

sprint

**Sport Physical activity and health
Research & INnovation cenTer**

Centro de investigação e inovação em
desporto atividade física e saúde

RITA SANTOS-ROCHA

Director

31-03-2025

About us

- **SPRINT** is a R&D Unit in the field of Sport Sciences.
- Registered with the **FCT (reference 6185)**, on January 8, 2024.
- SPRINT resulted from a consortium of **8 PUBLIC HIGHER EDUCATION INSTITUTIONS**
- 2 Higher Education Schools specialized in Sport Sciences (Rio Maior and Melgaço)

About us

SPRINT brings together *infrastructure, equipment and human resources* from 8 Institutions.

Multiple local, national and international partners.

Strong Structural and Laboratory Capacity

- 2 specialized Higher Education Schools - sports
- 6 Schools
- Multiple teaching facilities
- Multiple sports facilities
- 9 laboratories

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Period 2018-2023: extensive record

36.3% of 1,325 articles (2020-2024) is in top-tier (Q1) journals

National and international publications

n
2,466

National and international collaborative projects in the areas of sport and performance, and physical activity, health and sustainability

>25

Advanced training courses:

- Master Degree
- Bachelor Degree
- Postgraduation programs
- Erasmus+ BIP

> 10

> 12

5

4

- **Provision of services** particularly in terms of **sports management, consultancy, entrepreneurship, monitoring and sports training assessment, workshops and training programs**, and **promotion of physical activity actions** for municipal councils, clubs, associations and sports federations, as well as for public and private companies;
- **Programs** with straight connection **with the community**.

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1 TOP
RESEARCHER
Sport Sciences

1 PATENT

1 SPIN-OFF

Researcher-to-Q1
publication ratio of 1.4 /
year (since 2020)

— Researchers and Doctoral Students

2024

153 RESEARCHERS

83 integrated researchers

70 collaborating researchers

- 24 PhD students

2025

>172 + 6 RESEARCHERS

95 integrated researchers

- 5-10 new researchers
- 6 integrated researchers FCT Tenure

> 70 collaborating researchers

- 31 PhD students

Main activities in 2024



Organization and internal regulations



Research Groups



Scientific & Strategic Board



External Advisory Board



Strategic Plan



External Funding



RITA SANTOS ROCHA
Director



JOÃO PETRICA
Co-Director



PEDRO TIAGO ESTEVES
Co-Director



FILIPPE CLEMENTE
Co-Director

Motor Behaviour & Sports Performance

Physical Activity, Health & Sustainable
Communities



Internal Collaborative Projects



LINDA MAY
East Carolina University, USA



MATTHIEU LENOIR
Ghent University, Belgium



RITA OLIVEIRA
London South Bank University, UK



KARIM CHAMARI
Naufar Wellness and Recovery, Qatar



JOSE M. CANCELA
University of Vigo, Spain



(FCT, Erasmus+ Sport, THCS, etc.)

Mission

Promote the **population's active and healthy lifestyle** and **sports performance** by **transferring knowledge** from **applied and interdisciplinary research to society** with a technological, sustainable focus and innovative purpose.



Vision 2025 - 2029

We are committed to ensuring that SPRINT is positioned as a **national and international reference for research and innovation in Sports Sciences**, with the potential to transform society in general, and Sports and Well-being in particular.



SPRINT's main objectives

To develop **applied research** in the field of sports sciences

To create conditions and engage young researchers and students at different **educational** levels and **scientific training**

To generate scientific employment opportunities for **young researchers**

To drive the conception, registration, and management of **intellectual property** (eg patents, spin-offs)

To contribute to regional and national development by establishing research and development **hubs** in the field of sports sciences

To establish networks, protocols, and **partnerships** at the national and international levels

Aligned with the
Sustainable Development Goals

United Nations 2030 Agenda



ACTIVITY PLAN 2025-2029

WP1 - MANAGEMENT & COMMUNICATION & COORDINATION TEAM

- Management & communication activities & report
- Building & implementation of quality assurance, ethics, equality, inclusion, and data policies;
 - Linking to Grant Advisory Board
 - Linking to External Advisory Board

WP2 - SPRINT FOR PERFORMANCE

Research Group MOTOR BEHAVIOR & SPORTS PERFORMANCE



- Applied research in the field of sports sciences
- Creation of scientific employment opportunities for young researchers
- International collaboration and internationalization

WP3 - SPRINT FOR HEALTH

Research Group PHYSICAL ACTIVITY, HEALTH, & SUSTAINABLE COMMUNITIES



WP4 - SPRINT FOR TRAINING

- Development of specific scientific training
- Creation of scientific employment opportunities for young researchers
- Promotion of social, scientific, technologic, and economic value
- Fostering international collaboration & internationalization

