

Fecha del CVA	13/06/2023
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Parte A. DATOS PERSONALES

Nombre *	Luis María		
Apellidos *	Alegre Durán		
Sexo *	Hombre	Fecha de Nacimiento *	
DNI/NIE/Pasaporte *		Teléfono *	
URL Web			
Dirección Email			
Identificador científico	Open Researcher and Contributor ID (ORCID) *	0000-0002-4502-9275	
	Researcher ID	K-5777-2012	
	Scopus Author ID	8318186700	

* Obligatorio

A.1. Situación profesional actual

Puesto	Catedrático de Universidad		
Fecha inicio	2020		
Organismo / Institución	Universidad de Castilla-La Mancha		
Departamento / Centro	Actividad Física y Ciencias del Deporte / Facultad de Ciencias del Deporte		
País		Teléfono	
Palabras clave			

A.4. Indicadores generales de calidad de la producción científica

3 sexenios de investigación (Fecha de concesión del último: 2019).

Tesis doctorales dirigidas en los últimos 10 años: 7

Publicaciones en revistas JCR entre 2018 y 2022: 44

Publicaciones en revistas JCR de primer cuartil entre 2018 y 2022: 27

Publicaciones en revistas JCR de segundo cuartil entre 2018 y 2022: 15

Índice h Google Scholar: 34, 3366 citas. Índice h WoS: 24, 1563 citas

Investigador principal de 1 proyecto del Plan Nacional (DEP2015-69386-R), y dos proyectos regionales (PII1109-0192-6593 y SBPLY/19/180501/000312).

Director de 5 CONTRATOS PREDOCTORALES, hasta la actualidad: Irene Rodríguez Gómez (Plan propio UCLM, 2014-2018), Julián Alcázar Caminero (FPU, 2015-2019), Carlos Rodríguez López (FPI, 2017-2021), Javier Leal Martín (Plan propio UCLM, 2019-2023) y Héctor Gutiérrez Reguero (FPU, 2022-2026).

Parte C. MÉRITOS MÁS RELEVANTES

C.1. Publicaciones

AC: Autor de correspondencia; (nº x / nº y): posición firma solicitante / total autores. Si aplica, indique el número de citaciones

