helena study.	British journal of nutrition

Educación de las emociones, ¿un reto?	La educación emocional: el reto del siglo xxi
Effects of a postural education program on school backpack habits related to low back pain in children.	European spine journal
Effects of the dietary amount and source of protein, resistance training and anabolic-androgenic steroids on body weight and lipid profile of rats	Nutrición hospitalaria
Effects on adolescents' lipid profile of a fitness-enhancing intervention in the school setting; the edufit study.	Nutrición hospitalaria
Evaluations of actiheart, ideaa® and rt3 monitors for estimating activity energy expenditure in free-living women	J of nutritional science
Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial.	British journal of sports medicine
Family factors influence active commuting to school in spanish children	Nutrición hospitalaria
Family factors influence active commuting to school in spanish children	Nutrición hospitalaria
Fibromyalgia's key symptoms in normal-weight, overweight, and obese female patients	Pain management nursing
Fibromyalgia's key symptoms in normal weight, overweight and obese female patients	Pain management nursing
Fitness testing as a discriminative tool for the diagnosis and monitoring of fibromyalgia	Scandinavian journal of medicine & science in sports
Fitness testing as a discriminative tool for the diagnosis and monitoring of fibromyalgia.	Scandinavian journal of medicine & science in sports
Heart rate recovery is associated with obesity traits and related cardiometabolic risk	Nutrition, metabolism, and cardiovascular diseases

Cardiometabolic risk factors in children and adolescents.	
Impact of the choice of threshold on physical activity patterns in free living conditions among adolescents measured using a uniaxial accelerometer: the helena study.	Journal of sports sciences
Independent and combined effects of physical activity and sedentary behavior on blood pressure in adolescents: gender differences in two cross-sectional studies.	
Independent and combined effects of physical activity and sedentary behavior on blood pressure in adolescents: gender differences in two cross-sectional studies.	Plos one
Ingesta de huevo y factores de riesgo cardiovascular en adolescentes; papel de la actividad física. estudio helena	
Interacción dieta y actividad física en la salud de los adolescentes europeos	Facultad de medicina
Leg fat might be more protective than arm fat in relation to lipid profile	European journal of nutrition
Les intervencions d'activitat física en població escolar	Educació i cultura
More physically active and leaner adolescents have higher energy intake.	Journal of pediatrics
Non-replication of an association of apolipoprotein e2 with sinistrality	Laterality
Nutritional and pubertal status influences accuracy of self-reported weight and height in adolescents: the helena study.	Annals of nutrition and metabolism
Objectively measured	

Objectively measured physical activity and sedentary time in european adolescents	The international journal of behavioral nutrition and physical activity
Objectively measured physical activity and sedentary time during childhood, adolescence and young adulthood: a cohort study	Plos one
Objectively measured sedentary time and physical activity in women with fibromyalgia: a cross-sectional study	Bmj open
Objectively measured sedentary time and physical activity in women with fibromyalgia: a cross-sectional study.	Bmj open
Percentile values for flexibility tests in children aged 6 to 17 years; influence of weight status	European journal of sport science
Physical activity and markers of insulin resistance in adolescents: role of cardiorespiratory fitness levels - the helena study	Pediatric diabetes
Physical activity attenuates the negative effect of low birth weight on leptin levels in european adolescents; the helena study	Nutrition, metabolism, and cardiovascular diseases
Physical activity questionnaire	Manual of operation: the helena study.
Physical activity, physical fitness, and overweight in children and adolescents: evidence from epidemiologic studies	Endocrinología y nutrición
Physical fitness assessment	Manual of operation: the helena study.
Physical fitness, overweight and the risk of eating disorders in adolescents. the avena and afinos studies.	Pediatric obesity
Quality of nursing care in intensive care unit at a university hospital	Revista gaúcha de enfermagem
Recommended levels of physical activity to avoid adiposity in spanish	International journal of obesity

children	
Role of socio-cultural factors on changes in fitness and adiposity in youth: a 6-year follow-up study.	Nutrition, metabolism, and cardiovascular diseases
Seasonal variation in physical activity and sedentary time in different european regions. the helena study.	Journal of sports sciences
Sedentary behavior and clustered metabolic risk in adolescents: the helena study	Nutrition, metabolism, and cardiovascular diseases
Sedentary behaviour and clustered metabolic risk in adolescents: the helena study.	
Self-reported and measured cardiorespiratory fitness similarly predict cardiovascular disease risk in young adults	Scandinavian journal of medicine & science in sports
Sexual dimorphism in the early life programming of serum leptin levels in european adolescents: the helena study	Journal of clinical endocrinology & metabolism
Sleep time and cardiovascular risk factors in adolescents: the helena (healthy lifestyle in europe by nutrition in adolescence) study.	
Spanish adaptation and psychometric properties of the sedentary behaviour questionnaire for fibromyalgia patients: the al-andalus study.	Clinical rheumatology
Supervised exercise-based intervention to prevent excessive gestational weight gain: a randomized controlled trial.	Mayo clinic proceedings
The 6 minute walk test in female fibromyalgia patients: relationship with tenderness, symptomatology, quality of life and coping strategies	Pain management nursing
Test-retest reliability of	

questionnaire on the mode of commuting to and from school among children	Gaceta sanitaria
The actigraph gt3x accelerometer: validation and determination of physical intensity cut points across age-groups	International journal of sports medicine
The intriguing association among chocolate consumption	Clinical nutrition
The intriguing metabolically healthy but obese phenotype: cardiovascular prognosis and role of fitness.	European heart journal
The rs12594956 polymorphism in the nrf-2 gene is associated with top-level spanish athletes performance status	
Total body fat content versus bmi in 4-year-old healthy swedish children	Journal of obesity
Total body fat content versus bmi in 4-year-old healthy swedish children.	Journal of obesity
Use of different accelerometer models at baseline and follow-up in cohort studies	Medicine and science in sports and exercise
Actitudes hacia la práctica de actividad físico-deportiva en adolescentes españoles: estudio avena	Retos (madrid)
Actitudes hacia la práctica de actividad físico-deportiva orientada a la salud en adolescentes españoles: estudio avena	Retos (madrid)
Active relatives and health-related physical fitness in european adolescents: the helena study.	
Acyl coenzyme a synthetase long-chain 1 (acsl1) gene polymorphism (rs6552828) and elite endurance athletic status: a replication study	Plos one
Adiposity and bone health in spanish adolescents	Osteoporosis international

in spanish adolescents. the helena study	Osteoporosis international
Are there gender differences in quality of life and symptomatology between fibromyalgia patients?	Am j mens health
Are centenarians genetically predisposed to lower disease risk?	
Are mitochondrial haplogroups associated with extreme longevity? a study on a spanish cohort	
Association of exclusive breastfeeding duration and fibrinogen levels in childhood and adolescence: the european youth heart study	Archives of pediatrics & adolescent medicine
Associations of muscular fitness with psychological positive health, health complaints, and health risk behaviors in spanish children and adolescents.	Journal of strength and conditioning research
Bicycling to school is associated with improvements in physical fitness over a 6-year follow-up period in swedish children	Preventive medicine
Birth weight and subsequent adiposity gain in swedish children and adolescents: a 6-year follow-up study.	Obesity
Body size at birth modifies the effect of fat mass and obesity associated (fto) rs9939609 polymorphism on adiposity in adolescents: the healthy lifestyle in europe by nutrition in adolescence (helena) study	The british journal of nutrition
Body-composition development during early childhood and energy expenditure in response to physical activity in 1.5-y-old children.	American journal of clinical nutrition
Breakfast habits among european adolescents and their association with sociodemographic	

