

CV Date

21/01/2024

## Part A. PERSONAL INFORMATION

|                                            |                     |               |  |
|--------------------------------------------|---------------------|---------------|--|
| First Name                                 | Ruth                |               |  |
| Family Name                                | Jiménez Castuera    |               |  |
| Sex                                        | Female              | Date of Birth |  |
| URL Web                                    |                     |               |  |
| Email Address                              | ruthji@unex.es      |               |  |
| Open Researcher and Contributor ID (ORCID) | 0000-0002-1377-6495 |               |  |

### A.1. Current position

|                     |                                                                                                                |
|---------------------|----------------------------------------------------------------------------------------------------------------|
| Job Title           | Prof. Catedrática de Universidad                                                                               |
| Starting date       | 2021                                                                                                           |
| Institution         | Universidad de Extremadura                                                                                     |
| Department / Centre | DIDÁCTICA DE LA EXPRESIÓN MUSICAL, PLÁSTICA Y CORPORAL / FACULTAD CIENCIAS DEPORTE                             |
| Keywords            | Motivation; Quality of life; Applied social psychology; Education and learning of physical education and sport |

### A.2. Previous positions (Research Career breaks included)

| Period      | Job Title / Name of Employer / Country                                          |
|-------------|---------------------------------------------------------------------------------|
| 1999 - 2002 | Becaria F.P.I. / Consejería de Educación, Ciencia y Tecnología                  |
| 1999 -      | Técnico de Apoyo / Consejería de Educación, Ciencia y Tecnología de Extremadura |
| 1998 -      | Profesora de Educación Física / COLEGIO M <sup>a</sup> PAZ ORELLANA             |

### A.3. Education

| Degree/Master/PhD                                          | University / Country                     | Year |
|------------------------------------------------------------|------------------------------------------|------|
| Máster Universitario en Alto Rendimiento Deportivo         | Universidad Autónoma de Madrid / Spain   | 2005 |
| Motricidad Humana                                          | Facultad de Ciencias del Deporte / Spain | 2004 |
| Certificado de Aptitud Pedagógica                          | Universidad de Extremadura / Spain       | 1999 |
| Licenciado en Ciencias de la Actividad Física y el Deporte | Facultad de Ciencias del Deporte         | 1998 |

## Part B. CV SUMMARY

PhD in Physical Activity and Sports Sciences, I defended my doctoral thesis in 2004 that deals motivational aspects and the analysis of healthy lifestyles in young people, obtaining the extraordinary doctorate award. In addition, I was awarded a Predoctoral Scholarship (FPI).

Full professor at the Faculty of Sports Sciences of the University of Extremadura, where I have worked since October 2002, getting an award for teaching excellence through the UEx DOCENTIA program.

I published more than 100 scientific articles, of which about 80 published in journals indexed in JCR/SJR, 120 communications and 5 book chapters and 1 book with SPI. Participation in a total of 16 research projects and 5 teaching innovation projects. I have belonged to the editorial board of the Ibero-American Journal of Exercise and Sport Psychology. I have been edited research topic of Frontiers in Oncology, International Journal of Environmental Research and

Public Health and Sustainability. I have done a total of 8 research stays, some of which are about studying motivational processes in the University of Greely (United States of América), the University of Porto (Portugal) and the University of Curtin (Perth, Australia).

Regarding management positions, I have been Academic Secretary, Vice Dean of Academic Planning, interim Dean and Head of Mobility at the Faculty of Sports Sciences of the University of Extremadura. At present, I am Quality Manager of the International Doctoral Program at the University of Extremadura (EDUEX), I am the president of the Title Commission of the Master's Degree in Initiation and Research in Performance Research and I hold the position of secretary of the Spanish Association of Sports Sciences (AECD).

