

Fecha del CVA

18/03/2025

Parte A. DATOS PERSONALES

Nombre *	Enrique		
Apellidos *	García Artero		
Sexo *	Hombre	Fecha de Nacimiento *	
DNI/NIE/Pasaporte *		Teléfono *	
URL Web	https://orcid.org/0000-0002-2618-6128		
Dirección Email	artero@ual.es		
Identificador científico	Open Researcher and Contributor ID (ORCID) *	0000-0002-2618-6128	
	Researcher ID	L-8628-2014	
	Scopus Author ID		

* Obligatorio

A.1. Situación profesional actual

Puesto	Profesor Titular de Universidad		
Fecha inicio	2018		
Organismo / Institución	Universidad de Almería		
Departamento / Centro	Departamento de Educación / Facultad de Humanidades y Ciencias de la Educación		
País		Teléfono	
Palabras clave	Salud; Educación física y deporte		

A.2. Situación profesional anterior

Periodo	Puesto / Institución / País
2016 - 2018	Ramón y Cajal Research Fellow (RYC-2014-16390) / Universidad de Almería
2015 - 2016	Assistant Profesor (Prof. Ayudante Dr.) / Universidad de Almería / España
2013 - 2015	Assistant Profesor (PSI) / Universidad de Almería / España
2011 - 2013	Post-doctoral Fellow / Universidad de Almería, Spain / España
2010 - 2013	Post-doctoral Fellow (EX-2010-1008) / University of South Carolina, USA / Estados Unidos de América
2011 - 2011	Post-doctoral Fellow / Universidad de Granada, Spain
2006 - 2010	Pre-doctoral Fellow FPU (AP2005-4358) / Universidad de Granada, Spain / España

A.3. Formación académica

Grado/Master/Tesis	Universidad / País	Año
PhD program in Human Nutrition	Universidad de Granada / España	2010
MSc Human Nutrition	Universidad de Granada / España	2007
BSc Physical Activity and Sport Sciences	Universidad de Granada / España	2005

A.4. Indicadores generales de calidad de la producción científica

The CV holder has published 87 articles in international journals with impact factor, JCR (a total of 105 publications in Web of Science, WoS). His total number of citations is +6500, with an average of 350 citations per year. His H-index is 40 according to WoS. Three of his publications have a JCR impact factor over 14 and 14 articles have been cited +100 times, of which four and one have been cited +200 and +370 times, respectively, according to Web of Sciences. 65% of these works have been published in the first quartile (Q1) of categories such as Cardiac & Cardiovascular Systems; Medicine, General & Internal; Pediatrics; Sport Sciences; Public,

Environmental & Occupational Health; or Nutrition & Dietetics, among others. He has directed 4 Doctoral Thesis already defended and 2 more Doctoral Thesis still in process. He has been granted 2 "sexenios" (six-year periods) of research by the CNEAI (2006-2012; 2014-2019).

Parte B. RESUMEN LIBRE DEL CURRÍCULUM

I studied the Bachelor of Science in Physical Activity and Sport between 2000 and 2005. After that, I attended an Official Master in Human Nutrition (2005-2007) and got my PhD in the Department of Physiology, Faculty of Medicine (2010), all these degrees at the University of Granada (UGR). I have conducted several research stays abroad (Belgium and USA), assuming a total of over 3 years thanks to pre- and post-doctoral research grants won in competitive bidding in calls of the Spanish Ministry or the UGR Research Plan (FPU scholarship among others). In March 2012 I received a positive evaluation of my teaching and research activity by the National Agency for Quality Assessment and Accreditation (ANECA) to the figure of Profesor Contratado Dr. In recent years I have been Substitute Acting Professor (PSI) and Assistant Professor (Prof. Ayudante Dr.) at the University of Almería (UAL). I recently got a Ramón y Cajal research fellowship (RYC-2014-16390) in the area of Clinical Medicine and Epidemiology. Finally, I became Tenured Lecturer (Profesor Titular de Universidad) last October 2018.

During my doctoral thesis my research focused on physical activity and fitness in childhood and adolescence, participating in different cross-sectional studies of national and European level, some of them funded by the EU Framework Programme (HELENA Study). Along with my research group, we published reference values for body composition, physical activity and fitness. Established a field test battery (ALPHA) to assess physical fitness in a valid, reliable and secure manner at the school setting. We investigated the association of physical activity and fitness level with various health parameters such as cardio-metabolic risk factors, socioeconomic status and academic performance. And most recently, I participated in intervention studies to explore the effectiveness of school-based physical activity programs to prevent obesity, improve fitness and increase cognitive performance. In my post-doctoral stage in the US, I investigated the longitudinal relationship between fitness and various health parameters in adults, including mortality rate and incidence of cardiovascular disease and various cancers (ACLS, Prof. Steve Blair). These days my research has focused on the design and implementation of exercise-based randomized controlled studies in different populations (EFIBAR), always in relation to health. My long-term goal is to investigate the role of exercise in the prevention and treatment of diseases. This will get effective strategies to encourage more people to be physically active in a healthy and pleasurable way (Estudio Healthy UAL).