	Public health nutrition
factors: the helena (healthy lifestyle in europe by nutrition in adolescence) study	
Cardiorespiratory fitness and fatness are associated with health complaints and health risk behaviors in youth	Journal of physical activity & health.
Contribution of bone turnover markers to bone mass in pubertal boys and girls	Journal of pediatric endocrinology and metabolism
Criterion-related validity of field-based muscular fitness tests in youth	The journal of sports medicine and physical fitness
Criterion-related validity of field-based muscular fitness tests in youth	
Criterion-related validity of field-based muscular fitness tests in youth	The journal of sports medicine and physical fitness
Experiencia practica de la intervencion didactica en el aula de mayores de la universidad de granada	
Eating habits and total and abdominal fat in spanish adolescents: influence of physical activity. the avena study.	Journal of adolescent health
Effectiveness of a tai-chi training and detraining on functional capacity, symptomatology and psychological outcomes in women with fibromyalgia.	Evidence-based complementary and alternative medicine
Effects of a multicomponent behavioral intervention on impulsivity and cognitive deficits in adolescents with excess weight	Behavioural pharmacology
Estudio edufit: efectos de un programa de intervenci3n realizado en contexto escolar sobre la condici3n f3sica y salud del adolescente	Facultad de medicina de granada
European adolescents' level of perceived stress and its relationship with body adiposity--the helena study	European journal of public health



Exclusive breastfeeding duration and cardiorespiratory fitness in children and adolescents	The american journal of clinical nutrition
Factores personales y ambientales asociados con el desplazamiento activo al colegio de los escolares españoles	Revista de psicología del deporte
Five year trends on total and abdominal adiposity in spanish adolescents	Nutrición hospitalaria
Genotypic and phenotypic features of mcardle disease: insights from the spanish national registry	Journal of neurology neurosurgery and psychiatry
Handgrip strength test as a complementary tool in the assessment of fibromyalgia severity in women.	Archives physical medicine and rehabilitation
Health-related quality of life of spanish children with cystic fibrosis	Qual life res
Heart rate recovery is associated with obesity traits and related cardiometabolic risk factors in children and adolescents	Nutrition, metabolism, and cardiovascular diseases
Immediate effects of warm water pool-based exercise on pain in female fibromyalgia patients.	International journal of sports medicine
Influence of the mct1-t1470a polymorphism (rs1049434) on blood lactate accumulation during different circuit weight trainings in men and women	
Intermonitor variability of gt3x accelerometer	International journal of sports medicine
Iron and vitamin status biomarkers and its association with physical fitness in adolescents: the helena study.	Journal of applied physiology
Land and water based exercise intervention in women with fibromyalgia: the al-andalus physical activity randomised controlled trial	Bmc musculoskeletal disorders

Land- and water-based exercise intervention in women with fibromyalgia: the al-andalus physical activity randomised control trial	Bmc musculoskeletal disorders
Lower plasma nampt/visfatin levels are associated with impaired hepatic mitochondrial function in non-diabetic obese women: a potential link between obesity and non-alcoholic fatty liver disease	Nutrition, metabolism, and cardiovascular diseases
Motivos de abandono y no practica de actividad fisico-deportiva en adolescentes españoles: estudio avena	Cuadernos de psicología del deporte
Motivos de abandono y no práctica de actividad físico-deportiva en adolescentes españoles: estudio avena	Cuadernos de psicología del deporte
Motivos de práctica de actividad físico-deportiva en adolescentes españoles: estudio avena.	Profesorado: revista de curriculum y formacion de profesorado
Multidisciplinary and biodanza intervention for the management of fibromyalgia	Acta reumatologica portuguesa
Muscular strength and markers of insulin resistance in european adolescents: the helena study	European journal of applied physiology
Muscular strength in male adolescents and premature death: cohort study of one million participants	British medical journal
Observación del profesor de educación física: una investigación de salud en el aula	Revista internacional de medicina y ciencias de la actividad física y del deporte
Physical activity does not attenuate the obesity risk of tv viewing in youth	Pediatric obesity
Physical activity, fitness, and serum leptin concentrations in adolescents	Journal of pediatric
Positive health, cardiorespiratory fitness	

and fatness in children and adolescents	European journal of public health
Programa de mentorización del profesorado novel de la facultad de ciencias del deporte de la universidad de granada	Profesorado. revista de curriculum y formación del profesorado
Reference curves for bmi, waist circumference and waist-to-height ratio for azorean adolescents (portugal)	
Reliability and intermethod agreement for body fat assessment among two field and two laboratory methods in adolescents.	Obesity (silver spring)
Reliability and validity of a screen time-based sedentary behaviour questionnaire for adolescents: the helena study	
Six-year trend in active commuting to school in spanish adolescents: the avena and afinos studies	International journal of behavioral medicine
Socioeconomic status and bone mass in spanish adolescents. the helena study.	The journal of adolescent health : official publication of the society for adolescent medicine
Technical variability of the gt3x accelerometer	Medical engineering and physics
The actn3 r577x polymorphism across three groups of elite male european athletes.	Plos one
The c allele in nos3 -786 t/c polymorphism is associated with elite soccer player's status	International journal of sports medicine
Una experiencia vivida: el esquema corporal con alumnos con deficiencia auditiva	Emasf: revista digital de educacion física
Video game playing time and cardiometabolic risk in adolescents: the afinos study.	Medicina clínica
A nutritional intervention study with hydrolyzed collagen in pre-pubertal spanish children: influence on bone metabolism biomarkers	Journal of pediatric endocrinology and metabolism

modeling biomarkers.

A prospective study of muscular strength and all-cause mortality in men with hypertension	Journal of the american college of cardiology
A systematic review of interventions for promoting active transportation to school.	International journal of behavioral nutrition and physical activity
Actn3 r577x polymorphism does not influence explosive leg muscle power in elite volleyball players	
Alpha-fitness test battery: health-related fieldbased fitness tests assessment in children and adolescents	Nutrición hospitalaria
Análisis de la composición corporal en mujeres con fibromialgia	Reumatologia clinica
Active commuting and physical activity in adolescents from europe: results from the helena study	Pediatric exercise science
Active commuting to school and cognitive performance in adolescents: the avena study	
Actividad física en niños y adolescentes	Ejercicio físico y salud en poblaciones especiales: exernet.
Adolescent's physical activity levels and relatives'; physical activity engagement and encouragement: the helena study	European journal of public health
Analysis of the body composition of spanish women with fibromyalgia].	
Are `endurance¿ alleles `survival¿ alleles? insights from the actn3 r577x polymorphism	Plos one
Are calcineurin genes associated with athletic status? a function, replication study	Medicine and science in sports and exercise
Are mitochondrial haplogroups associated with elite athletic status? a study on a spanish cohort.	Mitochondrion

