

Activities Report 2024



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1. Presentación

The Sports Science Research Centre of the Rey Juan Carlos University (CIDE)¹ is a multidisciplinary research centre of the URJC, which carries out quality research and training in the field of Physical Activity and Sport Science.

The Centre offers consultancy and knowledge transfer services, both to society as a whole and to the business and associative fabric of the Physical Activity and Sport Sector.

The Centre has its headquarters in the premises of the Fuenlabrada Campus Stadium of the Rey Juan Carlos University, located at Camino del Molino, 5. 28942 Fuenlabrada (Madrid).

The CIDE is formally constituted by agreement of the Governing Council on 30th March 2023 as a natural evolution of the Centre for Sports Studies, which was launched at the Rey Juan Carlos University through a specific agreement with the CSIC in 2016.

Since its incorporation to the Rey Juan Carlos University, the Sports Science Research area has generated **more than 3,5 million euros in external funding** and has launched more than **75 projects**.

We are considered a **High-Performance Research Group**, according to the Rey Juan Carlos University standards, and have climbed to the **100-150 institutions group in the Shanghai 2024 Ranking in Sport Science** in our third year included in the ranking (up to 50 places from 151-200 and another 100 places from the initial position 251-300 in 2022, year we entered the ranking). ²

¹ <https://cide.urjc.es/>

² <https://www.shanghairanking.com/rankings/grsssd/2023>

2. Executive Summary

This document outlines the main activities of the Centre for Research in Sports Science (CIDE) during 2024. This centre, which was launched in its current structure in April 2023, is the natural evolution of the Centre for Sports Studies (CED), which originated at Rey Juan Carlos University through a specific agreement with the CSIC in 2016.

In its second year of operation, CIDE has continued to implement and develop an ambitious and effective work plan, focusing on six synergistic actions:

- clearly defining its structure and organisation, in **five areas of clear specialisation** (which in 2025 will give rise to its own research groups³);
- establishing the basis for the development and implementation of a **four-year Strategic Plan** (2023-2027), where critical research areas have been identified in each case, KPIs have been defined for each one, and a specific roadmap has been identified;
- strengthening the development of the **capacity and talent of our researchers**, integrating mentoring as an axis of effective support;
- Executing without incident 35 projects and research contracts , with a total allocation of **2.483.566,92 €** (20 ongoing projects, involving a total budget of €1,030,514.84, plus 15 new projects and contracts, with total funding of €1,453,052.08)
- regularly publishing the results of our work in each area of specialisation (with **46 JCR articles** published).

On the other hand, the CIDE research team has completed the implementation of a new official postgraduate programme (**Official Master's Degree in Physical Preparation for Health and Exercise in Chronic Pathologies**⁴), which has started its activity in the

³ Applications for recognition as High Performance Research Groups are currently under review for four proposals submitted by CIDE research teams to the 2024 Call for Recognition of Research Groups at Rey Juan Carlos University..

⁴ <https://www.urjc.es/estudios/master/8771-preparacion-fisica-para-la-salud-y-ejercicio-en-patologias-cronicas>

2024/25 academic year. This programme clearly reinforces one of the areas of the centre with the greatest potential for future research activity, the use of physical exercise as an instrument of prevention and improvement of the quality of people affected by chronic diseases (research area in Physical Activity, Exercise, Health and Quality of Life).

And finally, in collaboration with the International Doctoral School, we have also launched the new **Doctoral Programme in Education and Sport Sciences**⁵. We have seven students enrolled for the 2024–2025 academic year, five of whom have funding linked to a research project.

As we indicated in the introduction, the Sports Science Research area is a young field, small in size (although growing steadily), with a lot of talent and ambition, which since its incorporation into the Rey Juan Carlos University has generated more than 3,5 million euros in external funding and has launched more than 75 projects. And all this considering that the researchers assigned to the CIDE have a full teaching load and **lack structural support for the management and administration of ongoing projects**.

Below is detailed information about our activities in our second year as a Research Centre ...

⁵ <https://www.urjc.es/estudios/programas-de-doctorado/9102-programa-de-doctorado-en-ciencias-de-la-educacion-y-ciencias-del-deporte>

3. Vision, Mission and Objectives:

3.1. Vision of the Centre for Sports Science Research (CiDE)

- To become a unique and singular agent of reference, through our impact, contributions and collaborations, within the ecosystem of Sport Science in our country and internationally.

3.2. Mission of the Centre for Sports Science Research (CiDE)

- To promote and develop innovative and quality research in the field of Physical Activity and Sport Science capable of transforming the perception of the value and recognition of the impact of sports and physical activity in society.

3.3. Objectives of the Sport Science Research Centre (CiDE)

This Mission of the Centre for Sports Science Research (CiDE) is specified in the following objectives:

- To promote and develop innovative and quality research in the field of Physical Activity and Sport Science.
- To promote the generation of knowledge in the scientific community, based on the research results obtained and published in scientific journals.
- To develop quality research training, in cooperation with other national and international research centres.
- To develop specialised training programmes for Sport Science professionals, contributing to the permanent updating of their knowledge and professional improvement.
- To promote the transfer of research results, so that they achieve an effective impact on the professional activity of Physical Trainers, Sports Directors and Physical Education Teachers, in the fields related to Physical Activity and Health, Sports Performance and Sports Education.

4. Organisational chart of the Research Centre:

The Centre for Sports Science Research (CIDE) has been provided with a highly operational and functional organisational structure, which will allow it to grow organically in the coming years, as new researchers join the Centre.

The core of the operational management lies with the Director of the Centre, with the support of the Deputy Director and the Secretary. In our case, these are the following people:

- Director: Prof. Alfonso Jiménez Gutiérrez.
- Deputy Director: Prof. Miguel Ángel Fernández Del Olmo.
- Secretary: Dr. Xián Mayo Mauriz.

Strategic and scientific decision-making is carried out by the centre's **Executive Committee**, which includes the leaders and coordinators of the different research areas:

- Leader of the Performance and Physiology Research Area: Dr. Juan del Coso. Coordinator: Dr. Arturo Casado Alda.
- Research Area Leader in Didactic and Behavioural Analysis of Sport: Prof. Fernando Del Villar. Coordinator: Dr. Alexander Gil Arias.
- Leader of the Research Area in Learning and Motor Control: Prof. Miguel Ángel Fernández Del Olmo. Coordinator: Dr. Antonio Luque.
- Leader of the High-Performance Research Area: Dr. Pedro Jiménez Reyes.
- Research Area Leader in Physical Activity, Exercise, Health and Quality of Life: Prof. Alfonso Jiménez. Coordinator: Dr. Xián Mayo Mauriz

The monitoring of research activities, as well as the operational management of the use of resources, is carried out by the centre's working group, which includes the centre's director and the coordinators of the research areas.

In addition, the centre has a Centre Council, which brings together all the researchers linked to the centre.

IMPORTANT: Throughout 2025, a series of minor changes will be made to the structure of CIDE in accordance with the updated regulations for Research Centres and Institutes at URJC.

Figure #1 below, presents the structure of CIDE's organisational chart during 2024.