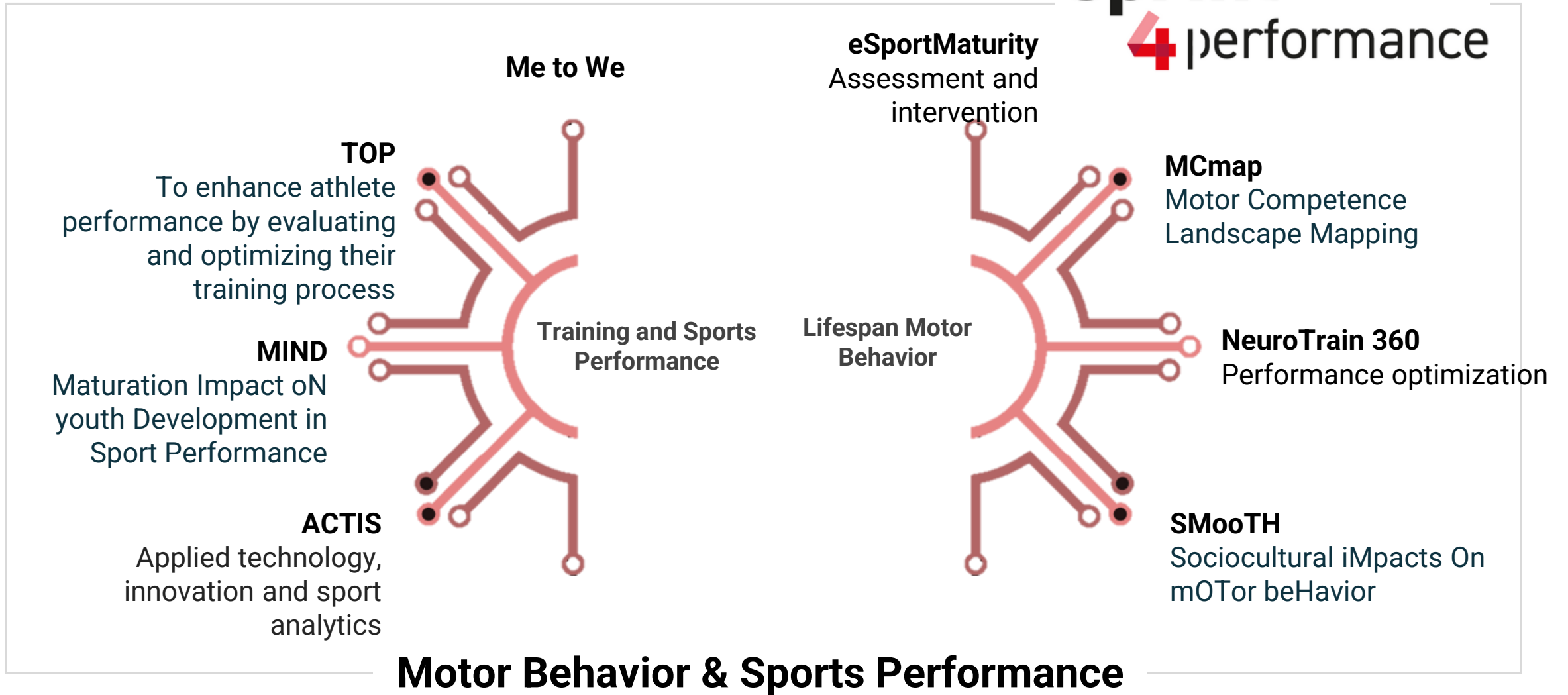
WP5 - SPRINT FOR SOCIETY

- Organization of events
- Conception, registration, & management of intellectual property
 - Transfer of knowledge & technology
- Promotion of scientific, technological, cultural & citizen science
- Fostering professional & scientific partnerships & networks
- Establishing research & development hubs

Collaborative Projects

Research Group

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4 performance



Collaborative Projects

Research Group

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4 health

WOMEN'SPOWER

Promoting & empowering healthy & active lifestyles of women across the life cycle

GOLDEN AGE

Golden Age Unbound: A Longitudinal Sport-Driven Study on Health & QoL

LIFE4FITNESSPRO

Enhancing the quality of the intervention of fitness professionals

SPRINT4Outdoor

Assessing the quality of walking & cycling routes to promote and encourage healthy & sustainable lifestyle

Lifespan Physical Activity, Exercise & Lifestyles

ExerHeart

RCT and Economic Evaluation of Multicenter Programs for the Promotion of Cardiometabolic Health.

Move4Inclusiveness

Combat inequalities by promoting physical activity among vulnerable populations.

BRAIN Health

Longitudinal Study on Neuroplasticity and Exercise for Recovery in Older Adults.

