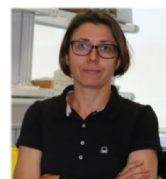


# Curriculum vitae

Up-dated January 2020

## Personal details

First name and family name: MARIA CARMEN GOMEZ-CABRERA  
Date of birth: 08-08-1975 Place of birth: Valencia  
Nationality: Spanish



## Current professional situation

Institution: UNIVERISTY OF VALENCIA (UVEG)  
Faculty: FACULTY OF MEDICINE  
Department: DEPARTMENT OF PHYSIOLOGY  
Postal address: AVDA. BLASCO IBANEZ 15, E 46010-VALENCIA, Spain  
Telephone: + 34 96 398 32 66  
Fax: + 34 96 386 46 42  
Email address: [carmen.gomez@uv.es](mailto:carmen.gomez@uv.es)  
Speciality (UNESCO nomenclature): 2411.06 (HUMAN PHYSIOLOGY)  
Occupational category: Univeristy Professor (Start date: 30 July 2018)  
Administrative status: Full-time employment

## Academic qualifications

- 1998** Degree in Sports Sciences. Faculty of Sport Sciences (FCAFE). UVEG. **\*Extraordinary Degree Prize**
- 2004** Doctorate from the University of Valencia (European Doctorate). Grade: Excellent "Cum Laude (30-04-2004). **\*Extraordinary Doctorate Prize**

## Teaching positions

- 2000-2002** Higher education teacher. Teaching as a research fellow.
- 2002-2004** Higher education teacher. The "Nuestra Señora de los Desamparados" School of Nursing (Centre attached to the University of Valencia)
- 2004-2006** Professor at a private university, the Universidad Católica San Vicente Mártir
- 1-10-2006/18-11-2009** Assistant PhD professor. University of Valencia. Department of Physiology.
- 19-11-2009/3-04-2011** PhD professor. University of Valencia. Department of Physiology.
- 13-04-2011/29-07-2018** Tenured university professor. University of Valencia. Department of Physiology.
- 30-07-2018-Present** Full University Professor.

## Teaching activity

### Five-year teaching terms

- 1999-2006** 1st five-year teaching term

**2007-2011** 2nd five-year teaching term  
**2012-2016** 3rd five-year teaching term

### University teaching (~4000 hours)

<b>2000-2002</b>	“Human Physiology”	FCAFE (UVEG)
	“Integratioin of Physiological Functions”	Faculty of Medicine (UVEG)
<b>2003-2004</b>	“Model of human response, movement”	School of Nursing (UVEG)
<b>2004-2006</b>	“Human Physiology”	FCAFE (UCV)
	“Exercise Physiology”	FCAFE (UCV)
	“Swimming”	FCAFE (UCV)
	“New technologies applied to physical activity”	FCAFE (UCV)
<b>2006-2008</b>	“Human physiology”	Faculty of Medicine (UVEG)
	“Physiology of Exercise and Sports”	FCAFE (UVEG)
<b>2008-Present</b>	“Human Physiology”	FCAFE (UVEG)
	“Exercise Physiology”	FCAFE (UVEG)
	“Nutritional Physiology of Sports”	FCAFE (UVEG)
	“Human and Exercise Physiology”	FCAFE (UVEG)
	“Physiology of Exercise and Sports”	Faculty of Medicine (UVEG)

### University teaching coordination

<b>2007-2011</b>	“Human Physiology”	FCAFE (UVEG)
<b>2007-2012</b>	“Nutritional Physiology of Sports”	FCAFE (UVEG)
<b>2007-2014</b>	“Exercise Physiology”	FCAFE (UVEG)
<b>2009-Present</b>	“Human and Exercise Physiology”	FCAFE (UVEG)
<b>2011-Present</b>	“Exercise and Sports Physiology”	Faculty of Medicine (UVEG)

### Teaching in Masters, PhD and Postgraduate courses

<b>2004-2006</b>	“Role of free radicals in adaptions to physical exercise”	Clinical medical and immunology doctoral programme (UVEG)
<b>2004-Present</b>	“Biophysiological response to effort in high performance in sports”	University master’s course in training in high performance in sports (UMH)
<b>2005-2007</b>	“Physical exercise and oxidative stress”	Department of Physiology Doctoral course (UVEG)
<b>2006-2007</b>	“Bioethics in sport”	Official Master’s course in Bioethics (UCV)
<b>2004-2006</b>	“Role of free radicals in adaptions to physical exercise”	Clinical medical and immunology doctoral programme (UVEG)
<b>2006-2007</b>	“Research moedels in physical activity, education and health”	Doctoral course (UCV)
<b>2007-2008</b>	“Physical exercise in childhood”	Master’s course in Clinical Nutrition in Childhood and Adolescence (UVEG)
<b>2009-Present</b>	“Oxidative Stress and its Applications in Biomedicine”	Master’s course in Physiology (UVEG)
	“Physiology of Physical Exercise”	

<b>2010</b>	“Physiology of Ageing” “Physical Exercise in Childhood”	Doctoral course in Paediatric Gastroenterology and Nutrition (UVEG)
<b>2013-2014</b>	“Indirect measures of fat mass: skinfold thickness measurement “ “Prescription of a training program in athletes by using gas exchange analyses “	Erasmus Intensive Programme: Routine & Cutting-edge Technologies in Physical Activity: Implication for Health Sport Performance (Rennes 2 University)
<b>2014-Present</b>	“Experimental Models in Oxidative Stress”	University Master’s Course in Integrative Physiology (University of Barcelona)
<b>2014-Present</b>	“Physiology of Ageing”	Official Postgraduate course: Design of training programmes for the elderly (UVEG)
<b>2015-Present</b>	“Nutrition in physical and sports activities”	Master’s course in Paediatric Nutrition (University of Granada)
<b>2017-2019</b>	“Current problems in biomedicine. Physical exercise as an alternative to pharmacology “	Univeristy Master’s course in R&D in Biotechnology and Biomedicine (UVEG)

### Original teaching material and teaching publications

- Chapter in a book entitled “Cell signalling in ageing. Signalling pathways sensitive to redox state” for the Master’s course in Ageing and Frailty organised by the UNED Foundation.
- Teaching material for the Refresher Course in Sarcopaenia organised by the SEGG in Sarcopaenia and Nutrition.

### Teaching activity surveys

- UNIVERSIDAD CATÓLICA DE VALENCIA teaching activity. 2005-2006, the average score obtained in teaching activities in this academic year was **6.1 out of 7.0**.
- Teaching activity in the DOCTORAL course at the UNIVERSIDAD CATÓLICA DE VALENCIA. 2005-2006 academic year. Score obtained **4.5 out of 5.0**.
- Teaching activity at the UNIVERSITY OF VALENCIA. The average of the scores obtained for teaching in all the courses (00-01;06-07; 07-08;08-09; 09-10; 10-11; 11-12; 12-13;13-14;14-15;15-16;16-17;17-18;18-19) was **4.2 out of 5.0**.

### Supervised end-of-degree projects

Title: “Development of animal models for studying basal metabolism and frailty” (Author: Frederic Sabater). Pertaining to the Degree in Sciences of Physical Activity and Sport (2014)

### Supervised research projects and Master’s degree final projects (MFP)

- 2005** Effect of oral antioxidant administration on adaptations to physical exercise (UVEG). MFP. Elena Doménech

<b>2005</b>	Mechanism that produces free radicals in diabetes: Importance of xanthine oxidase and involvement of K <sub>b</sub> nuclear factor (UVEG). MFP.	Marco Romagnoli
<b>2007</b>	Role of free radicals in physiological adaptations to anaerobic physical exercise in intermittent hypoxia. Effect of oral antioxidant administration (UVEG). MFP.	Vladimir Martínez
<b>2008</b>	Physical exercise in the treatment of senile sarcopaenia (UVEG). MFP.	Ana Nascimento
<b>2008</b>	Risk of non-detection of the use of recombinant erythropoietin when applying treatments with intermittent hypoxia (UVEG). Research Project.	Fabián Sanchis
<b>2009</b>	Correlation study between different oxidative stress parameters determined by high resolution liquid chromatography (UVEG). MFP.	Consuelo Escrivá
<b>2010</b>	Modification in the muscle biopsy technique for more effective clinical application (UVEG). MFP.	Vicente Sebastián

### Supervised Master's degree final projects

<b>2006</b>	EUROPEAN Master's programme: Movement, Exercise and Health (University of Valencia-University of Rennes)	Frederic Derbre
<b>2007</b>	Ethical conflicts in sports medicine (Bioethics Master's programme. UCV)	Dolores Arguisuelas
<b>2009</b>	Nutritional needs, habits and a study on oxidative stress in the child athlete (Master's programme in Clinical Nutrition in Childhood and Adolescence. UVEG)	Carmen Jovani
<b>2009</b>	External Supervisor thesis project (Master's programme Science of Biostatistics, Hasselt University, School of Information Technology)	Daniel Martinez
<b>2010</b>	Modifications in gene activity associated with ageing by physiological manipulation. Effect on longevity in an animal model. (Master's programme in Physiology. UVEG)	Rebeca Garcia
<b>2010</b>	Aerobic training as a therapeutic strategy for Alzheimer's disease in an APPSWE, PSEN1DE9 transgenic model. (Master's programme in Physiology. UVEG)	Helios Pareja
<b>2010</b>	Desmopressin and hemodilution. Involvement in doping (Master's programme in Physiology. UVEG))	Ernesto Daneris
<b>2010</b>	Study on the molecular mechanisms involved in the loss of muscle mass by immobilisation (Master's programme in Physiology. UVEG)	Beatriz Ferrando
<b>2011</b>	Protective effect of aerobic training with regard to carcinogenic substances and environmental pollutants (Master's programme in Physiology. UVEG)	Sandra Ibáñez
<b>2011</b>	Recombinant erythropoietin vs artificial hypoxia: comparison of erythropoietic stimuli (Master's programme in Physiology. UVEG)	José Cortell
<b>2013</b>	Methodological study to determine peripheral changes in BDNF induced by physical exercise (Master's programme in Physiology. UVEG)	Helena Cabo
<b>2014</b>	Effects of vigorous exercise on erythrocyte deformability in subjects with exercise-induced hypoxemia (Master's programme in Physiology. UVEG)	Mario Álvarez

