

# CURRICULUM VITAE



## Personal information

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## Current position

- 2023- Associate Professor, Faculty of Sports Sciences, Universidad de Castilla-La Mancha, Toledo (Spain)
- 2021- Senior Researcher, Biomedical Research Networking Center on Frailty and Healthy Aging, Instituto de Salus Carlos III, Madrid (Spain)

## Previous positions

- 2019-2021 Assistant Professor, Faculty of Sports Sciences, Universidad de Castilla-La Mancha, Toledo (Spain)
- 2021-2023 Assistant Professor (tenure track), Faculty of Sports Sciences, Universidad de Castilla-La Mancha, Toledo (Spain)

## Education

- 2013 BSc in Sport Sciences, Universidad de Castilla-La Mancha
- 2015 MSc in Injury Prevention and Rehabilitation, Universidad de Castilla-La Mancha
- 2015 MSc in Research in Health Sciences and Physical Activity, Universidad de Castilla-La Mancha
- 2019 PhD in Research in Health Sciences and Physical Activity, Universidad de Castilla-La Mancha

## Research stays

- 2017 3 months – Laboratory of Physiology and Human Performance, Universidad de Las Palmas de Gran Canaria (Las Palmas de Gran Canaria, Spain).
- 2018 3 months – Geriatric Research Unit, Bispebjerg University Hospital (Copenhagen, Denmark)
- 2021 1.5 months – Physical Activity, Sports and Health Research Group, KU Leuven (Leuven, Belgium)
- 2022 3 months – Centre for Sport Science and University Sports, University of Vienna (Vienna, Austria)

## Relevant merits

### **Publications (5 most relevant)**

- Alcazar et al. Ten-year longitudinal changes in muscle power, force, and velocity in young, middle-aged, and older adults. *Journal of Cachexia, Sarcopenia and Muscle*. 2023;14(2):1019-1032.
- Alcazar et al. Changes in systemic GDF15 across the adult lifespan and their impact on maximal muscle power: the Copenhagen Sarcopenia Study. *Journal of Cachexia, Sarcopenia and Muscle*. 2021;12(6):1418-1427.
- Alcazar et al. 'Fat but powerful' paradox: association of muscle power and adiposity markers with all-cause mortality in older adults from the EXERNET multicentre study. *British Journal of Sports Medicine*. 2021;55(21):1204-1211.
- Alcazar et al. Relative sit-to-stand power: aging trajectories, functionally relevant cut-off points, and normative data in a large European cohort. *Journal of Cachexia, Sarcopenia and Muscle*. 2021;12(4):921-932.
- Alcazar et al. Threshold of relative muscle power required to rise from a chair and mobility limitations and disability in older adults. *Medicine and Science in Sports and Exercise*. 2021;55(11):2217-2224.

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### **Patents**

- Registered intellectual property: Device for kinetic and kinematic evaluation of horizontal thrust actions (Ref.: U202032656).
- Registered intellectual property: Software Powerfrail for the evaluation of sit-to-stand muscle power (Ref.: m-007598/2020).

### **Other**

- Fellow of the European College of Sport Science.
- 55 publications, 51 peer-review articles, 4 book chapters, +75 abstract presentations.
- H-index (Scholar): 21.
- Citations (Scholar): 1668.
- H-index (Web of Science): 18.
- Citations (Web of Science): 1014.
- Board member: Translational Exercise Biomedicine journal