TECH4DYNAMICS

AI-Driven Innovative Technology for the Assessment of Motor Functions & Disorders Throughout Life

Physical Activity, Health & Sustainable Communities

External Projects (2024)

>12 projects submitted (FCT, LaCaixa, Erasmus+, Erasmus-Sport, THCS, Portugal2030)

13 FCT Tenure



Internationalization

European Universities (education, research & innovation)

International Networks & Erasmus+

- Researchers and staff mobility
- Research collaborations and partnerships
- European joint programs / Erasmus+ BIP



SPRINT affiliated organisations are intensively involved in different European Alliances:

IPBeja: **HEROES**

IPGuarda: **UNITA**

IPSantarém: **ACE2**

IPViana do Castelo: **SUNRISE**

IPCasteloBranco: **BAUHAUS4EU**

IPCoimbra: **UNIGREEN**

IPSetúbal: **E³UDRES²**

UAlgarve: **SEA-EU**

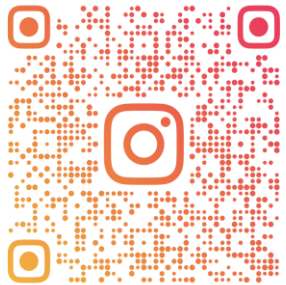


Communication strategy

website

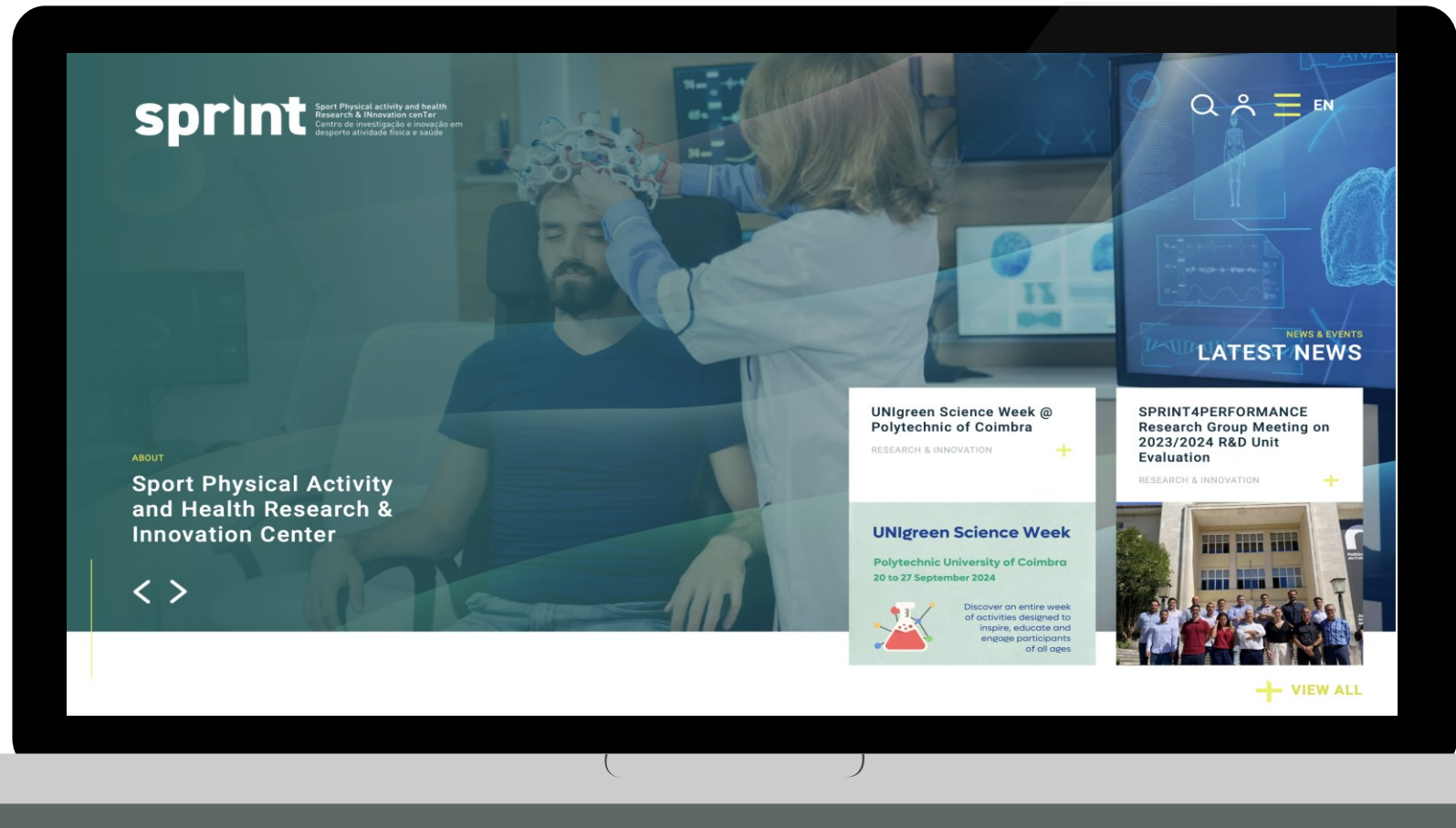
www.sprint-sci.com

✉ info@sprint-sci.com



SPRINT_RESEARCH_CENTER

SHAPING THE FUTURE OF SPORTS



Grant Advisory Actions

- Webinar NarrativeCV
- Webinar Erasmus+ Sport
- Webinar European policies and projects
- Webinar call Portugal2030
- SPRINT SUMMITs
 - Collaborative research & mentoring
 - External calls