## Part C. RELEVANT ACCOMPLISHMENTS

### C.1. Most important publications in national or international peer-reviewed journals, books and conferences

AC: corresponding author. (n° x / n° y): position / total authors. If applicable, indicate the number of citations

- 1 **Scientific paper**. Salvador, R.; Monteiro, D.; Revelo-Gonçalves, R.; (4/4) Jiménez-Castuera, R.2023. Interpersonal Behavior, Basic Psychological Needs, Motivation, Eating Behavior, and Body Image in Gym/Fitness Exercisers: A systematic review.Sustainability. MDPI. 15-14914, pp.1-16. ISSN 2071-1050.
- 2 **Scientific paper**. Fresno-Alba, S.; Leyton, M.; Mesquita, S.; (4/4) Jiménez-Castuera, R.2023. Predicting Quality of Life in Women with Breast Cancer Who Engage in Physical Exercise: The Role of Psychological Variables. Healthcare. MDPI. 11, 2088, pp.1-11. ISSN 2227-9032.
- 3 **Scientific paper**. Fresno-Alba, S.; Denche-Zamorano, Á.; Pastor-Cisneros, R.; Pereira-Payo, D.; Franco-García, J. M.; (6/6) Jiménez-Castuera, R. (AC). 2023. Breast cancer and physical activity: A bibliometric analysis.Frontiers in Oncology. Frontiers Media SA. 12:1051482, pp.1-12. ISSN 2234-943X.
- 4 **Scientific paper**. Batista, M.; Leyton-Román, M.; (3/3) Jiménez-Castuera, R.2022. Validity and Reliability of the Portuguese Version of the Healthy Lifestyle Questionnaire- EVS III. International Journal of Environmental Research and Public Health. MDPI. 19-1612. ISSN 1660-4601.
- 5 **Scientific paper**. Gil-Píriz, D.; Leyton, M.; Mesquita, S.; (4/4) Jiménez-Castuera, R. (AC). 2021. Barriers to the practice of sport and physical activity from the perspective of Self-Determination Theory. Sustainability. MDPI. 13-7665, pp.1-11. ISSN 2071-1050.
- 6 **Scientific paper**. Leyton, M.; Mesquita, S.; (3/3) Jiménez-Castuera, R. (AC). 2021. Validation of the Spanish Healthy Lifestyle Questionnaire. International Journal of Clinical and Health Psychology. Elsevier. 21-100228, pp.1-9. ISSN 1697-2600.
- 7 **Scientific paper**. Leyton, M.; De la Vega, R.; (3/3) Jiménez-Castuera, R. (AC). 2021. Motivation and commitment to sports practice during the lockdown caused by Covid-19. Frontiers in Psychology. Axel Cleeremans. 11, pp.1-8. ISSN 1664-1078.
- 8 **Scientific paper**. Hardcastle, S. J.; (2/5) Jiménez-Castuera, R.; Maxwell-Smith, C.; Bulsara, M. K.; Hince, D.2020. Fitbit wear-time and patterns of activity in cancer survivors throughout a physical activity intervention and follow-up: Exploratory analysis from a randomized controlled trial. PLOS ONE. Patrick Bergman, Linneaus University, Sweden. 15-10, pp.1-16. ISSN 1932-6203.
- 9 **Scientific paper**. Maxwell-Smith, C.; Hince, D.; Cohen, P. A.; et al; Hardcastle, S. J.; (14/15) Jiménez-Castuera, R.2019. A randomized controlled trial of WATAAP to promote physical activity in colorectal and endometrial cancer survivors. Psycho-Oncology. John Wiley & Sons Ltd. pp.1-10. ISSN 1099-1611.
- 10 **Scientific paper**. Hardcastle, S. J.; Hince, D.; (3/14) Jiménez-Castuera, R.; et al; Platell, C.2019. Promoting physical activity in regional and remote cancer survivors (PPARCS) using wearables and health coaching: randomised controlled trial protocol. BMJ Open. 9-5, pp.1-8. ISSN 2044-6055.