- 2014** Evaluation of the effect of disinfection by-products (DBPs) present in chlorinated swimming pools, on the health of swimmers (Master's programme in Physiology. UVEG) Andrea Salvador
- 2016** Effect of respiratory resistance training on healthy elderly adults) (Master's programme in Physiology. UVEG) Ainoa Roldán
- 2016** The G6PDH transgenic mouse as a model of anti-frailty (Master's programme in Physiology. UVEG) Miriam Quintela

### Supervised doctoral theses

- 2007** Effect of oral antioxidant administration on adaptations to physical exercise (UVEG). Summa cum laude Elena Doménech
- 2007** Mechanism of free radical production in diabetes: Importance of xanthine oxidase and kappaB nuclear factor Mecanismo de producción de radicales libres en la diabetes: importancia de la xantina oxidasa y del factor nuclear kappaB (UVEG). Summa cum laude (European Doctorate) Marco Romagnoli
- 2010** Effect of physical training on mitochondriogenesis and the expression of antioxidant enzymes in the muscle of young, old and PGC-1 $\alpha$  knock-out animals. (UVEG). Summa cum laude Ana Nascimento
- 2011** Muscule and haematological effects of rHuEpo used together with physical training. Implications of desmopressin and hypoxia in blood doping. *In vivo* and *in vitro* studies (UVEG). Summa cum laude (European Doctorate) Vladimir Martínez
- 2011** Study on the signalling pathways involved in sarcopaenia. Role of oxidative stress and physical inactivity (Co-supervised thesis: UNIVERSITY OF RENNES 2 – UNIVERSITY OF VALENCIA). Summa cum laude (European Doctorate) Frédéric Derbré
- 2013** Effect of spontaneous physical exercise on longevity and frailty of the C57BL/6J mouse (UVEG). Summa cum laude (European Doctorate) Rebeca García
- 2014** Effects of physical exercise and administration of allopurinol on muscle and cardiovascular biomarkers. Physical exercise as a longevity promoter (UVEG). Summa cum laude. **Extraordinary doctorate award** Fabián Sanchis
- 2014** Sarcopaenia: mechanism and prevention. Role of exercise and growth hormone. Involvement of oxidative stress and glucose-6-phosphate dehydrogenase (Co-supervised thesis: UNIVERSITY OF RENNES 2 – UNIVERSITY OF VALENCIA). Summa cum laude (European Doctorate) Thomas Brioché
- 2014** Nutrition, energy expenditure, oxidative stress and neurotrophic factors in the schoolchild and adolescent sportsperson (UVEG). Summa cum laude Carmen Jovaní
- 2014** Inhibition of E3 ubiquitin ligases by means of NF- $\kappa$ B and p38 prevents muscular atrophy. Usefulness of indometacin and allopurinol (UVEG). Summa cum laude (European Doctorate) Beatriz Ferrando
- 2014** The role of physical exercise in BDNF induction and its signalling pathways en the central nervous system. Neurobiological application in healthy models and therapy in Alzheimer's disease (UVEG). Summa cum laude (European Doctorate) **Extraordinary doctorate award** Helios Pareja
- 2016** Study of the reference values for oxidative stress parameters: malondialdehyde and glutathione measured by high performance liquid chromatography, in humans and experimental animals (UVEG). Summa cum laude Consuelo Escriva

<b>2018</b>	Multicomponent Exercise Programme for preventing frailty and for improving cognitive, emotional and social abilities in frail elderly subjects (UVEG). Summa cum laude	Helena Cabo
<b>2019</b>	Respiratory training: changes in maximal inspiratory pressure and relationship with healthy elderly's functionality (UVEG) Summa cum laude ( <u>European Doctorate</u> ).	Ainoa Roldán
<b>2019</b>	The sedentary lifestyle in the elderly o the rural environment: strategies of continuous vs intermittent training (UVEG). Summa cum laude ( <u>European Doctorate</u> )	Pablo Moteagudo
<b>2019</b>	Moderate overexpression of Glucose-6-Phosphate Dehydrogenase improves healthspan in mice. Implications in skeletal muscle regeneration (UVEG). Summa cum laude ( <u>European Doctorate</u> )	Andrea Salvador
<b>2019</b>	Regulation of antioxidant defenses in the prevention of skeletal muscle deconditioning. Thesis in co-supervision to obtain the doctoral degree (UVEG-University of Montpellier). Summa cum laude ( <u>European Doctorate</u> )	Coralie Arc-Chagnaud

\*Doctorate programme quality award of the UVEG (2004 – to date)

### Member of doctoral thesis panels

<b>2011</b>	"Importance of initiation of hormone replacement therapy with oestrogens in the parameters of oxidative stress and consumption of glucose <i>in vivo</i> "	Raúl López (UVEG)
<b>2012</b>	"Study on the effects of physical training on some ventricular myocardial electrophysiological properties using analysis of induced ventricular fibrillation. Research in isolated rabbit heart."	Germán Parra (UVEG)
<b>2012</b>	"Regulation of AMPK activity in the human skeleton muscle by free radicals and hypoxia"	David Morales (ULPGC)
<b>2012</b>	"Pathogenic impact of oxidative stress and antioxidant regulation of immune mononuclear cells in Crohn's disease"	M <sup>a</sup> Isabel Iborra (UVEG)
<b>2013</b>	"Obtention of stem cells from dental pulp. Characterisation and adaption to different oxygen conditions"	Marya El Alami (UVEG)
<b>2013</b>	"Study on oxidative stress in dyskeratosis congenita"	Carme Pérez (UVEG)
<b>2015</b>	"Study on the eating habits of schoolchildren in the city of Valencia. Family influence"	Encarnación Alba (UCV)
<b>2015</b>	"Analysis of physiological parameters during arm pedalling movement in persons with spinal cord injury, cerebral paralysis and cerebellar ataxia"	Iris González (UVEG)
<b>2016</b>	"Study on the ambulatory elderly population with non-small cell lung cancer: clinical analysis and prognosis of inflammatory factors"	María Martín (UVEG)
<b>2017</b>	"Characterisation of lung oxidative stress in prolonged aerobic exercise by using the condensed exhaled air method"	Marcelo Tuesta (UB)
<b>2018</b>	"Deregulation of the redox state in models of watery depletion of genes involved in congenital dyskeratosis"	J. Santiago Ibáñez (UVEG)
<b>2018</b>	"Physical exercise as a non-pharmacological tool to counteract drug-induced liver mitochondrial injury: Effects on mitochondrial bioenergetics, oxidative stress, dynamics and auto(mito)phagy signalling markers"	Estela Filipa Dos Santos Alves (UB)
<b>2019</b>	"Involvement of the KATP channel in the modifications that the performance of chronic physical exercise produces on some"	Carlos Soler López (UVEG)

electrophysiological properties in the myocardium. Study in isolated heart undergoing acute global ischemia”

**2019** “Study of the systemic inflammation associated to primary hypercholesterolemia, its modulation and its impact in atherosclerosis. Role of CXCL16/CXCR6 axis in abdominal aortic aneurism formation”

Aida Collado (UVEG)

**2019** “Physical exercise as a modulator of the anti-ageing Klotho protein: health-related cardiometabolic implications. The FIT-AGEING study”

Francisco J. Amaro Gahete (U. Granada)

### Member of panels for university professor posts

<b>2011</b>	Post of part-time PhD professor for Javier Pereda	UVEG
<b>2016</b>	Post of part-time PhD professor for Jordi Boada	UdL
<b>2017</b>	Post of associate professor for Ángel Ortega	UVEG
<b>2018</b>	Post of associate professor in the Serra Hunter programme	UdL
<b>2019</b>	Post of associate professor for Susana Novella	UVEG

## Research activity

### Research areas

Physical exercise, oxidative stress, antioxidants, skeletal muscle, ageing, sarcopaenia, frailty, quality of life.

### Research group

Member of FRESHAGE, the research group that studies ageing and exercise (GIUV2013-181)

### Six-year research periods

<b>2000-2005</b>	1 <sup>st</sup> six-year research period
<b>2006-2011</b>	2 <sup>nd</sup> six-year research period
<b>2012-2017</b>	3 <sup>rd</sup> six-year research period

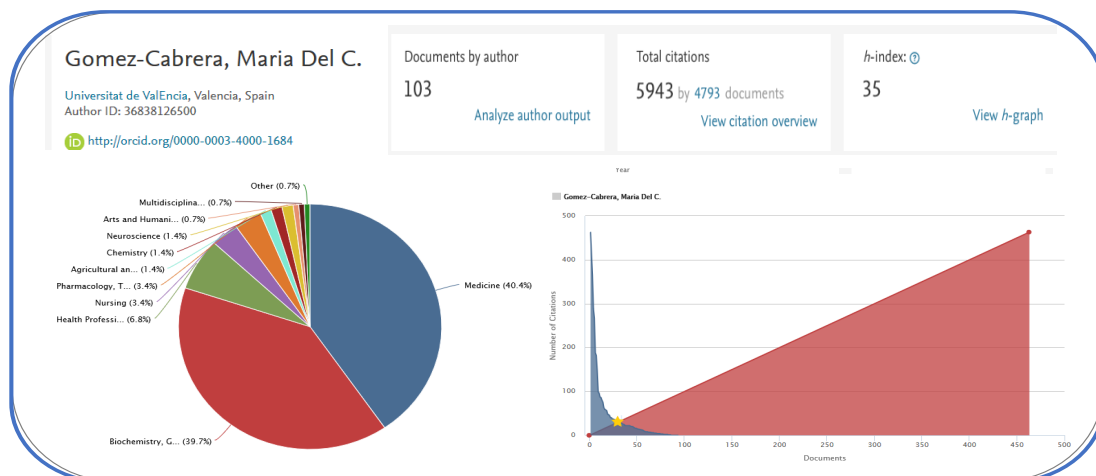
### Author identification

ORCID: 0000-0003-4000-1684  
 Scopus ID: 36838126500  
 Research ID: H-6911-2018  
 Weighted impact of citations: 4.1

### Author indexes (Scopus)

Documents: 103  
 Citations received: 6066  
 H-index: 35  
 Index i10: 77

### Author details



### **Stays in foreign research centres**

- 1.** Pre-doctoral stay (12 weeks). Andrus Gerontology Center. University of Southern California (Los Angeles, USA). Professor Kelvin JA Davies. 2001. Training in molecular biology techniques (Western Blot, Northern Blot and methods for detecting protein oxidation).
- 2.** Pre-doctoral stay (24 weeks). Kinesiology Department. University of Wisconsin-Madison (Wisconsin, USA). Professor Li Li Ji. 2002-2003. Study of the cell-signalling process during physical exercise.
- 3.** Postdoctoral stay (36 weeks). Department of Medicine. University of Liverpool (UK). Professor Malcolm Jackson. 2004-2006. Primary cultures of satellite cells/Application of microdialysis in the study of the generation of free radicals in muscle contraction/Isolation and culture of mature muscle cells of control and transgenic mice.
- 4.** Postdoctoral stay (6 weeks). Laboratory of Physiological Hygiene and Exercise Science (LPHEs), School of Kinesiology, University of Minnesota (Minneapolis, USA). Professor Li Li Ji. 2016. Protocols for immobilising lower limbs in experimental animals.
- 5.** Stay as a research staff (8 weeks). National Institute of Aging. Translational Gerontology Branch (NIA). Senior Investigator: Rafael de Cabo 2018.

