

Sergi Garcia-Retortillo, PhD

University of Central Florida College of Nursing

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EDUCATION

Year	Degree	Institution	Location
2016	PhD	University of Barcelona	Spain
2013	MS	University of Barcelona	Spain
2012	BS	University of Barcelona	Spain
2010	BS (3-year)	Ramon Llull University	Spain
2007	BS (3-year)	University of Barcelona	Spain

LICENSURE AND CERTIFICATION

Year	Source	Type	Number
2009 -2017	Col.legi Fisioterapeutes Catalunya (Spain)	Registered Physical Therapist	9037

EMPLOYMENT

ACADEMIC APPOINTMENTS

Years	Position	Institution	Location
2025 - Present	Assistant Professor (Tenure Track)	University of Central Florida, College of Nursing	Orlando, FL
2022 - 2025	Assistant Teaching Professor	Wake Forest University Health and Exercise Science Dep.	Winston-Salem, NC
Spring 2022	Adjunct Instructor	Lasell University Exercise Science Department	Newton, MA
2020 - 2022	Visiting Research (Intermittent appointments)	Boston University Physics Department	Boston, MA
2020 - 2022	Invited Lecturer	International University of Catalonia Master's in Pediatric Physiotherapy	Sant Cugat, Spain
2020 - 2021	Invited Lecturer	EUSES University of Girona Master's Return to Play and Sport Injuries	Girona, Spain
2020 - 2021	Invited Lecturer	FC Barcelona Innovation Hub Master's Physiotherapy of Team Sports	Barcelona, Spain
2017 - Present	Invited Lecturer	University of Barcelona Master's Physical Activity and Health	Barcelona, Spain
2016 - 2022	Lecturer	EUSES University of Girona Department of Exercise Science Department of Physical Therapy	Girona, Spain

PROFESSIONAL APPOINTMENTS

Years	Position	Institution	Location
2015 - 2017	Personal Trainer & Physical Therapist	Holmes Place Health Club	Barcelona, Spain
2015 - 2016	Personal Trainer & Physical Therapist	Corporate Gym	Barcelona, Spain
2014 - 2015	Personal Trainer & Physical Therapist	DIR Fitness	Barcelona, Spain
2012 - 2013	Fitness Manager	Viva Gym Club	Barcelona, Spain
2009 - 2013	Personal Trainer & Physical Therapist	DIR Fitness	Barcelona, Spain
2007 - 2009	Personal Trainer & Physical Therapist	Europolis – Holmes Place	Mollet del Valles, Spain

AWARDS AND HONORS

Date	Award	Organization/Group
2025	Grant Writing Academy	Office Of Research, University of Central Florida
2024	Undergraduate Student Research Award (1st Place). Award to mentored undergraduate student.	Southeast American College of Sports Medicine (SEACSM)
2022	Outstanding Review Editor Recognition	Frontiers in Network Physiology and Frontiers in Fractal Physiology
2020	APS Select Recognition (Best manuscripts in physiological research)	American Physiological Society (APS)
2019	3 rd Best Poster Presentation	II International Summer School on Network Physiology

RESEARCH AND SCHOLARSHIP

PUBLICATIONS *data-based; ^ student co-author[s]; underlined text is hyperlinked

PEER-REVIEWED JOURNAL ARTICLES

1. **Garcia-Retortillo, S., Abenza, O., Ma, Y., & Ivanov, P.C. (under review).** Novel method and theoretical framework to quantify temporal variability and evolution in physiological systems coordination and network interactions across scales and states. *Frontiers in Network Physiology*.
2. **Garcia-Retortillo, S., Ma, Y., Abenza, O., & Ivanov, P.C. (submitted).** The temporal code of systems cross-communication.. *
3. **Garcia-Retortillo, S., Pinzon-Arenas, J., Abenza, O., Posada-Quintero, H., & Ivanov, P.C. (under review).** Networks of respiratory-muscular coupling in exercise and fatigue. *The Journal of Applied Physiology*. *
4. Balagué, N., **Garcia-Retortillo, S., Montull, L., Abenza, O., & Hristovski, R. (under review).** Health and sports monitoring: A network physiology of exercise approach. *Frontiers in Network Physiology*.