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SPRINT Grupos de Investigação 02 02 2024
SPRINT - Research and Innovation Center •



Reunião Comité Estratégico SPRINT (02-02-2024)
SPRINT - Research and Innovation Center • 9 visualizações • há 7 meses



Sessão de trabalho SPRINT CV Narrativo (Nuno Branco Neto) 17-01-2024
SPRINT - Research and Innovation Center •



SPRINT IPSantarém Webinar Erasmus+ Sport (RuiVieira) 09-02-2024
SPRINT - Research and Innovation Center •



WINNING webinar Portugal 2030 Sistema de incentivos I&D empresarial copromoção (FFSimões).
SPRINT - Research and Innovation Center •



Scientific Training & Congress

DOCTORAL STUDENTS & RESEARCHERS:

- Microcredential on Development of project applications
- How to create and register a patent
- Technology applications to Sport
- How to create a spin-off
- How to structure a PhD thesis
- How to apply to FCT calls
- Finding partners & building Erasmus+ SPORT projects

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CONGRESS

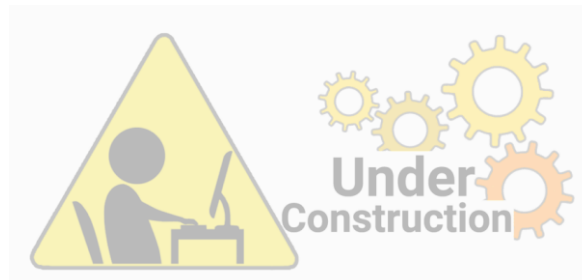
**Instituto Politécnico
de Santarém**
Escola Superior de
Desporto de Rio Maior

**7 - 8
fev
2025**

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Doctoral Program in Sport Sciences

- The Doctoral Program in Sport Sciences will be endorsed by SPRINT in partnership with 7 participating institutions.
- This program will mainly be oriented as a Sports/Exercise Professional or Business Environment, as an alternative pathway to a more theoretical doctorate qualification.
- It will be an innovative, rigorous, professionally oriented, and collaborative program of advanced studies and applied research designed specifically to tackle real-life challenges and to meet the needs of stakeholders.



Doctoral Program in Sport Sciences

WP4 - SPRINT FOR TRAINING

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PhD

Innovative, professionally oriented and collaborative program of advanced studies designed to tackle real-life challenges and to meet the needs of stakeholders in the context of sport, exercise, physical activity and health, such as sport and fitness clubs, sports federations and associations, municipalities and the industry.

Polytechnic Universities Consortium



Target

Primarily designed for Sports and Exercise professionals or those in business environments, this program offers an alternative pathway to a more theoretical doctoral qualification.

180
ECTS

A3ES
Agência de Avaliação
e Acreditação
do Ensino Superior

Curriculum



Research Methods

Research & Innovation
in Sport Sciences

Sport Sciences Applied
to Societal Challenges

Thesis Project

Thesis

Contact us

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Av. Dr. Mário Soares, Rio Maior, Portugal



Equality & Inclusiveness Plan

SPRINT R&D Unit intends to have the best practices concerning to the policy of providing equal opportunities and access to resources, benefits, and experiences to all individuals, regardless of their background, characteristics, or differences.

Equality

Inclusiveness

- Balanced Representation
- Recruitment & Retention
- Career Development
- Work-Life Balance
- Inclusive & Gender/Sex-Sensitive Language
- Continuous Monitoring & Evaluation
- Awareness & Education
- Research & Promotion on Gender/Sex Equality in Sport
- Collaboration with other Institutions

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European Commission
Gender Equality Strategy
2020-2025



WRAP UP

- SPRINT is a **new & young R&D Unit** that will benefit from the expertise of 8 universities and their national and international **partnerships & networks**
- SPRINT covers most of the Portuguese continental **territory**
- SPRINT is deeply committed to producing and disseminating **high-quality scientific knowledge**
- SPRINT gathers extensive experience in **community programs & collaborative projects**.
- SPRINT is focused on a **diverse audience of stakeholders**, from persons with clinical conditions and disabilities to professional athletes; from sport and healthcare professionals to policy-makers.



SPRINT is committed to sport sciences and society & aims to shape the future of sport

Thank you!

www.sprint-sci.com

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