### **Visiting researchers incorporated in our research group (for longer than one month)**

#### **PhD students**

- 1.** Yoelvis Garcia-Mesa. Student of the PhD programme in Biomedicine, University of Barcelona, and of the Instituto de Investigaciones Biomédicas de Barcelona (IIBB)-IDIBAPS-CSIC (Barcelona). He received funding for research stays related to PhD studies from the Agència de Gestió d'Ajuts Universitaris i de Recerca de Catalunya. Project: Effect of exercise on muscle adaptations in 3xTgAD mice. Duration of stay: 6 months (Year 2010)
- 2.** Teresa Fuentes. PhD student, University of Las Palmas de Gran Canaria (ULPGC), Department of Physical Education. Project: Role of PGC-1 $\alpha$  in mitochondrial biogenesis in skeletal muscle of old animals and knock-out PGC-1 $\alpha$ . Duration of stay: 6 months (year 2010)
- 3.** Hannah Raines. PhD student from the Linus Pauling Institute, Oregon State University (USA). Project: Anticancer properties of exercise-induced activation of p53. Duration of the stay: 3 months (year 2012)
- 4.** Nuno Machado. PhD student from the University of Coimbra, Centro de Neurociências e Biologia Celular de Coimbra (Portugal). Project: Exercise and mitochondrial function: Role of sirtuins and oxidative stress in mitochondrial remodeling. Duration of the stay: 6 months (year 2013)
- 5.** Riccardo Ballarò. PhD student from the University of Turin. Department of Clinical and Biological Sciences (Italy). Project: Oxidative stress and muscle wasting in cancer and chemotherapy-associated muscle loss. Duration of stay: 3 months (year 2015)
- 6.** Tina Tsaparas. Erasmus Plus student from Wageningen University. Department of Health and Nutrition (The Netherlands). Project: Role of exercise in the modulation of the peripheral concentrations of growth and neurotrophic factors. Duration of stay: 6 months (01/09/2014-02/02/2015)
- 7.** Elisabetta Bordignon. Erasmus Plus student from the University of Ferrara. Department of Pharmacy (Italy). Project: Role of exercise in the prevention of frailty. Duration of stay: 6 months (year 2015)



8. Ludovic Laparre. PhD student from Rennes 2 University. Laboratory of Movement, Sport and health Sciences (France). Project: Allopurinol and its role in disuse muscle atrophy in mice and humans. Duration of stay: 5 months (year 2016)

9. Keerthana Chithanathan. Predoctoral researcher from the Center for Neuroscience. Indian Institute of Science (Bangalore). Project: A multidomain lifestyle intervention to reduce A $\beta$  burden in 2xTg mice (APP / PS1). Length of stay: 1 month (Year 2018)

#### **Doctors, professors, directors of centres**

1. Professor Li Li Ji. Director of the Laboratory of Physiological Hygiene and Exercise Science. School of Kinesiology University of Minnesota. Duration of stay: 1 month (year 2017)

2. Carla Nascimento. Postdoctoral stay. Researcher from the Federal University of Sao Carlos. Laboratory of Biology of Aging-LABEN (Brazil). Project: Voluntary exercise and fasting in the prevention of Alzheimer's Disease. Duration of stay: 12 months (year 2017-2018).

#### **Organisation of congresses, seminars, and scientific conferences**

1. Member of the organising committee of the Young Physiologists' Symposium The Physiological Society (UK and Eire) in conjunction with the Spanish Society of Physiological Sciences and the Dutch Society of Physiology (2005. University of Seville)

2. Member of the organising committee of the MINI-SYMPOSIUM ON EXERCISE, FREE RADICALS AND ANTIOXIDANTS (2007. Valencia)

3. Member of the organising committee of the XXXV CONGRESO OF THE SPANISH SOCIETY OF PHYSIOLOGICAL SCIENCES in collaboration with the PHYSIOLOGICAL SOCIETY (UK and Eire) (2009. Valencia)

4. Member of the organising committee of the INTERNATIONAL SYMPOSIUM ON REDOX SIGNALING AND OXIDATIVE STRESS IN HEALTH AND DISEASE. IV Spanish and Portuguese Free Radical Meeting. Spanish Group for Free Radical Research (GEIRLI) and the Portuguese Free Radical Group. (2012. Valencia)

## **Publications - Books**

### **Whole books**

1. Gómez-Cabrera MC. Papel de los radicales libres en el ejercicio físico agotador. Efecto de la administración de antioxidants (Role of free radicals in exhaustive exercise. Effect of antioxidant administration). UNIVERSITY OF VALENCIA. 2004. 1-365. ISBN: 84-370-6000-1 DEPÓSITO LEGAL: V-1768-2005

### **Chapters in books**

#### **National**

1. Gómez-Cabrera, M.C.; Gimeno, A.; Lloret, A.; Miñana, J.B.; Márquez, R., Viña, J. Free radicals and oxidative stress in biomedicine. Importance and usefulness of antioxidants in the prevention of related physiopathological processes. "High-level competitive sport and oxidative damage: role of antioxidant nutrients". UNIVERSITY OF VALENCIA. FUNDACIÓN VALENCIANA DE ESTUDIOS AVANZADOS (VALENCIAN FOUNDATION OF ADVANCED STUDIES). 2000. 93-103

2. Gómez-Cabrera MC, Romagnoli M, Arduini A, Delgado-Llaneras JJ, Sanchís-Gomar F, Martínez-Bello VE, Nascimento AL, Doménech E. SWIMMING AND WATER ACTIVITIES. "Biological bases of aerobic resistance". 2007. 80- 120. ISBN: 978-84-268-1342-8. Editorial Marfil

3. Gómez-Cabrera MC, Doménech E, Martínez-Bello VE, Sanchis-Gomar F, Nascimento AL, Pallardó FV and Viña J. PHYSICAL EXERCISE AND HEALTH. "Physical exercise and oxidative stress. Importance of antioxidant nutrients in the diet of athletes". Valencian Regional Government,

Health Department. Fundación Valenciana de Estudios Avanzados (VALENCIAN FOUNDATION OF ADVANCED STUDIES). 2008. 39-59. D.L.: V-4142-2008

4. Gloria Olaso-González; Mari Carmen Gómez-Cabrera; Consuelo Borrás; José Viña. 2011 Gerontological Year. "Genetics and ageing". Glosa. 2011. Volume 24. 1-20. ISSN 1138-3682

5. Jose Viña; Mari Carmen Gomez-Cabrera; Consuelo Borrás; Gloria Olaso-Gonzalez. Immunonutrition. In health and illness. "Which is better for promoting antioxidant defences, regulating antioxidant genes themselves or diet supplementation?". Panamericana. 2011. 293-299. ISBN: 9788498354027

6. Mari Carmen Gomez-Cabrera, Andrea Salvador-Pascual and José Viña. Popular Athletism. "Integrative physiology of physical exercise". 2017. University of Valencia. Caixa Popular.

7. Mari Carmen Gomez-Cabrera, Andrea Salvador-Pascual, Francisco Jose Tarazona-Santabalbina and Jose Viña Ribes. BOOK 7<sup>th</sup> NATIONAL SEMEG MEETING. "Biomarkers of frailty. Physical activity: Modulation mechanisms of frailty mediators". SEMEG. 2017. 79-85.

### Internacional

1. Jose Viña; Consuelo Borrás; Mari Carmen Gómez-Cabrera; Juan Gambini; Raul López-Gruoso; Federico V. Pallardó. Aging and Age-related disorders. "Estrogenic Modulation of Longevity by Induction of Antioxidant Enzymes". Springer Science. 2010. 119-128. ISBN: 978-1-60761-601-6 (Print) 978-1-60761-602-3.

2. Mari Carmen Gomez-Cabrera, Fabian Sanchis-Gomar, Vladimir Essau Martinez-Bello, Sandra Ibanez-Sania, Ana Lucia Nascimento, Li Li Ji, and Jose Vina. Studies on Experimental Models. "Exercise as a Model to Study Oxidative Stress". 103818. Springer Science. 2011. 531-542. ISBN: 978-1-60761-955-0 (Print) 978-1-60761-956-7.