## C.2. Conferences and meetings

- 1 Leyton-Román, M.; Fresno-Alba, S.; Jiménez-Castuera, R.. Necesidades psicológicas básicas y actividad física en mujeres con cáncer de mama. XII Congreso Internacional de la Asociación Española de Ciencias del Deporte. Universidad Autónoma de Madrid y AECD. 2023. Spain. Participatory - invited/keynote talk. Conference.
- 2 Leyton, M.; Jiménez-Castuera, R.. Psychological Variables and Sport Practice during the Lockdown Caused by Covid-19: Comparative Analysis.. The 3rd International Electronic Conference on Environmental Research and Public Health. International Journal of Environmental Research and Public Health. 2021. Participatory - invited/keynote talk. Conference.
- 3 Jiménez-Castuera, R.; Lobato, S.; Leyton, M.; Batista, M.. Diferencias de género en variables determinantes de los procesos de enseñanza-aprendizaje. I Congreso Internacional de Innovación en el Deporte: 25 años caminando juntos. Facultad de Ciencias del Deporte. 2019. Spain. Participatory - oral communication. Conference.
- 4 Leyton, M.; Batista, M.; Jiménez-Castuera, R.. Differences between gender and populations groups, motivational variables and healthy lifestyles. IV BUDO Congress. Unidade de Investigacao Sport, Health and Exercise Research Unit. 2019. Portugal. Participatory - oral communication. Conference.
- 5 Leyton, M.; Batista, M.; Jiménez-Castuera, R.. Relationship of the intrinsic motivation towards sport, with variables related to a healthy lifestyle. IV BUDO Congress. Unidade de Investigacao Sport, Health and Exercise Research Unit. 2019. Portugal. Participatory - oral communication. Conference.
- 6 Leyton, M.; Batista, M.; Jiménez-Castuera, R.. Differences in health lifestyles variables between people in the rural and urban areas. International Congress of Health and Well-being Intervention (ICHWBI 2019). RECI (Research in Education and Community Intervention) and the Jean Piaget Health School (ESS) / Viseu. 2019. Portugal. Participatory - oral communication. Conference.
- 7 Leyton, M.; Batista, M.; Jiménez-Castuera, R.. Differences in healthy lifestyles between different population groups of people. International Congress of Health and Well-being Intervention (ICHWBI 2019). RECI (Research in Education and Community Intervention) and the Jean Piaget Health School (ESS) / Viseu. 2019. Portugal. Participatory - poster. Conference.

## C.3. Research projects and contracts

- 1 **Project.** PID2019-107191RB-I00, Coste-efectividad de programas de ejercicio físico basados en plantilla inteligente autónoma sobre el cerebro, patrón motor y calidad de vida en fibromialgia (AUSIEX). Ministerio de Ciencia e Innovación. Narcís Gusi Fuertes. (Universidad de Extremadura). 01/06/2020-31/12/2023. 108.000 €.
- 2 **Project.** 114/UPB10/11, Aplicación de un programa de intervención para promocionar estilos de vida saludables a través del aumento de la actividad física, motivación intrínseca y mejora de los hábitos alimenticios en adultos y mayores. CONSEJO SUPERIOR DE DEPORTES. Ruth Jiménez Castuera. (Universidad de Extremadura. Facultad de Ciencias del Deporte). 01/01/2011-31/10/2011. 14.300 €. Principal investigator.
- 3 **Project.** UPB10/05, INTERVENCION CIENTIFICA DURANTE EL ENTRENAMIENTO PARA LA OPTIMIZACION DE LA TOMA DE DECISIONES Y DEL RENDIMIENTO DE LA SELECCION FEMENINA DE VOLEIBOL. MINISTERIO DE EDUCACION Y CIENCIA. CONSEJO SUPERIOR DE DEPORTES. Fernando Del Villar Álvarez. 01/01/2005-01/01/2006. 10.305,9 €.
- 4 **Project.** IPR03A, DESARROLLO Y APLICACION DE UN SISTEMA AUDIOVISUAL PARA LA OPTIMIZACION DE LA TOMA DE DECISIONES Y EL RENDIMIENTO EN JOVENES JUGADORES DE BALONCESTO. CONSEJERIA DE EDUCACION, CIENCIA Y TECNOLOGIA DE LA JUNTA DE EXTREMADURA. Fernando Del Villar Álvarez. 01/01/2003-01/01/2005. 15.114 €.

- 5 **Project.** IPR00B016, PROMOCION Y CALIDAD DE VIDA CON HERRAMIENTAS TELEMATICAS EN PERSONAS MAYORES E INVIDENTES. CONSEJERIA DE EDUCACION Y CIENCIA DE LA JUNTA DE EXTREMADURA. NARCIS GUSI FUERTES. 01/01/2000-01/01/2001. 10.000 €.
- 6 **Project.** IPR98B030, DESARROLLO Y CONTROL DE SISTEMAS DE ENTRENAMIENTO FISICO DE MUJERES MAYORES: CONDICION FISICA Y MASA OSEA, EDUCACION Y ESTILOS DE VIDA. FONDO SOCIAL EUROPEO Y JUNTA DE EXTREMADURA. NARCIS GUSI FUERTES. 01/01/1999-01/01/2000. 10.000 €.