- 1 **Artículo científico.** Alcazar, Julian; Pareja-Blanco, Fernando; Rodriguez-Lopez, Carlos; Gutierrez-Reguero, Hector; Sanchez-Valdepenas, Juan; Cornejo-Daza, Pedro J.; Ara, Ignacio; Alegre, Luis M.2022. A novel equation that incorporates the linear and hyperbolic nature of the force-velocity relationship in lower and upper limb exercises. EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY. 122. ISSN 1439-6319. <https://doi.org/10.1007/s00421-022-05006-1>
- 2 **Artículo científico.** Alcazar, Julian; Pareja-Blanco, Fernando; Rodriguez-Lopez, Carlos; Gutierrez-Reguero, Hector; Sanchez-Valdepenas, Juan; Cornejo-Daza, Pedro J.; Ara, Ignacio; Alegre, Luis M.2022. A novel equation that incorporates the linear and hyperbolic nature of the force-velocity relationship in lower and upper limb exercises. European Journal of Applied Physiology. ISSN 1439-6319. <https://doi.org/10.1007/s00421-022-05006-1>
- 3 **Artículo científico.** Carlos Rodriguez-Lopez; Julian Alcazar; Coral Sánchez-Martín; Ivan Baltasar-Fernandez; Ignacio Ara; Robert Csapo; Luis M. Alegre (AC). (7/7). 2022. Neuromuscular adaptations after 12 weeks of light- vs. heavy-load power-oriented resistance training in older adults. Scandinavian Journal of Medicine & Science in Sports. 32-2, pp.324-337. ISSN 0905-7188. <https://doi.org/10.1111/sms.14073>
- 4 **Artículo científico.** Rodiles-Guerrero, Luis; Jesus Cornejo-Daza, Pedro; Sanchez-Valdepenas, Juan; et al; Pareja-Blanco, Fernando. 2022. Specific Adaptations to 0%, 15%, 25%, and 50% Velocity-Loss Thresholds During Bench Press Training. INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE. 17. ISSN 1555-0265. <https://doi.org/10.1123/ijssp.2021-0481>
- 5 **Artículo científico.** Julián Alcázar; David Navarrete-Villanueva; Asier Mañas; et al; Ignacio Ara. 2021. 'Fat but powerful' paradox: association of muscle power and adiposity markers with all-cause mortality in older adults from the EXERNET multicentre study. British Journal of Sports Medicine. <https://doi.org/10.1136/bjsports-2020-103720>
- 6 **Artículo científico.** Rodriguez-Lopez, Carlos; Alcazar, Julian; Losa-Reyna, Jose; Carmona-Torres, JuanManuel; Cruz-Santaella, Aurora Maria; Ara, Ignacio; Csapo, Robert; Alegre, Luis M.2021. Acute Physiological Response to Light- and Heavy-load Power-oriented Exercise in Older Adults. International Journal of Sports Medicine. 42-14, pp.1287-1296. ISSN 0172-4622. <https://doi.org/10.1055/a-1408-4793>
- 7 **Artículo científico.** Julian Alcazar; Per Aagaard; Bryan Haddock; et al; ; Luis M. Alegre. (8/10). 2021. Assessment of functional sit-to-stand muscle power: Cross-sectional trajectories across the lifespan. Experimental Gerontology. 152, pp.111448. ISSN 0531-5565. <https://doi.org/10.1016/j.exger.2021.111448>
- 8 **Artículo científico.** Ivan Baltasar-Fernandez; Julian Alcazar; Jose Losa-Reyna; et al; Ignacio Ara; Luis M. Alegre. (5/11). 2021. Comparison of available equations to estimate sit-to-stand muscle power and their association with gait speed and frailty in older people: Practical applications for the 5-rep sit-to-stand test. Experimental Gerontology. 156, pp.111619. ISSN 0531-5565. <https://doi.org/10.1016/j.exger.2021.111619>
- 9 **Artículo científico.** Alcazar, Julian; Pareja-Blanco, Fernando; Rodriguez-Lopez, Carlos; Navarro-Cruz, Roberto; Cornejo-Daza, Pedro J.; Ara, Ignacio; Alegre, Luis M.2021. Comparison of linear, hyperbolic and double-hyperbolic models to assess the force-velocity relationship in multi-joint exercises. European Journal of Sport Science. 21-3, pp.359-369. ISSN 1746-1391. <https://doi.org/10.1080/17461391.2020.1753816>
- 10 **Artículo científico.** Julian Alcazar; Pedro J. Cornejo-Daza; Juan Sánchez-Valdepeñas; Luis M. Alegre; Fernando Pareja-Blanco. (4/5). 2021. Dose-Response Relationship Between Velocity Loss During Resistance Training and Changes in the Squat Force-Velocity Relationship. International Journal of Sports Physiology and Performance. 16-12, pp.1736-1745. ISSN 1555-0265. <https://doi.org/10.1123/ijssp.2020-0692>