5. **Garcia-Retortillo, S., Abenza, O.,** Thiamwong, L., Xie, R., Gordon, M., Ivanov, P. C., & Brinkley, T. E. (2025). Case report: Network physiology markers of inter-muscular interactions indicate reversal of age-related decline with exercise training. *Frontiers in Network Physiology*, *5*, 1686723. *
6. **Abenza, O., Garcia-Retortillo, S.,** Vasileva, F., Hristovski, R., Ivanov, P. C., & Balagué, N. (2025). Networks of intermuscular coordination distinguish male and female responses to exercise. *Scientific Reports*, *15*(1), 33901. *
7. Lafontant, K., Tice, A. L., Suarez, J. R. M., Blount, A., Banarjee, C., Fukuda, D. H., Stout, J. R., **Garcia-Retortillo, S.,** & Thiamwong, L. (2025). Potential Influence of Acute Dysregulated Sleep on Fall Incidence Among Low-Income Older Women: A Case Study. *J Gerontol Nurs*, 1-5.
8. **Garcia-Retortillo, S.,** & Ivanov, P. C. (2025). Dynamics of cardio-muscular networks in exercise and fatigue. *The Journal of Physiology*. *
9. **Garcia-Retortillo, S., Abenza, O., Vasileva, F.,** Balagué, N., Hristovski, R., Wells, A., Fannings, J., Kattula, J., & Ivanov, P. C. (2024). Age-related breakdown in networks of inter-muscular coordination. *GeroScience*. *
10. **Garcia-Retortillo, S., Romero-González, C.,** & Ivanov, P. C. (2023). Network of muscle fiber activation facilitates inter-muscular coordination, adapts to fatigue, and reflects muscle function. *Communications Biology*, *6*, 891. *
11. Stamatis, A., **Garcia-Retortillo, S.,** Morgan, G., & **Sanchez-Moreno, A.** (2022). Cortico-ocular interaction networks in eSports: A brief research report in NBA2K. *Frontiers in Network Physiology*, *3*, 1151832. *
12. **Garcia-Retortillo, S.,** & Ivanov, P. C. (2022). Inter-muscular networks of synchronous muscle fiber activation. *Frontiers in Network Physiology*, *2*, 1059793. *
13. Papadakis, Z., **Etchebaster, M.,** & **Garcia-Retortillo, S.** (2022). Cardiorespiratory coordination in collegiate rowing: A network approach to cardiorespiratory exercise testing. *International Journal of Environmental Research and Public Health*, *20*, 13250. *
14. Balagué, N., Hristovski, R., **Garcia-Retortillo, S., Almarcha, M. C.,** & Ivanov, P. C. (2022). Network physiology of exercise: Beyond molecular and omics perspectives in exercise physiology. *Sports Medicine – Open*, *8*, 119.
15. Rizzo, R., **Garcia-Retortillo, S.,** & Ivanov, P. C. (2022). Dynamic networks of physiologic interactions of brain waves and rhythms in muscle activity. *Human Movement Science*, *84*, 102971.
16. Papadakis, Z., **Garcia-Retortillo, S.,** & Koutakis, P. (2022). Effects of acute partial sleep deprivation and high-intensity interval exercise on postprandial network interactions. *Frontiers in Network Physiology*, *2*, 869787. *
17. Oviedo, G., **Garcia-Retortillo, S.,** Carbó-Carreté, M., Guerra-Balic, M., Balagué, N., Javierre, C., & Guardia, J. (2021). Cardiorespiratory coordination during exercise in Down syndrome. *Frontiers in Physiology*, *12*, Article 704062. * **Corresponding author and co-first author**
18. Balagué, N., Hristovski, R., **Almarcha, M., Garcia-Retortillo, S.,** & Ivanov, P. C. (2020). Network physiology of exercise: Vision and perspectives. *Frontiers in Physiology*, *11*, 611550.
19. **Garcia-Retortillo, S.,** Rizzo, R., Wang, J., Sitges, C., & Ivanov, P. C. (2020). Universal spectral profile and dynamic evolution of muscle activation: A hallmark of muscle type and physiological state. *Journal of Applied Physiology*, *129*(1), 63–76. *
20. Zebrowska, M., **Garcia-Retortillo, S.,** Sikorski, K., Balagué, N., Hristovski, R., Javierre, C., & Petelzik, M. (2020). Decreased coupling among respiratory variables with effort accumulation. *Europhysics Letters*, *132*, 28001. *
21. Prats-Puig, A., **Garcia-Retortillo, S.,** Puig-Parnau, M., **Vasileva, F.,** Font-Lladó, R., Xargay-Torrent, S., Carreras-Badosa, G., Mas-Parés, B., Bassols, J., & López-Bermejo, A. (2020). DNA methylation reorganization of skeletal muscle-specific genes in response to gestational obesity. *Frontiers in Physiology*, *11*, 938. ***Co-first author**
22. **Garcia-Retortillo, S.,** Gacto, M., O’Leary, T., Noon, M., Hristovski, R., Balagué, N., & Morris, M. (2019). Cardiorespiratory coordination reveals training-specific physiological adaptations. *European Journal of Applied Physiology*, *119*, 1701–1709. *
23. **Garcia-Retortillo, S.,** Javierre, C., Hristovski, R., Ventura, J. L., & Balagué, N. (2019). A novel approach for cardiorespiratory testing evaluation. *Physiological Measurement*. *

24. Esquiús, L., **García-Retortillo, S.**, Balagué, N., Hristovski, R., & Javierre, C. (2019). Physiological- and performance-related effects of acute olive oil supplementation on moderate exercise intensity. *Journal of the International Society of Sports Nutrition*, 16, 27. * **Corresponding author and co-first author**
25. **García-Retortillo, S.**, Javierre, C., Hristovski, R., Ventura, J. L., & Balagué, N. (2017). Cardiorespiratory coordination in repeated maximal exercise. *Frontiers in Physiology*, 8, 387. *
26. Slapšinskaitė, A., **García-Retortillo, S.**, Razon, S., Balagué, N., Hristovski, R., & Tenenbaum, G. (2016). Cycling outdoors improves adherence to dissociative focus and endurance. *Psychology of Sport and Exercise*, 27, 78–84. * **Corresponding author**
27. **García, S.**, Slapšinskaitė, A., Vázquez, P., Balagué, N., Hristovski, R., Razon, S., & Tenenbaum, G. (2015). Thoughts emerge from task, personal, and environmental constraints during exercise. In *Proceedings of the European Congress of Complex Systems*. *
28. Balagué, N., Hristovski, R., **García, S.**, Aguirre, C., Razon, S., & Tenenbaum, G. (2015). Dynamics of perceived exertion in constant power cycling: Time- and workload-dependent thresholds. *Research Quarterly for Exercise and Sport*, 86, 371–378. *
29. **García, S.**, Razon, S., Hristovski, R., Balagué, N., & Tenenbaum, G. (2015). Task-related thought content dynamics during incremental exercise in trained runners. *The Sport Psychologist*, 29, 302–309. *
30. Balagué, N., Hristovski, R., Aragonés, D., **García, S.**, Razon, S., & Tenenbaum, G. (2014). Intentional thought dynamics during exercise until volitional exhaustion. *Journal of Sports Sciences*, 33, 48–57. *
31. Balagué, N., Aragonés, D., Hristovski, R., **García, S.**, & Tenenbaum, G. (2014). Attention focus emerges spontaneously during progressive and maximal exercise. *Revista de Psicología del Deporte*, 23, 57–63. *

EDITORIALS

1. Sitges, C., **García-Retortillo, S.**, Van der Meulen, M., & González-Roldán, A. M. (2023). *Editorial: Lifestyle and self-management of chronic pain across the lifespan*. *Frontiers in Human Neuroscience*, 17, Article 1249897.