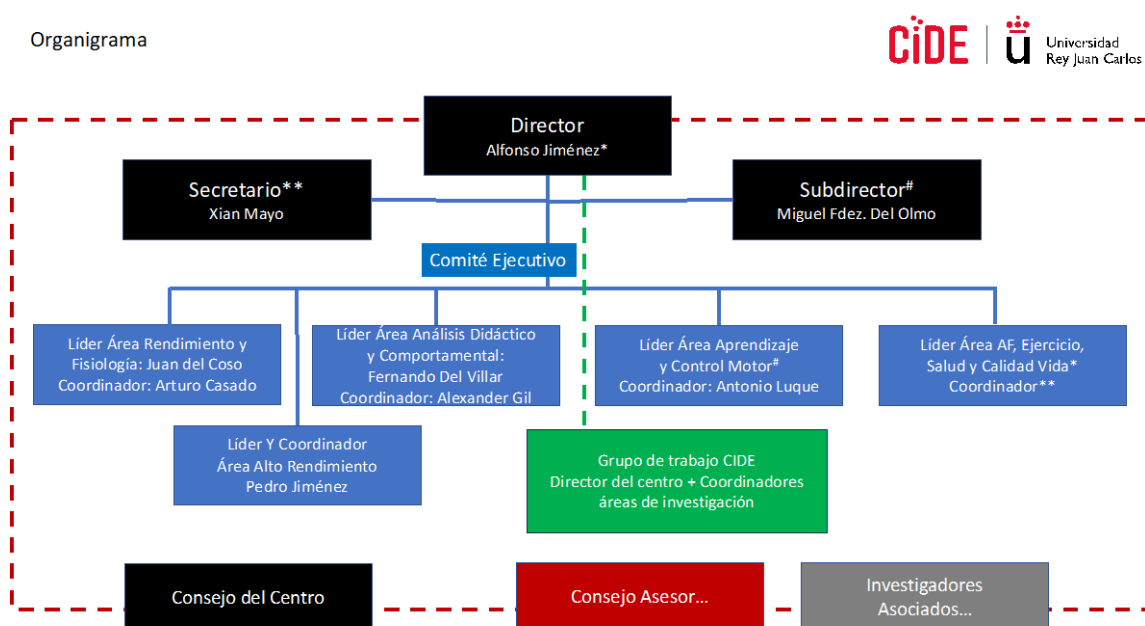


Figure #1:
2024 CIDE's Organisational Chart Structure

5. Human Resources

5.1. Number of researchers:

In 2024, the CIDE had **36 people**: 21 faculty researchers (3 professors, 7 associate professors, 10 assistant professors, 7 assistant professors, 1 adjunct professor), 6 postdoctoral researchers, and 1 predoctoral researcher (all with funding). In addition, the CIDE has 8 other research fellows, all of whom are funded by our ongoing projects, including one part-time research management support person, with external funding.

This team accumulates in 2024 a total of **29 six-year research periods**. In terms of publications, and according to Scopus data (as of 03/02/2025), our research team has accumulated a total of **1,453 publications**, with 54,541 citations and an **aggregate IF of 435**.

Table #1, included below, details the research team, a continuación, incluye el detalle del equipo de investigadores, research project staff and support staff at CIDE in 2024.

Tabla #1:

List of active researchers and research Project staff
At the CIDE in the year 2024

Full Name	Category	Six-year term
Prof. Alfonso Jiménez Gutiérrez	Professor of University	3
Prof. Miguel Fernández del Olmo	Professor of University	3
Prof. Fernando Del Villar Álvarez	Professor of University	4
Dr. Juan del Coso Garrigós	Associate Professor	3
Dr. Pedro Jiménez Reyes	Associate Professor	2
Dr. Alexander Gil Arias	Associate Professor	2
Dr. Sergio Jiménez Saiz	Associate Professor	2
Dra. Diana Amado Alonso	Associate Professor	1
Dr. Daniel Collado Mateo	Associate Professor	1
Dra. Noa Fogelson	Assistant Professor	2

Dr. Arturo Casado Alda	Assistant Professor	1
Dr. Fernando Claver Rabaz	Assistant Professor	1
Dr. Xián Mayo Mauriz	Assistant Professor	1
Dr. Antonio Luque Casado	Assistant Professor	1
Dr. Joaquín González Ródenas	Assistant Professor	-
Dr. Sergio Jiménez Rubio	Assistant Professor	-
Dra. Inés Nieto Romero	Assistant Professor	-
Dr. Marcos Soriano Rodríguez	Assistant Professor	-
Dra. Alba Práxedes Pizarro	Assistant Professor	-
Dr. Carlos Lahoz Palacio	Assistant Professor	-
Dr. Alfonso Arroyo Lorenzo	Adjunct Profesor	-
Dr. Raúl Sánchez García	Postdoctoral Research Fellow	2
Dr. Robert Bauer	Postdoctoral Research Fellow	-
Dr. Adrián Castaño Zambudio	Postdoctoral Research Fellow	-
Dra. Ana M. Lavín Pérez	Postdoctoral Research Fellow	-
Dr. Eduardo Villamil Cabello	Postdoctoral Research Fellow	-
Dr. Juan Carlos Benavente	Postdoctoral Research Fellow	-
Elvira Molinero Martín	Postdoctoral Research Fellow	-
Ana Miravete Antonenko	Research management support	-
M ^a Teresa Bueno Gil	Technician – Research Fellow	-
Irene Fernández Cruceta	Technician – Research Fellow	-
Javier Fernández Sánchez	Research Fellow	-
Oscar Benítez Canillas	Research Fellow	-
Adrián Rodríguez Castaño	Research Fellow	-
Daniel Trujillo Colmena	Research Fellow	-
Sara Lapresta Romero	Research Fellow	-

5.2. Technical and administrative staff

As indicated in the previous section, the CIDE has only 1 technical research support staff (part-time, 20h/week), Ana Miravete Antonenko, who joined the team in September 2023 and is funded by a project of the Centre's director (F980) ⁶.

5.3. Morphology of the CIDE Staff in 2024

Figure #2 below represents the staffing structure of the current staff assigned to the CIDE during 2024.

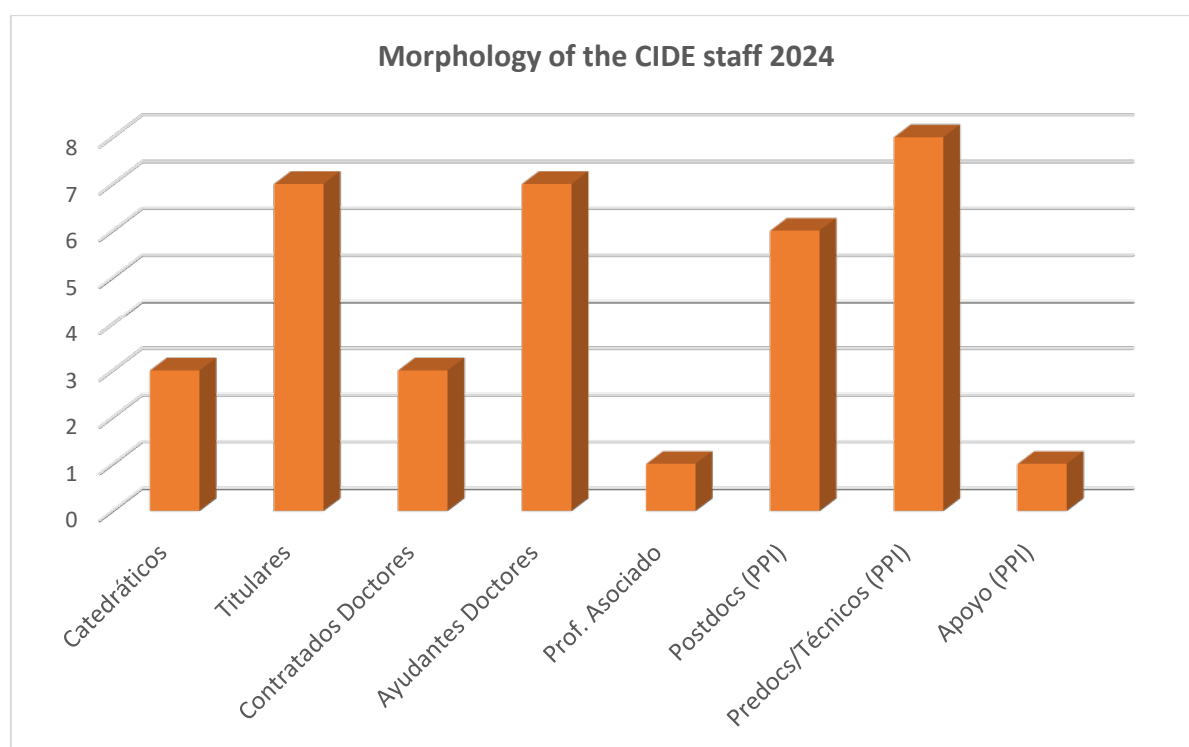


Figura #2:
Staffing structure of the current staff assigned to the CIDE in 2024

⁶ Ana Miravete Antonenko, part-time supporting research management at CIDE (20 hours/week), is funded by project F980, corresponding to Echegaray funding from the director of CIDE, Professor Echegaray Alfonso Jiménez..

