

**Part A. PERSONAL INFORMATION**

**CV date**

30/09/2024

First and Family name	AMADOR GARCÍA RAMOS		
Social Security, Passport, ID number		Age	34
Researcher codes	Open Researcher and Contributor ID (ORCID**)	0000-0003-0608-8755	
	SCOPUS Author ID (*)	56215734600	
	WoS Researcher ID (*)	S-6982-2016	

(\*) *Optional*

(\*\*) *Mandatory*

**A.1. Current position**

Name of University/Institution	University of Granada		
Department	Department of Physical Education and Sport, Faculty of Sport Sciences		
Address and Country	Hospital Real, Avenida del Hospicio, S/N C.P. 18010 CP:18071 Granada, Spain		
Phone number	+34677815348	E-mail	<a href="mailto:amagr@ugr.es">amagr@ugr.es</a>
Current position	Assistant professor (Professor Contratado Doctor Indefinido)	From	October 2023
Key words	Sport training, biomechanics, motor control, physical activity		

**A.2. Education**

PhD, Licensed, Graduate	University	Year
Bachelor of Science in Physical Activity and Sport	University of Granada	2011
Master of Research in Physical Activity and Sport	University of Granada	2012
Master of Education in Teaching. Specialty in Physical Education	University of Granada	2013
PhD, Doctoral Program in Biomedicine	University of Granada	2016
PhD, Doctoral program in Kinesiology	University of Ljubljana	2016

**A.3. General indicators of quality of scientific production** (*see instructions*)

Author of 267 articles published in journals indexed in Journal Citations Report. These publications have received 6343 citations and my H-index is 44 according to Google Scholar. Considering only the 200 articles published until 2022 (last available JCR impact factor), 59 of my publications are Q1 (29.5%), 75 are Q2 (37.5%), 39 are Q3 (19.5%), and 27 are Q4 (13.5%).

**Part B. CV SUMMARY** (*max. 3500 characters, including spaces*)

My academic appointments have been a Research and Teaching Predoctoral fellowship (FPU) at the University of Granada (01/03/2013 to 28/02/2017), Postdoctoral fellow (Ayuda Puente) from the University of Granada (01/03/2017 to 31/08/2017), Postdoctoral fellow (Programa de perfeccionamiento de doctores) from the University of Granada (01/08/2017 to 28/02/2019; destination Faculty of Sport and Physical Education in Belgrade) and assistant professor at the Universidad Católica de la Santísima Concepción in Chile (01/03/2019 to 29/02/2020). From 27<sup>th</sup> February 2020, I am assistant professor in the Department of Physical Education and Sport at the University of Granada.

I have conducted international research stays at the Faculty of Sport of Ljubljana (184 days) and Faculty of Sport and Physical Education in Belgrade (545 days). I have also conducted



national research stays at the High Performance Centre of Sierra Nevada (47 days), National Institute of Physical Education of Catalonia (60 days), Catholic University of Valencia (31 days).

I have participated in the publication of 267 articles published in journals indexed in Journal Citations Report (46 as first author [17.2%], 110 as last author [41.2%], 45 as second author [16.9%], and 66 in other position [24.7%]), I have presented more than 80 abstracts in scientific congresses, I have published 5 book chapters, and I have been invited speaker in 4 national and 3 international conferences. My publications have received 6343 citations since 2014 and my H-index is 44 (according to Google Scholar). According to the Web of Science, I am the author from a Spanish institution with more publications (search restricted to original articles and reviews) in the last 5 years (2019-2024) in the “Sport sciences” category.

I have participated in 11 research projects (4 as principal investigator and 7 as a collaborator). I have been principal investigator in one project funded by the Universidad Católica de la Santísima Concepción in 2019 (DINREG 09/2019; funds ≈ 4000€), one project funded by the Centro Mixto Universidad de Granada Mando de Adiestramiento y Doctrina in 2020 (5/4/20 TR-COMBATE; funds = 9.100€), one project funded by the University of Granada (PPJIA2020.02; funds = 3.000€), and another project funded by the Spanish ministry of science and innovation (PID2021-127505NA-I00; funds = 89.540€).

As my main recognitions and awards not included above I would like to highlight: (I) associate editor in two scientific journals (Journal of Strength and Conditioning Research and Heliyon); (II) invited editor for 2 special issues in the International Journal of Environmental Research and Public Health and 1 special issue in Frontiers in Human Neuroscience; (III) scientific referee for more than 30 journals indexed in JCR, (IV) extraordinary doctoral award in Health Science at the University of Granada, (V) first national prize for young researchers in Sport Sciences from the Spanish Association in Sport Science (year 2018), and (VI) prize for best oral communication in 3 scientific conferences.