- 11 **Artículo científico.** Rodríguez-Lopez C; Alcazar j; Losa-Reyna J; Martín-Espinosa NM; Baltasar-Fernandez I; Ara I; Csapo R; Alegre LM (AC). (8/8). 2021. Effects of Power-Oriented Resistance Training With Heavy vs. Light Loads on Muscle-Tendon Function in Older Adults: A Study Protocol for a Randomized Controlled Trial. *Frontiers in Physiology*. 12-635094, pp.1-11. ISSN 1664-042X. <https://doi.org/10.3389/fphys.2021.635094>
- 12 **Artículo científico.** Ivan Baltasar-Fernandez; Julian Alcazar; Asier Mañas; et al; Jose Losa-Reyna; Luis M. Alegre. (4/9). 2021. Relative sit-to-stand power cut-off points and their association with negatives outcomes in older adults. *Scientific Reports*. 11-1, pp.19460. ISSN 2045-2322. <https://doi.org/10.1038/s41598-021-98871-3>
- 13 **Artículo científico.** Julian Alcazar; Luis M. Alegre; Evelien Van Roie; et al; Ignacio Ara. (2/12). 2021. Relative sit-to-stand power: aging trajectories, functionally relevant cut-off points, and normative data in a large European cohort. *Journal of Cachexia Sarcopenia and Muscle*. 12-4, pp.921-932. ISSN 2190-5991. <https://doi.org/10.1002/jcsm.12737>
- 14 **Artículo científico.** Iván Baltasar-Fernández; Julián Alcázar; Carlos Rodríguez-López; José Losa-Reyna; María Alonso-Seco; Ignacio Ara; Luis M. Alegre (AC). (7/7). 2021. Sit-to-stand muscle power test: Comparison between estimated and force plate-derived mechanical power and their association with physical function in older adults. *Experimental Gerontology*. 145-111213, pp.1-8. ISSN 0531-5565.
- 15 **Artículo científico.** Alcazar J; Aagaard P; Haddock B; et al; Suetta C. 2020. Age- and sex-specific changes in lower-limb muscle power throughout the lifespan. *The journals of gerontology. Series A, Biological sciences and medical sciences*. ISSN 1079-5006. <https://doi.org/10.1093/geron/glaa013>
- 16 **Artículo científico.** Rodríguez-Gómez I; Martín-García M; García-Cuartero B; González-Vergaz A; Carcavilla A; Aragonés Á; Alegre LM; Ara I. 2020. Body Composition as a Mediator between Cardiorespiratory Fitness and Bone Mass during Growth. *Medicine and science in sports and exercise*. 52, pp.498-506. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000002146>
- 17 **Artículo científico.** Fernando Pareja-Blanco; Julian Alcazar; Pedro J. Cornejo-Daza; et al; Manuel Ortega-Becerra; Luis M. Alegre. (9/10). 2020. Effects of velocity loss in the bench press exercise on strength gains, neuromuscular adaptations, and muscle hypertrophy. *Scandinavian Journal of Medicine & Science in Sports*. 30-11, pp.2154-2166. ISSN 0905-7188. <https://doi.org/10.1111/sms.13775>
- 18 **Artículo científico.** Jose Losa-Reyna; Julian Alcazar; Irene Rodriguez-Gomez; Ana Alfaro-Acha; Luis M. Alegre; Leocadio Rodriguez-Mañas; Ignacio Ara; Francisco J. García-García. (5/8). 2020. Low relative mechanical power in older adults: An operational definition and algorithm for its application in the clinical setting. *Experimental Gerontology*. 142, pp.1-9. ISSN 0531-5565. <https://doi.org/10.1016/j.exger.2020.111141>
- 19 **Artículo científico.** Carlos Rodríguez-Lopez; Julian Alcazar; Coral Sanchez-Martin; Ignacio Ara; Robert Csapo; Luis M. Alegre (AC). (6/6). 2020. Mechanical Characteristics of Heavy vs. Light Load Ballistic Resistance Training in Older Adults. *Journal of Strength and Conditioning Research*. ISSN 1064-8011. <https://doi.org/10.1519/JSC.0000000000003826>
- 20 **Artículo científico.** Rodríguez-Gómez I; Mañas A; Losa-Reyna J; Rodríguez-Mañas L; Chastin SFM; Alegre LM; García-García FJ; Ara I. 2020. Prospective changes in the distribution of movement behaviors are associated with bone health in the elderly according to variations in their frailty levels. *Journal of bone and mineral research : the official journal of the American Society for Bone and Mineral Research*. 35-7, pp.1236-1245. ISSN 0884-0431. <https://doi.org/10.1002/jbmr.3988>
- 21 **Artículo científico.** Pareja-Blanco F; Alcazar J; Sánchez-Valdepeñas J; et al; Alegre LM. 2020. Velocity Loss as a Critical Variable Determining the Adaptations to Strength Training. *Medicine and science in sports and exercise*. 52-8, pp.1752-1762. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000002295>
- 22 **Artículo científico.** Rodríguez-Gómez I; Mañas A; Losa-Reyna J; Rodríguez-Mañas L; Chastin SFM; Alegre LM; García-García FJ; Ara I. 2019. Compositional Influence of Movement Behaviours on Bone Health during Ageing. *Medicine and science in sports and exercise*. 51-8, pp.1736-1744. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000001972>