6. Research projects

The number of research projects underway, plus those obtained in 2024, amounts to a total of **36 research projects and research contracts**, with a total endowment of funds of **2.483.566,92 €**.

6.1. Description of ongoing projects

During the year 2024, **18 active projects** have been developed in the CIDE, involving a total budget of **1.030.514,84€**. Table #2 below presents the details of each project, including PI, funding entity, amount and start and end dates of each project.

Table #2:
Ongoing projects and contracts at the CIDE in 2024

PI/PIs	Title	Funding Agency	Amount in €	Start Date	End Date
Alfonso Jiménez Gutiérrez	The Social Return Lab for an Active Living (EBTC - ALL)	Universidad Rey Juan Carlos	3.000,00 €	20/12/2023	31/10/2024
Juan del Coso Garrigos	Research in relation to performance measurement and injury prevention, using data from the 'Mediacoch' platform.	La Liga Group International SL	5.000,00 €	04/12/2023	03/12/2024
Alfonso Jiménez Gutiérrez	URJC Centre for Sports Science Research	Universidad Rey Juan Carlos	20.000,00 €	01/12/2023	31/12/2024
Alexander Gil Arias	Acquisition of WIMO PRO inertial devices	Universidad Rey Juan Carlos	19.689,12 €	21/11/2023	20/05/2024

Alfonso Jiménez Gutiérrez	Creation and implementation of a Unit for the Evaluation and Impact Assessment of the Plan of Indicators of Sport in Sustainable Development in Ibero-America and the Coordination of the Ibero-American Network of Women and Sport.	Consejo Iberoamericano del Deporte	50.000,00 €	01/10/2023	31/12/2024
Miguel Ángel Fernández del Olmo	Effects of the combination of physical exercise and transcranial direct current stimulation on motor function and underlying neurophysiological mechanisms in Parkinson's disease.	Agencia Estatal de Investigación - Ministerio de Ciencia e Innovación	113.125,00 €	01/09/2023	31/08/2026
Diana Amado Alonso	Two-way support project based on socio-educational strategies in working with adolescents through Dog Assisted Intervention and Therapeutic Dance	Universidad Rey Juan Carlos	2.500,00 €	01/09/2023	30/06/2024
Sergio Jiménez Rubio	Monitoring of running mechanics to apply scientific criteria in the development of physical-sports rehabilitation programmes with professional and amateur sportsmen and women.	Universidad Rey Juan Carlos	180,00 €	27/06/2023	30/06/2024

Alfonso Jiménez Gutiérrez	Consultancy and scientific-technical advice for the implementation of different studies and projects on the positive effects of an active and healthy lifestyle, the improvement of sports performance, the integration of technology and the impact of certain health services	Universidad EUNEIZ SA	18.000,00 €	14/04/2023	13/04/2026
Alfonso Jiménez Gutiérrez	Line of Action No. 3. Programme of Excellence for Alfonso Jiménez Gutiérrez. Multi-annual Agreement between the Community of Madrid and the Rey Juan Carlos University.	COMUNIDAD DE MADRID	75.000,00 €	21/03/2023	31/12/2024
Arturo Casado Alda	Industrial Doctorates 2022. GO fit Super-Run: optimising performance in amateur long-distance runners by manipulating the distribution of training intensities and assisting heart rate variability.	COMUNIDAD DE MADRID	73.066,72 €	01/01/2023	01/01/2026
Daniel Collado Mateo	Evaluation of physical activity for minimising the consequences of digital addictions in young adults	MINISTERIO DE DERECHOS SOCIALES, CONSUMO Y AGENDA 2030	43.190,00 €	01/01/2023	30/06/2024

Alfonso Jiménez Gutiérrez, Xian Mayo Mauriz	Social and economic impact of promoting active behaviour, applying the Social Return of Investment (SROI) model.	GO fit Life, Science & Technology, S.A.	75.000,00 €	2/12/22	1/12/25
Alfonso Jiménez Gutiérrez, Xian Mayo Mauri	Social and economic impact of promoting active behaviour in Spain, applying Social Return of Investment (SROI) models.	Fundación España Activa	72.000,00 €	10/11/22	9/11/25
Antonio Luque Casado	Effects of aerobic physical exercise as a facilitating strategy of neuroplasticity mechanisms induced by non-invasive brain stimulation on sustained attention performance.	COMUNIDAD DE MADRID	44.564,00 €	15/6/22	14/6/24
Alfonso Jiménez Gutiérrez, Xian Mayo Mauriz	Implications of social impact on the development of active behaviour.	GO fit Life, Science & Technology, S.A.	24.000,00 €	28/2/22	27/2/24
César Bernal Bravo, Daniel Collado Mateo	Study on Animal Assisted Socio-educational Interventions	Asociación de Educadores-as sin Fronteras	20.000,00 €	19/12/21	18/12/24
Alfonso Jiménez Gutiérrez	Social and economic impact of promoting a physically active lifestyle through the creation of a pilot research unit called THiNK Active	EuropeActive	80.000,00 €	26/5/21	25/5/25

Noa Fogelson	Evaluating cognitive effects of methylphenidate in Parkinson's disease patients using electrophysiological measures.	Agencia Estatal de Investigación - Ministerio de Ciencia e Innovación	84.700,00 €	1/6/20	31/5/24
Alfonso Jiménez Gutiérrez	GO fit URJC Chair of Active Living, Physical Exercise and Happiness	GO fit Life, Science & Technology, S.A. (anteriormente Ingesport Health & Spa Consulting SL)	207.500,00 €	18/6/19	17/6/25

6.2. New projects initiated during 2024

On the other hand, and also during the year 2024, **15 new projects and contracts** have been launched, with a total funding of **1.453.052,08€**. Table #3 below shows the details of the projects obtained, PI, funding entity, amount and start and end dates of each project.

Table #3:

List of new projects and contracts obtained by the CIDE in the year 2024

MI/Mis	Title	Funding Agency	Total Amount	Start Date	End Date
Alfonso Jiménez Gutiérrez	Active Living Lab (EBTC - ALL)	Universidad Rey Juan Carlos	3.000,00 €	10/12/2024	31/10/2025
Juan del Coso Garrigos	Technology-Based Company (TBC) Fitgenoma	Universidad Rey Juan Carlos	3.000,00 €	10/12/2024	31/10/2025
Sergio L Jiménez Sáiz	Learning professional development (LPD) for coaches and physical trainers in Basketball and Sports Training (1)	Club Baloncesto Zentro	3.500,00 €	22/11/2024	30/06/2024
Sergio L Jiménez Sáiz	Learning professional development (LPD) for coaches and physical trainers in Basketball and Sports Training (2)	Club Baloncesto Zentro	2.500,00 €	12/11/2024	30/06/2025

Alfonso Jiménez Gutiérrez	AECC-URJC PROFESSORSHIP FOR AN ACTIVE AND HEALTHY LIFE: Development of a Specialised Training Programme for Health Professionals on the Integration of Exercise in the treatment and care of cancer patients and their support nucleus	Fundación Científica de la Asociación Española contra el Cáncer	107.000,00 €	01/11/2024	31/10/2027
Alfonso Jiménez Gutiérrez/Inés Nieto Romero	Evaluation of the Social and Economic Impact of GO fit centres applying the Return on Investment in Sport Model	GO fit Life, Science & Technology, S.A.	10.000,00 €	18/10/2024	17/07/2024
Alfonso Jiménez Gutiérrez/Carlos Lahoz Palacios	Diagnóstico de Diagnosis of trends in technological innovation in the field of sport for the Zaragoza Smart City of Sport	Ayuntamiento de Zaragoza	14.500,00 €	15/10/2024	19/12/2024
Alexander Gil Arias	URJC in shape: Implementation of an individualised training programme to improve the physical and psychological health of URJC staff.	Universidad Rey Juan Carlos	138.125,00 €	01/10/2024	31/12/2025
Antonio Luque Casado	Acute aerobic exercise as a strategy for preserving mental performance and subjective well-being (EXER-COGFIT)	Agencia Estatal de Investigación – Plan Nacional de Investigación. Convocatoria Proyectos Generación de Conocimiento.	126.000,00 €	01/09/2024	31/08/2027
Alfonso Jiménez Gutiérrez	Digitalisation, innovation and technology skills in the Sport System	Asociación del Deporte Español	928.867,00 €	26/03/2024	25/10/2025
Alfonso Jiménez Gutiérrez	Evaluation Study of the Social and Economic Impact of the Bilbao Municipal Assisted	Ayuntamiento de Bilbao	14.600,00 €	26/03/2024	25/12/2024