Association between the fto rs9939609 polymorphism and leptin in european adolescents: a possible link with energy balance control. the helena study	International journal of obesity
Associations between parental educational/occupational levels and cognitive performance in spanish adolescents: the avena study	Psicothema
Associations between parental educational/occupational levels and cognitive performance in spanish adolescents: the avena study.	Psicothema
Associations of birth weight with serum long chain polyunsaturated fatty acids in adolescents; the helena study	
Associations of birth weight with serum long chain polyunsaturated fatty acids in adolescents; the helena study	Atherosclerosis
Batería alpha-fitness: test de campo para la evaluación de la condición física relacionada con la salud en niños y adolescentes	Nutrición hospitalaria
Breakfast habits among european adolescents	
Breakfast habits and factors influencing food choices at breakfast in relation to socio- demographic and family factors among european adolescents. the helena study	Appetite
Changes in cardiometabolic risk factors, appetite- controlling hormones and cytokines after a treatment program in overweight adolescents: preliminary findings from	Pediatric diabetes

the evasyon study.	
Comparison of different vo2max equations in the ability to discriminate the metabolic risk in portuguese adolescents	
Comparison of the ipaq-a and actigraph in relation to vo2max among european adolescents: the helena study.	Journal of science and medicine in sport
Comparisons of leisure-time physical activity and cardiorespiratory fitness as predictors of all-cause mortality in men and women.	British journal of sports medicine
Condición física, composición corporal y fibromialgia	
Condición física relacionada con la salud y hábitos de alimentación en niños y adolescentes: propuesta de addendum al informe de salud escolar	Revista de investigación en educación
Condición física, composición corporal y fibromialgia	
Does a 3-month multidisciplinary intervention improve pain, body composition and physical fitness in women with fibromyalgia?	British journal of sports medicine
Effects of high whey protein intake and resistance training on renal, bone and metabolic parameters in rats	British journal of nutrition
El efecto diferencial de la instrucción incidental e intencional en el aprendizaje de las condiciones para la decisión de tiro en baloncesto	Revista de psicología del deporte
Effectiveness of multidisciplinary therapy on symptomatology and quality of life in women with fibromyalgia	Clinical and experimental rheumatology
Effects of a running bout in the heat on cognitive performance	Journal of exercise science & fitness
Effects of postural	

education on daily habits in children.	International journal of sports medicine
Excessive sedentary time and low cardiorespiratory fitness in european adolescents: the helena study	Archives of disease in childhood
Exclusive breastfeeding duration and cardiorespiratory fitness in children and adolescents	The american journal of clinical nutrition
Exercise training and cytokines in breast cancer survivors	International journal of sports medicine
Field-based fitness assessment in young people: the alpha health-related fitness test battery for children and adolescents	British journal of sports medicine
Fitness, fatness and cardiovascular profile in south spanish and north moroccan women	Nutrición hospitalaria
Field-based fitness assessment in young people: the alpha health-related fitness test battery for children and adolescents	British journal of sports medicine
Fitness and fatness are independently associated with markers of insulin resistance in european adolescents; the helena study	International journal of pediatric obesity
Food and drink intake during television viewing in adolescents: the healthy lifestyle in europe by nutrition in adolescence (helena) study	Public health nutrition
Gnb3 c825t polymorphism and elite athletic status: a replication study with two ethnic groups	International journal of sports medicine
Handgrip strength assessment as a complementary tool in the diagnosis of fibromyalgia in women	Archives of physical medicine and rehabilitation
Health-related fitness and eating habits in children and adolescents:	

and adolescents. proposal for an addendum to the report of school health	Revista de investigación en educación
Influencia de determinantes socio- demográficos en la adherencia a las recomendaciones de actividad física en personas de entre 15 y 74 años de edad	
Interrater reliability and time measurement validity of speed/agility field tests in adolescents	Journal of strength and conditioning research
Improvements in fitness reduce the risk of becoming overweight across puberty.	Medicine and science in sports and exercise
Improving physical fitness in adolescents through a school-based intervention: the edufit study	Revista española de cardiología
In fitness and health? a prospective study of changes in marital status and fitness in men and women.	American journal of epidemiology
Influence of socio- demographic correlates on the adherence to physical activity recommendations in adults aged from 15-to 74 years	Revista española de salud pública
Insulin sensitivity at childhood predicts changes in total and central adiposity over a 6- year period	Int j obes
Insulin sensitivity at childhood predicts changes in total and central adiposity over a 6- year period.	International journal of obesity
Is the ace i/d polymorphism associated with extreme longevity? a study on a spanish cohort	J renin angiotensin aldosterone syst
Levels of physical activity that predict optimal bone mass in adolescents: the helena study	Am j prev med&quot;&quot;0749- 3797&quot;&quot;10691&quot;&quot;4.110&quot;&quot;4.987&quot;&quot;1.471&quot;&quot;;
Masa ósea y su relación con la actividad física	



<p>con la actividad física, condición física y marcadores del metabolismo óseo en adolescentes</p>	
<p>Mitochondrial biogenesis related endurance genotype score and sports performance in athletes</p>	
<p>Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents: the helena study.</p>	<p>Pediatric diabetes.</p>
<p>Obesity and physical activity patterns in children and adolescents.</p>	<p>Journal of paediatrics and child health</p>
<p>Objectively measured physical activity and sedentary time in european adolescents: the helena study</p>	<p>American journal of epidemiology</p>
<p>Objectively-measured and self-reported physical activity and fitness in relation to inflammatory markers in european adolescents: the helena study</p>	<p>Atherosclerosis</p>
<p>Pain and functional capacity in female fibromyalgia patients</p>	<p>Pain medicine</p>
<p>Physical fitness levels among european adolescents: the helena study</p>	<p>British journal of sports medicine</p>
<p>Physical profile of elite young motorcyclists</p>	<p>International journal of sports medicine</p>
<p>Prospective study of muscular strength and all-cause mortality in men with hypertension</p>	<p>Journal of the american college of cardiology</p>
<p>Percentile values for aerobic performance running/walking field tests in children aged 6 to 17 years</p>	<p>Nutrición hospitalaria</p>
<p>Percentile values for aerobic performance running/walking field tests in children aged 6 to 17 years: influence of weight status.</p>	<p>Nutrición hospitalaria</p>
<p>Physical activity attenuates the influence</p>	

of fto variants on obesity risk: a meta-analysis of 218,166 adults and 19,268 children	Plos med
Physical activity among spanish adolescents: relationship with their relatives. the avena study	Journal of sports sciences
Physical activity attenuates the negative effect of low birth weight on leptin levels in european adolescents; the helena study	Nutrition, metabolism, and cardiovascular diseases
Physical activity, fitness and fatness in children and adolescents	Epidemiology of obesity in children and adolescents. prevalence and aetiology
Physical activity, fitness and fatness in children and adolescents	Epidemiology of obesity in children and adolescents prevalence and aetiology.
Physical fitness in rural and urban children and adolescents from spain	Journal of science and medicine in sport
Preliminary findings of 4-month tai chi intervention on tenderness, funtional capacity, symptomatology and quality of life in men with fibromyalgia	
Preliminary findings of a 4-month tai chi intervention on tenderness, functional capacity, symptomatology, and quality of life in men with fibromyalgia.	American journal of men's health.
Preliminary findings on the role of plin1 polymorphisms on body composition and energy metabolism response to energy restriction in obese women	Br j nutr
Promoción de salud en personas con trastorno mental grave. análisis de situación y recomendaciones sobre alimentación equilibrada y actividad física	Junta de andalucía. consejeria de salud
Relationship of weight status with mental and physical health in female fibromyalgia patients	Obesity facts: the european journal of obesity
Reliability of field-based	International journal of sports medicine