3. Mari-Carmen Gomez-Cabrera; Cecilia Martínez-Costa; Juan Sastre. The Chemical Element. Chemistry's Contribution to Our Global Future. "Poverty". 103446. Wiley-VHC. 2011. 99-128 ISBN: 978-3-527-32880-2

4. Fabian Sanchis-Gomar; Vladimir Martinez-Bello; Helios Pareja-Galeano; Brioche T; Mari Carmen Gómez-Cabrera. Nutrition and Enhanced Sports Performance: Recommendations for Muscle Building. "An overview of doping in sports". Elsevier. 2013. 183-196. ISBN: 9780123964540

5. Jose Viña; Gloria Olaso-Gonzalez; Mari Carmen Gomez-Cabrera; and Consuelo Borrás. Inflammation, advancing age and nutrition: Research science and intervention. "Modulation of aging genes: importance to longevity and in age-associated frailty". Paramount Books (PVT) LTD. 2013. 500-520. ISBN: 9780123978035

## Publications-Articles

### Articles published as reviews in indexed journals

1. Vina, J.; Gómez-Cabrera, M.C.; Lloret, A.; Márquez, R.; Miñana, J.B.; Pallardó, F.V. and Sastre. Free Radicals in Exhaustive Physical Exercise: Mechanism of Production, and Protection by antioxidants. **IUBMB Life**. 2000. 50: 271- 277 (F.I. 2011: **3,5**). CELL BIOLOGY: 85 (181) **Q2 Review**

2. Viña, J.; Borrás, C.; Gómez-Cabrera, M.C. and Orr, W.C. Part of the series: from dietary antioxidants to regulators in cellular signalling and gene expression - Role of reactive oxygen species and (phyto)estrogens in the modulation of adaptive response to stress. **Free Radical Research**. 2006. 40(2): 111-119 (F.I. 2006: **2,5**). BIOCHEMISTRY & MOLECULAR BIOLOGY 176 (283) **Q3 Review**

\*THIS REVIEW IS PART OF THE 10 MOST CITED ARTICLES OF THE VOLUMES PUBLISHED BY THE JOURNAL IN THE YEARS 2006-2007

3. Ji L.L., Gomez-Cabrera M.C., and Viña J. Exercise and Hormesis: Activation of Cellular Antioxidant Signaling Pathway. **Annals of the New York Academy of Sciences**. 2006. 1067: 425-435. (F.I. 2006: **1,9**). MULTIDISCIPLINARY SCIENCES 5(50) **Q1 Review**

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## Sponsored research projects

### National/regional projects in which Dr Gómez-Cabrera appears as PI

1. Title: Study of the role of the xanthine oxidoreductase enzyme in the loss of muscle mass in animal and human models. Implications in the treatment of primary and secondary sarcopaenia. Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: AICO/2016/076 Regional Ministry of Education, Research, Culture and Sport.

Support received: 37,800.00€

Period of validity: 2 years (2016-2018)

2. Title: Physical exercise as an intervention in the treatment of frailty in the elderly and in the prevention of dependence. Molecular bases. Implications in the treatment of primary and secondary sarcopaenia. Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: INCLIVA intramural support. Healthcare Investigation Institute. Hospital Clínico de Valencia.

- Support received: 3,500.00€ Period of validity: 1 year (2014)
- 3.** Title: Metabolic effects and effects on the performance brought about by the administration of PPAR agonists. A new method for genetic doping? Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: Cátedra Real Madrid-UEM 2011/06RM
- Support received: 6,000.00€ Period of validity: 1 year (2012-13)
- 4.** Title: Study on the importance of the duration and intensity of training protocols for treating senile sarcopaenia. Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: Consejo Superior de Deportes CSD 35/UPB20.
- Support received: 19,800.00€ Period of validity: 1 year (2008)
- 5.** Title: Physical exercise for treating and preventing senile sarcopaenia. Molecular bases. Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: Consejo Superior de Deportes CSD2007-24/UPB20.
- Support received: 13,222.00€ Period of validity: 1 year (2007)
- 6.** Title: Study on the alternative to invasive muscle biopsies for the study of adaptations to physical exercise. Application of molecular biology, flow cytometry and confocal microscopy. Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: Generalitat valenciana. Conselleria d'Empresa, Universitat i Ciència.GV06/289.
- Support received: 12,400.00€ Period of validity: 2 years (2006-2007)
- 7.** Title: Determination of the role of free radicals in the adaptations to aerobic training. Evaluation on the advisability of using antioxidants by athletes in training periods. Principal investigator: Mari Carmen Gómez-Cabrera. Project reference: In-house project of the Instituto de formación e investigación socioeducativa Francisco Ferrer Luján.
- Support received: 1,200.00€ Period of validity: 1 year (2005)

#### **International projects in which Dr Gómez-Cabrera appears as a member of the research team.**

- 1.** Título: DIABFRAIL-LATAM. Scaling-up of and evidence-based intervention programme in older people with Diabetes and Frailty in LatinAmerica. Investigador Principal: Leocadio Rodríguez-Mañas. Subvención recibida: 193.000,00. Referencia del proyecto: H2020-SC1-BHC-2018-2020. Periodo de vigencia: 4 años (2019-2022)
- 2.** Title: Managing Frailty. A comprehensive approach to promote a disability-free advanced age in Europe: the ADVANTAGE initiative. Principal investigator: José Viña. Support received: 170,000.00€ Project reference: Joint Action (HP-JA) 3rd EU Health Programme. 724099. Period of validity: 3 years (2017-2019).
- 3.** Title: Utility of omic-based biomarkers in characterizing older individuals at risk of frailty, its progression to disability and general consequences to health and well-being. The FRAILOMIC Initiative". Principal investigator: José Viña (Nodo UV). Support received: 596,520.00€ Project reference: FRAILOMIC-HEALTH.2012.2.1.1-2. Period of validity: 5 years (2013-2018).
- 4.** Title: Frailty operative definition-consensus conference "FOD-CC". Principal investigator: José Viña. Support received: 72,200.00€ Project reference: FOD-CC-HEALTH.2010.2.2.2-5 Period of validity: 2 years (2011-2012).

#### **National projects in which Dr Gómez-Cabrera appears as a member of the research team.**

- 1.** Title: Consorcio Centro de Investigaciones Biomédicas en Red CIBER de Fragilidad y Envejecimiento Saludable (CIBER Network Biomedical Research Centre for Frailty and Healthy Ageing Consortium) (CIBERFES). "Basic, clinical and environmental mechanisms associated with the development of frailty". Principal investigator: José Viña. Support received: 70,000.00€ Project reference: ISCIII. CB16/10/00435. Period of validity: 2017- to date.

2. Title: Cerebral ageing: protection against the cerebral impairment and application of such protection in Alzheimer's disease. Principal investigator: José Viña. Support received: 140,000.00€. Project reference: SAF2016-75508-R. Period of validity: 3 years (2016-2018).
3. Title: A multidisciplinary project to advance in basic mechanisms, diagnosis, prediction, and prevention of cardiac damage in reperfused acute myocardial infarction. Principal investigator: Vicente Bodí Peris. Support received: 589,050.00€. Project reference: Integrated Projects of Excellence Call PIE15/00013 (ISCIII). Period of validity: 3 years (2015-2018).
4. Title: Identification of frailty biomarkers and strategies for preventing and treating it. Centenarians as a model of healthy ageing. Principal investigator: José Viña. Support received: 217,800.00€. Project reference: SAF2013-44663-R. Period of validity: 3 years (2014-2016).
5. Title: Evaluation of the effect of disinfection by-products (DBPs), present in chlorinated swimming pools, on swimmers' health. Principal investigator: Salvador Llana. Support received: 15,000.00€. Project reference: DEP2011-15805-E (DEPO subprogramme). Period of validity: 1 year (2012).
6. Title: Modulation of longevity genes and their importance in preventing diseases associated with ageing. Principal investigator: José Viña. Support received: 120,000.00€. Project reference: Ministry of Science and Technology SAF 2010- 19498. Period of validity: 3 years (2011-2013).
7. Title: Use of stem cells from a dental source for enriching the tricalcium phosphate biomaterial as a matrix for osseous regeneration in surgery prior to dental implant placement. Principal investigator: José Viña. Support received: 37,134.00€. Project reference: VI Plan Nacional de Investigación científica, desarrollo e innovación tecnológica (6<sup>th</sup> National Plan for scientific research, development and technological innovation) TRA2009-0109. Period of validity: 2 years (2010 – 2011).
8. Title: Physical exercise for treating loss of muscle mass through immobilisation and applying it in senile sarcopaenia. Principal investigator: José Viña. Support received: 100,000.00€. Project reference: Instituto de Salud Carlos III DPS2008-06968. Period of validity: 3 years (2009-2011).
9. Title: Red Temática de Investigación Cooperativa en Envejecimiento y Fragilidad (Thematic Cooperative Research Network in Ageing and Frailty) (RETICEF). Principal investigator: José Viña. Support received: 722,439.37€. Project reference: Instituto de Salud Carlos III ISCIII2006-RED13-027. Period of validity: 8 years (2006-2013).
10. Title: Modifications in the activity of genes associated with ageing by nutritional and physiological manipulation. Effect on longevity. Principal investigator: José Viña. Support received: 193,000.00€. Project reference: Ministry of Education and Science BFU 2007-65803. Period of validity: 3 years (2007-2010).
11. Title: Role of free radicals in ageing and associated diseases, particularly in Alzheimer's disease and senile sarcopaenia. Prevention by induction of antioxidant genes. Principal investigator: José Viña. Support received: 126,000.00€. Project reference: Science and Technology Interministerial Commission SAF-2004-03755. Period of validity: 3 years (2004-2007).
12. Title: Ageing and free radicals. Regulation of different antioxidant genes by oestrogens and diet components. Principal investigator: José Viña. Support received: 102,172.05€. Project reference: Science and Technology Interministerial Commission BFI2001-2849. Period of validity: 3 years (2001-2004).
13. Title: Grant for the 35<sup>th</sup> Congress of the Spanish Society of Physiological Sciences. Principal investigator: José Viña. Support received: 12,000.00€. Project reference: Ministry of Education and Science BFU2008-01143-E. Period of validity: 1 year (2009).

### **Regional projects in which Dr Gomez-Cabrera appears as a member of the research team**

1. Title: Metabolomic profiles for early detection of frailty in the elderly. Principal investigator: Consuelo Borrás. Support received: 17,000.00€. Project reference: Funds for performing research

projects in the area of metabolomics (Valencian Regional Government). APM/03/15. Period of validity: 1 year (2015).

**2.** Title: Oxygen free radicals signalling in stem cells: importance in regenerative medicine. Principal investigator: Jose Vina. Support received: 192,000.00€. Project reference: PROMETEOII/2014/056. Period of validity: 4 years (2014-2017).

**3.** Title: Study on the beneficial effects of moderate consumption of wine on longevity and on biological parameters of ageing in animals and human beings. Principal investigator: Jose Vina. Support received 2,000.00€. Project reference: Valencian Regional Government GVAE2006-096. Period of validity: 1 year (2006).

**4.** Title: Determination of the benefits of moderate physical exercise as opposed to exhaustive physical exercise. Principal investigator: Jose Vina. Support received: 17,800.00€. Project reference: Valencian Regional Government. Regional Ministry of Business, University and Science GV2004B-136. Period of validity: 2 years (2004-2005).

**5.** Title: Endocrinology and Metabolism Unit. Principal investigator: Jose Vina. Support received: 45,600.00€. Project reference: Funds for research groups. Valencian Regional Government GRUPOS 2004-18. Period of validity: 2 years (2004-2005).