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

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

1. **García-Ramos, A.**, Torrejón, A., Pérez-Castilla, A., Morales-Artacho, A., Jaric, S. (2018). Selective changes on the mechanical capacities of lower body muscles after a cycle ergometer sprint training against heavy and light resistances. *International Journal of Sport Physiology and Performance*, 13(3), 290-297. Impact factor: 3.979 (Q1: 8/83). JCR Category: Sport Sciences. Corresponding author: YES.
2. **García-Ramos, A.**, Pestaña-Melero, F. L., Pérez-Castilla, A., Rojas, F. J., Haff, G. G. (2018). Differences in the load-velocity profile between 4 bench press variants. *International Journal of Sport Physiology and Performance*, 13(3), 326-331. Impact factor: 3.979 (Q1: 8/83). JCR Category: Sport Sciences. Corresponding author: YES.
3. **García-Ramos, A.**, Torrejón, A., Feriche, B., Morales-Artacho, A.J., Pérez-Castilla, A., Padial, P., Haff, G. G. (2018). Prediction of the maximum number of repetitions and repetitions in reserve from barbell velocity. *International Journal of Sports Physiology and Performance*, 13(3), 353-359. Impact factor: 3.979 (Q1: 8/83). JCR Category: Sport Sciences. Corresponding author: YES.
4. **García-Ramos, A.**, Haff, G. G., Pestaña-Melero, F. L., Pérez-Castilla, A., Rojas, F. J., Balsalobre-Fernández, C., Jaric, S. (2018). Feasibility of the 2-point method for determining the 1-repetition maximum in the bench press exercise. *International Journal of Sports Physiology and Performance*, 13(4), 474-481. Impact factor: 3.979 (Q1: 8/83). JCR Category: Sport Sciences. Corresponding author: YES.
5. **García-Ramos, A.**, Torrejón, A., Feriche, B., Morales-Artacho, A. J., Pérez-Castilla, A., Padial, P., Jaric, S. (2018). Selective effects of different fatigue protocols on muscle



mechanical capacities assessed through the force-velocity relationship. *European Journal of Applied Physiology*, 118(2), 439-447. Impact factor: 3.055 (Q1: 17/83). JCR Category: Sport Sciences. Corresponding author: YES.

6. **García-Ramos, A.**, Zivkovic, M., Djuric, S., Majstorovic, N., Manovski, K., Jaric, S. (2018). Assessment of the two-point method applied in field conditions for routine testing of muscle mechanical capacities in a leg cycle ergometer. *European Journal of Applied Physiology*, 118(9), 1877-1884. Impact factor: 3.055 (Q1: 17/83). JCR Category: Sport Sciences. Corresponding author: YES.

7. **García-Ramos, A.**, Barboza-González, P., Ulloa-Díaz, D., Rodríguez-Perea, A., Martínez-García, D., Guede-Rojas, F., Hinojosa-Riveros, H., Chiroso-Ríos, L. J., Cuevas-Aburto, J., Janicijevic, D., Weakley, J. (2019). Reliability and validity of different methods of estimating the one-repetition maximum during the free-weight prone bench pull exercise. *Journal of Sports Sciences*, 37(19), 2205-2212. Impact factor: 2.811 (Q1: 20/83). JCR Category: Sport Sciences. Corresponding author: YES.

8. **García-Ramos, A.**, Jaric, S. (2019). Optimization of the force-velocity relationship obtained from the bench press throw exercise: An a-posteriori multicentre reliability study. *International Journal of Sports Physiology and Performance*, 14(3), 317-322. Impact factor: 3.979 (Q1: 8/83). JCR Category: Sport Sciences. Corresponding author: YES.

9. Pérez-Castilla, A., Piepoli, A., Garrido-Blanca, G., Delgado-García, G., Balsalobre-Fernández, C., **García-Ramos, A.** (2019). Precision of 7 commercially available devices for predicting the bench press 1-repetition maximum from the individual load-velocity relationship. *International Journal of Sports Physiology and Performance*, 14(10), 1442-1446. Impact factor: 3.528 (Q1: 13/85). JCR Category: Sport Sciences. Corresponding author: YES.

10. Pérez-Castilla, A., Piepoli, A., Delgado-García, G., Garrido-Blanca, G., **García-Ramos, A.** (2019). Reliability and concurrent validity of seven commercially available devices for the assessment of movement velocity at different intensities during the bench press. *Journal of Strength and Conditioning Research*, 33(5), 1258-1265. Impact factor: 2.973 (Q1: 19/85). JCR Category: Sport Sciences. Autor de correspondencia: YES.

## C.2. Research projects

1. **Title:** Influencia de la estrategia de exposición a la hypoxia moderada sobre las adaptaciones al entrenamiento de la potencia muscular

- **Code:** DEP2015-64350-P

- **Financing entity:** Ministerio de economía y competitividad. Programa estatal de fomento de la investigación científica y técnica de excelencia - Subprograma estatal de generación de conocimiento. Convocatoria 2015. Plan Nacional de I+D+i.