fitness tests in youth.	International journal of sports medicine
Role of baseline leptin and ghrelin levels on body weight and fat mass changes after an energy-restricted diet intervention in obese women: effects on energy metabolism.	The journal of clinical endocrinology and metabolism.
Self-reported physical activity in european adolescents: results from the helena (healthy lifestyle in europe by nutrition in adolescence) study	Public health nutrition
Sexual dimorphism in the early life programming of serum leptin levels in european adolescents; the helena study	Journal of clinical endocrinology & metabolism
Short sleep duration is associated with increased obesity markers in european adolescents: effect of physical activity and dietary habits. the helena study.	International journal of obesity
Short-term, light- to moderate-intensity exercise training improves leg muscle strength in the oldest old: a randomized controlled trial	J am geriatr soc
Sleep duration and activity levels in estonian and swedish children and adolescents.	European journal of applied physiology
Stability of the factorial structure of metabolic syndrome from childhood to adolescence: a 6-year follow-up study	Cardiovascular diabetology
The international fitness scale (ifis): usefulness of self-reported fitness in youth	International journal of epidemiology
The k153r polymorphism in the myostatin gene and muscle power phenotypes in young, non-athletic men	
The effect of birth weight on low-energy diet-induced changes in body composition and substrate-energy	Journal of american college nutrition

metabolism in obese women.	
The two-hour marathon: who and when?	
Trends in the prevalence of morbid obesity in australian children and adolescents from 1985 to 2008: what do we know about?	International journal obesity
Trp64arg polymorphism in adrb3 gene is associated with elite endurance performance	
Usefulness of tenderness to characterize fibromyalgia severity and symptomatology in women	Clinical and experimental rheumatology
Usefulness of tenderness to characterise fibromyalgia severity in women	Clinical and experimental rheumatology
Validity of resting energy expenditure predictive equations before and after an energy-restricted diet intervention in obese women	
Active commuting to school and cognitive performance in adolescents: the avena study	Archives of pediatrics & adolescent medicine
Active commuting to school in children and adolescents: an opportunity to increase physical activity and fitness	Scandinavian journal of public health
Adolescent's physical activity levels and relatives' physical activity engagement and encouragement. the helena study.	European journal of public health
Assessing health-related fitness tests in the school setting: reliability, feasibility and safety; the alpha study.	International journal of sports medicine
Assessing muscular strength in youth: usefulness of standing long jump as a general index of muscular fitness	Journal of strength and conditioning research
Active commuting to	

school in children and adolescents: an opportunity to increase physical activity and fitness	Scandinavian journal of public health
Actividad física, deporte, ejercicio y salud en niños y adolescentes	Evaluación de la condición física en niños y adolescentes. importancia y métodos
Association of physical activity with muscular strength and fat-free mass in adolescents: the helena study.	European journal of applied physiology
Attenuation of the effect of the fto rs9939609 polymorphism on total and central body fat by physical activity in adolescents: the helena study.	Archives pediatrics and adolescent medicine
Cardiorespiratory fitness modifies the association between the ucp3-55c&gt;t (rs1800849) polymorphism and plasma homocysteine in swedish youth.	Atherosclerosis
Cardiorespiratory fitness, adiposity, and incident asthma in adults.	Journal of allergy and clinical immunology
Educando para mejorar el estado de forma física, estudio edufit: antecedentes, diseño, metodología y análisis del abandono/adhesión al estudio	Revista española de salud pública
Efficacy of biodanza for treating women with fibromyalgia	Journal of alternative and complementary medicine
Elbow position affects handgrip strength in adolescents: validity and reliability of jamar, dynex and tkk dynamometers.	Journal of strength and conditioning research
Elbow position affects handgrip strength in adolescents: validity and reliability of jamar, dynex, and tkk dynamometers	Journal of strength and conditioning research
Evaluación de la fuerza muscular y la capacidad aeróbica en adolescentes	Universidad de granada. fisiología
Excessive tv viewing and cardiovascular disease risk factors in adolescents: the avena	Bmc public health

adolescents. the avena cross-sectional study.	
Evaluation of physical fitness in children and adolescents. importance and methods	Physical activity, sport, exercise and health in children and adolescents
Extra-curricular participation in sports and socio-demographic factors in spanish adolescents. the avena study	Journal of sports sciences
Extra-curricular participation in sports and socio-demographic factors in spanish adolescents: the avena study.	Journal of sports science
Guia de recomendaciones para la promoción de actividad física	Junta de andalucia.consejeria de salud
Handgrip strength in men with fibromyalgia	Clinical and experimental rheumatology
Health-related fitness in adolescents: underweight, and not only overweight, as an influencing factor. the avena study	Scandinavian journal of medicine & science in sports
Hip flexibility is the main determinant of the back-saver sit-and-reach test in adolescents	Journal of sports sciences
Hip flexibility is the main determinant of the back-saver sit-and-reach test in adolescents.	Journal of sports sciences
Influence of socioeconomic factors on fitness and fatness in spanish adolescents: the avena study	International journal of pediatric obesity
Intergenerational cardiovascular disease risk factors involves both maternal and paternal body mass index.	Diabetes care
Individual and combined effects of apoe and mthfr 677c/t polymorphisms on cognitive performance in spanish adolescents: the avena study.	Journal of pediatrics
Influencia del estatus socioeconomico de los adolescentes europeos	

Intergenerational cardiovascular disease risk factors involve both maternal and paternal bmi.	Diabetes care
Longer breastfeeding duration is associated with increased lower body explosive strength in adolescence. the helena study	The journal of nutrition
Longer breastfeeding is associated with increased lower body explosive strength during adolescence.	Journal of nutrition
Patrones de actividad física en niños y adolescentes	Actividad física y salud en niños y adolescentes
Physical exercise in fibromyalgia patients: effects on pain, functional capacity and psychological outcomes (ejercicio físico en personas con fibromialgia: efectos sobre el grado de dolor, capacidad funcional y aspectos psicosociales).	Universidad de granada. educación física y deportiva
Patrones de actividad física en niños y adolescentes	Actividad física, deporte, ejercicio y salud en niños y adolescentes
Percentile values for running sprint field tests in children aged 6 to 17 years; influence of weight status	Research quarterly for exercise and sport
Physical fitness, psycosocial positive health, health risk behaviors and health complaints in children aged 6 to 17 yeats	
Physical activity attenuates the effect of low birth weight on insulin resistance in adolescents: findings from two observational studies	Diabetes
Physical activity, fitness, weight status and cognitive performance in adolescents.	Journal of pediatrics
Physical fitness enhancement through	

education, edufit study: background, design, methodology and dropout analysis	Revista española de salud publica
Physical fitness enhancement through education, edufit study: background, design, methodology and dropout analysis	
Psychological well-being, cardiorespiratory fitness, and long-term survival	
Re: ¿¿cardiorespiratory fitness levels among us adults 20¿49 years of age: findings from the 1999¿2004 national health and nutrition examination survey¿¿	American journal of epidemiology
Role of cardiorespiratory fitness on the association between physical activity and abdominal fat content in adolescents: the helena study.	International journal of sports medicine
Recommended levels and intensities of physical activity to avoid low- cardiorespiratory fitness in european adolescents: the helena study	American journal of human biology
Recommended levels of physical activity to avoid an excess of body fat in european adolescents: the helena study.	American journal of preventive medicine
Sedentary behaviours and socio-economic status in spanish adolescents: the avena study	European journal of public health
Selective alterations withing executive functions in adolescents with excess weight	Obesity
Sleep patterns in spanish adolescents: associations with tv watching and leisure-time physical activity	European journal of applied physiology
Socioeconomic status is associated with physical fitness in european adolescents independently of total body fat and physical	Nutrición hospitalaria