NON-PEER REVIEWED JOURNAL ARTICLES

BOOKS

BOOK CHAPTERS

1. Balagué, N., Hristovski, R., **García-Retortillo, S.**, & Ivanov, P.C. (2022). From Exercise Physiology to Network Physiology of Exercise. In R. Ferraz, D. Almeida & H.P. Neiva (Eds.), *Exercise Physiology* (1sted.)
2. Balagué, N., Hristovski, R., & **García-Retortillo, S.** (2019). Perceived exertion – Dynamic psychological model of exercise-induced fatigue. In G. Tenenbaum & R.C. Eklund (Eds.), *Handbook of Sport Psychology* (4th ed.). New York, NY: Wiley.

TECHNICAL REPORTS

PUBLISHED ABSTRACTS

1. Pinzon-Arenas, J., **García-Retortillo, S.**, Abenza, O., Ivanov, P.C., & Posada-Quintero, H. (2026). Networks of respiratory-muscular coupling during exercise: Effects of fatigue. *Medicine & Science in Sports & Exercise*. (pending) *
2. **García-Retortillo, S.**, Thiamwong, L., Pinzon-Arenas, J., Posada-Quintero, H., Torres, C., Kujala, E., Milne, R., Johnson, E., Meis, A., Ivanov, P.C. (2026). Network-based markers of multisystem coordination: A

transformative framework to assess physiological function during exercise. *American Physiology Summit 2026 Meeting Abstracts*. (pending) *

3. Ali, E., Thiamwong, L. **Garcia-Retortillo, S.**, et al. (2026). Diagnostic accuracy of the short physical performance battery to detect frailty among community-dwelling older adults. *International Journal of Exercise Science: Conference Proceedings*. (pending) *
4. Torres, C., **Garcia-Retortillo, S.**, & Thiamwong, L. (2026). Network-Based Markers of Functional Decline: Aging Effects on Cardiac and Neuromuscular Coordination. *The Florida Undergraduate Research Conference (FURC) 2026*. (Pending) *
5. Baker, M., Banarjee, C., **Garcia-Retortillo, S.**, Lopez, J., Ojo, E., & Thiamwong, L. (2026). Acceptability and Feasibility of Delivering the Otago Exercise Program Through care.coach. *The Florida Undergraduate Research Conference (FURC) 2026*. (Pending) *
6. Connolly, L., Njei, C., Thornton, L., Abenza, O., Hristovski, R., Balague, N., Ivanov, P.C. & **Garcia-Retortillo, S.** (2025). Sex differences in inter-muscular coordination. *International Journal of Exercise Science: Conference Proceedings*. *
7. Zhang, Z., Singh, H., Stamatis, A., Appiah-Kubi, K., Posado-Quintero, H., Papadakis, Z., **Garcia-Retortillo, S.**, Torad, A., Kadry, A., Locke, E., McCarthy, R., Boolani, A., & Bowersock, C. (2025). Association between leg muscle coordination and subjective energy–fatigue states during walking. *Medicine & Science in Sports & Exercise*, **57**, 353–354. *
8. Saldo, G. F., Zhang, Z., Bowersock, C., Stamatis, A., Appiah-Kubi, K., Posado-Quintero, H., Papadakis, Z., **Garcia-Retortillo, S.**, Torad, A., Kadry, A., Locke, E., McCarthy, R., Boolani, A., & Singh, H. (2025). Do changes in mental and physical energy and fatigue impact changes in neck muscle coordination? *Medicine & Science in Sports & Exercise*, **57**, 354. *
9. Davis, M., **Garcia-Retortillo, S.**, Ekke, R., Biehl, O., Wells, A., et al. (2024). Age-related breakdown of cardio-muscular coordination. *International Journal of Exercise Science: Conference Proceedings*, **16(3)**. *
10. Sayre, M., Childs, C., Davis, M., Jones, J., Milam, C., et al. (2024). Exploring cardio-muscular coordination during exercise. *International Journal of Exercise Science: Conference Proceedings*, **16(3)**. *
11. Sayre, M., Childs, C., Connolly, L., Davis, M., Shannehan, Q., et al. (2023). Network physiology of inter-muscular interactions. *International Journal of Exercise Science: Conference Proceedings*, **16(2)**. *
12. Tamulevicius N., Oviedo G. R., Guerra-Balic M., Font-Farré M., Simón-Siles S., Childs C., & **Garcia-Retortillo S.** (2023). Sprint interval training improves cardio-respiratory coordination in older adults with intellectual disabilities. *Book of Abstracts of the European College of Sport Science*. *
13. Golzari, K., Boolani, A., Papadakis, Z., **Garcia-Retortillo, S.**, Stamatis, A., et al. (2023). Cervical erector spinae intermuscular coordination while using noise-cancellation headphones during walking. *International Journal of Exercise Science: Conference Proceedings*, **16(2)**. *
14. Szuch, R., Dulaney, C. S., **Garcia-Retortillo, S.**, Stamatis, A. (2022). Pupil dilation differences when playing Valorant under practice and competition conditions: A case study. *International Journal of Exercise Science: Conference Proceedings*, **15(1)**. *- Sánchez, A., **Garcia-Retortillo, S.**, Oviedo, G., Rey, F., & Massó, N. (2022). Inter-muscular coordination in adults with Down syndrome: A network analysis. *Book of Abstracts of the European College of Sport Science*. *
15. Jackson, Z., Etchebaster, M., Gutiérrez, P., Hernández, G., **Garcia-Retortillo, S.**, et al. (2022). Cardiorespiratory coordination among intermediate and novice female collegiate rowers. *International Journal of Exercise Science: Conference Proceedings*, **2(14)**. *
16. Papadakis, Z., & **Garcia-Retortillo, S.** (2022). Acute partial sleep deprivation and high-intensity exercise effects on cardiovascular autonomic regulation and lipemia network. *International Journal of Exercise Science: Conference Proceedings*, **2(14)**. *
17. **Garcia-Retortillo, S.**, Rizzo, R., & Ivanov, P.C. (2021). Profiles of muscle fiber activation in response to exercise and fatigue. *Proceedings of the IEEE Biomedical and Health Informatics Conference*. *
18. Associative thought content dynamics during exercise in trained runners. *Book of Abstracts of the European College of Sport Science*, European College of Sport Science Annual Congress, Amsterdam, Netherlands, July 2014. *