**6.** Title: Research group investigating the physiopathology of free radicals and antioxidants. Principal investigator: Jose Vina. Support received: 1,502.00€. Project reference: Funds for research groups. Valencian Regional Government GR2001-224. Period of validity: 1 year (2001).

**7.** Title: Generating design criteria for multiuse sports floorings. Principal investigator: Juan Vicente Dura. Project reference: Valencian Technological Project for Promoting Pre-competitive Investigation and Development of the Small and Medium Valencian Industry (IMPIVA). Period of validity: 2 years (1996-1998).

**8.** Title: Generation of criteria for the design of footwear for medical staff. Principal investigator: Juan Vicente Dura. Project reference: Promotion programme of Collaboration between Investigation Centres and Companies in the Technological Project for 1996 (IMPIVA). Period of validity: 2 years (1996-1998)

### **Projects with private companies**

**1.** Title: Determination of the effect of experimental formulas on different functional, oxidative and inflammatory parameters in experimental animals and human beings. Principal investigators: Mari Carmen Gomez-Cabrera and Jose Vina. Support received: 100,000.00€. Project reference: Pharmascience Division of BIOIBERICA, S.A. Period of validity: 6 years (2010-2015)

### **Other projects in which Dr Gomez-Cabrera appears as a member of the research team**

**1.** Title: Ketogenic diet to treat refractory epilepsy during the paediatric age. Effectiveness, Safety and changes in metabolomics and the profile of growth factors. Principal investigator: Consuelo Pedron Giner. Support received: 25,000.00€. Project reference: SEGHNP-Sira Carrasco Research Grant. Period of validity: 2 years (2015-2016).

**2.** Title: Study of cognitive function and potential peripheral biomarkers in middle-aged subjects who practise recreational team sport. Principal investigator: Coral Sanfeliu. Support received: 18,000.00€. Project reference: Mario Salvia I Ferrer Grant. Period of validity: 2 years (2014-2015).

**3.** Title: Effect of administering allopurinol and ibuprofen on preventing loss of muscle mass in immobilised subjects. Principal investigator: Jose Vina. Support received: 20,000.00€. Project reference: ERESA Group Foundation for development and medical research (BF14 010). Period of validity: 2 years (2015-2016).

**4.** Title: Study on the health status, habits and lifestyles of pupils at the UCV. Principal investigator: Asuncion Gandia. Support received: 1,200.00€. Project reference: Francisco Ferrer Lujan Training and Socioeducational Research Institute. Period of validity 1 year (2005)



**International invited presentations**

1. Gómez-Cabrera M.C. and Viña, J. NF- $\kappa$ B activation in Physical Exercise. *NF- $\kappa$ B Reporter Mice Workshop*. Oslo (Norway). 2002
2. Viña J, Pallardó FV, Sastre J, Lloret A, Gómez-Cabrera, M.C. Oxidative stress in ageing: critical importance of modulators of antioxidant and longevity genes. *1st Luso-Spanish Congress of Free Radicals. 6th Portuguese Congress on Free Radicals in Chemistry, Biology and Medicine*. Coimbra (Portugal). 2003
3. Gómez-Cabrera, M.C.; Pallardó, F.V.; Sastre, J, García-del-Moral, L. and Viña, J. Allopurinol and markers of muscle damage among participants in the Tour of France. *2<sup>nd</sup> World Congress on Sciences of Physical Activity and Sport*. Granada (España). 2003
4. L. L. Ji, Jose Vina and Carmen Gomez-Cabrera. Exercise Adaptation and Redox Signaling of Antioxidants. *Biochemistry of exercise. 13th International conference* (Seoul. South Korea). 2006
5. Jose Viña, Mari-Carmen Gomez-Cabrera, Consuelo Borrás, Federico V. Pallardó, Juan Sastre. Exercise as an antioxidant: Role of free radicals to induce adaptations to muscle cells to exercise. *Third Meeting of the Society for Free Radical Research-Asia (SFRR-Asia)*. 2007
6. Mari-Carmen Gomez-Cabrera. Xanthine oxidase, oxidative stress and exercise. *I Mini Symposium on exercise, free radicals and antioxidants* (Valencia. Spain). 2007
7. Mari Carmen Gomez-Cabrera. Allopurinol, oxidative stress and exercise. *15th International Congress on Physical Education and Sport Exercise Biochemistry and Physiology Meeting*. Komotini (Greece). 2007
8. Mari Carmen Gomez-Cabrera. Oral administration of antioxidants jeopardizes training efficiency. Beneficial effects of not taking antioxidants. *15th International Congress on Physical Education and Sport Exercise Biochemistry and Physiology Meeting*. Komotini (Greece). 2007
9. Jose Viña, Mari Carmen Gomez-Cabrera, Elena Domenech, Marco Romagnoli , Consuelo Borrás , Federico V. Pallardo and Juan Sastre. Vitamin C jeopardizes training efficiency in mice and men. When should we give antioxidants to our athletes?. *2nd Symposium. Nutrition, Oxygen Biology and Medicine*. Paris (France). 2007
10. Jose Viña, Mari Carmen Gomez-Cabrera, Consuelo Borrás, Juan Gambini and Gloria Olaso. Identification and physiological regulation of new longevity-associated genes. *13th Joint Meeting. Signal Transduction Receptors, Mediators and Genes* (Weimar. Germany). 2009
11. Viña, J and Gómez-Cabrera MC. Nutritional modulation of antioxidant and myogenic genes in exercise. *3<sup>ème</sup> Symposium International Nutrition, Biologie de l'Oxygène et Médecine Nutrition, Oxygen Biology and Medicine* (Paris. France). 2009
12. MC Gomez-Cabrera, F Derbré, T Fuentes, F Sanchis-Gomar, VE Martinez-Bello, M Monsalve, AL Nascimento and J Vina. Modulation of skeletal muscle function and adaptation to exercise with antioxidants. *SFRR-Europe Meeting* (Roma. Italy). 2009
13. Gomez-Cabrera MC. Antioxidants and training. Are they beneficial or harmful? *VI Congreso Internacional de la Asociación Española de Ciencias del Deporte* (Elche. Spain). 2010.
14. Mari Carmen Gomez-Cabrera; Frederic Derbre; Maria Monsalve; Ana L. Nascimento; Arlette Gratas-Delamarche; Jose Viña. Low mitochondrial biogenesis in aging may be explained by lack of reactivity of PGC-1 $\alpha$ . Effect of an exercise training protocol. *Free Radicals, Nutrition and Peak Performance. From fundamental aspects to sport training* (Dinard. France). 2010

15. J Viña; MC Gomez-Cabrera; C Borrás; VE Martínez-Bello; F Sanchis-Gomar; J Gambini; R Lopez-Grueso. Modulation of the expression of longevity-related genes: an example of adaptation to stress. *Lipid oxidation, human diseases and aging* (Turin. Italy). 2010
16. MC Gomez-Cabrera. Vitamins in the diet of athletes. *VIII Jornadas de Nutrición, Salud y Deporte. Deporte y Control del Peso*. Universidad Miguel Hernandez de Elche (Spain). 2010
17. Jose Viña; Consuelo Borrás; Mari-Carmen Gomez-Cabrera. The free radical theory of aging revisited. *SFRR-Europe 2011 Meeting*. Istanbul (Turkey). 2011
18. Mari-Carmen Gomez-Cabrera. Low mitochondriogenesis is critical to explain loss of muscle function in aging and in the development of frailty. *SFRR-Europe 2011 Meeting*. Istanbul (Turkey). 2011
19. Mari-Carmen Gomez-Cabrera. Masking Methods in Sports. International conference on laboratory medicine. *Symposium dedicated to the memory of professor Angelo Burlina. Laboratory Medicine and sports: between Scylla and Charybdis*. Padua (Italy). 2011
20. Mari-Carmen Gomez-Cabrera. Interplay of oxidants and antioxidants during exercise. *First International Parma Conference on Rehabilitation, Recreational and Sport Medicine*. Parma (Italy). 2011
21. M. C. Gomez-Cabrera. Aging, Exercise and Mitochondriogenesis. *Congreso Europeo de Geriátria 2011/Congress of the EUGMS/Congress of the SEGG/Congress of the SAGG*. Málaga (Spain). 2011
22. Viña J, Gomez-Cabrera M. C., Ibañez-Sania S. p53-mediated protection against pollutants: effect of exercise. *Second International Conference on Environmental stressors in Biology and Medicine*. Siena (Italy). 2011
23. Mari Carmen Gómez-Cabrera. Antioxidants in exercise: worse than useless. *18th Annual Congress of the European College of Sport Science. ECSS* (Barcelona. Spain). 2013
24. M.Carmen Gómez Cabrera. The paradox of antioxidant supplements in nutrition. *5th International Fresenius Conference. Die Akademie Fresenius* (Mainz. Germany). 2013
25. Jose Vina; Mari Carmen Gomez Cabrera; Beatriz Ferrando; Arlette Delamarche; Frederic Derbre. Redox regulation of muscle E3 ubiquitin ligases: role in sarcopenia. *17th Biennial Meeting of Society for Free Radical Research International* (Kyoto.Japan). 2014
26. Mari Carmen Gomez Cabrera. The controversy of antioxidants and exercise training adaptations-what does the evidence say? *ACSM Conference on Integrative Physiology of Exercise* (Miami.USA). 2014
27. Mari Carmen Gomez Cabrera. Antioxidants in skeletal muscle physiology. A radically different approach. *SFRR-E Meeting. Free radicals: insights in signaling and adaptive homeostasis* (Paris.France). 2014
28. Gomez-Cabrera MC; Ferrando B; Olaso-Gonzalez G; Vina J. Redox regulation of E3 ubiquitin ligases and their role in skeletal muscle atrophy. *Third international conference on cellular environmental stressors in biology and medicine: focus on redox reactions* (Ferrara. Italy). 2014
29. Gomez-Cabrera MC. Antioxidants in skeletal muscle physiology, a radically different approach. *VIIIth International Congress on Stress Response in Biology and Medicine. Stress and Health* (Huangshan. China) 2015