activity; the helena study	
Secular trends in health-related physical fitness in spanish adolescents: the avena and helena studies	Journal of science and medicine in sport
Sedentary patterns and media availability in european adolescents: the helena study.	Preventive medicine
Selective alterations within executive functions in adolescents with excess weight.	Obesity
Socioeconomic status influences physical fitness in european adolescents independently of body fat and physical activity: the helena study	Nutrición hospitalaria
Suggestive evidence of associations between liver x receptor $\beta$ polymorphisms with type 2 diabetes mellitus and obesity in three cohort studies: hunt2 (norway), monica (france) and helena (europe)	Bmc medical genetics
Un programa de intervención de salud en la adolescencia desde la educación física.	Actividad física, salud y calidad de vida
Unidades didácticas de educación física orientadas a la salud en secundaria	Wanceulen editorial deportiva s.l.
A school-based program through physical education lessons improves health knowledge and feeding habits	Simposium healthware. physical activity and health education in european schools.
Are muscular and cardiovascular fitness partially programmed at birth? role of body composition	Journal of pediatrics
Association of common variants of ucp2 gene with low-grade inflammation in swedish children and adolescents; the european youth heart study	Journal of pediatrics
Association of objectively assessed physical	

activity with total and central body fat in spanish adolescents; the helena study	International journal of obesity
Associations of muscular and cardiorespiratory fitness with total and central body fat in adolescents; the helena study	British journal of sports medicine
Body fat measurement in elite sport climbers: comparison of skinfold thickness equations with dual energy x-ray absorptiometry	Research quarterly for exercise and sport
Cardiorespiratory fitness modifies the association between the ucp3-55c>t (rs1800849) polymorphism and plasma homocysteine in swedish youth	Atherosclerosis
Climbing time to exhaustion is a determinant of climbing performance in high-level sport climbers.	European journal of applied physiology and occupational physiology
Criterion related validity of 1/2 mile run-walk test for estimating vo2peak in children aged 6-17 years	International journal of sports medicine
Criterion-related validity of 1 mile run/walk test in children aged 8-17 years	Research quarterly for exercise and sport
Criterion-related validity of sit-and-reach and modified sit-and-reach test for estimating hamstring flexibility in children and adolescents aged 6-17 years.	International journal of sports medicine
Criterion-related validity of the 20-m shuttle run test in youths aged 13-19 years.	Research quarterly for exercise and sport
Criterion related validity of 1/2 mile run-walk test for estimating vo2peak in children aged 6-17 years.	International journal of sports medicine
Early life origins of low-grade inflammation and atherosclerosis risk in children and adolescents.	Journal of pediatric
Early life programming of abdominal adiposity in adolescents: the helena	Diabetes care

study.	
Estrategias didácticas para mejorar la convivencia y participación en el área de educación física	Universidad de granada. educación física y deportiva
Extracurricular physical activity participation modifies the association between high tv watching and low bone mass	Bone
Early life origins of low-grade inflammation and atherosclerosis risk in children and adolescents.	Journal of pediatrics j pediatri
Estrategias didácticas para mejorar la convivencia y participación del alumnado en educación física	
Influences of socioeconomic factors on fitness, fatness and physical activity in spanish adolescents: the avena study	Symposium healthware. physical activity and health education in european schools.
Interplay between weight loss and gut microbiota composition in overweight adolescents	Obesity
Importancia de la época clásica para el deporte	Trances. revista de transmisión del conocimiento educativo y de la salud
Interplay between weight loss and gut microbiota composition in overweight adolescents.	Obesity
La salud biológica de los adolescentes mejora desde el curriculum escolar	Gaceta sanitaria
Logse y loe. un cambio de perspectiva en la educación física	The international journal of medicine and science in physical education and sport.
Mejora de la salud a través de la actividad física	Deporte, intervención y transformación social
Muscular strength and adiposity as predictors of adulthood cancer mortality in men.	Cancer epidemiology, biomarkers & prevention
Obesidad y factores de riesgo cardiovascular	Obesidad infantil
Obesidad y fitness	Obesidad infantil
Percentile values for	

muscular strength field tests in children aged 6 to 17 years; influence of weight status.	Journal of strength and conditioning research
Physical fitness enhancement through education, edufit study: background, design, methodology and dropout/adherence analysis	Simposium healthware. physical activity and health education in european schools.
Predictive validity of health-related fitness in youth: a systematic review	British journal of sports medicine
Percentile values for flexibility tests in youth aged 6 to 17 years influence of weight status	Journal of strength and conditioning research
Physiology of sport climbing	Revista internacional de medicina y ciencias de la actividad física y del deporte
Sleep duration and cognitive performance in adolescence. the avena study	Acta paediatrica
Socio-economic factors and active commuting to school in urban spanish adolescents: the avena study	European journal of public health
Socioeconomic factors and active commuting to school in spanish adolescents; the avena study	European journal of public health
Shifts in clostridia, bacteroides and immunoglobulin-coating fecal bacteria associated with weight loss in obese adolescents.	International journal of obesity
The effect of early menarche on later body composition and fat distribution in female adolescents: role of birth weight	Annals of nutrition and metabolism
Validity of cardiorespiratory fitness criterion-referenced standards for adolescents.	Medicine and science in sports and exercise
Valoración de la condición física en niños de 6 a 17 años	
Artificial neural network-	

based equation for estimating vo2max from the 20 m shuttle run test in adolescents	Artificial intelligence in medicine
Assessment of health status and its relationship with cardiovascular risk factors in a population of children and adolescents in chile	Universidad de granada. educación física y deportiva
Association between muscular strength and mortality in men: prospective cohort study	
Associations between physical activity, body fat, and insulin resistance (homeostasis model assessment) in adolescents: the european youth heart study	The american journal of clinical nutrition
Artificial neural network-based equation for estimating vo2max from the 20 m shuttle run test in adolescents.	Artificial intelligence in medicine
Associations between physical activity and metabolic risk factors in children and adolescents	
Birth weight and blood lipid levels in spanish adolescents: influence of selected apoe, apoc3 and pparggamma2 gene polymorphisms. the avena study	Bmc medical genetics
Calidad de vida y desarrollo del conocimiento personal a través de la expresión y comunicación corporal.	Expresión y comunicación corporal para la educación, recreación y calidad de vida
Central adiposity in 9and 15-year-old swedish children from the european youth heart study	International journal of pediatric obesity
Concurrent validity of a modified version of the international physical activity questionnaire (ipaq-a) in european adolescents: the helena study	International journal of obesity
Determinantes fisiológicos de la escalada deportiva	Universidad de granada. fisiología