19. Task-related thoughts emerge spontaneously during progressive maximal exercise. *Book of Abstracts of the European College of Sport Science*, European College of Sport Science Annual Congress, Barcelona, Spain, July 2013. *
20. Rate of perceived exertion changes non-monotonically in constant-power exercise until exhaustion. *Book of Abstracts of the European College of Sport Science*, European College of Sport Science Annual Congress, Bruges, Belgium, July 2012. *
21. Fluctuating dynamics of perceived effort in continuous exercise until exhaustion. *European College of Sports Science Annual Congress*, Liverpool, United Kingdom, July 2011. *

OTHER PUBLICATIONS

DISSERTATION (optional)

MEDIA RELATED TO RESEARCH AND SCHOLARSHIP

Op-Eds/Blog Posts

APS Select Recognition (Best manuscripts in physiological research), American Physiological Society. International collaboration between University of Girona (Spain) and Boston University (USA).
<https://girona.euses.cat/es/reconocimiento-especial-de-la-american-physiological-society/>

International research collaboration agreement between University of Girona (Spain) and Coventry University (UK)
<https://barcelona.euses.cat/two-lecturers-and-eight-students-make-an-academic-visit-to-coventry-university/>
<https://barcelona.euses.cat/a-group-of-professors-and-students-from-coventry-university-visit-the-salt-and-bellvitge-campus-of-euses/>

Radio/Talk Shows/Podcasts (Host or Guest)

Ciclismo Evolutivo Podcast (2024, April 4). Network Physiology — Interview with Sergi Garcia-Retortillo
<https://www.youtube.com/watch?v=LokFoeL02tk>

Road to Performance Podcast (2022, May 12). Network Physiology of Exercise — Interview with Sergi Garcia-Retortillo.
https://www.ivoox.com/en/sergi-garcia-retortillo-fisiologia-redes-deporte-audios-mp3_rf_97863307_1.html

Interviews/Media Contributions

Webinars; Livestream events

RESEARCH and GRANTS

RESEARCH GRANTS AND SCHOLARLY PROJECTS—FUNDED

Year	Title, Funding Agency, Role, Investigators	Amount
2025-2026 <i>Submitted</i> 10/13/2025	Network-Based Markers of Multisystem coordination across adult Lifespan (Seed funding: AWD00007146) <i>Dr. Frances Smith Founding Faculty Fund in UCF Foundation. Role PI: Sergi Garcia-Retortillo.</i>	\$3,000 Funded
2023-2025 <i>Submitted</i> 06/22/2023	The Human Physiologie of Aging: Pilot Study. <i>Translational Research Center at Wake Forest University. Co-PIs: Sergi Garcia-Retortillo, Plamen Ivanov.</i>	\$8,500 Funded

Year	Title, Funding Agency, Role, Investigators	Amount
2021-2025 <i>Submitted</i> 2020	Performance, genetics and epigenetics in young basketball players. <i>Spanish State Research Agency (AEI), Ministry of Science and Innovation; PID2021-124162OA-I00 (Spain). PI: Anna Prats-Puig. Team Members: Victor Lopez Ros, Raquel Font Llado, Maria Judit Homs Avila, Blanca Roman Viñas, Julio Calleja Gonzalez, Fidanka Vasileva, Martí Pons Oliver, Arnau Sacot Bisbe, Jesus Escosa Baixeras, Anna Jodar Portas, Sergi Garcia Retortillo.</i>	147,620 eur Funded

PRESENTATIONS (*data-based; ^ student co-author[s]; Type—podium, poster, keynote, invited)

INTERNATIONAL

Month/Year	Title/Conference/Location	Type
July 2025	* Network Physiology of Exercise: Inter-muscular networks in rest, exercise, fatigue, and aging. 4th International Summer Institute on Network Physiology (ISINP 2025), Lake Como, Italy	Invited Talk
July 2025	* Networks of cardio-muscular coordination: Evolution with exercise and fatigue. 4th International Summer Institute on Network Physiology (ISINP 2025), Lake Como, Italy	Invited Talk
July 2024	* Sex differences in inter-muscular coordination. Congress of the European College of Sports Science, Glasgow, United Kingdom	Abstract
June 2024	* Dynamics of cardio-muscular networks during exercise and fatigue. XXIV Conference of the International Society of Electrophysiology and Kinesiology, Nagoya, Japan	Abstract
April 2024	* Exploring cardio-muscular interactions during exercise. I International Seminar Training Methodologies for Debate: A Systems Approach (Venezia F.C.), Venice, Italy	Invited Talk
July 2023	* Network physiology of inter-muscular interactions during distinct basic movements. 4T Phys BIOPAC Human Physiology Conference, Santa Barbara, CA, USA	Abstract
July 2023	* Sprint interval training improves cardio-respiratory coordination in older adults with intellectual disabilities. European College of Sports Science Annual Congress, Paris, France	Abstract
May–June 2023	* Cervical erector spinae intermuscular coordination while using noise-cancellation headphones during walking. American College of Sports Medicine Annual Meeting and World Congresses, Denver, CO, USA	Abstract
December 2022	* Network Physiology of inter-muscular interactions. World Conference of the Physical Activity Network of the Americas (RAFA-PANA)	Invited Talk
November 2022	* Network Physiology of exercise: How organ systems interact—new horizons in fitness and performance assessment. Physical Activity Network of the Americas (RAFA-PANA)	Invited Talk
September 2022	* Inter-muscular coordination in adults with Down syndrome: A network analysis. European College of Sports Science Annual Congress, Seville, Spain	Abstract
May–June 2022	* Cardiorespiratory coordination among intermediate and novice female collegiate rowers. American College of Sports Medicine Annual Meeting and World Congresses, San Diego, CA, USA	Abstract
May–June 2022	* Effects of acute partial sleep deprivation and high-intensity interval training on physiological network interactions. American College of Sports Medicine Annual Meeting and World Congresses, San Diego, CA, USA	Abstract