30. Gomez-Cabrera MC. Antioxidants in skeletal muscle physiology, a radically different approach. *(Pre-meeting) Oxygen Club of California World Congress. Oxidants and antioxidants in biology* (Valencia. Spain). 2015
31. Gomez-Cabrera MC. Physical Training for Successful Aging. *International Congress of Successful Aging and Exercise Training* (Valencia. Spain). 2016
32. Gomez-Cabrera MC. Physical exercise in the prevention and treatment of Alzheimer's disease. 22<sup>nd</sup> Scientific Conference. Society of NeuroImmune Pharmacology (Krakow, Poland). 2016
33. Mari Carmen Gomez-Cabrera; Andrea Salvador-Pascual; Jose Viña. Modulation of ROS levels as a strategy to improve healthy aging. *SFRR-E Meeting Budapest* (Budapest. Hungary). 2016
34. Mari Carmen Gomez-Cabrera. Role of redox signaling and inflammation in skeletal muscle adaptations to training. 6th International Symposium of the Human Nutrition & Metabolism Research and Training Center Graz (HNMRC). Human health: From laboratory models to clinical studies. (Graz. Austria). 2017
35. Grazia Isaya and Carmen Gomez-Cabrera. Women in Science. Power Hour. Oxidative Stress & Disease Gordon Research Conference Redox Biology in Disease and Translational Medicine. (Lucca. Italy). 2017
36. Carmen Gomez-Cabrera. Modulation of ROS Levels as a Strategy to Improve Healthy Aging: The Exercise Model. Oxidative Stress & Disease Gordon Research Conference Redox Biology in Disease and Translational Medicine. (Lucca. Italy). 2017
37. Mari Carmen Gomez-Cabrera. Exercise as a calorie restriction mimetic. Implications for the treatment of age-associated frailty. 19<sup>th</sup> Biennial Meeting Society for Free Radical Research International (Lisbon. Portugal). 4-7 Junio de 2018
38. Mari Carmen Gomez-Cabrera. An Update on Antioxidants in Muscle Adaptation to Exercise Training. 23<sup>rd</sup> Annual Congress of the European College of Sports Sciences. Sport Science at the cutting edge (Dublin. Ireland). 4-7 Julio 2018.
39. Mari Carmen Gomez-Cabrera. Physical exercise in the prevention and treatment of Alzheimer's disease. Longevity World Forum. (Valencia. Spain). 2018
40. Mari Carmen Gomez-Cabrera. Exercise as an antioxidant drug in aging. SFRR-E Meeting 2019. (Ferrara. Italy).
41. Mari Carmen Gomez-Cabrera. Physical exercise as an intervention for healthy aging. Longevity World Forum. (Valencia. Spain). 2019

#### **National invited presentations**

1. Gómez-Cabrera M.C. Collecting biological samples. Techniques of processing for overtraining studies. *IV Jornadas de Ciencia y Técnica aplicada al ciclismo*. Universidad Politécnica de Valencia (Spain). 2000
2. Gómez-Cabrera, M.C. Free radicals and their role in cell signalling and genetic expression during physical exercise. Application to swimming. *V Congreso de la asociación española de técnicos de natación*. Castellón (Spain). 2003
3. Gómez-Cabrera, M.C. Use of swimming styes in health water activities. *Curso de actividades acuáticas y salud*. Universidad Politécnica de Valencia (Spain). 2004
4. Viña, J. and Gómez-Cabrera, M.C. Oxidative stress in exercise. When do we have to provide antioxidant supplementation? *VI Congreso de Nutrición. La Actividad Física y los Suplementos*. Ibiza (Spain). 2004

5. Gómez-Cabrera, M.C. Physical exercise and weariness. *Entrenamiento en el tenista de alto nivel desde una perspectiva multidisciplinar*. Universidad Católica de Valencia (Spain). 2005
6. Gómez-Cabrera, M.C. Vitamins in the diet of athletes. *Alimentación y suplementos dietéticos para la mejora del rendimiento deportivo*. Universidad Politécnica de Valencia (Spain). 2005,2006,2007,2008,2009 and 2010
7. Gómez-Cabrera Mari-Carmen. Role of free radicals in adaptations to physical exercise: Effect of administering antioxidants. *I Jornadas de investigación de la Universidad Católica de Valencia* (Spain). 2006
8. Gómez-Cabrera MC, Romagnoli M, Arduini A, Delgado-Llaneras JJ, Sanchís-Gomar F, Martínez-Bello VE, Nascimento AL, Doménech E. Biological bases of aerobic resistance. *XXVII Congreso AETN de natación y actividades acuáticas* (Valencia, Spain). 2007
9. Mari Carmen Gomez-Cabrera. Efecto de la suplementación con nutrientes antioxidantes en el rendimiento deportivo. *Nutrición y actividad física: tendencias actuales en investigación y perspectivas de futuro. VII Semana de la Ciencia*. CEU. Universidad San Pablo (Madrid, Spain). 2007
10. Mari Carmen Gomez-Cabrera. Ejercicio físico y estrés oxidativo. Importancia de los nutrientes antioxidantes. *Ejercicio físico y salud*. Fundación Valenciana de Estudios Avanzados. 2008
11. M.C. Gomez-Cabrera. Métodos para enmascarar dopaje y sus efectos sobre el hemograma. III Jornadas de trabajo con las federaciones deportivas españolas sobre salud y lucha contra el dopaje en el deporte. Agencia Estatal Antidopaje. 2011
12. M.C. Gomez-Cabrera. Adaptaciones metabólicas al ejercicio como modelo de comunicación intertisular. *Las Redes Metabólicas: Los tejidos se hablan entre sí*. Valencia (Spain). 2011
13. M.C. Gómez-Cabrera. Desequilibrio energético y fragilidad. *5ª Reunión Nacional de la Sociedad Española de Medicina Geriátrica (SEMEG). 4ª Reunión de la Red Temática de Investigación Cooperativa en Envejecimiento y Fragilidad (RETICEF)*. Toledo (Spain). 2012.
14. Mari Carmen Gómez-Cabrera; Rebeca Garcia-Valles; Marta Ingles; Juan Gambini; Mar Dromant; Jose Viña. Fragilidad, ejercicio físico y estrés oxidativo. *VIII REUNIÓN del GRUPO ESPAÑOL DE INVESTIGACIÓN EN RADICALES LIBRES (GEIRLI)*. Valencia (Spain). 2013
15. M. Carmen Gómez Cabrera. Bases biológicas y moleculares de la sarcopenia (Sesión: Curso de Biología Molecular Aplicada al Envejecimiento). *55 Congreso de la Sociedad Española de Geriatria y Gerontología. 2º Congreso de la Sociedad Valenciana de Geriatria y Gerontología* (Valencia. Spain). 2013
16. M.Carmen Gómez Cabrera. Biomarcadores de fragilidad. Estudios en modelos animales y humanos (Sesión: Detección Precoz de la Fragilidad). *55 Congreso de la Sociedad Española de Geriatria y Gerontología. 2º Congreso de la Sociedad Valenciana de Geriatria y Gerontología* (Valencia. Spain). 2013
17. M.Carmen Gómez Cabrera. La paradoja de los suplementos antioxidantes en nutrición y ejercicio. *Jornadas de actualización sobre nutrición, salud y deporte*. Ilustre Colegio Oficial de Médicos de Valencia. 2014
18. M.Carmen Gómez Cabrera. Actividad física y envejecimiento. *4ª Edició Universitat d' Hivern d' Ontinyent. Realitats socials a la Vall d'Albaida del Segle XXI*. Fundación Campus Ontinyent. Universitat de València. 2014
19. Gomez-Cabrera MC; Ferrando B; Vina J. Redox regulation of E3 ubiquitin ligases and their role in skeletal muscle atrophy. *X Meeting of the Spanish Group for Research on Free Radicals (GEIRLI)*

*“SYMPOSIUM ON OXIDATIVE STRESS AND REDOX SIGNALING IN BIOLOGY AND MEDICINE”*  
(Valencia. Spain). 2014

20. Gomez-Cabrera MC. Bases biológicas y moleculares de la sarcopenia. *3<sup>er</sup> Congreso de la Sociedad Valenciana de Geriatría y Gerontología* (Alicante. Spain). 2014
21. Gomez-Cabrera MC. Sarcopenia, envejecimiento y ejercicio físico. Nutrición y ejercicio en pacientes de edad avanzada. Aula Fresenius Kabi (Madrid, Spain). 2015
22. Gomez-Cabrera MC. ¿Cualquiera puede correr una maratón?. *Ejercicio físico y salud. Federación Farmacéutica* (Valencia. Spain). 2016
23. Mari Carmen Gomez-Cabrera. Modulación de los radicales libres como estrategia para mejorar el envejecimiento saludable. WORKSHOP de 'ESTRÉS OXIDATIVO y SEÑALIZACIÓN REDOX en BIOMEDICINA'. (Valencia. Spain). 2016
24. Mari Carmen Gomez-Cabrera. Traslado de la investigación básica al deportista. I Jornadas de Rehabilitación Deportiva. Abordaje integral del paciente deportista. Ypsilon Sport Clinic. (Valencia. Spain). 2016
25. Mari Carmen Gomez-Cabrera. Actividad Física: Mecanismos de modulación de los mediadores de fragilidad. 7<sup>a</sup> REUNIÓN NACIONAL SEMEG. (Santander. Spain). 2016
26. Mari Carmen Gomez-Cabrera. Claves para publicar en revistas científicas. Cursos de formación del profesorado sobre investigación. Universidad Católica de Valencia. (Valencia. Spain). 2017
27. Mari Carmen Gomez-Cabrera. Modulación de los radicales libres como estrategia para mejorar el envejecimiento saludable: El modelo del ejercicio. WORKSHOP de “ESTRÉS OXIDATIVO y SEÑALIZACIÓN REDOX en BIOMEDICINA”. Curso de “FISIOLOGÍA y FISIOPATOLOGÍA de los RADICALES LIBRES y ANTIOXIDANTES” (Valencia. Spain). 2017
28. Mari Carmen Gomez-Cabrera. El ejercicio físico y la modulación de los niveles de estrés oxidativo como estrategias para retrasar la fragilidad. Modelos preclínicos para el estudio de la fragilidad y el envejecimiento saludable. CURSO VERANO UPV-EHU. Hacia el envejecimiento saludable a través de la innovación y la investigación (San Sebastián. Spain). 2017
29. Mari Carmen Gomez-Cabrera. ESTRATEGIAS DE INTERVENCIÓN: EJERCICIO FÍSICO. 59 CONGRESO DE LA S. ESPAÑOLA DE GERIATRÍA Y GERONTOLOGÍA (A Coruña. Spain). 2017
30. Mari Carmen Gomez-Cabrera. Ayuda al deportista desde la investigación básica. II Jornadas de Rehabilitación Deportiva. Scouting de rodilla. Ypsilon Sport Clinic. (Valencia. Spain). 20-21 abril de 2018.

