

SHORT CURRICULUM VITAE



I. PERSONAL DETAILS

- Name: **ENRIQUE GARCÍA ARTERO**
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1. *QUALIFICATIONS:*

- Bachelor's Degree in **Physical Activity and Sports Sciences**, University of Granada, Spain (2000-2005).
- Master's degree in **Human Nutrition**, University of Granada, Spain (2005-2007).
- **PhD** degree, University of Granada, Spain (01-15-2010). Dissertation's title: "Muscular and Cardiorespiratory Fitness Assessment in Adolescents. Methodological Issues and Health Implications".
- 1st level (of 3) **Anthropometrist**, certified by the **International Society for the Advancement of Kinanthropometry (ISAK)**, January 2006.
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2. *PRESENT APPOINTMENT:*

- Post-Doctoral Research Fellow. University of South Carolina, Public Health Research Center, Department of Exercise Science. Columbia, SC, USA.

3. *PREVIOUS APPOINTMENTS*

- Sport instructor: Physical activity for elderly people. Ebone Sport S.A. (from 01-10-2002 to 31-05-2003).
- Personal trainer for health and sport performance. Club Costa S.L. (from 01-06-2004 to 31-09-2004).
- Football coaching of the "C.D. Santa Fé" football team, 3rd Spanish Football Division (from 01-09-2004 to 15-06-2005).

- Research Fellow. Training Grant from the University of Granada (academic course 2004 / 2005). The EFFECTS-262 Research Group, School of Medicine, University of Granada, Spain.
- Pre-Doctoral Research Fellow. Training Grant from the Spanish Ministry of Education. Spanish Training Program for University Faculty (from 04-01-2006 to 03-31-2010). EFFECTS-262 Research Group, School of Medicine, University of Granada, Spain.
- Visiting Scholar. Training Grant from the Spanish Ministry of Education (from 08-18-2008 to 12-11-2008). Department of Public Health, University of Ghent, Ghent (Belgium). Tutor: Stefaan De Henauw
- Visiting Scholar. Training Grant from the Spanish Ministry of Education (from 09-01-2009 to 12-22-2009). Department of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia (USA). Tutor: Steven N. Blair.

4. RESEARCH INTEREST OR EXPERTISES:

1. Physical fitness assessment: Experience in field fitness testing and physiology of exercise laboratory testing, including treadmill tests with gas analyzing and muscular fitness assessment by isokinetic techniques.
2. Anthropometry and body composition assessment. Experience in field anthropometric techniques, as well as more accurate and sophisticated techniques, such as Dual Energy X-ray Absorptiometry (DXA).
3. New methods for the development of muscular strength, related to sport performance as well as the maintenance of a good health status. Mainly focused on whole-body vibration (WBV) and explosive strength training.
4. Scientific experience in terms of publications mainly focused on the association of physical activity, physical fitness and body composition with several health parameters.

5. OTHER PERSONAL INTERESTS OR EXPERTISES:

- LANGUAGES:

English: FIRST (First Certificate in English), certificated by the University of Cambridge ESOL Examinations in 2008.

- COMPUTERS:

Knowledge to middle-high level of the following informatics software: **Word, Excel, PowerPoint, SPSS, EndNote** and **SigmaPlot**.

- SPORTS

Middle-high training for triathlon (swimming, cycling and running). Eventual participation in long distance running and biking events, as well as team sports such as football.

II. RESEARCH

1. MAJOR RESEARCH PROJECTS: INVOLVEMENT

1. **The AVENA study** (2000-2003). The AVENA study (Alimentación y Valoración del Estado Nutricional de los Adolescentes / Feeding and assessment of nutritional status of Spanish adolescents) was conducted in nearly 3000 Spanish adolescents aged 13–18.5 years. Many factors related with the adolescents' physiological and psychological health status were assessed. *Involvement:* Data collection, data analysis and writing of scientific papers, with special implication on physical activity, fitness and anthropometry/body composition. www.estudioavena.es

2. **The HELENA study** (2005-2008). The HELENA study (Healthy Lifestyle in Europe by Nutrition in Adolescence) is an EU-funded project conducted in 3000 adolescents from 10 different European cities. The HELENA study aims to provide a broad picture of the nutritional and lifestyle status of the European adolescents, including objectively measured PA and a range of health-related physical fitness tests.
Involvement: Under the supervision of Manuel J Castillo, coordination of physical fitness assessment, as well as data analysis and writing of scientific papers. www.helenastudy.com
3. **EXERNET Study** (2005-2008). Research net about physical exercise and health in special populations (**EXERNET**). Spanish Ministry of Education and Science. DEP2006-00046.
<http://www.spanishexernet.com/>
4. **The ALPHA study** (2007-2009). The ALPHA study (Instruments for Assessing Levels of Physical Activity and related health determinants) is EU-funded project, in the framework of the Public Health Programme. The ALPHA study aims, among others, to determine and test of a European test battery for the assessment of health-related fitness as a reliable key health indicator.
Involvement: Participation in the review of the available information on physical fitness assessment in young people and drawing evidence-based recommendations for a proper fitness testing at a European level. Also, participation in a pilot study to investigate the reliability, feasibility and safety of the proposed test battery. <http://www.thealphaproject.eu>
5. **Aerobics Center Longitudinal Study (ACLS)**, a prospective study on the association of clinical and lifestyle factors to health outcomes in patients examined at the Cooper Clinic in Dallas, Texas from 1970.
Involvement: Under the supervision of Steven N. Blair, data analysis and writing of scientific papers.
6. **Energy Balance Study** (11/4/2010-12/31/2013). The purpose of this project is to conduct a comprehensive energy balance study to identify the roles that energy intake and energy expenditure play in the obesity epidemic.
Involvement: data collection, data analysis and writing of scientific papers.