	Bicycle Lending Service 'Bilbaobizi'.				
Daniel Collado Mateo	Influence of physical activity on digital addictions and energy drink consumption in adolescents.	MINISTERIO DE DERECHOS SOCIALES, CONSUMO Y AGENDA 2030	35.180,00 €	01/01/2024	30/06/2025
Alfonso Jiménez Gutiérrez	IMPLEMENTATION OF IBERO-AMERICAN SPORT INDICATORS FOR SUSTAINABLE DEVELOPMENT	Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GMBH	50.000,08 €	01/01/2024	31/05/2025
Alfonso Jiménez Gutiérrez	Spanish research network on the Social Return on Investment in Sport	Ministerio de Educación, Cultura y Deporte	10.000,00 €	01/01/2024	31/12/2024
Juan del Coso Garrigos	Effects of acute and chronic caffeine ingestion to increase fat oxidation during exercise in real sport situations	Universidad Rey Juan Carlos	6.780,00 €	01/01/2024	31/12/2024

7. Publications and scientific output

7.1. Scientific Articles

Table #4 below presents the total of **46 scientific articles** published by CIDE researchers in 2024, indicating the title of the work, authors and journal of publication

(for more detailed information please visit the CIDE website, publications section of the home page, <https://cide.urjc.es/>, from where you can access the DOI of each publication).

Table # 4:
List of scientific articles published by CIDE researchers in 2024

Title	Authors	Journal
Effects of Different Tactical Formations on Positional Team Behaviors during Small Sided Games in Youth Soccer Players	González-Rodenas, J., Ferrandis, J., Carril-Valdó, J., Claver-Rabaz, F., Ballester, R., Gil-Arias, A.	Journal of Human Kinetics
Return to Performance of a Soccer Player with an Adductor Longus Injury: A Case Report	Estévez-Rodríguez, J.L., Rivilla-García, J., Jiménez-Rubio, S.	Medicina, MPDI
Is It Possible to Improve Performance in Competition After an Adductor Longus Injury in Professional Football Players?	Estévez-Rodríguez, J.L., Rivilla-García, J., Jiménez-Rubio, S.	Journal of Sport Rehabilitation
Tactical Behaviors in Men's and Women's Middle-Distance	Comino, P., Foster, C., Renfree, A., Casado, A.	International Journal of Sports Physiology and Performance
Serendipity in Science: 50+ Years of Designed, and Sometimes Lucky, Science	Foster, C., Anholm, J., de Koning, J.J., Bok, D., Barroso, R., Boullosa, D., Casado, A., Cortis, C., Fusco, A., Porcari, J., Rodríguez-Marroyo, J.A.,	International Journal of Sports Physiology and Performance
Impact of Technical-Tactical and Physical Performance on the Match Outcome in Professional Soccer: A Case Study	Barthelemy B, Ravé G, Govindasamy K, Ali A, Coso JD, Demeaux J, Bideau B, Zouha H.	Journal of Human Kinetics
Effects of Creatine Supplementation and Resistance Training on Muscle Strength Gains in Adults <50 Years of Age: A Systematic Review and Meta-Analysis	Wang Z, Qiu B, Li R, Han Y, Petersen C, Liu S, Zhang Y, Liu C, Candow DG, Del Coso J.	Nutrients
The Effect of Post-Activation Potentiation Enhancement Alone or in Combination with Caffeine on Anaerobic Performance in Boxers: A Double-Blind, Randomized Crossover Study	Zhang Y., Diao P., Wang J., Li S., Fan Q., Han Y., Liang Y., Wang Z., Del Coso J.	Nutrients

Correction to: Influence of the CYP1A2 c.(-163) A > C polymorphism in the effect of caffeine on fat oxidation during exercise: a pilot randomized, double-blind, crossover, placebo-controlled trial	Varillas-Delgado D, Del Coso J, Muñoz A, Aguilar-Navarro M, Gutierrez-Hellin J.	European Journal of Nutrition
Influence of the CYP1A2 c.(-163) A > C polymorphism in the effect of caffeine on fat oxidation during exercise: a pilot randomized, double-blind, crossover, placebo-controlled trial	Varillas-Delgado D, Coso JD, Muñoz A, Aguilar-Navarro M, Gutierrez-Hellin J.	European Journal of Nutrition
Body Composition and Dietary Intake Profiles of Elite Iranian Swimmers and Water Polo Athletes	Samanipour MH, Mohammadian S, Del Coso J, Salehian O, Jeddi FK, Khosravi M, González-Ravé JM, Ceylan Hİ, Liu H, Abou Sawan S, Jäger R.	Nutrients
Effects of Caffeinated Coffee on Cross-Country Cycling Performance in Recreational Cyclists	Trujillo-Colmena D., Fernández-Sánchez J., Rodríguez-Castaño A., Casado A., Del Coso J.	Nutrients
Effect of COVID-19 on Injury Incidence and Severity in Professional Female Football Players: A Cohort Prospective Study	Moreno-Pérez V, Courel-Ibáñez J, Oliva-Lozano JM, Celda DB, Buil MÁ, Miguel IÁ, Armada-Cortes E, Gasulla-Angles P, Martínez HM, Sebastía-Paredes V, González-Ródenas J, Del Coso J.	Sports Health
Reduced Match Exposure in the Previous 2 Matches Accounts for Hamstring Muscle Injury Incidence in Professional Football Players	Moreno-Pérez V., Del Coso J., López-Del Campo R., Resta R., Romero-Sangüesa J., Courel-Ibáñez J., Méndez-Villanueva A.	Sports Health

Influence of the time of day in the effect of caffeine on maximal fat oxidation during exercise in women: a randomized, crossover, double-blind, and placebo-controlled study	Muñoz A, Aguilar-Navarro M, Ruiz-Moreno C, Varillas-Delgado D, Amaro-Gahete FJ, Gutiérrez-Hellín J, Del Coso J, López-Samanes Á.	European Journal of Applied Physiology
Deceleration Capacity During Directional Change as a Time-Efficient (Ecological) Prescreening of Hip Adductor Force Status in Amateur Soccer Players	Miralles-Iborra A, Del Coso J, De Los Ríos-Calonge J, Elvira JLL, Barbado D, Urban T, Moreno-Pérez V.	Journal of Strength and Conditioning Research
Influence of a football match on landing biomechanics and jump performance in female football players	Miralles-Iborra A., Elvira J.L.L., Del Coso J., Hernandez-Sanchez S., Pino-Ortega J., Moreno-Pérez V.	Scandinavian Journal of Medicine and Science in Sports
The OMNIVEG STUDY: Health outcomes of shifting from a traditional to a vegan Mediterranean diet in healthy men. A controlled crossover trial	López-Moreno M, Fresán U, Del Coso J, Aguilar-Navarro M, Iglesias López MT, Pena-Fernández J, Muñoz A, Gutiérrez-Hellín J.	Nutrition, Metabolism & Cardiovascular Diseases
Technical and tactical evolution of the offensive team sequences in LaLiga between 2008 and 2021. Is Spanish football now a more associative game?	González-Rodenas J, Moreno-Pérez V, Campo RL, Resta R, Coso JD.	Biology of Sport
Effects of contextual and tactical dimensions on the creation of goal-scoring opportunities in U12 and U13 elite Spanish soccer teams	González-Rodenas J., Martínez López A., Pérez Gay R.,	International Journal of Sports Science and Coaching
Effect of the phase of the season and contextual variables on match running performance in Spanish LaLiga football teams	González-Rodenas J, Ferrandis J, Moreno-Pérez V, López DC, Resta R, Del Coso J.	Biology of Sport
Effect of Caffeine and Nitrates Combination on Exercise Performance, Heart Rate and Oxygen Uptake: A Systematic Review and Meta-Analysis	Gilsanz L, Del Coso J, Jiménez-Saiz SL, Pareja-Galeano H.	Nutrients