Parte C. MÉRITOS MÁS RELEVANTES

C.1. Publicaciones

AC: Autor de correspondencia; (nº x / nº y): posición firma solicitante / total autores. Si aplica, indique el número de citaciones

- 1 Artículo científico.** PAULINA IBACACHE SAAVEDRA; DANIEL JEREZ MAYORGA; ALEJANDRO CARRETERO RUIZ; CLAUDIA MIRANDA RUIZ; MARCELO CANO CAPPELLACCI; (6/6) ENRIQUE GARCIA ARTERO. 2022. Effects of bariatric surgery on cardiorespiratory fitness: a systematic review and meta-analysis. *Obes Rev.* 23-3, pp.e13408. <https://doi.org/10.1007/s11695-021-05559-8>
- 2 Artículo científico.** (1/22) ENRIQUE GARCIA ARTERO (AC); MANUEL FERRER MARQUEZ; MJ TORRENTE SÁNCHEZ; et al; ALBERTO SORIANO MALDONADO. 2021. Supervised exercise immediately after bariatric surgery: the study protocol of the EFIBAR randomized controlled trial. *Obes Surg.* <https://doi.org/10.1007/s11695-021-05559-8>

- 3 **Artículo científico.** Sicilia Á; Socías-Serrano ML; Griffiths MD; Martínez-Rosales E; Artero EG. 2025. Narrative and obesity: Managing weight stigma associated with bariatric surgery. Health (London). pp.13634593241310129. <https://doi.org/10.1177/13634593241310129>
- 4 **Artículo científico.** Salvador-Ferrer CM; Diaz-Fúnez PA; Carrera-Ruiz Á; Monserrat-Hernández M; Artero EG; Mañas-Rodríguez MA. 2024. Effects of Workplace Supervised Exercise on Psychological Capital: An Intervention Study. Sports (Basel). 13-1, pp.2. <https://doi.org/10.3390/sports13010002>
- 5 **Artículo científico.** Ibacache-Saavedra P; Martínez-Rosales E; Jerez-Mayorga D; Miranda-Fuentes C; Artero EG; Cano-Cappellacci M. 2024. Effects of bariatric surgery on muscle strength and quality: A systematic review and meta-analysis. Obes Rev. 25-9, pp.13790. <https://doi.org/10.1111/obr.13790>
- 6 **Artículo científico.** Sánchez-López M; García-Hermoso A; Ortega FB; et al; Martínez-Vizcaíno V. 2023. Validity and reliability of the International fitness scale (IFIS) in preschool children. Eur J Sport Sci. 23-5, pp.818-828. <https://doi.org/10.1080/17461391.2022.2049884>
- 7 **Artículo científico.** ALEJANDRO CARRETERO RUIZ; ELENA MARTINEZ ROSALES; IVAN CAVERO REDONDO; et al; (10/10) ENRIQUE GARCIA ARTERO. 2021. Impact of exercise training after bariatric surgery on cardiometabolic risk factors: a systematic review and meta-analysis of controlled trials. Rev Endocr Metab Disord. 31-10, pp.4227-4235. <https://doi.org/10.1007/s11154-021-09651-3>
- 8 **Artículo científico.** PAULINA IBACACHE SAAVEDRA; PAULINA CÁRCAMO; CLAUDIA MIRANDA; ANDRÉS BOTINNELLI; JAIME GUZMÁN; ELENA MARTÍNEZ ROSALES; (7/8) ENRIQUE GARCIA ARTERO; MARCELO CANO CAPPELLACCI. 2020. Improvements in heart rate variability in women with obesity: short term effects of sleeve gastrectomy. Obes Surg. 30-10, pp.4038-4045. <https://doi.org/10.1007/s11695-020-04721-y>
- 9 **Artículo científico.** SALVATORE CARBONE; DANIELLE KIRKMAN; RYAN GARTEN; PAULA RODRIGUEZ MIGUELES; (5/7) ENRIQUE GARCIA ARTERO; DUCK CHUL LEE; CARL J LAVIE. 2020. Muscular strength and cardiovascular disease: an updated state-of-the-art narrative review. J Cardiopulm Rehabil Prev. 40-5, pp.302-309. <https://doi.org/10.1097/HCR.0000000000000525>
- 10 **Artículo científico.** VERONICA CABANAS SÁNCHEZ; (2/9) ENRIQUE GARCIA ARTERO; CJ LAVIE; et al; DAVID MARTÍNEZ GÓMEZ. 2020. Prediction of cardiovascular health by non-exercise estimated cardiorespiratory fitness. Heart. 106-23, pp.1832-1838. <https://doi.org/10.1136/heartjnl-2020-316871>

