CV Date	14/11/2025

Part A. PERSONAL INFORMATION

First Name	**Jessica**		
Family Name	**Rial Vázquez**		
Sex	Female	Date of Birth *	10/06/1993
ID number Social Security, Passport	53489824N	Phone Number *	697381691
URL Web	https://www.researchgate.net/profile/Jessica_Rial-Vazquez		
Email Address	jessica.rial@udc.es		
ORCID	0000-0003-0520-3862		

A.1. Current position

Job Title	**Substitute Professor**		
Starting date	08/04/2025		
Institution	University of A Coruña		
Department / Centre	Department of Physical and Sports Education		
Country	Spain	Phone Number	697381691
Keywords	Exercise Physiology; Physical activity; Education for health; Strength Training; Dose-response; Women's health		

A.2. Previous positions

Period	Job Title / Name of Employer / Country
08/04/2025-today	Substitute Professor- Department of Physical Education and Sport. University of A Coruna
01/05/2025- today	Research Assistant / "Galicia Activa" Chair
01/01/2025-07/04/2025	Substitute Professor- Department of Specific Didactics and Research Methods and Diagnosis in Education. University of A Coruna
2022-2025 (3 years)	Postdoctoral Researcher (Grants for the Requalification of the Spanish University System under Margarita Salas Program)
2018 – 2021	Research Assistant / University of A Coruna Foundation/Spain

A.3. Education

Degree/Master/PhD	University / Country	Year
PhD Program in Sports Science, Physical Education, and Healthy Physical Activity	University of A Coruña / Spain	2020
Master's Degree in Research in Physical Activity, Sport, and Health	University of A Coruña / Spain	2017
Master's Degree in Secondary Education Teaching, Baccalaureate, Vocational Training, and Language Instruction. Specialization in Experimental Sciences (Physical Education)	University of A Coruña / Spain	2016
Bachelor's Degree in Physical Activity and Sports Sciences	University of A Coruña / Spain	2015

A.4 General Indicators of Scientific Production Quality

The number of indexed publications in JCR is 27 (h-index is 10, and the i10-index is 10). My work has been presented at 6 international conferences (5 times at the EuropeanCollege of Sport Science, once at the American College of Sport Medicine, and once at the International Sport Forum on Strength, Training and Nutrition) and at 10 national conferences.

Part B. CV SUMMARY

PhD with international mention and extraordinary award from the University of A Coruña. Member of the Performance & health group. My pre-doctoral stay was carried out in Paris, at the National Institute of Sport, Expertise, and Performance. My thesis focused on neuromuscular and cardiovascular adaptations (mainly cardiac autonomic modulation, blood pressure and baroreflex sensitivity) of resistance training programmes differing in the intensity of effort. I algo contribute to the "Health-related physical fitness" line of research, working as a research assistant in collaboration with the Galician Regional Government. Among other tasks, (1) we analyzed a large sample of data to obtain normative values of physical fitness for the school population and (2) we contributed to the design of a community-based physical exercise and health prescription programme for populations with various diseases. In 2022 I obtained a 3-year postdoctoral contract (Margarita Salas). My postdoctoral stay was at the Epidemiology, Public Health and Health Services Assessment Group (Faculty of Medicine, Santiago de Compostela). Currently, I am engaged in the CARE project (PID2021-124277OB-I00), funded by the Spanish Ministry of Science and Innovation and in 2026 we will start with a new on, CARE + focus on postmenopausal women. These projects continue the line of research of my thesis, exploring both neuromuscular and cardiovascular adaptations after resistance training intervention differing in set configuration. At the university, I have primarily taught Exercise Physiology, Motor Control, and the Didactics of Athletics at the Faculty of Sport Sciences and Physical Activity. Moreover, I thought "Public health" subjects in the area of Preventive Medicine and Public Health at the Faculty of Medicine (Santiago de Compostela). I am also part of a teaching innovation group (InDEx) and I have actively participated in various scientific outreach initiatives. Additionally, I have been involved in the Scientific Outreach Program of the University of A Coruña, delivering educational sessions in schools across Galicia since 2022. I also contributed to the "Dare to Research with Them!" initiative for the International Day of Women and Girls in Science in 2022. Finally, I have participated as an expert evaluator and member of the Technical Evaluation Committees of the Carlos III Health Institute (2022 and 2024 calls - R+D+I projects in health).

Part C. Research projects and contracts

1 Competitive Project. Cardiovascular Adaptations to Resistance Exercise: Effect of Set Configuration on Postmenopausal Women (CARE+E), Ministry of Science and Innovation. PI: Eliseo Iglesias Soler and María Rúa Alonso. From 01/09/2025 (3 years) Amount: 120.000 €. Team member.

2 Competitive Project. Cardiovascular Adaptations to Resistance Exercise: Effect of Set Configuration on Postmenopausal Women (CARE; PID2021-124277OB-I00). Ministry of Science and Innovation. PI: Eliseo Iglesias Soler. From 01/03/2023 (3 years) Amount: 96.800 €. Team member.

3 Competitive Project. Study on the Participation of Young Women in Physical Activity. Mapfre Foundation 2018. PI: Fernando Del Villar. Period: 21/12/2017- 20/12/2018. Amount: 30,000 €. Team member.

4 Competitive Chair: AECC-UDC Exercise Against Cancer. Spanish Association against Cancer. PI: Manuel Giráldez García.From 01/06/2024-01/06/2027. Amount: 150,000€. Team Member.

5 Chair: SXD Galicia-Active (code: CAT00618). Galicia Government. PI: Eliseo Iglesias Soler. From 01/01/2018-today. Amount: 20,000€/year. Team Member.

6 Collaboration and transference contract: Consultancy for the validation study of a submaximal adaptation of the FitQuest cardiovascular assessment test. Ingesport, Health & Spa Consulting S.L. PI: Eliseo Iglesias Soler. From: 01/09/2018 - 31/12/2018. Amount: 15,613.82€. Research Collaborator.

7 Collaboration and transference contract: Technical assistance contract for consultancy in cardiovascular assessment and body composition evaluation of users of the sports service of the Cambre City Council. Cambre Council. PI: Eliseo Iglesias Soler. From: 01/03/2018 - 01/06/2018. Amount: 2,800 €. Research Collaborator