April 2022	* Network Physiology of exercise: A novel computational tool to assess fitness and performance. Greater New York ACSM Chapter – Applied Technology in Fitness and Health, New York, NY, USA	Invited Talk
September 2021	* Network physiology of exercise: Bridging the gap. International Conference of Complex Systems in Sport, Mainz, Germany	Abstract
July 2021	* Profiles of muscle fiber activation in response to exercise and fatigue. IEEE Biomedical and Health Informatics Conference, Virtual.	Abstract
July 2021	* Dynamic networks of physiologic interactions of brain waves and rhythms in muscle activity. IEEE Biomedical and Health Informatics Conference, Virtual.	Abstract
November 2021	* Network Physiology of exercise: How organ systems interact—new horizons in fitness and performance assessment. ISPAR Seminar Series, University of Bedfordshire, Virtual.	Invited Talk
April 2021	* Network Physiology of exercise: How do our organs communicate? New horizons in fitness assessment. Càtedra d’Esport – Centre d’Estudis Olímpics, Universitat de Girona, Virtual.	Invited Talk
December 2020	* Network Physiology of exercise. 6th Exercise for Health and Rehabilitation Conference, Kaunas, Lithuania. Virtual.	Invited Talk
May 2020	* Fatigue-related effects on inter-muscular connectivity. May 4 Physiotherapy Experience, Kaunas, Lithuania. Virtual.	Invited Talk
August 2019	* Cardiorespiratory coordination: A novel variable for testing training and fatigue effects. International Summer Institute on Network Physiology, Lake Como School of Advanced Studies, Italy	Abstract
May 2019	* Cardiorespiratory coordination: A novel variable for testing training and fatigue effects. West Chester University, West Chester, PA, USA	Invited Talk
October 2017	* Cardiorespiratory coordination: A new variable for testing training and fatigue effects. International Congress of Complex Systems in Sport, Barcelona, Spain	Abstract
August 2015	* Exercising until exhaustion: Dynamic integration of brain, muscle, and cardiorespiratory functions. Federation of European Physiological Societies and Baltic Physiological Societies Meeting, Kaunas, Lithuania	Abstract
July 2014	* Associative thought content dynamics during exercise in trained runners. European College of Sports Science Annual Congress, Amsterdam, Netherlands	Abstract
July 2013	* Task-related thoughts emerge spontaneously during progressive maximal exercise. European College of Sports Science Annual Congress, Barcelona, Spain	Abstract
July 2012	* Rate of perceived exertion changes non-monotonically in constant-power exercise until exhaustion. European College of Sports Science Annual Congress, Bruges, Belgium	Abstract
July 2011	* Fluctuating dynamics of perceived effort in continuous exercise until exhaustion. European College of Sports Science Annual Congress, Liverpool, United Kingdom	Abstract

NATIONAL

Month/Year	Title/Conference/Location	Type
February 2025	* Sex differences in inter-muscular coordination. Southeast American College of Sports Medicine (ACSM) Annual Meeting, Greenville, SC, USA	Abstract
February 2024	* Exploring cardio-muscular coordination during exercise. Southeast American College of Sports Medicine (ACSM) Annual Meeting, Greenville, SC, USA	Abstract

February 2024	* Age-related breakdown of cardio-muscular coordination. Southeast American College of Sports Medicine (ACSM) Annual Meeting, Greenville, SC, USA	Abstract
April 2023	* Pupil dilation differences when playing Valorant under practice and competition conditions: A case study. Greater New York American College of Sports Medicine Annual Meeting, New York, NY, USA	Abstract
February 2023	* Cervical erector spinae intermuscular coordination while using noise-cancellation headphones during walking. Southeast American College of Sports Medicine (ACSM) Annual Meeting, Greenville, NC, USA	Abstract
February 2023	* Network physiology of inter-muscular interactions. Southeast American College of Sports Medicine (ACSM) Annual Meeting, Greenville, NC, USA	Abstract

STATE/LOCAL

Month/Year	Title/Conference/Location	Type
March 2023	Cultivating student creativity with Adobe Express. TechX Wake Forest University Conference, Winston-Salem, NC, USA	Abstract
June 2021	Network physiology of exercise. Seminar, Complex Systems in Sport Research Group, Binaced, Spain	Abstract
January 2019	* Physiological- and performance-related effects of acute olive oil supplementation at moderate exercise intensity. International JAM Sports Conference, Valencia, Spain	Abstract
October 2018	* Cardiorespiratory coordination reveals specific endurance effects after high-intensity interval training. Jornada Catalana de Recerca, INEFC-Barcelona, Spain	Abstract
May 2018	Dynamic approaches reduce gender segregation in sport sciences. Workshop Internacional Dones i Esport, INEFC-Barcelona, Spain	Abstract
May 2016	Unifying science. Jornada Complexitat.cat, INEFC-Barcelona, Spain	Abstract
May 2015	Thought dynamics during exhausting exercise. Jornada Complexitat.cat, Tarragona, Spain	Abstract
March 2015	Control de l'entrenament basat en la percepció de l'esforç i del focus d'atenció. Seminari del Grup de Recerca Complex Systems in Sport, Menorca, Spain	Abstract
June 2014	Psychobiology of endurance: A nonlinear dynamic approach. Jornada Complexitat.cat, Barcelona, Spain	Abstract
June 2011	Parámetros coordinativos para el control del entrenamiento: La percepción subjetiva del esfuerzo. Congrés de Futbol RCD Espanyol-INEFC, Barcelona, Spain	Abstract

TEACHING-RELATED ACTIVITIES

PROJECT ADVISEMENT AND MENTORING

GRADUATE DISSERTATION / THESIS / PROJECT ADVISING

Dates	Student	Title	Role
2022-2025	Oscar Abenza	<i>Inter-muscular networks during exercise: Sex and Age differences. PhD in Medicine and Translational Research. University of Barcelona, Spain.</i>	Co-Chair