Comparison of kinematics and kinetics between unassisted and assisted maximum speed sprinting	Gleadhill S., Jiménez-Reyes P., van den Tillaar R., Nagahara R.	Journal of Sports Sciences
Caffeine supplementation during official basketball games: a randomized crossover study on the effects on game-related statistics and perceptual responses of adult male players	Gasperi L, Sansone P, Gomez-Ruano MA, Ruiz-Moreno C, Del Coso J.	The Journal of Sports Medicine and Physical Fitness
Caffeine Enhances Some Aspects of Physical Performance in Well-Trained Hammer and Discus Throwers	Gallo-Salazar C, Del Coso J, Lara B, Aguilar-Navarro M, Giráldez-Costas V, Areces F, Revuelta C, Gutiérrez-Hellín J, Salinero JJ.	Nutrients
Persons With Chronic Obstructive Pulmonary Disease and High Levels of Activation Improved Their Physical Activity Skills After an Educational Session	Fernández-Sánchez MC, Ruiz-López FJ, Ros-Lucas JA, Andújar-Espinosa R, Del Coso J, García-Pastor T.	Chronic Obstructive Pulmonary Diseases
Changes in physical and technical match performance variables in football players promoted from the Spanish Second Division to the First Division	Ferrandis J., Del Coso J., Moreno-Pérez V., López-Del Campo R., Resta R., González-Rodenas J.	Biology of Sport
Evolution of 1500-m Olympic Running Performance	Foster C., Hanley B., Barroso R., Boullosa D., Casado A., Haugen T., Hettinga F.J., Jones A.M., Renfree A., Skiba P., St Clair Gibson A., Thiel C., de Koning J.J.	International journal of sports physiology and performance
Effects of exercise on life satisfaction of people diagnosed with cancer: a systematic review and meta-analysis	Fernández-Sánchez J, Trujillo-Colmena D, Rodríguez-Castaño A, Lavín-Pérez AM, Del Coso J, Casado A, Collado-Mateo D.	Supportive Care in Cancer

Effect of Acute Caffeine Intake on Fat Oxidation Rate during Fed-State Exercise: A Systematic Review and Meta-Analysis	Fernández-Sánchez J., Trujillo-Colmena D., Rodríguez-Castaño A., Lavín-Pérez A.M., Del Coso J., Casado A., Collado-Mateo D.	Nutrients
Genotypic and Allelic Distribution of the CD36 rs1761667 Polymorphism in High-Level Moroccan Athletes: A Pilot Study	El Ouali EM, Kartibou J, Del Coso J, El Makhzen B, Bouguenouch L, El Harane S, Taib B, Weiss K, Knechtle B, Mesfioui A, Zouhal H.	Genes
Evaluación y prescripción del salto vertical y horizontal en futbolistas. Revisión narrativa Assessment and prescription of vertical and horizontal jumping in soccer players. Narrative review	Fernández-Galván L.M., Casado A., Domínguez R.,	Genes
A Systematic Review and Meta-analysis of the Association Between ACTN3 R577X Genotypes and Performance in Endurance Versus Power Athletes and Non-athletes	El Ouali EM, Barthelemy B, Del Coso J, Hackney AC, Laher I, Govindasamy K, Mesfioui A, Granacher U, Zouhal H.	Sports Medecine
Can Caffeine Change the Game? Effects of Acute Caffeine Intake on Specific Performance in Intermittent Sports During Competition: A Systematic Review and Meta-Analysis	Díaz-Lara J, Nieto-Acevedo R, Abian-Vicen J, Del Coso J.	International Journal of Sports Physiology and Performance
ACTN3 XX Genotype Negatively Affects Running Performance and Increases Muscle Injury Incidence in LaLiga Football Players	Del Coso J, Rodas G, Soler-Aguinaga A, López-Del Campo R, Resta R, González-Rodenas J, Ferrandis J, Moreno-Pérez V.	Genes
Differences in pacing behaviour between global championship medal performances and world records in men's and women's middle- and long-distance running track events	Casado, A., Ranieri, L.E., Hanley, B., Foster, C., González-Mohino, F.	Journal of Sports Sciences

Pacing strategies in men's and women's world- record marathon performances and Olympic Games and World Championship's winning performances	Casado, A., Ranieri, L.E., Díaz, J.J., Hanley, B., Foster, C.	HRCAC, Kineziologija
Performance and Psychophysiological Effects of Light-Guided Pacing During a 5000-m Run	Casado, A., Hornillos, A., Foster, C., Ranieri, L.E., Renfree, A., Domínguez, R.	Journal of Sports Physiology and Performance
Consensus on a social return on investment model of physical activity and sport: a Delphi study protocol	Nieto, I., Mayo, X., Davies, L., Reece, L., Strafford, B. W., & Jimenez, A	Frontiers in Sports and Active Living, 6, 1334805
The utility of social value framing for physical activity promotion: content analysis of European Union member state policies	Ritchie, I, Nieto, I., Mayo, X., Brunn, M., & Jimenez, A.	Frontiers in Sports and Active Living. 6, 1415007
Striving for Global Consensus: A Systematic Review of Social Return on Investment Applied to Physical Activity and Sport	Nieto, I., Mayo, X., Davies, L., Reece, L., Strafford, B., & Jimenez, A.	Journal of Physical Activity and Health
"Falling Behind," "Letting Go," and Being "Outsprinted" as Distinct Features of Pacing in Distance Running	Foster, C., Barroso, R., Bok, D., Boullosa, D., Casado A., Cortis, C., ... & de Koning, J. J.	International Journal of Sports Physiology and Performance. 19(9):867-873
Performance loss in resisted sprints associated with maturity in young soccer players (Pérdida de rendimiento en sprints resistidos asociado a la madurez en jóvenes futbolistas)	Luis Miguel Fernández Galván; Adrián Castaño-Zambudio; Alexander Gil-Arias; Arturo Casado.	Retos 59:94-102

Nutritional strategies for optimizing health, sports performance, and recovery for female athletes and other physically active women: A systematic review.	Larrosa, M., Gil-Izquierdo, A., González-Rodríguez, L. G., Alférez, M. J. M., San Juan, A. F., Sánchez-Gómez, Á., ... & Domínguez, R. (2024).	Nutrition Reviews, nuae082.
Development and validation of the Spanish version of the PADEX checklist to promote adherence to physical exercise in people with long-term health conditions and older adults	Lavín-Pérez A.M., Del Coso J., Luque-Casado A., Amado-Alonso D., Peñacoba C., del Villar F., Collado-Mateo D.,	Disability and Rehabilitation
Influence of Ludotechnical Model and Teaching Games for Understanding on Roller Hockey Player Motivation	Pizarro, D., Cosín, J., González-Fernández, F. T., González-Cutre, D., & Práxedes, A.	Apunts. Educación Física y Deportes, 157, 31-39

7.2. Books and Book chapters

During 2024 CIDE researchers have published 1 book and 7 book chapters. Details in each case are included below.

7.2.1. Books:

- Amado, D. (2024). *Pedagogy for arts education in today's society*. Tirant lo Blanch.

7.2.2. Capítulos de libros:

- Jiménez, A., Nieto, I., Davies, L.** The socio-economic value of our sector. In: *Future proofing your business through Strategic Management*. BlackBox Publishers, Nijmegen, The Netherlands, 2024.
- Larrosa, A., Lorenzo, M., y **Amado, D.** (2024). Educational stage, gender and academic qualifications as determining factors in the initial and continuing training in dance and body expression of teachers who teach physical education. In P. Bonnin-Arias, G. Lévédér-Lepottier, y L. Sanz-Simón (Eds.), *Arte, innovación*

y educación. Nuevos paradigmas en las enseñanzas regladas (pp. 241-263). Tirant lo Blanch.