Escala de Depósito Aspectos metodológicos	
Formación de técnicos en actividad física para personas mayores	Junta de Andalucía Consejería de Turismo, Comercio y Deporte
Gut microbes and obesity in adolescents	Proceedings of the Nutrition Society
Hand span influences optimal grip span in boys and girls aged 6 to 12 years	Journal of Hand Surgery
Harmonization process and reliability assessment of anthropometric measurements in a multicenter study in adolescents	International Journal of Obesity
Health-related physical fitness according to chronological and biological age in adolescents. The Avena study	The Journal of Sports Medicine and Physical Fitness
High fitness is associated with a healthier programming of body composition at adolescence.	American Journal of Human Biology
Importancia del desplazamiento activo al colegio, en la salud de los escolares españoles. Estudio Avena	IV ciclo de conferencias, deporte y actividad física para todos
Inflammatory proteins are associated with muscle strength in adolescents; the Avena study	Archives of Pediatrics & Adolescent Medicine
Inflammatory proteins and muscle strength in adolescents: the Avena study.	Archives of Pediatrics and Adolescent Medicine
La escuela como espacio saludable	Aula de Innovación Educativa
Methylenetetrahydrofolate reductase 677C/T polymorphism and cobalamin, folate, and homocysteine status in Spanish adolescents	Annals of Nutrition and Metabolism
Metodología multidisciplinar para el análisis de la salud, calidad de vida y predicción de la dependencia de personas adultas y mayores desde	Educación física y ciencias afines: alternativas de integración y salud para el hombre y la mujer del siglo XXI.

la perspectiva de la motricidad.	
Physical fitness effect on bone mass is mediated by the independent association between lean mass and bone mass through adolescence: a cross-sectional study	Journal of bone and mineral metabolism
Physically active adolescents are more likely to have a healthier cardiovascular fitness level independently of their adiposity status. the european youth heart study	Revista española de cardiología
Physical activity, cardiovascular fitness and abdominal adiposity in children and adolescents	
Reliability of health-related physical fitness tests in european adolescents. the helena study	International journal of obesity
Response to is it possible to determine a 'powerful marker of health'?	International journal of obesity
Shifts in clostridia, bacteroides and immunoglobulin-coating faecal bacteria associated with weight loss in obese adolescents	International journal of obesity
Small birth weight and later body composition and fat distribution in adolescents: the avena study	Obesity
Television watching, videogames, and excess of body fat in spanish adolescents: the avena study	Nutrition
The combat against childhood obesity in the european union	Agro food industry hi-tech (testo stampato)
Valoración del estado de salud y su relación con los factores de riesgo cardiovasculares en una población de niños y adolescentes chilenos	

A mediterranean diet is not enough for health: physical fitness is an important additional contributor to health for the adults of tomorrow.	World review of nutrition and dietetics
Assessing levels of physical activity in the european population - the alpha project	Seleccion
Associations of low-grade inflammation with physical activity, fitness and fatness in prepubertal children; the european youth heart study	International journal of obesity
Body fat distribution reference standards in spanish adolescents. the avena study	International journal of obesity
Body fat is associated with blood pressure in school-aged girls with low cardiorespiratory fitness: the european youth heart study	Journal of hypertension
Cardiorespiratory fitness and cardiovascular disease risk factors in children and adolescents	
Cardiorespiratory fitness and sedentary activities are associated with adiposity in adolescents.	Obesity
Cardiorespiratory fitness as criterion validity for health-based metabolic syndrome definition in adolescents	Journal of the american college of cardiology
Cardiorespiratory fitness relates more strongly than physical activity to cardiovascular disease risk factors in healthy children and adolescents: the european youth heart study	European journal of cardiovascular prevention & rehabilitation
Cardiovascular fitness in adolescents: the influence of sexual maturation status-the avena and eyhs studies	American journal of human biology
Cardiovascular fitness is negatively associated with homocysteine levels in female adolescents.	Archives of pediatrics & adolescent medicine
Condición física en la	Ciencia salud y actividad física



actividad deportiva	Ciencia salud y actividad física
Cardiorespiratory fitness and sedentary activities are associated with adiposity in adolescents	Obesity
Economía de carrera: análisis de la metodología para su evaluación y el tratamiento de los resultados	Selección
Effect of the ala12 allele in the ppar gamma-2 gene on the relationship between birth weight and body composition in adolescents: the avena study	Pediatric research
El perfil lipídico-metabólico en los adolescentes está más influido por la condición física que por la actividad física (estudio avena)	Revista española de cardiología
Formación de técnicos en actividad física para personas mayores (recurso electrónico)	Junta de Andalucía consejería de turismo, comercio y deporte
Formación de técnicos en actividad física para personas mayores.	Junta de Andalucía
High cardiovascular fitness is associated with low metabolic risk score in children: the European Youth Heart Study	Pediatric research
Homocysteine levels in children and adolescents are associated with the methylenetetrahydrofolate reductase 677C > T genotype, but not with physical activity, fitness or fatness: the European Youth Heart Study	British journal of nutrition
Incremento del consumo de tabaco y disminución del nivel de práctica de actividad física en adolescentes españoles. estudio avena.	Nutrición hospitalaria
Increase in cigarette smoking and decrease in the level of physical activity among Spanish adolescents. [avena study].	Nutrición hospitalaria

Incremento del consumo de tabaco y disminución del nivel de práctica de actividad física en adolescentes españoles. estudio avena	Nutrición hospitalaria
La condición física como determinante de salud en personas jóvenes	Universidad de granada
La escuela como espacio saludable	Tándem. didáctica de la educación física
Lipid and metabolic profiles in adolescents are affected more by physical fitness than physical activity (avena study)	Revista española de cardiología
Markers of insulin resistance are associated with fatness and fitness in school-aged children: the european youth heart study	Diabetologia
Migliorare la forma fisica: non è mai troppo presto per cominciare.	Il manifesto della lunga via (p marandola, f marotta, eds).
Nutritional status and lifestyles of adolescents from a public health perspective. the helena project - healthy lifestyle in europe by nutrition in adolescence	Journal of public health
Physical activity, overweight and central adiposity in swedish children and adolescents: the european youth heart study	The international journal of behavioral nutrition and physical activity
Propuestas de intervención en educación física orientada a la salud.	Ciencia, salud y actividad física
Relationship of physical activity, fitness, and fatness with clustered metabolic risk in children and adolescents: the european youth heart study	Journal of pediatrics
Sleep duration affects body composition and sedentary behaviours in adolescents. the avena study*	Seleccion
The adolescents are facing the challenge of	Seleccion

