Carlota Torrents Martín, PhD

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Academic Profile

Professor and researcher at the University of Lleida (INEFC), specialized in creativity in sport, motor behaviour, and complex systems approaches to movement and performance. Her research explores the emergence of creative and adaptive behaviour in sport, dance, and education.

Education and Academic Positions

• PhD in Sport Sciences, University of Barcelona (2005). Thesis: "Dynamic Systems Theory and Sports Training".
• Master in High Performance Sport, Spanish Olympic Committee & Autonomous University of Madrid (2004).
• Full Professor (AQU, Advanced Research Accreditation, 2020).

Selected Research Leadership and Scientific Roles

• President Scientific Committee, 30th FIEP World Congress & 14th FIEP European Congress, Barcelona (2019).
• Co-President Scientific Committee, V Complex Systems in Sport Congress, Barcelona (Barcelona,2017).
- Co-President, 18th European College of Sport Science (ECSS) Congress, Barcelona (2013).
- Principal Investigator of national and international projects on creativity, embodiment, and gender equality in sport

Selected Papers

- Gibert, A., Planas, A., & Torrents, C. (2024). Impact of mindfulness on football coaches: A mixed design. *PLoS ONE, 19* (10), e0306824. https://doi.org/10.1371/journal.pone.0306824
- Richard, V., Brown, D. M. Y., Garcías, S., Almarcha, M., Cairney, J., & Torrents, C. (2024). The exploration of the holistic and complex impacts of creative dance on creative potential enhancement. *The Journal of Creative Behavior, 58*(3), 511–529. https://doi.org/10.1002/jocb.673
- Pérez-Calzado, E., Coterón, J., Ric, Á., & Torrents, C. (2024). Analysis of the motor behaviour of people without specific dance training in improvisation tasks: Influence of mirror and partner. *Journal of Sports Sciences,* 42(1), 1–11. https://doi.org/10.1080/02640414.2024.2306064

- Lacasa, E., Canton, A., Brufau, I., March-Llanes, J., & Torrents, C. (2023). Rink hockey "Ok-XS". Motor behavior effects of scaling games in U8 players. *International Journal of Sports Science & Coaching, 3*, 812-821.
- Passos, P., Lacasa, E., Milho, J., Diniz, A., & Torrents, C. (2022). How to Take a "Portrait" of Interpersonal Synergies Formation?–Exemplar Data with Expert Badminton Doubles. *Ecological Psychology, 34*(3), 71-89.
- Canton, A. Torrents, C. Gonçalves, B, Ric, A. Salvioni, F. Exel, J. I Sampaio (2022). The diagonal positioning of the goals modifies the external training load and the tactical behaviour of young football players. *Biology of Sport 39:135-144*
- Torrents, C., Balagué, N., Ric, Á., & Hristovski, R. (2021). The motor creativity paradox: constraining to release degrees of freedom. *Psychology of Aesthetics, Creativity, and the Arts, 15*(2), 340–351. https://doi.org/10.1037/aca0000291
- Torrents, C.; Balagué, N.; Hristovski, R.; Almarcha, M.; Kelso, J.A.S. (2021). Metastable Coordination Dynamics of Collaborative Creativity in Educational Settings. *Sustainability 13*, 2696.
- Canton, A., Torrents, C., Ric, A., Guerrero, I., Hileno, R. & Hristovski, R. (2021). Exploratory Behavior and the Temporal Structure of Soccer Small-Sided Games to Evaluate Creativity in Children, *Creativity Research Journal, 33:*1, 16-25, DOI: 10.1080/10400419.2020.1836878
- Balagué, N., Pol, R., Torrents, C., Ric, A., & Hristovski, R. (2019). On the relatedness and nestedness of constraints. *Sports Medicine – Open, 5*(6). https://doi.org/10.1186/s40798-019-0178-9
- Torrents, C. Ensenyat, A. Ric, A. Mateu, M. & Hristovski, R. (2018). Free play with certain equipment constrains the emergence of exploratory behavior and physical activity in preschoolers. *Nonlinear Dynamics, Psychology and Life Sciences 22*(4):509-533.
- Torrents, C., Ric, Á., Hristovski, R., Torres-Ronda, L., Vicente, E., & Sampaio, J. (2017). Emergence of exploratory, technical and tactical behavior in small-sided soccer games when manipulating the number of teammates and opponents. *PLOS ONE, 11* (12). https://doi.org/10.1371/journal.pone.0168866
- Balagué, N., Torrents, C., & Hristovski, R. (2017). Sport science integration: An evolutionary synthesis. *European Journal of Sport Science, 17* (1), 51–62. https://doi.org/10.1080/17461391.2016.1198422

Selected Books

- Torrents, C. & Ric, A. (2025). Training exploratory behavior in sport. In Rasmussen, L.J.T. & Richard, V. The palgrave handbook of creativity in sport. Palgrave.
- Torrents, C. (2022). *A mi musa la invento yo. Un librojuego sobre creatividad, sistemas complejos y Jorge Drexler*. Libros.com.