- Molero, P., García-Calvarro, S., Lévédér-Lepottier, G., y **Amado D.** (2024). Review and proposal for teaching innovation in Dance and Body Expression for the area of Physical Education. In Bonnin-Arias, P., Lévédér-Lepottier, G., y Sanz-Simón, L. (Eds.), *Arte, innovación y educación. Nuevos paradigmas en las enseñanzas regladas* (pp. 263-281). Tirant lo Blanch.
- García Calvarro, S. y **Amado, D.** (2024). Analysis of motivation and anxiety in classical and contemporary dance practitioners. In D. Amado (Ed.), *Pedagogía para las enseñanzas artísticas en la sociedad actual* (pp.101-112). Tirant lo Blanch.
- Suárez-Pérez, E., Lavín-Pérez, M., y **Amado, D.** (2024). Professional dancers have lower self-esteem than people who dance as a leisure activity: a systematic review with meta-analysis. In D. Amado (Ed.), *Pedagogía para las enseñanzas artísticas en la sociedad actual* (pp. 113-141). Tirant lo Blanch.
- Pizarro, D., Cosin, J., **Práxedes, A.** (2024). A proposal for hybridisation between the Ludotechnical Model and Teaching Games for Understanding (TGfU). In A. Valero-Valenzuela (Ed.), *Una Metodología para la iniciación a los deportes individuales: el Modelo Ludotécnico y sus posibilidades* (pp. 254-281). Editorial: INDE.
- **Losa-Reyna, J.**, Verde-Rello, Z. (2024). Chronic obstructive pulmonary disease: Prescription and planning of physical exercise. In Marcos Pardo, P., Abalde Valeiras, J. A., Vaquero Cristóbal, R. (Editores), *Enfermedades crónicas y ejercicio físico* (pp. 201-211).

7.3. Other relevant publications

Finally, researchers at CIDE developed and completed in 2024 the National Strategy for the Promotion of Sport against Sedentary Lifestyles and Physical Inactivity 2025-2030 of the Higher Sports Council (Ministry of Education, Vocational Training and Sport, Government of Spain).

Coordinator: Prof. Alfonso Jiménez

CIDE Researchers: Phd. Inés Nieto, Phd. Xián Mayo, Phd. Calos F. Lahoz.

Reference to the document:

- CONSEJO SUPERIOR DE DEPORTES, **JIMENEZ, A.** (Coordinator). *Spanish National Strategy for the Promotion of Sport and Physical Activity 2025-2030*⁷. Secretaria General Técnica, Ministerio de Educación, Formación Profesional y Deporte, Madrid, 2024.



8. Collaborations and alliances

Since the beginning (first as the Centre for Sport Studies, 2016-2022) our research centre has played and is playing an important role within the national and international ecosystem of sport and physical activity. This unique role is materialised through the implementation of a number of unique projects in collaboration with industry, government agencies and third sector organisations that are having a very positive impact on society.

Among them, we would like to differentiate between a series of **scientific and technical support activities** for technological development and innovation (section 8.1.), and a series of **stable collaborations** that have stood out over the years for their trajectory and impact (section 8.2.), plus our participation in **Research Networks** (section 8.3).

⁷ https://www.csd.gob.es/sites/default/files/media/files/2025-06/ESTRATEGIA%20FOMENTO%20DEPORTE_0.pdf

8.1. Scientific-technical support activities for technological development and innovation:

These are activities and projects that are generated from the unique expertise of the researchers at our centre, who collaborate on a one-off basis, providing scientific-technical support for technological development and innovation in the ecosystem of sport. Among these activities we can highlight the following for their relevance in the year 2024:

- Training activity entitled '*Digitalisation, innovation and technology skills in the sports ecosystem*' (Art. 60 LOSU on-demand training), for the Spanish Sports Association (ADESP). This project, known externally as '*High Digital Performance*'⁸, has marked an extraordinary milestone in our development, visibility and recognition as a unique agent in the Spanish sports science ecosystem, with more than 3,500 sports professionals trained in this unique and innovative programme
- Advanced support and consultancy services for High Performance Sport, in ongoing projects (art.60 LOSU contracts in force) with: La Liga (AI application for football match analysis, PI: Juan Del Coso); Spanish Rugby National Teams (Use of strength/speed assessment technology to inform training load, PI: Pedro Jiménez); Consejo Superior de Deportes-CSD (2 consultancy contracts with Innova Next SL to improve the quality of the Open Call for Sports Innovation and Technology for Sports Federations, PI: Sergio Jiménez Saiz, PI: Alfonso Jiménez).
- Advanced support and consultancy services for the application of exercise in clinical conditions, in ongoing projects (art.60 LOSU contracts in force) with providers of neurological disorders (PI: Miguel Fernández Del Olmo).
- Advanced support and consultancy services for the promotion of health and the analysis of the social return on investment and impact on the development of sport, in ongoing projects (art.60 LOSU contracts in force) with the Ibero-American Sports Council (IP: Alfonso Jiménez), EuropeActive (IP: Alfonso Jiménez).

⁸ <https://altorendimientodigital.es/>

8.2. Stable collaborations with other institutions

8.2.1. Strategic collaboration with GO fit, through the GO fit LAB⁹ y la Cátedra and the URJC-GO fit Research Chair¹⁰:

Since 2019 we have developed a unique strategic partnership with GO fit Life, Science and Technology, S.A. (formerly Ingesport, Health & Spa Consulting, S.A.) supporting the research activity of its Research Unit, called **GO fit LAB**, with Prof. Alfonso Jiménez as its PI. Thus, we have established an ongoing Research Chair (2019 to 2025), and in these years we have completed different projects for the company (seven contracts art.60 LOSU) with a total funding allocation of **381.500€**.



We are currently working on two Industrial Doctorate projects, funded in this case by the competitive Industrial Doctorates programme of the Community of Madrid:

- Title: *GOfit Parkinson, development and evaluation of an extensive/permanent physical exercise programme for Parkinson's disease*. Fernández Del Olmo, M. (PI). Project ref. IND2020/BMD-17466. Funding: 73.000€

⁹ GO fit LAB (<https://go-fit.es/go-fit-lab/>) is a disruptive Research and Innovation Unit, which includes a Research LAB in Madrid within the GO fit Vallehermoso centre, the largest sports centre in Europe, in collaboration with a group of universities from across Europe led by the URJC. Its objective is to provide solid evidence on a large scale and identify sustainable best practices that support the development of an active lifestyle and regular participation in sport for a current cohort of members at its centres numbering over a quarter of a million people in Spain and Portugal

¹⁰ <https://www.urjc.es/i-d-i/innovacion-y-transferencia/1345-catedras-de-investigacion>

- <https://go-fit.es/blog/ejercicio/te-presentamos-la-unidad-de-valoracion-de-la-marcha/>
- <https://www.youtube.com/watch?v=wtM5nuNVBqs>
- Title: *GO fit SUPER-RUN: Optimisation of performance in amateur long-distance runners through optimal training models prescribed with the assistance of heart rate variability. Casado Alda, A., Jiménez Gutiérrez, A. (PIs). Project ref.?? Funding: 73.000€.*

Another ongoing project financed entirely by the company (contract art. 60 LOSU, ref. F928. Social and economic impact of promoting active behaviour, applying the Social Return on Investment (SROI) model. PIs: Phd. Xián Mayo and Prof. Alfonso Jiménez).

8.2.2. Strategic collaboration with Fundación España Activa, through the Foundation's Observatory located at the CIDE

The strategic collaboration with the España Activa Foundation dates to the first year of life of the Center for Sports Studies (CED) when, on September 13, 2016, an agreement was signed with the Foundation (then called the Active and Healthy Life Foundation) for the creation within it of the **Active and Healthy Life Observatory**¹¹. This new project involves the endowment of the Foundation's own resources for the hiring of a full-time postdoctoral researcher at CED through public competition (initial contract of 106.000€).

Since then, the Observatory of the España Activa Foundation has published **9 scientific-technical reference reports** that have become fundamental instruments for the recognition of the value of an active life for the Spanish society.