- **Principal Investigator:** María Belén Feriche Fernández-Castanys

- **Initial date:** 01/01/2016 - **Final date:** 31/12/2018 - **Funding:** 71148 €

2. **Title:** Aplicaciones de la relación fuerza-velocidad para evaluar la fatiga inducida por diferentes protocolos de ejercicio físico

- **Code:** DINREG 09/2019

- **Financing entity:** Universidad Católica de la Santísima Concepción.

- **Principal Investigator:** Amador García Ramos

- **Initial date:** 07/08/2019 - **Final date:** 29/02/2020 - **Funding:** 3,000,000 pesos chilenos ( $\approx$  4000€)

3. **Title:** Desarrollo de un test de evaluación del tiempo de reacción en situaciones simuladas de combate

- **Code:** 5/4/20 TR-COMBATE

- **Financing entity:** Centro Mixto Universidad de Granada Mando de Adiestramiento y Doctrina.

- **Principal Investigator:** Amador García Ramos



- **Initial date:** 06/10/2020    - **Final date:** 06/10/2021    - **Funding:** 9100 €

**4. Title:** Evaluación de la función muscular de los miembros superiores tras diferentes protocolos de ejercicio físico a través de la relación fuerza-velocidad

- **Code:** PPJIA2020.02

- **Financing entity:** Proyectos de Investigación Precompetitivos para Jóvenes Investigadores del Plan Propio 2020 (Universidad de Granada).

- **Principal Investigator:** Amador García Ramos

- **Initial date:** 01/01/2021    - **Final date:** 31/12/2021    - **Funding:** 3000 €

### **C.3. Scientific congresses**

1. **García-Ramos, A.**, Zivkovic, M., Djuric, S., Majstorovic, N., Manovski, K., Jaric, S. (2018). Two-point method for the assessment of leg muscle mechanical capacities in field conditions. XXIII Annual Congress of European College of Sport Science. Oral communication. Dublín, Irlanda.

2. **García-Ramos, A.** (2017). A systematic review and meta-analysis of the effectiveness of different conditioning programs on enhancing the performance of high-velocity actions in soccer players. V International Congress on Team Sports. Oral communication. Sevilla, España.

3. **García-Ramos, A.**, Zivkovic, M., Pérez-Castilla, A., Mirkov, D.M., Knezevic, O. M., Djuric, S., Nedeljkovic, A., Cuk, I., Feriche, B., Padial, P., Morales-Artacho, A. J., Pestaña-Melero, F.L., & Jaric, S. (2017). Optimization of the reliability of the force-velocity relationship: what is more important the number or the distance between experimental points? X International Symposium in Strength Training. Oral communication. Madrid, España.

### **C.4. Book chapters**

1. **García-Ramos, A.**, Jaric, S., Pérez-Castilla, A., Padial, P., & Feriche, B. (2016). Book chapter: Reliability of mechanical variables assessed from the loaded squat jump. Book title: Current research in motor control V. Bridging motor control and biomechanics. Editorial: BiuroTEXT. ISBN: 978-83-64036-64-4. Pages: 72-77.

2. Pérez-Castilla, A., **García-Ramos, A.**, Feriche, B., Padial, P., & Jaric, S. (2016). Book chapter: Reliability and validity of the “two-load method” to determine leg extensors maximal mechanical capacities. Book title: Current research in motor control V. Bridging motor control and biomechanics. Editorial: BiuroTEXT. ISBN: 978-83-64036-64-4. Pages: 219-225.

3. Feriche, B., **García-Ramos, A.**, Morales-Artacho, A., & Padial, P. (2015). Book chapter: Efecto de la exposición a la hipoxia sobre la fuerza y potencia muscular y su entrenamiento. Book title: Fisiología de la hipoxia y entrenamientos en altitud. Guía teórico-práctica para realizar entrenamientos en altura e hipoxia en deportistas. Editorial: ElikaEsport Editorial. ISBN: 978-84-944606-2-3. Pages: 333-342.

### **C.5. Research stays**

1. High Performance Center of Sierra Nevada (Spain). 03/10/2011 to 19/11/2011 (47 days).

2. National Institute for Physical Education of Catalonia (Spain). 01/09/2011 to 30/09/2011 and 20/11/2011 to 20/12/2011 (60 days).

3. Catholic University of Valencia San Vicente Mártir (Spain). 01/07/2013 to 31/07/2013 (31 days).

4. University of Ljubljana (Slovenia). 11/01/2014 to 30/06/2014, 05/02/2015 to 13/02/2015 and 15/03/2015 to 19/03/2015 (184 days).

5. University of Belgrade (Serbia). 01/09/2018 to 28/02/2019 (1.5 years).