Dates	Student	Title	Role
2021-2024	Jorge Cazorla	<i>Effects of crawling before walking: Network interactions and longitudinal associations in 7-year-old children.</i> PhD in Molecular Biology, Biomedicine and Health. University of Girona, Spain.	Co-Chair
2023-2025	Devyn Battaglia	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2023-2025	Robbie Grace	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2024-2025	Olivia Jeanette	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2024-2025	Sophie Vicchhiollo	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2024-2025	Tommy Atwood	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2022-2024	Rachel Ekke	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2022-2024	Rukayat Olasege	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2023-2024	Carson DeLong	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2022-2023	Olivia Biehl	Graduate Teaching Assistant, MS in Health and Exercise Science. Wake Forest University, NC	Teaching Assistant Mentor
2023	Leonardo Machado Da Silva	Adaptation to Exercise in Adults at Cardiometabolic Risk: Effects of a Healthy Lifestyle Intervention Program. PhD in Physical Activity and Sport. University of Lleida, Spain	PhD Dissertation Committee Member (External Examiner)
2021	Jessica Bonet	<i>Differences in Physiological Responses and Performance in Middle-Aged Recreational Female Runners Trained for a Half Marathon.</i> PhD in Biomedicine. University of Barcelona, Spain	PhD Dissertation Committee Member (External Examiner)

Dates	Student	Title	Role
2021	Marta Amor Barbosa	<i>Physical Activity Questionnaires in Pre-school and School-Aged Children: A Study on the Design, Validity, and Reliability of the Physical Activity Questionnaire-Young Children (PAQ-YC)</i> . PhD in Health Sciences. International University of Catalonia.	PhD Dissertation Committee Member (External Examiner)
2021-2022	Albert Balada	<i>Conservative Rehabilitation of Chondromalacia in a Young Amateur 1500-m Athlete</i> . MS in Return to Play and Sport Injuries. University of Girona	Chair
2021-2022	Arnau Asensio	MS in Return to Play and Sport Injuries. University of Girona	Chair
2021-2022	Catalin Nifanti	MS in Return to Play and Sport Injuries. University of Girona	Chair
2021-2022	Ignacio Retamal	MS in Return to Play and Sport Injuries. University of Girona	Chair
2021-2022	Javier Guerrero	MS in Return to Play and Sport Injuries. University of Girona	Chair
2018-2019	Asier Ruiz	MS in Physical Activity and Health. University of Barcelona, Spain.	Chair

HONORS UNDERGRADUATE THESIS (HUT) / OTHER PROJECT ADVISING

Dates	Student	Title	Role
2025- Present	Camilla Torres	Undergraduate Research Assistant (NUR 4912 – Research). University of Central Florida.	Mentor
2025- Present	Elina Kujala Riley Milne Alexandria Meis Emily Johnson	Undergraduate Research Assistants recruited through the Burnett Honors College (HUT) Matching Week, representing Mechanical Engineering, Biomedical Sciences, and Kinesiology. Students are actively contributing to lab development and ongoing pilot data collection under IRB approval (IRB STUDY00008209). University of Central Florida.	Mentor
2026-2027	Niusha Rangel	<i>Impact on Trail Making Test performance on Gait</i> . Honors Undergraduate Research Thesis. University of Central Florida.	HUT Chair
2024-2025	Libby Connolly	<i>Sex differences in inter-muscular coordination</i> . Health and Exercise Science Honors Program. Wake Forest University, NC.	Chair
2023-2024	Cooper Milam	<i>Age-related breakdown in inter-muscular coordination</i> . Health and Exercise Science Honors Program. Wake Forest University, NC.	Chair

2023-2024	Julia Jones	<i>Exploring networks of cardio-muscular coordination.</i> Health and Exercise Science Honors Program. Wake Forest University, NC.	Chair
2023-2025	Maddie Davis Maddie Sayre	Research Assistants of the project “Human Physiologie of Aging”, <u>funded</u> by WFU Translational Research Center. Wake Forest University, NC.	Supervisor
2023-2025	Lillie Thorton Chelsea Njei Gabriella Simpson Celeste Childs	Research Assistants under the course HES 382 “Individual Study”	Mentor
2022-2023	Catherine Maclean	<i>Effects of nitrate supplementation on muscle fatigue and coordination in older adults through the measurement of sEMG.</i> Health and Exercise Science Honors Program. Wake Forest University, NC.	Co-Chair
Spring 2022	13 students	Capstone Course Instructor and mentor for Capstone project. Exercise Science Department. Lasell University, MA.	Co-Chair
2021-2022	Aniol Rol Marc Pina	Capstone Project. Exercise Science Department. EUSES, University of Girona, Spain.	Chair
2020-2021	Joan Moreno Jordi Parramon Toni Oliver	Capstone Project. Exercise Science Department. EUSES, University of Girona, Spain.	Chair

COURSES TAUGHT

University of Central Florida, College of Nursing, Orlando, FL

GRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Fall 2025	NGR 7827	Concepts, Measurements, and Data Management	21	DNP

Wake Forest University, Department of Health and Exercise Science, Winston-Salem, NC

UNDERGRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Spring 2025	HES 354	Assessment Techniques in Health and Exercise Science.	42	HES

Semester / Year	Course	Course Title	Enrolled	Program
	HES 350L	3 sections. Human Physiology Lab 2 sections	31	HES
Fall 2024	HES 354	Assessment Techniques in Health and Exercise Science.	37	HES
	HES 350L	2 sections. Human Physiology Lab 2 sections	32	HES
Summer 2024	HES 353	Physiology of Exercise 1 section.	12	HES
	HES 265	Medical Terminology 1 section	24	HES
Spring 2024	HES 354	Assessment Techniques in Health and Exercise Science 2 sections.	31	HES
	HES 350	Human Physiology Lab 4 sections	52	HES
Fall 2023	HES 354	Assessment Techniques in Health and Exercise Science 2 sections.	31	HES
	HES 350	Human Physiology Lab 2 sections	27	HES
Summer 2023	HES 353	Physiology of Exercise 1 section.	5	HES
	HES 265	Medical Terminology 1 section	24	HES
Spring 2023	HES 353	Physiology of Exercise 1 section.	28	HES
	HES 350	Human Physiology Lab 4 sections	51	HES
	HES 150	Introduction to Health and Exercise Science	25	HES
Fall 2022	HES 353	Physiology of Exercise 1 section.	25	HES
	HES 350	Human Physiology Lab 2 sections	26	HES
	HES 150	Introduction to Health and Exercise Science	25	HES