Throughout 2024, the work plan of pre-doctoral researcher Sara Lapresta Romero has been developed, funded by the LOSU Article 60 contract '*Social and economic impact of promoting active behaviour in Spain, applying Social Return on Investment Models*' (ref. 911, funding: €72,000. PIs: Phd Xian Mayo, Prof. Alfonso Jiménez).

¹¹ <http://espanaactiva.es/observatorio/>

8.2.3. Unique collaboration with the Scientific Foundation of the Spanish Association Against Cancer to create the AECC-URJC Chair of Active and Healthy Living ¹²

(Three-year project with competitive funding obtained in the AECC 2024 Chair Call for Proposals)

This Chair is based on the implementation of a training-research-action project that seeks to redefine cancer care through the systematic incorporation of exercise. Over three years (2024, 2025 and 2026), healthcare professionals will be trained by CiDE in the fundamentals of physical exercise and the latest evidence-based interventions. From the analysis of physiological adaptations to strategies to encourage patient adherence, the training project will cover all stages of cancer. In addition, events and activities will be developed with patients and their families to facilitate the practical application of knowledge in real contexts. The project incorporates the evaluation of the impact on clinical practice and the generation of educational materials and outreach resources for different stakeholders (healthcare professionals, patients and family members), thus facilitating continuous and sustainable implementation. More than just training, we understand that this project represents a clear example of ethical evolution, promoting humanisation in cancer care.



The main objective of the Chair could be summarised as *‘improving the humanisation of prevention and care for cancer patients and their families through specialised training in physical exercise, thereby empowering healthcare personnel and promoting sustainable, patient-centred practices that have a significant impact on their condition.’*

¹² <https://www.contraelcancer.es/es/investigacion/proyectos-aecc/catedra-aecc-urjc-por-vida-activa-saludable-0>

8.3. Participation in Research Networks

During the year 2024, CIDE researchers have actively participated as coordinators or members of different Research Networks, both nationally and internationally. The details in each case are included below.

8.3.1. CIDE-based networks:

Spanish Network for Research on Social Return on Investment in Sport (REiRSID)

<https://reirsid.es/>

- Prof. Alfonso Jiménez (Coordinador IP).
- Phd. Inés Nieto Romero, investigadora.
- Phd. Xián Mayo Mauriz, investigador.
- Phd. Daniel Collado Mateo, investigador.

8.3.2. Networks lead by other universities:

International Research Network in Physical Education and Promotion of Healthy Habits (EDUFIS)

<https://edufisaludable.com/>

CIDE Members:

- Phd. Alexander Gil Arias, Vicepresidente de la Red.
- Phd. Diana Amado, investigadora.
- Phd. Fernando Claver, investigador.

Research Network on Nutrition Applied to Women Athletes (NAMUD).

Coordination: University of Seville. Principal Investigator: Raúl Domínguez Herrera

<https://x.com/rednamud>

CIDE Member:

- Phd. Arturo Casado Alda.

Neuromuscular Performance and Strength Training Optimization Research Network.

<https://refnet.es/>

CIDE Member:

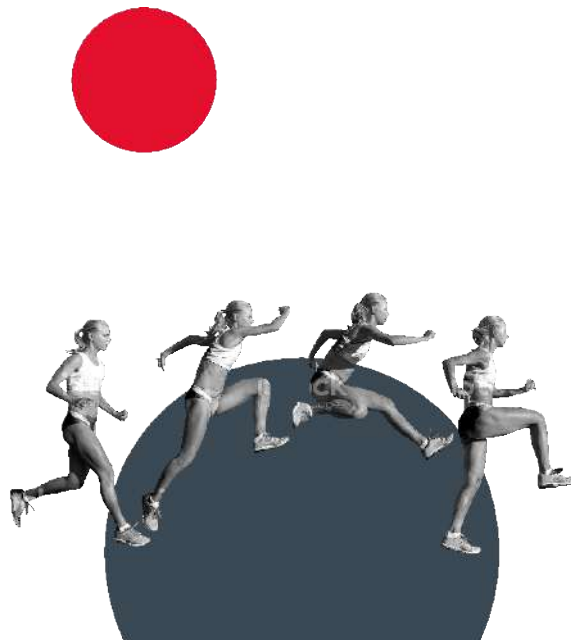
- Dr. Marcos A. Soriano.

Red de Investigación International Basketball Research Network.

<http://redibrn.com/>

CIDE Member:

- Dr. Sergio Jiménez Saiz.



9. Acknowledgements and awards received

- **Alejandro Montejano Tizón**, a student pursuing a double degree in Physical Activity and Sports Sciences and Physiotherapy, under the supervision of Professor Xián Mayo Mauriz, has won second prize in the URJC AWARD FOR YOUNG RESEARCHERS AND INNOVATORS – HEALTH SCIENCES Category C (Best Final Degree Project) with his final degree project entitled *“EFFECTS OF A CONCURRENT TRAINING PROGRAMME ON BREAST CANCER SURVIVORS DEPENDING ON THE TYPE OF ADJUVANT HORMONE THERAPY”*
- The magazine *“El Corredor”* held its annual gala and presented the Corredor Leyenda award to CIDE professor and researcher **Phd. Arturo Casado** on 24 April 2024.
- **Phd. Arturo Casado** was interviewed on the occasion of the Paris Olympic Games (August 2024) by the magazine ‘Relevo’. Access it here: <https://www.relevo.com/juegos-olimpicos/atletismo/anos-doblete-historico-guerrouj-sidney-marroquies-20240810092827-nt.html>

Prof. Alfonso Jiménez, Director of CIDE, joins as a core member of the Knowledge and Innovation Network (KIN) of UNESCO's Fit for Life programme. (F4L, <https://www.unesco.org/es/fit4life>). October 2024. Time period 2024-2026.

10. Financial Management

Analysing the financial management of the URJC Sports Science Research Centre during 2024 is a complex task, as the centre has once again, as in 2023, lacked a specific budget allocation from the University for the development of its activities. In fact, 100% of the resources used to carry out these activities have come from the resources generated by our own research activity.

Thanks to the approval last year (27 July 2023) of the new Regulations for the contracting of scientific, technical or artistic work by the Vice-Rectorate for Research, Innovation and Transfer, which allows recognised university research centres (including CIDE) to

receive an automatic allocation to their organic account of 4% of the total funds generated in contracts under Article 60 of the LOSU, we have been able to count on a very significant element of transformation, consolidation and positive economic impact. In addition, thanks to the transfer of the portion corresponding to the Faculty of Education and Sports Sciences and Interdisciplinary Studies, and the Department of Historical and Social Studies, Spanish Language, Literature, Moral Philosophy and Specific Didactics, we have reached a total **of 5% of the total value of each Art. 60 LOSU contract** directly allocated to CIDE's organic account.

On the other hand, it is important to note that, in relation to human capital costs, the costs of the 21 teaching and research staff members of CIDE are allocated to and covered by the Department of Historical and Social Studies, Spanish Language, Literature, Moral Philosophy and Specific Teaching Methods, within the Physical Education and Sports Area. Therefore, it is the cost of the other 15 researchers at the centre, on postdoctoral and predoctoral contracts (PPI figures), as well as the cost of scientific equipment and consumables, that has been made possible thanks to the research and scientific-technical advisory activity carried out at CIDE during 2024.

In terms of **productivity**, CIDE could once again be considered a **High Performance Unit**, not only because of the quality of its scientific contributions (which it already is, based on URJC's own indicators and its position in the 2024 Shanghai Ranking, where it has improved its position by 50 places compared to its position in 2023), but also for its spectacular ability to generate external resources in the sports ecosystem, through competitive calls for proposals and/or contracts with entities and companies¹³.

This unique performance is reflected in a ratio (only in 2024) of **€69,193** generated by **full-time teaching and research staff** (total funds in new projects and contracts in 2024: **€1,453,052**). If we consider the total funding in development in ongoing projects and contracts in 2024 (**€2,483,567**), this ratio reaches **€118,265 per full-time teaching and research staff member**.

