

Universidad Europea de Madrid (Villaviciosa de Odón, Madrid, Spain)



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Biosketch:

Professor in Exercise Physiology and Senior Researcher. My main research focus is to build scientific evidence on the therapeutic effects of physical exercise against major chronic diseases. Over my career, I have shown tailored exercise prescription to represent a safe, effective coadjuvant therapy for improving the health status of patients with numerous diseases, and led innovative in-hospital exercise trials. My approach to medical research is holistic and multidisciplinary.

I have supervised [15 doctoral theses](#).

I have published >600 peer-reviewed papers in JCR journals indexed in [PubMed](#)

Publications: ([Scopus](#)).

H-index = 63 (H-index in WoS = 61). 17 256 citations in total.

Total number of publications in first quartile (Q1) journals >300.

[ResearchGate](#)

Institutional responsibilities:

Coordinator of the PhD program in Physical Activity and Sports, [Universidad Europea de Madrid](#).