Facing the challenge of their healthy future	Selección
Traditional and novel cardiovascular risk factors in school-aged children: a call for the further development of public health strategies with emphasis on fitness	Journal of public health
A dropout analysis of the second phase of the swedish part of the european youth heart study	Journal of public health
Anthropometric body fat composition reference values in spanish adolescents. the avena study	European journal of clinical nutrition
Anthropometric determinants of a clustering of lipid-related metabolic risk factors in overweight and non-overweight adolescents--influence of cardiorespiratory fitness. the avena study.	Annals of nutrition and metabolism
Anti-aging therapy through fitness enhancement.	Clinical interventions in aging
Aerobic physical fitness in relation to blood lipids and fasting glycaemia in adolescents: influence of weight status.	Nutrition, metabolism and cardiovascular disease
Características de rendimiento, antropométricas y de fuerza muscular en el escalador de elite español	Selección
Cronotoxicología, cronofarmacología y cronoterapia	Cronobiología básica y clínica
Efectos de la suplementación con b-hidroxitirato (hmb) sobre el daño muscular consecutivo a esfuerzo físico.	Selección
El comportamiento humano ante situaciones difíciles en la naturaleza: perspectiva fisiológica	Manual de técnicas de vida y movimiento en la naturaleza
Entrenamiento vibratorio. base fisiológica y efectos funcionales	Selección

funcionales

Extreme mountain bike challenges may induce sub-clinical myocardial damage	The journal of sports medicine and physical fitness
Hand span influences optimal grip span in male and female teenagers	Journal of hand surgery
Health-related fitness assessment in childhood and adolescence: a european approach based on the avena, eyhs and helena studies	Journal of public health
Increased susceptibility to plasma lipid peroxidation in untrained subjects after an extreme mountain bike challenge at moderate altitude	International journal of sports medicine
Inflammatory proteins are related to total and abdominal adiposity in a healthy adolescent population: the avena study	The american journal of clinical nutrition
Inflammatory proteins are related to total and abdominal adiposity in a healthy adolescent population: the avena study.	American journal of clinical nutrition.
Los adolescentes españoles ante la práctica de actividad física y deporte. estudio avena	Evaluación e intervención en el ámbito deportivo
Los adolescentes españoles ante la práctica de actividad física y deporte. estudio avena.	Evaluación e intervención en el ámbito deportivo
Perspectiva biológica del entrenamiento deportivo	Revista española de educación física y deportes
Prevención y forma física	Corazón y salud
Reference values for serum lipids and lipoproteins in spanish adolescents: the avena study	Sozial- und praeventivmedizin
Relations of total physical activity and intensity to fitness and fatness in children: the european youth heart study	The american journal of clinical nutrition
Serum lipids, body mass index and waist	

circumference during pubertal development in spanish adolescents: the avena study	Hormone and metabolic research
The importance of cardiorespiratory fitness for healthy metabolic traits in children and adolescents: the avena study	Journal of public health
Efecto de la altitud sobre la deshidratación y el rendimiento físico tras un ejercicio prolongado en sujetos entrenados.	Seleccion
Efectos de la actividad física sobre la distribución de grasa corporal y capacidades coordinativas	Red : revista de entrenamiento deportivo
El género como factor de variabilidad en las actitudes hacia la práctica de actividad físico-deportiva	Apunts. educación física y deportes
Forma física como factor de riesgo cardiovascular: valores normativos de condición física de los adolescentes españoles	Revista española de cardiología
Importancia de la alimentación en la salud y la actividad física.	Actividad física, educacion y salud
Intervenciones en la educación física escolar para la promoción de hábitos alimenticios saludables.	Actividad física, educacion y salud
La actividad física está relacionada inversamente con el consumo de tabaco en adolescentes. estudio avena.	Congreso internacional año del deporte y la educación física
La salud y su tratamiento en el curriculum de educación física	Actividad física, educacion y salud
La salud y su tratamiento en el currículum de educación física.	Actividad física, educacion y salud
Low level of physical fitness in spanish adolescents. relevance for future cardiovascular health (avena study)	Revista española de cardiología
Overweight, obesity and body fat composition in spanish adolescents: the	Annals of nutrition and metabolism

spanish adolescents - the avena study	
Supervision program of weight, somatotype and nutrition in volleyball.	Coaching volleyball
Adaptaciones fisiológicas del entrenamiento en altitud: experiencia del equipo nacional de mountain bike en el mundial de colorado	Red : revista de entrenamiento deportivo
Deportes con alto grado de estrés físico afectan negativamente al perfil lipídico plasmático.	Revista española de cardiología
Hiponatremia en esfuerzos de ultraresistencia: efectos sobre la salud y el rendimiento.	Archivos latinoamericanos de nutrición
Un programa de intervención nutricional y actividad física de seis meses produce efectos positivos sobre la composición corporal de adolescentes escolarizados	Revista española de pediatría
Utilización del sistema de mensajes cortos (sms) para mejorar la calidad del proceso enseñanza/aprendizaje en la universidad. proyecto sumvm (sistema universitario de mensajes vía móvil).	Proyectos de innovación docente en las universidades andaluzas: memorias de los proyectos 1ª convocatoria, curso 2002-2003
Acute exposure to moderate high altitude decreases growth hormone response to physical exercise in untrained subjects	The journal of sports medicine and physical fitness
Análisis del tiempo libre de escolares adolescentes de madrid y granada	Habilidad motriz. revista de ciencias de la actividad física y del deporte
Body composition and physical performance of spanish adolescents: the avena pilot study	Acta diabetologica
Motives and frequency of physical activity in spanish adolescents: the avena study.	Annals of nutrition and metabolism
Physical activity and body composition of	Annals of nutrition and metabolism

spanish adolescents. the avena study	
Physical fitness evaluation-interpretation software	International journal of computer science in sport
Software for anthropometric assessment providing indexes of interest for health and sport.	International journal of computer science in sport
Actividad físico deportiva en escolares adolescentes	Retos (madrid)
Cuestionario sobre las teorías implícitas de la educación física. ¿qué opina el alumnado sobre la educación física?	Apunts. educación física y deportes
Experiencia práctica de la intervención didáctica en el aula de mayores de la universidad de granada	I congreso internacional de actividad física y deportiva para personas mayores
Hand size influences optimal grip span in women but not in men	Journal of hand surgery
Hidratación y rendimiento: pautas para una elusión efectiva de las deshidratación por ejercicio	Apunts. educación física y deportes
Hidratación y rendimiento: pautas para una elusión efectiva de la deshidratación por ejercicio	Apunts. educación física y deportes
La aplicación de tres días de tapering tras seis días de sobrecarga aguda mejora la fuerza explosiva	Tecnología y metodología científica aplicada al control y evaluación del rendimiento depor
La educación física como instrumento de integración e identificación sociocultural del colectivo gitano perteneciente a espirales descendentes	Habilidad motriz. revista de ciencias de la actividad física y del deporte
La fatiga de la musculatura antagonista implicada en el pedaleo mejora el rendimiento en ciclismo	Red : revista de entrenamiento deportivo
Mejora de la fuerza por supercompensación tras sobrecarga y descanso activo	Red : revista de entrenamiento deportivo
Valoración de la fuerza	

valoración de la fuerza en nuestros mayores	I congreso internacional de actividad física y deportiva para personas mayores
Hacia un logismo del entrenamiento deportivo	Lecturas: educación física y deportes
Nutrition and sport practice. adaptation of the food guide pyramid to the characteristics of sport diet.	Archivos latinoamericanos de nutrición
Three days fast in sportsmen decrease physical work capacity but not strength or perception-reaction time.	Archivos de medicina del deporte
Three days fast in sportsmen decreases physical work capacity but not strength or perception-reaction time	International journal of sport nutrition
Efectos de una unidad didáctica de minivoleibol en espirales descendentes sobre la adherencia a las actividad física, el absentismo escolar y nivel académico	I congreso nacional de deporte en edad escolar
¿se puede hablar de intervención didáctica en un programa de e.f. para mayores?	Habilidad motriz. revista de ciencias de la actividad física y del deporte
Propuesta de un programa de actividad-educación física para personas mayores	Isbn: 849527647x