To put these figures into perspective, it is important to contextualise them (see Figure #3) in relation to the productivity of research income of the teaching and research staff (PDI) at Spanish universities (both public and private). According to data from the recently published report *Radiografía del Sistema Universitario Español 2. Internacionalización, investigación y transferencia de conocimiento* (CYD Foundation,

¹³ Para información detallada sobre contratos y proyectos en curso y de nueva generación en el CIDE en el año 2024 consultar el apartado 6 de la presente memoria.

2025)¹⁴, private universities attract more external research funding per teaching and research staff member on a full-time equivalent (FTE) basis than public universities, with €52,058 compared to €31,416. In the Community of Madrid as a whole (public and private universities), the average research income per PDI reached €48,370.

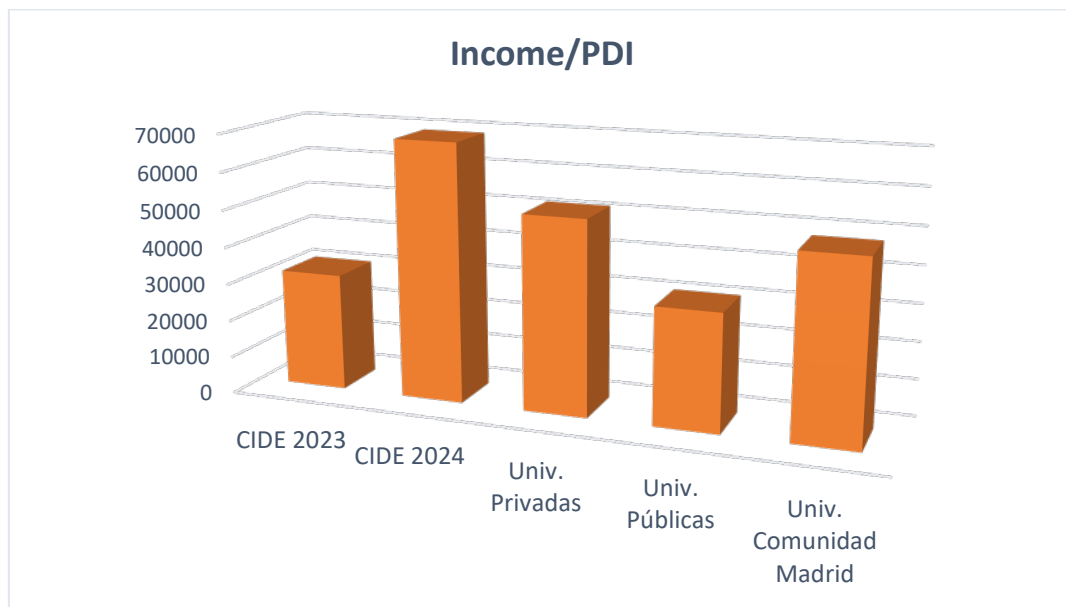


Figure #3:

Comparison of income/PDI CIDE (2023 and 2024) in the national context and in the Community of Madrid

Well, our performance in 2024 is more than double the income/PDI achieved in 2023 (€69,193 in 2024 vs. €31,473 in 2023). We are more than 20% above the average income of the most productive universities in Spain in the same variable, and 30% higher than the universities in the Community of Madrid.

These results confirm our high potential for development if we had greater support infrastructure (technical and especially research space) and minimal structural resources, which would allow us to hire pre- and post-doctoral researchers on a stable basis.

¹⁴ Fundación CYD (2025) *Radiografía del Sistema Universitario Español 2. Internacionalización, investigación y transferencia de conocimiento*. <https://www.fundacioncyd.org/publicaciones-cyd/radiografia-del-sistema-universitario-espanol-2-internacionalizacion-investigacion-y-transferencia-de-conocimiento/>



12. Challenges and future prospects

If we consider that the CIDE formally began its activity in May 2023, our research center faces many and diverse challenges of development and consolidation, but at the same time a stimulating and very dynamic present, as confirmed by our extraordinary results in 2024.

However, trying to be concrete and specific, we can clearly identify a series of relevant challenges for our future development and consolidation (which were already identified in the 2023 report), among which the following stand out:

1. Increase our **pool of researchers** in the field of Sports Science, both by hiring new teaching and research staff (4 new PhD assistants have joined our department's Physical Education and Sports Area for the 2024/25 academic year) and by recruiting new pre-doctoral and post-doctoral researchers associated with projects and contracts with competitive internal and external funding.
2. To **increase our internal collaborations with other research groups and centers within the university**, so far very limited. In fact, the lack of time derived from a teaching load to the limit in the academic year 2023/24 has been the main limiting factor when activating many of the actions to be implemented in this area, aimed at **improving our visibility** within the research ecosystem of the URJC. In this sense, we believe that the Vice-Rector's Office could establish **specific actions aimed at improving this visibility between centers and research groups**, around topics of special relevance and impact, where researchers of the institution are already working from different points of view.
3. **Improve the capacity of our researchers to obtain external funding**, both through competitive calls and through contracts with entities and institutions. With a medium-term focus on quality competitive European funding (such as the MSCA-Doctoral Networks program, for example
4. It is also important to highlight that this need to improve the capacity to attract external funding reflects another very relevant challenge, which is none other than the **asymmetric development** among the different research groups of the center, and specifically among researchers with consolidated positions (professors and especially full professors). Because of this identified challenge, we have implemented an individual development and non-regulated mentoring plan aimed at improving these capabilities based on the potential talent and expertise of each researcher.
5. **Improve the quality of our publications**, eliminating the so-called "predator journals" as publication options, with special attention to those journals of the

publisher MDPI (several of which were removed from the JCR by Clarivate in March 2023).

6. Improve our **external visibility**, as well as the **dissemination and impact of our research results**. The launching of our new center website (<https://cide.urjc.es/>), beginning of 2024 and its edition 100% in English, has allow us to have a window open to the world to proactively improve this visibility
7. And finally, we understand that in order to become a reference research center in our field, we must **improve our internationalization**, with more and better international partners, mobility programs for visiting researchers, joint publications with international researchers (today already at a very good level), and another series of specific actions under study and analysis, but that will see the light in 2025.

Our future perspective (and highest aspiration) is to become a **Research Institute**, fulfilling all the criteria and requirements established in the new regulations recently approved for this purpose¹⁵, as soon as possible.

¹⁵ Regulation of University Institutes and Research Centres of the Rey Juan Carlos University, approved by Agreement of April 19, 2024, of the Governing Council of the University, published in the BOURJC of May 3, 2024.

12. Conclusiones

This report of the Center for Sports Science Research (CIDE) for the year 2024 has tried to reflect clearly, and supported by evidence, our solid, intense and rigorous work in our field of research, Sports Science.

The CIDE is the natural evolution of the Center for Sports Studies, and as such evolution is configured in vision, structure and strategy to become a research unit of competitive quality at all levels.

We understand that our start-up numbers during this second year of operation are our best business card, and the talent and capacity of our researchers the best guarantee for a future of positive, excellent and sustainable development and growth.

As we mentioned in the introduction, the Sports Science Research area is a young, small area, but with a lot of talent and ambition, which, since its incorporation to the Universidad Rey Juan Carlos, has generated more than 4 million euros in external funding and has launched more than 80 projects and contracts. And all this, considering that the researchers assigned to the CIDE have a full teaching load, and the center lacks structural support for the management and administration of ongoing projects.

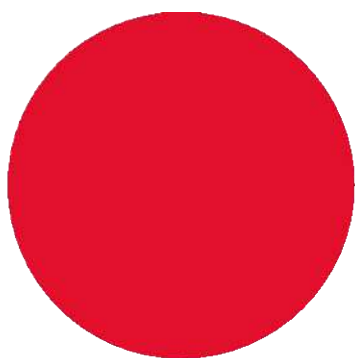
This is why we would like to conclude this document by highlighting that, in view of our results, vision, strategy, talent potential and credibility (inside and outside the sports ecosystem), it would be logical and reasonable to receive strong and committed support from the leaders of our institution... Shall we discuss it?

At Fuenlabrada campus, July 2025

Alfonso Jiménez
Professor Echegaray
Area of Physical and Sports Education
Director CIDE

Our vision...

To become a unique and singular agent of reference, due to our impact, contributions and collaborations, within the ecosystem of Sports Sciences in our country and internationally ...



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