



Ricardo J. Fernandes

PH.D ,Associated Professor

CONTACT



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ABOUT Ricardo J.

Ricardo completed the License on Sport and Physical Education in 1995 and the Master on Sport Sciences (specialization on High Performance Sport – Swimming) in 1999, both at the Faculty of Sport - University of Porto. He became Doctor on Sport Sciences, by the same institution, in 2006, and presented successfully his Habilitation in 2013. He is teaching at Faculty of Sport - University of Porto since 1995.

ACADEMIC QUALIFICATIONS

Associated Professor, University of Porto, Faculty of Sport, Portugal
Head, Swimming Department
Directive Board, Porto Biomechanics Laboratory
Member, Centre of Research, Education, Innovation and Intervention in Sport

PROFESSIONAL AFFILIATIONS :

He is interested in Sport Sciences particularly on the biophysical characterization specially centred on the availability and use of energy in cyclic sports (e.g. swimming, running, cycling, rowing, surfing and kayaking):

determination of the athlete's bioenergetical profile, understanding the kinetics of oxygen consumption and lactate production, which allow assessing the energy cost of the movement and, therefore, the definition of exercise economy profiles for athletes of different levels and gender and relationship of these physiological parameters with biomechanical variables, particularly with the general biomechanical parameters (stroke frequency, stroke distance and stroke index), but also the index of coordination, the intracyclic velocity fluctuations and the electrical muscular activity. He also interested in planning and periodization, and training control and evaluation of athletes in cyclic sports. Most recently, he has been engaged in water polo game analysis (by identifying the determinant factors that affect decisively the success of players and teams) and also on postural and muscular training aiming for therapeutic purposes.

Main skills / activities are :

- (i) Main investigator of funded research & development projects
- (ii) Editor-in-chief of a Sports Science related open journal and member of the editorial board, scientific committee and review boards of peer-reviewed scientific and technical journals.
- (iii) Author of 105 papers in journals displayed on Scopus, with a H index of 16 and 815 citations of his works.
- (iv) Invited reviewer of over than 100 manuscripts submitted to impact factor journals.
- (v) Supervising experience of 14 PhD and 31 masters students.
- (vi) Member of the scientific and organizing committees of some international level congresses (as the XXIX Annual International Symposium of the International Society of Biomechanics in sports' 2011, 4th International Conference Swimming Pool & Spa'2011 and Xth International Symposium on Biomechanics and Medicine in Swimming'2006).
- (vii) Member of the European College of Sport Science and of the American College of Sport Science.
- (viii) Chairman of podium and poster sessions in scientific events.
- (ix) Director of courses of swimming coaches education.
- (x) Swimming coach since 1994 in the Portuguese age-group national team, the University of Porto team and club teams.