### **International oral communications**

1. Borrás, C.; García-Sala, D.; Alguacil, P.; Gómez-Cabrera, M.C.; Buenestado, M.D.; Lloret, A.; Royo, D.; Miñana, J.B.; Aranda, R.; Sastre, J. Y Viña, J. Difference in longevity between genders: Role of mitochondrial oxidative stress. V REUNIÓN DEL GRUPO ESPAÑOL DE RADICALES LIBRES Y II REUNIÓN IBEROAMERICANA. Cádiz (Spain). 2000
2. Viña J, Gómez-Cabrera, M.C., García del Moral L., Pallardó F.V. and Sastre, J. Mechanism of free radical production in exercise: role of xanthine oxidase and protection by allopurinol in animals and in human beings. Physical exercise and Training: Oxidants, antioxidants and gene regulation. Rennes (France). 2001
3. Lloret, A., Royo, D; Miñana, J.; Borrás, C.; Pereda, J.; Gómez-Cabrera, M.C., Rus, D.; Pallardó, F.V.; J Sastre; Ortí, R.; Alonso MD.; J Viña. Study on oxidative stress in blood from patients with Alzheimer's disease. Relationship with cognitive status and antioxidant treatment. VII REUNIÓN

- DEL GRUPO ESPAÑOL DE RADICALES LIBRES Y III REUNIÓN IBEROAMERICANA. Cáceres (Spain). 2002
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- 85.** B Ferrando; C Puchades; F Derbre; T Brioché; H Pareja-Galeano; R García-Valles; A Díaz; M Cerdá; H Cabo; MC Gomez-Cabrera; J Viña. ROLE OF IKK- $\alpha$  IN SKELETAL MUSCLE ATROPHY CAUSED BY HINDLIMB UNLOADING IN MICE. INTERNATIONAL SYMPOSIUM ON REDOX SIGNALING AND OXIDATIVE STRESS IN HEALTH AND DISEASE. *IV Spanish and Portuguese Free Radical Meeting. Spanish Group of Research on Free Radicals (GEIRLI) and the Portuguese Free Radical Group*. (Valencia. Spain).
- 86.** Helios Pareja-Galeano; Yoelvis García-Mesa; Vicent Bonet-Costa; Susana Revilla; Mari Carmen Gómez-Cabrera; Juan Gambini; Lydia Giménez-Llort; Rosa Cristòfol; Jose Viña; Coral Sanfeliu. Exercise training neuroprotects ovariectomized Alzheimer's disease mouse model through BDNF signaling. *X Meeting of the Spanish Group for Research on Free Radicals (GEIRLI) "SYMPOSIUM ON OXIDATIVE STRESS AND REDOX SIGNALING IN BIOLOGY AND MEDICINE"*. 2014
- 87.** Salvador-Pascual A; Cabo H; Sabater-Pastor F; Ferrando B; Pareja-Galeano H; Olaso-Gonzalez; Gomez-Cabrera MC; Vina J. Study of the influence of disinfection by-products in indoor pools on oxidative stress and lung damage in swimmers. *X Meeting of the Spanish Group for Research on Free Radicals (GEIRLI) "SYMPOSIUM ON OXIDATIVE STRESS AND REDOX SIGNALING IN BIOLOGY AND MEDICINE"*. 2014
- 88.** Cabo H; Salvador-Pascual A; Sabater-Pastor F; Ferrando B; Pareja-Galeano H; Gomez-Cabrera MC; Vina J. Role of sedentary aging and lifelong physical activity on exchange of glutathione across exercising human skeletal muscle. *X Meeting of the Spanish Group for Research on Free Radicals (GEIRLI) "SYMPOSIUM ON OXIDATIVE STRESS AND REDOX SIGNALING IN BIOLOGY AND MEDICINE"*. 2014
- 89.** Ferrando B; Puchades C; Olaso-González G; Cerdá-Nicolás M; Gómez-Cabrera MC; Viña J. Role of E3 ubiquitin ligases in the muscle atrophy induced by hindlimb unloading. Benefits of pharmacological treatment. *X Meeting of the Spanish Group for Research on Free Radicals (GEIRLI) "SYMPOSIUM ON OXIDATIVE STRESS AND REDOX SIGNALING IN BIOLOGY AND MEDICINE"*. 2014

- 90.** Olaso-Gonzalez Gloria; Ferrando Beatriz; Derbre Frederic; Salvador-Pascual Andrea; Cabo Helena; Pareja-Galeano Helios; Sabater-Pastor Frederic; Gomez Cabrera Mari Carmen; Vina Jose. Redox regulation of E3 ubiquitin ligases and their role in skeletal muscle atrophy. *SFRR-E Meeting. Free radicals: insights in signaling and adaptive homeostasis* Paris, France. 2014
- 91.** Gloria Olaso-González; Andrea Salvador; Helena Cabo; Frederic Sabater; Helios Pareja-Galeano; Beatriz Ferrando; Mari Carmen Gómez-Cabrera; Jose Vina. Disinfection by-products in indoor swimming pools: study of their influence on swimmers oxidative stress and respiratory damage. *THIRD INTERNATIONAL CONFERENCE ON CELLULAR ENVIRONMENTAL STRESSORS IN BIOLOGY AND MEDICINE: FOCUS ON REDOX REACTIONS* (Ferrara. Italy). 2014
- 92.** Pilar Pérez-Ros; Sandra Mas Martorell; Chabela Cuquerella Piera; Jessica Pires Piedad; Julia Sabater Ramirez; M<sup>a</sup> Carmen Gómez-Cabrera. ALTERACIONES ANALÍTICAS SIGNIFICATIVAS EN UNA MUESTRA DE ANCIANOS PARTICIPANTES EN UN PROGRAMA DE INTERVENCIÓN SOBRE FRAGILIDAD. *3<sup>er</sup> Congreso de la Sociedad Valenciana de Geriátría y Gerontología* (Alicante. Spain). 2014
- 93.** Salvador-Pascual A, Cabo H, Puchades C, Gomez-Cabrera MC, and Vina J. Study of the influence of disinfection by-products in indoor pools on oxidative stress and lung damage in swimmers. *1st Joint Meeting UT SouthWestern Medical Center+University of Valencia*. 2015
- 94.** Puchades C, Ferrando B, Salvador-Pascual A, Cabo H, Cerdá-Nicolás M.1, Gómez-Cabrera M.C., Viña J. Role of inflammation and oxidative stress in the activation of E3 ubiquitin ligases in skeletal muscle atrophy. *1st Joint Meeting UT SouthWestern Medical Center+University of Valencia*. 2015
- 95.** Cabo H, Bordignon E, Salvador-Pascual A, Puchades C, Gomez-Cabrera MC, and Vina J. Role of sedentary aging and lifelong physical activity on exchange of glutathione across exercising human skeletal muscle. *1st Joint Meeting UT SouthWestern Medical Center+University of Valencia*. 2015
- 96.** Mari Carmen Gomez-Cabrera; Andrea Salvador-Pascual; Gloria Olaso-Gonzalez; Helena Cabo; Konstantina Tsaparas; Jose Viña. A Multicomponent Exercise Intervention That Reverses Frailty And Improves Cognition, Emotional, And Social Networking In The Community-Dwelling Frail Elderly. A Randomized Clinical Trial. *VIIth International Congress on Stress Response in Biology and Medicine. Stress and Health* (Huangshan. China). 2015
- 97.** Salvador-Pascual A; Cabo H; Tsaparas T; Puchades C; Bordignon E; Gomez-Cabrera MC; Tarazona-Santabalbina F; Viña J. Oxidative stress and inflammation are involved in the activation of E3 ubiquitin ligases during skeletal muscle atrophy. *Oxygen Club of California World Congress. Oxidants and antioxidants in biology* (Valencia. Spain). 2015
- 98.** Salvador-Pascual A; Ferrando B; Puchades C; Helena C; Cerda-Nicolas M; Gomez-Cabrera MC; Viña J. A multicomponent exercise intervention improves function, cognition, emotional and social networking in a controlled population of community-dwelling frail older people. *Oxygen Club of California World Congress. Oxidants and antioxidants in biology* (Valencia. Spain). 2015
- 99.** Cabo H, Salvador-Pascual A, Puchades C, Escrivá C, Quintela M, De la Rosa González A, Pérez-Ros P, Martínez-Arnau FM, Gomez-Cabrera MC, Tarazona-Santabalbina F, Viña J. A MULTICOMPONENT EXERCISE INTERVENTION THAT REVERSES FRAILTY AND IMPROVES COGNITION, EMOTIONAL, AND SOCIAL IN FRAIL ELDERLY. *International Congress of Successful Aging and Exercise Training* (Valencia. Spain). 2016