- 23 Artículo científico.** José Losa-Reyna; Iván Baltasar-Fernández; Julian Alcazar; Roberto Navarro-Cruz; Francisco José Garcia-Garcia; Luis M. Alegre; Ana Alfaro-Acha. 2019. Effect of a short multicomponent exercise intervention focused on muscle power in frail and pre frail elderly: A pilot trial. *Experimental Gerontology*. 115, pp.114-121. <https://doi.org/10.1016/j.exger.2018.11.022>
- 24 Artículo científico.** Martín-García M; Alegre LM; García-Cuartero B; Bryant EJ; Gutin B; Ara I. 2019. Effects of a 3-month vigorous physical activity intervention on eating behaviors and body composition in overweight and obese boys and girls. *Journal of sport and health science*. 8, pp.170-176. ISSN 2095-2546. <https://doi.org/10.1016/j.jshs.2017.09.012>
- 25 Artículo científico.** Alcazar, Julian; Losa-Reyna, Jose; Rodriguez-Lopez, Carlos; et al; Guadalupe-Grau, Amelia. 2019. Effects of concurrent exercise training on muscle dysfunction and systemic oxidative stress in older people with COPD. *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS*. 29. ISSN 0905-7188. <https://doi.org/10.1111/sms.13494>
- 26 Artículo científico.** Navarro-Cruz, Roberto; Alcazar, Julian; Rodriguez-Lopez, Carlos; Losa-Reyna, Jose; Alfaro-Acha, Ma; Ara, Ignacio; Garcia-Garcia, Francisco J.; Alegre, Luis M. 2019. The Effect of the Stretch-Shortening Cycle in the Force-Velocity Relationship and Its Association With Physical Function in Older Adults With COPD. *Frontiers in Physiology*. 10. ISSN 1664-042X. <https://doi.org/10.3389/fphys.2019.00316>
- 27 Artículo científico.** Rodriguez-Gomez, Irene; Santalla, Alfredo; Diez-Bermejo, Jorge; et al; Ara, Ignacio. 2018. A New Condition in McArdle Disease: Poor Bone Health Benefits of an Active Lifestyle. *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*. 50. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000001414>
- 28 Artículo científico.** Rodríguez-Gomez, I; Martín-Manjarrés, S.; Martín-García, M.; Vila-Maldonado, S.; Gil-Agudo, A.; Alegre, L. M.; Ara, I. 2018. Cardiorespiratory fitness and arm bone mineral health in young males with spinal cord injury: the mediator role of lean mass. *Journal of Sports Sciences*. <https://doi.org/10.1080/02640414.2018.1522948>
- 29 Artículo científico.** Alcazar, J.; Navarro-Cruz, R.; Rodriguez-Lopez, C.; Vila-Maldonado, S.; Ara, I.; Alegre, L. M. 2018. The double-hyperbolic force-velocity relationship in humans. *Acta Physiologica*. pp.e13165. <https://doi.org/10.1111/apha.13165>
- 30 Artículo científico.** Alcazar, J.; Losa-Reyna, J.; Rodriguez-Lopez, C.; Alfaro-Acha, A.; Rodriguez-Mañas, L.; Ara, I.; García-García, F. J.; Alegre, L. M. 2018. The sit-to-stand muscle power test: An easy, inexpensive and portable procedure to assess muscle power in older people. *Experimental Gerontology*. 112, pp.38-43. <https://doi.org/10.1016/j.exger.2018.08.006>
- 31 Revisión bibliográfica.** Miriam C. Friede; Gunnar Innerhofer; Christian Fink; Luis M. Alegre; Robert Csapo. (4/5). 2022. Conservative treatment of iliotibial band syndrome in runners: Are we targeting the right goals?. *Physical Therapy in Sport*. ISSN 1466-853X. <https://doi.org/10.1016/j.ptsp.2021.12.006>
- 32 Revisión bibliográfica.** Leal-Martin, Javier; Munoz-Munoz, Miguel; Keadle, Sarah Kozey; Amaro-Gahete, Francisco; Alegre, Luis M.; Manas, Asier; Ara, Ignacio. 2022. Resting Oxygen Uptake Value of 1 Metabolic Equivalent of Task in Older Adults: A Systematic Review and Descriptive Analysis. *Sports Medicine*. 52-2, pp.331-348. ISSN 0112-1642. WOS (4) <https://doi.org/10.1007/s40279-021-01539-1>
- 33 Revisión bibliográfica.** Alcazar J; Guadalupe-Grau A; García-García FJ; Ara I; Alegre LM. 2018. Skeletal Muscle Power Measurement in Older People: A Systematic Review of Testing Protocols and Adverse Events. *The journals of gerontology. Series A, Biological sciences and medical sciences*. 73, pp.914-924. ISSN 1079-5006. <https://doi.org/10.1093/gerona/glx216>

C.4. Actividades de transferencia y explotación de resultados

Modelo de utilidad. Julián Alcázar Caminero; Luis María Alegre Durán; Ignacio Ara Royo; Carlos Rodríguez López; Julián Alcázar Delgado. U202032656. Dispositivo de medición cinético y cinemático en acciones horizontales de empuje ES1263289 España. 07/06/2021. Universidad de Castilla-La Mancha.