C.3. Proyectos y Contratos

- 1 **Proyecto.** TRFE-SI-2019/007, Estado de Salud y Condición Física en la ciudad de Almería: Estudio Healthy UAL. Universidad de Almería. Enrique Garcia Artero. (Universidad de Almería). 01/02/2020-31/01/2022. 7.000 €. Investigador principal. Investigador Principal, director del proyecto.
- 2 **Proyecto.** Ejercicio físico tras la cirugía bariátrica en el tratamiento de la obesidad severa/mórbida: ensayo controlado aleatorizado (EFIBAR). Ministerio de Economía y Competitividad, Convocatoria 2016 Proyectos I+D+I Programa Estatal de Investigación, Desarrollo e Innovación orientada a los Retos de la Sociedad. Ref: DEP2016-74926R. Enrique Garcia Artero. (Universidad de Almería). 2016-2019. 108.900 €. Investigador principal.
- 3 **Proyecto.** Efectos de un ensayo aleatorizado basado en ejercicio físico sobre la función cognitiva y el cerebro (funcional y estructuralmente) en preadolescentes con sobrepeso / obesidad (ACTIVE BRAINS). Ministerio de Economía y Competitividad, Convocatoria 2013 Proyectos I+D+I Programa Estatal de Investigación, Desarrollo e Innovación orientada a los Retos de la Sociedad. Ref: DEP2013-47540R. Francisco B. Ortega Porcel. (Universidad de Granada). 2014-2016. Otros.

- 4 **Proyecto.** Influencia de la práctica deportiva competitiva sobre la salud física, el bienestar psicológico y el rendimiento académico durante la adolescencia (DADOS). Ministerio de Economía y Competitividad, Convocatoria 2013 Proyectos I+D+I Programa Estatal de Investigación, Desarrollo e Innovación orientada a los Retos de la Sociedad. Ref: DEP2013-45515R. Diego Moliner Urdiales. (Universitat Jaume I). 2014-2016. Otros.
- 5 **Proyecto.** Aerobics Center Longitudinal Study (ACLS). US National Institutes of Health (NIH) grants AG06945, HL62508 and R21DK088195. Steven N. Blair. (University of South Carolina, USA). 2009-2014. Otros.
- 6 **Proyecto.** Assessing levels of Physical Activity (ALPHA). European Commission, Public Health Executive Agency (PHEA), DG SANCO, Health Information Strand. Agreement number 2006120. Michael Sjöström. 2007-2009. Otros.
- 7 **Proyecto.** Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA). EUROPEAN COMMISSION, RESEARCH DIRECTORATE- GENERAL, Directorate E- Biotechnology, agriculture and food, Food Quality. Framework Programme 6. Contrato FOOD-CT-2005-007034. Luís Moreno Aznar. 2004-2007. Otros.
- 8 **Proyecto.** Alimentación y Valoración del Estado Nutricional de los Adolescentes españoles (AVENA). Fondo de Investigaciones Sanitarias. Ministerio de Sanidad y Consumo. Nº 00/0015-3. Ascensión Marcos. 2000-2003. Otros.
- 9 **Contrato.** Programa UAL Activa: entrenamiento personal en mini-grupos en el lugar de trabajo Universidad de Almería. Pedro J. Núñez Teruel. (Universidad de Almería). 01/10/2017-01/10/2024. 250.000 €.
- 10 **Contrato.** Entrenamiento personal en el ámbito laboral: salud integral en la empresa a través de un programa de actividad física Rijk Zwaan Ibérica, S.A.. Manuel A. Rodríguez Pérez. (Universidad de Almería). 2014-01/01/2017.

C.5. Estancias en centros de I+D+i públicos o privados

- 1 University of South Carolina. Arnold School of Public Health, Department of Exercise Science. Estados Unidos de América. Columbia, SC. 09/2010-02/2013. 2 años - 5 meses. Posdoctoral.
- 2 University of South Carolina. Arnold School of Public Health, Department of Exercise Science. Estados Unidos de América. Columbia, SC. 31/08/2009-22/12/2009. 4 meses. Doctorado/a.
- 3 University of Ghent. Department of Public Health, Faculty of Medicine and Health Sciences. Bélgica. Ghent. 15/08/2008-12/12/2008. 4 meses. Doctorado/a.