2. SELECTED SCIENTIFIC PAPERS (from a total of 24) [Link to PubMed](#)

1. Artero EG, Lee DC, Ruiz JR, Sui X, Ortega FB, Church T, Lavie CJ, Castillo MJ, Blair SN. A Prospective study of Muscular strength and all-cause mortality in men with hypertension. **JACC** (in press).
2. Artero EG, Ruiz JR, Ortega FB, España-Romero V, Vicente-Rodríguez G, Molnar D, Gottrand F, González-Gross M, Breidenassel C, Moreno LA, Gutiérrez A. Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents. The HELENA Study. **Pediatric Diabetes** (in press).
3. Lee DC, Artero EG, Sui X, Blair SN. Mortality trends in the general population: the importance of cardiorespiratory fitness. **J Psychopharmacol** 2010; 24 (11): 27-35.
4. Artero EG, Ortega FB, España-Romero V, Labayen I, Huybrechts I, Papadaki A, Rodriguez G, Mauro B, Widhalm K, Kersting M, Manios M, Molnar D, Moreno LA, Sjöström M, Gottrand F, Castillo MJ, De Henauw S, on behalf of the HELENA Study group. Longer breastfeeding duration is associated with increased lower body explosive strength in adolescence. The HELENA Study. **J Nutr** 2010; 140: 1989-95.
5. Artero EG, España-Romero V, Ortega FB, Jiménez-Pavón D, Ruiz JR, Vicente-Rodríguez G, Bueno M, Marcos A, Gómez-Martínez S, Urzauqui A, González-Gross M, Moreno LA, Gutiérrez A, Castillo MJ. Health-related fitness in adolescents: underweight, and not only overweight, as an influencing factor. The AVENA Study. **Scand J Med Sci Sports** 2010; 20(3): 418-427.
6. García-Artero E, Ortega FB, Ruiz JR, Mesa JL, Delgado M, Gonzalez-Gross M, García-Fuentes M, Vicente-Rodríguez G, Gutiérrez A, Castillo MJ. [Lipid and metabolic profiles in adolescents are affected more by physical fitness than physical activity (AVENA study)]. **Rev Esp Cardiol**. 2007; 60(6):581-8.

3. SUBMITTED MANUSCRIPTS

1. Artero EG, España-Romero V, Castro-Piñero J, Ruiz JR, Jiménez-Pavón DJ, Aparicio VA, Gatto-Cardia MC, Baena PA, Vicente-Rodríguez G, Castillo MJ, Ortega FB. Criterion-related validity of field-based muscular fitness tests in youth. *Submitted*.

4. MORE RELEVANT SCIENTIFIC EVENTS (5 SELECTED)

1. Artero EG, Ruiz JR, España-Romero V, Ortega FB, Vicente-Rodríguez G, Moreno LA, Gutiérrez A. “Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents. The HELENA Study”. **American College of Sports Medicine’s 57th Annual Meeting**. Baltimore, Maryland USA, June 2nd – 5th 2010.
2. Artero EG, Ortega FB, España-Romero V, I Labayen, Huybrechts I, Papadaki A, Rodriguez G, Mauro B, Widhalm K, Kersting M, Manios Y, Molnar D, Moreno LA, Sjöström M, Gottrand F, Castillo MJ, De Henauw S, on behalf of the HELENA study group. “Breastfeeding and fitness in adolescence”. **ECO 2009 Pre-Congress Meeting: Health behaviour and status in European adolescents: The HELENA Project**. Amsterdam, May 6th 2009. *

* HELENA Young Investigator’s Award, conceded in the ECO 2009 Pre-Congress Meeting: Health behaviour and status in European adolescents: The HELENA Project. Amsterdam, May 6th 2009.

3. Ortega FB, Ardoy DN, Fernández JM, Ruiz JR, España-Romero V, Chillón P, Artero EG, Jiménez-Pavón D, Sjöström M, Gutiérrez A, Castillo MJ. “Effects of a school-based intervention on physical fitness in adolescents: The EDUFIT study”. **The International XX Puijo Symposium. Physical Exercise in Health Promotion and Medical Care: Current Evidence for Metabolic Syndrome**. Kuopio, Finland. June, 23th -26th 2009.
4. Ortega FB, Artero EG, Ruiz JR, Vicente-Rodríguez G, Bergman P, Hagströmer M, Ottevaere C, Nagy E, Konsta O, Rey P, Polito A, Dietrich, S, Plada M, Beghin L, Manios Y, Ciarapica D, Sjöström M, Castillo MJ and the HELENA study group. “Health-related physical fitness assessment in adolescents: a reliability approach. The HELENA study”. **2nd International Congress on Physical Activity and Public Health**. Amsterdam, April 13th-16th 2008.
5. Artero EG, España-Romero V, Urzanqui A, et al. “[Physical fitness level in overweight and obese adolescents (AVENA study)]”. **12th National Congress of Spanish Federation of Sports Medicine**. Sevilla, Spain, October 24th – 27th 2007. *Archivos de Medicina del Deporte* 2007; 121: 408-9.

I confirm that, to the best of my knowledge, the information given on this document is true, complete and accurate, and that no information has been withheld.