Lasell University, Department of Exercise Science, Newton, MA
UNDERGRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Spring 2022	EXSC 430	Exercise Science Capstone Course 1 section.	28	EXSC

INEFC, University of Barcelona, Spain (Guest Lecturer)
GRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Fall 2025		Advanced Exercise Physiology 6-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2024		Advanced Exercise Physiology 5-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2023		Advanced Exercise Physiology 3-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2022		Advanced Exercise Physiology 3-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2021		Advanced Exercise Physiology 6-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2020		Advanced Exercise Physiology 3-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2019		Advanced Exercise Physiology 6-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2018		Advanced Exercise Physiology 6-hours seminar.	~28	MSc Physical Activity and Sport
Fall 2017		Advanced Exercise Physiology 3-hours seminar.	~28	MSc Physical Activity and Sport

Institute for Continuing Education (IL3), University of Barcelona, Spain (Guest Lecturer)
GRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Spring 2026		Network Physiology: Analysis of Intra-individual variability. 2-hours seminar.	9	MSc Complex Systems in Sport
Spring 2024		Network Physiology: Analysis of Intra-individual variability. 2-hours seminar.	9	MSc Complex Systems in Sport

University Ramon Llull, Spain (Guest Lecturer)
GRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Fall 2021		Exercise Physiology. 6-hours seminar.	~25	MSc Physiotherapy Team Sports
Fall 2020		Exercise Physiology. 6-hours seminar.	~25	MSc Physiotherapy Team Sports

International University of Catalonia, Spain (Guest Lecturer)
GRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Spring 2022		Therapeutic Intervention 12-hours seminar.	~25	MSc Pediatric Physiotherapy
Spring 2021		Therapeutic Intervention 12-hours seminar.	~25	MSc Pediatric Physiotherapy
Spring 2020		Therapeutic Intervention 12-hours seminar.	~25	MSc Pediatric Physiotherapy

EUSES, University of Girona, Department of Exercise Science, Spain
UNDERGRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Fall 2021		Physiology of Exercise New trends in Strength and Conditioning	~115 25	EXSC EXSC
Fall 2020		Physiology of Exercise New trends in Strength and Conditioning	~115 25	EXSC EXSC
Spring 2020		First Aids	~60	EXSC
Fall 2019		Physiology of Exercise New trends in Strength and Conditioning	~115 25	EXSC EXSC
Spring 2019		First Aids Physiology of Exercise	~60 ~115	EXSC EXSC
Fall 2018		New trends in Strength and Conditioning	25	EXSC
Spring 2018		First Aids	~60	EXSC
Fall 2017		Physiology of Exercise	~115	EXSC
Spring 2017		First Aids	~60	EXSC
Fall 2016		Physiology of Exercise	~115	EXSC
Spring 2016		First Aids	~60	EXSC

EUSES, University of Girona, Department of Physical Therapy, Spain
UNDERGRADUATE LEVEL

Semester / Year	Course	Course Title	Enrolled	Program
Fall 2021		Therapeutic Exercise	25	PT
Spring 2020		Sports Therapy	~15	PT
Fall 2019		Sports Therapy	~15	PT
Spring 2019		Sports Therapy	~15	PT
Fall 2018		Sports Therapy	~15	PT
Spring 2018		Sports Therapy	~15	PT
Fall 2027		Sports Therapy	~15	PT
		Sports and Exercise Physiotherapy	25	PT
Spring 2017		Sports Therapy	~15	PT
Fall 2016		Foundations of Physiotherapy	~15	PT
		Sports and Exercise Physiotherapy	25	PT

SERVICE-RELATED ACTIVITIES

PEER REVIEW ACTIVITIES

RESEARCH APPLICATIONS

Date	Organization / Grant Mechanism
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ABSTRACT REVIEWS

Date	Organization
2026	<u>Scientific Committee Member</u> . Conference of the European Study Group on Cardiovascular Oscillations (ESGCO), Erice, Italy.
2018	<u>Organizing Committee</u> . V Catalan Research Conference in Exercise and Sport.
2017	International Congress of Complex Systems in Sport: Linking Theory and Practice, Barcelona, Spain.

EXTERNAL REVIEW FOR PROMOTIONS

Date	Organization
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EDITORIAL-RELATED SERVICE**Editorial Board Memberships**

Date	Journal or Publisher	Role
2025–Present	Frontiers in Network Physiology– Section Network Physiology of Exercise	Associate Editor
2021–2025	Frontiers in Network Physiology– Section Network Physiology of Exercise	Review Editor
2021–2025	Frontiers in Network Physiology– Section Fractal Physiology	Review Editor
2020–Present	Isokinetics and Exercise Science	Reviewer

Editorial Service

Date	Journal or Publisher	Role
2025–Present	Frontiers in Network Physiology	<i>Guest Editor, Research Topic:</i> Network Physiology of Exercise: A New Lens to Understand Aging and Falls
2025–Present	Frontiers in Network Physiology	<i>Guest Editor, Research Topic:</i> Education for Network Physiology
2025–Present	Frontiers in Network Physiology	<i>Guest Editor, Research Topic:</i> Measurements of Cardiorespiratory Coupling Applied to Cardiovascular Disease and Risk Factors: Insights, Implications and Perspectives
2023	Frontiers in Human Neuroscience	<i>Guest Editor, Research Topic:</i> Lifestyle and self-management of chronic pain across lifespan
2021	Frontiers in Network Physiology	<i>Guest Editor, Research Topic:</i> Understanding Exercise, Fitness and Health through Dynamic Networks of Physiologic Systems Interactions