- 100.** Alessandra Pecorelli, Elisabetta Bordignon, Ximena M Muresan, Franco Cervellati, Carmen Gomez, Giuseppe Valacchi, Jose Vina. Oxidative stress and physical exercise: effects of training intervention on oxidative stress levels caused by endogenous and exogenous sources. *SFRR-E Meeting Budapest* (Budapest. Hungary). 2016
- 101.** Roldán, A; Blasco-Lafarga, C; Corbí, J; Cordellat, A; Monteagudo, P; Camarena-Escrivà, B; Montoya-Vieco, A; García-Lucerga, C; Blasco-Lafarga, NM; Gómez-Cabrera, MC. La presión inspiratoria máxima aumenta tras un entrenamiento respiratorio resistido en mujeres mayores entrenadas *Simposio EXERNET. Investigación en Ejercicio, Salud y Bienestar: 'Exercise is Medicine'* (Cádiz.Spain). 2016
- 102.** A. Torrent; E. Montell; J. Vergés; M.C. Gómez; J. Viña. Nutraceutical Strategy for Muscle Maintenance and Recovery. *Experimental biology* (USA). 2016
- 103.** Corpas R; Solana E; De la Rosa A; Griñán-Ferré C; Sarroca S; Viña J; Pallàs M; Bartrés-Faz D; Gómez-Cabrera MC; Sanfeliu C. Analysis of peripheral blood biomarkers of brain resilience in veteran rugby players. *Symposi de Neurociències, Societat Catalana de Biologia* (Barcelona. Spain). 2016
- 104.** R. Ballarò; F. Pina; M. Beltrà; F. Penna; M.C. Gomez-Cabrera; J. Viña; P. Costelli. Oxidative stress and exercise training in experimental cancer cachexia. *Dianzani meeting*. Italy. 2016
- 105.** Jose Viña, Consuelo Borrás, Mari Carmen Gomez-Cabrera, Ana Lloret and Aitor Carretero. REDUCTIVE STRESS IN PATHOPHYSIOLOGY. *METABOLIC STRESS AND REDOX REGULATION. OCC World Congress and Annual SFRR-E Conference*. (Berlín. Germany). 2017
- 106.** Gomez-Cabrera Mari Carmen, Carretero Aitor, Bodi Vicent, Rios-Navarro Cesar, Diaz Ana, Salvador-Pascual Andrea, Viña Jose. Early reductive stress followed by a late onset oxidative stress in acute myocardial infarction. 19<sup>th</sup> Biennial Meeting Society for Free Radical Research International (Lisbon. Portugal). 2018
- 107.** Arc-Chagnaud Coralie, Salvador-Pascual Andrea, Carretero Aitor, Brioché Thomas, Chopard Angèle, Fernandez-Marcos PJ, Serrano M, Gomez-Cabrera Mari Carmen, Viña Jose. Overexpression of G6PD as a model of robustness. 19<sup>th</sup> Biennial Meeting Society for Free Radical Research International (Lisbon. Portugal). 2018
- 108.** Monteagudo, P., Cordellat, A., Roldán, A., Gómez-Cabrera, MC & Blasco-Lafarga, C. EQ-INDEX AND SF12 MORE THAN EQ-VAS CORRELATES WITH PHYSICAL FUNCTION IN OLDER ADULTS. 23<sup>rd</sup> Annual Congress of the European College of Sports Sciences. Sport Science at the cutting edge (Dublin. Ireland). 2018

## Patents

1. A patent which consists of an intervention entitled “Compositions for muscular health” with the company Bioiberica S.A. (Pharmascience). Application Number: ES20160030232 20160229

## Courses given

<b>2002-2003</b>	“Physiology”. Elementary Sailing Instructor Course	Burriana Sea School
<b>2002</b>	“Theory and Practice of Sports Training” Scuba-diving Course for Sports Trainers Levels 1 and 2	Diving Federation

<b>2009-Act.</b>	“Biological Bases: Physiology” Sports trainers Course Levels 1, 2 and 3	Culture and Sport Regional Government
<b>2018</b>	Integral training for faculty course	UVEG

### Courses received

<b>1998-2000</b>	Doctorate courses (190A Programme)	Dept Physiology, Valencia University
<b>1999</b>	CAP (Pedagogical Aptitude Certificate)	Ministry of Education and Culture
<b>2008</b>	Qualification of design and management of animal research procedures GROUP C CATEGORY	Valencia University
<b>2008</b>	Operating automatic exam correcting devices	Valencia University
<b>2014</b>	Statistics applied in biomechanics	Valencia University
<b>2015</b>	Initiation in Moodle	Valencia University

### Grants and Prizes received

*After obtaining her degree*

#### Grants

<b>1999-2002</b>	FPI (Training of Research Personnel) grant. Dept. Physiology. Faculty of Medicine (Valencia University)	Regional Ministry
<b>2003-2004</b>	Predocctoral Research Grant	Danone Institute
<b>2001-2002-2004</b>	Predocctoral stay grants at foreign centres (USC, University of Wisconsin, University of Liverpool)	Regional Ministry
<b>2003</b>	Honorary Fellow Department of Kinesiology (University of Wisconsin-Madison)	Regional Ministry
<b>2006</b>	Postdoctoral stay grants at foreign centres	Regional Ministry
<b>2016</b>	Support for in-house research training at foreign centres	Valencia University
<b>2018</b>	Support for research doctor stays at foreign centres (Regional Ministry)	Regional Ministry
<b>2019</b>	Support for research doctor stays at foreign centres (Salvador de Madariaga)	National Ministry

#### Academic prizes

1. Extraordinary prize for her degree at the Faculty of Sport Sciences. Class 1993-1998
2. Extraordinary prize for her doctorate 2006. University of Valencia.

#### Research prizes

1. GARCÍA BLANCO MEDAL awarded by the Fundación Valenciana de Investigaciones Biomédicas, in conjunction with the Fundación de Estudios Avanzados for the SCIENTIFIC ACTIVITY OF YOUNG RESEARCHERS IN THE FIELDS OF SCIENCES AND BIOMEDICINE (2005)
2. SFRR EUROPE CATHERINE PASQUIER MEMORIAL AWARD granted by the Society for Free Radical Research Europe in 2014 for her outstanding research work in the field of free radicals
3. Bétera en Lilà Prize in recognition of her professional career (2015)

4. The prize awarded by the Professional association of trainers of the Valencian Community in recognition of her research work in physical activity and sport (2016)

#### **Prizes obtained for work presented at congresses**

1. FUNDACIÓN VALENCIANA DEL CORAZÓN prize awarded for the best COMMUNICATION ON EXPERIMENTAL CARDIOLOGY AND BASIC RESEARCH (2006)
2. FEMEDE prize for the best oral communication awarded by the Federación Española de Medicina del Deporte (2007)
3. Prize for the best oral communication at the 3éme Symposium International Nutrition, Biologie de l'Oxygène et Médecine Nutrition, Oxygen Biology and Medicine (Paris. 2009)
4. Best oral communication at the VI Congreso Internacional de la Asociación Española de Ciencias del Deporte. Elche, Spain (2010)
5. SALGADO ALBA prize for the best poster at the 54th Congreso de la SEGG. Biological Science Section (2011)

#### **Prizes obtained for published papers**

1. Prize of the Spanish Society for the Study of Spinal Diseases for the study entitled: "EFFECT OF AEROBIC TRAINING IN PATIENTS WITH IDIOPATHIC SCHOLIOSIS OF THE MODERATED ADOLESCENT" (2009).
2. 1st Prize. Article published in the Spanish Journal of Geriatrics and Gerontology (BELTRÁN BÁGUENA 2013 Award. Biological Area). Title: "Effect of Physical Exercise on Cognitive Alterations and Oxidative Stress in a Transgenic APP/PSN1 Model for Alzheimer's Disease"
3. Research Foundation Award 'Aging and Health' 2017 for the best article published in journals indexed in 2016. For the work: A Multicomponent Exercise Intervention that Reverses Frailty and Improves Cognition, Emotion, and Social Networking in the Community-Dwelling Frail Elderly: A Randomized Clinical Trial. J Am Med Dir Assoc.

#### **Citations**

1. Paper "Decreasing xanthine oxidase-mediated oxidative stress prevents useful cellular adaptations to exercise in rats" published in The Journal of Physiology in 2005 was recently cited for the 100th time within 10 years of publication
2. Paper: "The loss of muscle mass and sarcopenia: Non hormonal intervention". Most downloaded Experimental Gerontology articles in December 2011
3. Paper: "Part of the series: from dietary antioxidants to regulators in cellular signalling and gene expression. Role of reactive oxygen species and (phyto)estrogens in the modulation of adaptive response to stress". Ten most highly cited Free Radical Research manuscripts 2006-2007

### **Management tasks**

1. Member of the O.T.R.I. of the UCV from November 2004 to July 2006
2. Member of the C.A.T. of the Faculty of Physical Activity and Sports Sciences (2009- Present)
3. Member of the Qualification Review Committee of the Faculty of Physical Activity and Sports Sciences (2009-Present)
4. Member of the Teacher Recruitment Commission of the Faculty of Physical Activity and Sports Sciences (2010-2018)
5. Member of the Hiring Committee of the Faculty of Medicine (2010-2012/2015-2017)
6. Member of the UVEG Research Commission (2015-2019). Biomedicine area representative.

7. Member of the Advisory Committee for the Extraordinary Doctoral Awards during the years 2016-2019.
8. Deputy scientific director of the basic research area of the Institute of Health Research (INCLIVA) (2018-Present).

## Other Merits

### **Edition of volumens for scientific journals**

1. Editor of the Forum Issue for Free Radical Research: “Free radicals and physical exercise” (2014)
2. Editor of the Special Issue for Oxidative Medicine and Cellular Longevity: “Oxidants Antioxidants and Adaptive Responses to Exercise” (2015)
3. Editor of the Olympic 2016 Special Issue for Free Radical Biology and Medicine: “Human Performance and Redox Signaling in Health and Disease” (2016)
4. Editor of the Special Issue for Molecular Aspects of Medicine: “Molecular Aspects of Sarcopaenia and Frailty” (2016)
5. Editor of the Special Issue for Redox Biology: “Exercise Redox Biology” (2020)

### **Editorial Boards**

Member of the Editorial Board of Redox Biology (2018-Present).

- CiteScore: 6.86
- Impact Factor: 7.126
- 5-Year Impact Factor: 7.613
- Source Normalized Impact per Paper (SNIP): 1.863
- SCImago Journal Rank (SJR): 2.203

### **Reviewer for the following scientific journals**

- Aging Cell
- Acta Physiologica
- Annals of Nutrition and Metabolism
- Biogerontology
- BMC Sports Science, Medicine and Rehabilitation
- British Journal of Nutrition
- Dose Response
- European Journal of Applied Physiology
- European Journal of Sports Science
- Experimental Biology and Medicine
- Free Radical Biology and Medicine
- Free Radical Research
- International Journal of Sport Nutrition & Exercise Metabolism
- International Journal of Sports Medicine
- International Journal of Sports Physiology and Performance
- Journal of Alzheimer’s disease
- Journal of Applied Physiology
- Journal of Neurochemistry
- Journal of Physiology and Biochemistry
- Journal of Sports Sciences
- Journal of Sports Sciences
- Mediators of Inflammation

- Medicine and Science in Sports and Exercise
- Neuroscience
- Oxidative Medicine and Cellular Longevity
- Plos One
- Redox Biology
- Revista Española de Geriatria y Gerontología
- Scandinavian Journal of Medicine and Science in Sports
- Sports Medicine

**Member of the following international societies**

- ACSM (American College of Sport Medicine).
- Physiological Society
- ECSS (European College of Sport Science)
- SFRR (Society for Free Radicals Research)
- SEGG (Sociedad Española de Geriatria y Gerontología)