	<b>Título proyecto</b>	<b>Tipo</b>	<b>Inicio</b>	<b>Fin</b>
1	Unidad científica de excelencia ejercicio y salud (ucees)	Proyecto	1/1/17	12/31/20
2	Coca - comorbid conditions of attention deficit / hyperactivity disorder	Proyecto	1/1/16	12/31/20
3	Unidad científica de excelencia en ejercicio y salud (ucees): ejercicio físico para la prevención y el tratamiento de enfermedades crónicas no transmisibles y la mejora de la salud de poblaciones especiales	Proyecto	1/1/17	12/31/20
4	Ejercicio en la prevención y tratamiento de la obesidad y resistencia a la insulina: análisis inteligentes-intervenciones inteligentes	Proyecto	1/30/16	12/29/20
5	Proyecto paco: análisis retrospectivo de la movilidad al centro educativo en España e implementación de intervenciones que fomenten la movilidad activa en jóvenes	Proyecto	1/30/16	12/29/20
6	Actibate: activating brown adipose tissue through exercise. efectos de un programa de ejercicio sobre la actividad y cantidad de tejido adiposo marrón: estudio aleatorizado controlado	Proyecto	1/1/14	12/29/17
7	Efectos de un ensayo aleatorizado basado en ejercicio físico sobre la función cognitiva y el cerebro (funcional y estructuralmente) en preadolescentes con sobrepeso/obesidad	Proyecto	1/1/14	2/28/17
8	Sporteus: efecto de la ingesta de un batido enriquecido en proteínas sobre la recuperación de la función muscular y marcadores de daño muscular tras un ejercicio agudo de alta intensidad	Proyecto	1/1/15	12/31/16
9	Proyecto internacional paco: pedalea y anda al colegio (España, Ecuador y Chile)	Proyecto	1/2/15	5/2/16
10	Estudio prefit: "evaluación del fitness en preescolares"	Proyecto	1/1/13	12/31/15
11	Por una universidad saludable: programa de intervención Zumba Fitness	Proyecto	1/3/14	12/31/15
12	Movilidad activa: "coordinar e impartir cursos de formación de conducción de bicicleta en ciudad."	Contrato	1/20/15	6/20/15
13	Movilidad escolar: diseño de itinerarios seguros. Diputación Provincial de Granada y Universidad de Granada	Convenio	1/21/11	12/31/13
14	Ramon y Cajal	Proyecto	1/1/11	12/31/12
15	¿ventana a la ciencia. proyectos i+d+i en Andalucía?	Proyecto	1/25/12	11/25/12

## Actividades 37

<b>Título actividad</b>	<b>Entidad</b>	<b>Tipo</b>	<b>Fecha</b>
Participación en: center for health promotion and disease prevention (universidad de Carolina del Norte.)	Universidad de Carolina del Norte.	Comité científico en sociedad ci	Sep 16, 2009
Participación en comité de revista: habilidad motriz.		Comités científicos de revista	Jan 1, 2009
Miembro del editorial board de la revista ¿plos one¿		Comités científicos de revista	Jun 1, 2010
Evaluador proyectos fis		Experiencia en evaluación	Jan 9, 2006
Director del grupo de investigación cts-977		Grupos y equipos de investigación	Jan 1, 2013
Miembro de la comisión de gobierno del Instituto Mixto Universitario de Deporte y Salud		Grupos y equipos de investigación	Apr 1, 2014
Helena-idefics-prochildren joint symposium		Comité científico en sociedad ci	Jun 19, 2007

International symposium helena-promoting a healthy european lifestyle through exercise and nutrition in adolescence		Comité científico en sociedad ci	Jun 20, 2008
¿alpha grand final symposium assessing levels of physical activity and fitness at population level		Comité científico en sociedad ci	Nov 6, 2009
20th international congress of nutrition		Comité científico en sociedad ci	Sep 15, 2013
Symposium exernet		Comité científico en sociedad ci	Nov 7, 2014
Vocal estudiante del comité de evaluación y acreditación		Experiencia en evaluación	Oct 31, 2014
Finut 2015	Fundación iberoamericana de nutrición	Comité científico en sociedad ci	Jul 15, 2015
Anep		Experiencia en evaluación	Jan 3, 2011
Congreso europeo del deporte en edad escolar		Foros y comités internacionales	Nov 20, 2013
German federal ministry of education and research		Experiencia en evaluación	May 2, 2011
Epidemiology, public health & environment		Experiencia en evaluación	Jul 8, 2009
Israel science foundation		Experiencia en evaluación	Mar 11, 2014
Swiss national science foundation		Experiencia en evaluación	Nov 1, 2013
Symposium exernet: investigación en ejercicio físico y salud, presente y futuro en españa		Foros y comités internacionales	Nov 7, 2014
Miembro de la comisión evaluadora de trabajos fin de master		Experiencia en evaluación	Sep 1, 2011
Simposium internacional sobre promoción de la actividad física en niños y adolescentes		Comité científico en sociedad ci	Apr 3, 2014
Xi congreso internacional sobre la enseñanza de la educación física y el deporte escolar		Comité científico en sociedad ci	Sep 2, 2015
Evaluador instituto de salud carlos iii		Experiencia en evaluación	Jan 1, 2011
Ministerio de economia, industria y competitividad		Experiencia en evaluación	Jan 1, 2011
Kazakhstan		Experiencia en evaluación	Feb 1, 2016
Comité asesor de nsca	Nsca	Comité científico en sociedad ci	Jan 1, 2016

		sociedad ci	
Colef		Comité científico en sociedad ci	Jun 23, 2016
Miembro comité de expertos del área de deporte y salud del consejo colef	Colegio oficial de licenciados en educación física (colef)	Comité científico en sociedad ci	Jun 23, 2016
Miembro comité asesor national strength and conditioning association	National strength and conditioning association (nsca)	Comité científico en sociedad ci	Jan 1, 2016
Revisor de proyectos		Experiencia en evaluación	Jan 1, 2017
Trayectorias de calidad de vida relacionada con la salud, estado nutricional y rendimiento académico en la transición de la infancia a la adolescencia		Experiencia en evaluación	Dec 7, 2016
Vii congreso internacional de la asociación española en ciencias del deporte	Universidad de granada	Foros y comités internacionales	Nov 15, 2012
Revista de la uned educación xxi		Experiencia en evaluación	Jan 1, 2013
Evaluador the slovenian research agency		Experiencia en evaluación	May 2, 2016
Evaluador de czech science foundation		Experiencia en evaluación	May 9, 2012
Miembro comité científico exernet 2016		Comité científico en sociedad ci	Jan 8, 2016

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- [Manuel Delgado-Fernández \(167\)](#)
- [Palma Chillón Garzón \(130\)](#)
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- [MARIA MARCELA GONZALEZ GROSS \(70\)](#)
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- [Inmaculada Concepción Álvarez Gallardo \(55\)](#)
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- [Fernando Estévez López \(47\)](#)
- [Guillermo Sánchez Delgado \(47\)](#)
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- [Carlos Rodríguez López \(34\)](#)
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- Emilio Villa González (24)
- CRISTINA CAMPOY FOLGOSO (23)
- Milkana Borges Cosic (17)
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- Francisco Javier Huertas Delgado (14)
- MARIA JOSE GIRELA REJON (13)
- MIGUEL ÁNGEL DELGADO NOGUERA (13)
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- Hanna Henriksson (10)
- JOSE MARIA HEREDIA JIMENEZ (10)
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- PEDRO ANGEL BAENA BEATO (3)
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- ELENA NEBOT VALENZUELA (2)

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