Manuscripts Reviewed

Date	Journal or Publisher	Role
2025	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1637551)
2025	European Journal of Applied Physiology	Reviewer (Manuscript ID: EJAP-D-25-00973)
2025	Journal of the Royal Society Interface	Reviewer (Manuscript ID: Mangalam_et_al._2025b)
2025	Isokinetics and Exercise Science	Reviewer (Manuscript ID: 0098)
2025	NPJ Microgravity	Reviewer (Manuscript ID: SpaceExp)
2025	PLOS ONE	Reviewer (Manuscript ID: PONE-D-25-32197)
2025	Reviews in Endocrine and Metabolic Disorders	Reviewer
2025	Scientific Reports	Reviewer (Manuscript ID: SynergyFit)
2024	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1352523)
2024	Journal of Men’s Health	Reviewer (Manuscript ID: JOMH2024111201)
2024	Isokinetics and Exercise Science	Reviewer (Manuscript ID: 0050)
2024	PLOS Computational Biology	Reviewer (Manuscript ID: PCOMPBIOL-D-24-01960)
2023	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1190355)
2023	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1060858)

Date	Journal or Publisher	Role
2023	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1227861)
2023	Frontiers in Physiology	Reviewer (Manuscript ID: 1152148)
2023	Frontiers in Physiology	Reviewer (Manuscript ID: 1297982)
2023	European Journal of Pain	Reviewer (Manuscript ID: EURJPAIN-D-23-00551)
2023	Isokinetics and Exercise Science	Reviewer (Manuscript ID: 0062)
2023	Musculoskeletal Science and Practice	Reviewer (Manuscript ID: YMATH-D-23-00569)
2023	Scientific Reports	Reviewer
2022	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1532700)
2022	European Journal of Applied Physiology	Reviewer (Manuscript ID: EJAP-D-22-00783)
2022	Journal of Clinical Medicine	Reviewer (Manuscript ID: jcm-1583506)
2022	Healthcare	Reviewer (Manuscript ID: healthcare-1642358)
2022	International Journal of Environmental Research and Public Health	Reviewer (Manuscript ID: ijerph-1508757)
2022	Sports Medicine – Open	Reviewer (Manuscript ID: SMOA-D-22-00323)
2021	Frontiers in Network Physiology	Reviewer (Manuscript ID: 840565)
2021	Frontiers in Network Physiology	Reviewer (Manuscript ID: 797942)
2021	Frontiers in Network Physiology	Reviewer (Manuscript ID: 1120390)
2021	Frontiers in Physiology	Reviewer (Manuscript ID: 724027)
2021	Frontiers in Physiology	Reviewer (Manuscript ID: 668350)
2021	Journal not specified (blind review)	Reviewer
2021	Isokinetics and Exercise Science	Reviewer (Manuscript ID: 129-210)
2021	Isokinetics and Exercise Science	Reviewer (Manuscript ID: 263-201)
2021	Isokinetics and Exercise Science	Reviewer (Manuscript ID: 0015R2)
2021	Healthcare	Reviewer (Manuscript ID: healthcare-1464610)
2021	International Journal of Environmental Research and Public Health	Reviewer (Manuscript ID: ijerph-1321364)
2021	International Journal of Environmental Research and Public Health	Reviewer (Manuscript ID: ijerph-1256963)
2021	Physiological Measurement	Reviewer (Manuscript ID: PMEAS-104277)
2021	Sports Medicine – Open	Reviewer (Manuscript ID: SMOA-D-21-00284)
2020	Frontiers in Physiology	Reviewer (Manuscript ID: 606769)
2020	Frontiers in Network Physiology	Reviewer (Manuscript ID: 844607)
2019	Frontiers in Physiology	Reviewer (Manuscript ID: 474627)
2019	Frontiers in Physiology	Reviewer (Manuscript ID: 481140)
2019	Frontiers in Physiology	Reviewer (Manuscript ID: 466723)
2019	Frontiers in Physiology	Reviewer (Manuscript ID: 503683)
2019	Alternative Therapies in Health and Medicine	Reviewer (Manuscript ID: 6272)
2019	New Journal of Physics	Reviewer (Manuscript ID: NJP-110300)
2019	Revista Psicología del Deporte	Reviewer (Manuscript ID: 2626-11873-1-SP)

SERVICE TO PROFESSIONAL ORGANIZATIONS

Memberships

Date	Organization	Role
2025-Present	American Physiological Society (APS)	Member
2025-Present	International Association of Complex Systems in Sport and Exercise for Health	Member
2023-2024	International Society of Electrophysiology and Kinesiology (ISEK).	Member
2022-2025	American College of Sports Medicine (ACSM)	Member
2023-2024	European Congress of Sports Sciences (ECSS)	Member
2020-2021	American Physiological Society (APS)	Member
2011-2015	European Congress of Sports Sciences (ECSS)	Member

Other

Date	Organization	Role
2023	ACSM 2023 Annual Meeting and World Congresses. Chair Symposium “Network Physiology of Cortico-muscular, Cortico-ocular, and Inter-muscular Interactions”.	Chair
2022	3rd International Summer Institute on Network Physiology.	Organizing Committee
2021	6th International Congress of Complex Systems in Sport (ICSS): Moving boundaries in Sport Science. Chair “Exercise Physiology Symposium”.	Chair
2016-2025	Complex Systems in Sport Research Group. Founding working group member contributing to the establishment of the research group.	Member and Collaborator

UNIVERSITY SERVICE

University of Central Florida, College of Nursing, FL

UNIVERSITY COMMITTEES

COLLEGE COMMITTEES

Date	Committee	Role
2025-Present	MSN/DNP/APG Committee	Member

*Wake Forest University, Department of Health and Exercise Science, NC***COLLEGE COMMITTEES**

Date	Committee	Role
2024-2025	Research Advisory Committee	Member
2023-2024	Facilities Committee	Member

OTHER ACTIVITIES

Date	Activity	Role
2023-2025	Coordinator HES Teaching Lab	Coordinator

*EUSES, University of Girona, Spain***COLLEGE COMMITTEES**

Date	Committee	Role
2018-2022	International Relations Committee	Coordinator
2018-2022	Coordinator Double Degree Exercise Science+Physical Therapy	Coordinator