

# Dr Francisco B. Ortega

## Biography of proposed Guidelines Development Group

Co-Director of the PROFITH Research group at the Department of Physical Education and Sports, Faculty of Sports Sciences, University of Granada Spain. Secondary affiliation: Department of Bioscience and Nutrition at Karolinska Institute, Sweden.

B.Sc. Degree in Sports Science, and PhD in Exercise Physiology at the University of Granada, and a second PhD in Medical Sciences at Karolinska Institute, Sweden.

City and country of primary residence: Granada, Spain

## Biography

After completing his Degree in Sports Sciences (1998-2002), FB Ortega did 2 separate Doctoral Theses at the University of Granada (Spain) and Karolinska Institute (Stockholm, Sweden) (2002-2008). He did his postdoc in Sweden, including 4 research stays at the University of South Carolina, USA (2008-2012). From 2012 to date, FB. Ortega is working as Associate Professor at the Faculty of Sport Sciences at the University of Granada, Spain, where he founded and is currently Co-Director of the PROFITH Research group.

He has published more than 330 scientific papers in the field of physical activity, fitness and health. His papers have got more than 20 000 citations and his h-index is more than 75 in Google Scholar. This places him within the top-10 most cited researchers at the University of Granada (See-HERE) and as number 4th Worldwide in the field of Physical Fitness (ExpertScape).

He was selected by a Regional Government in Spain to develop the “Guidelines for the Promotion of Physical Activity”. Recently, he participated as author in the “ACSM- Guidelines for exercise testing and prescription 11th edition” (currently In-Press). He has extended experience in narrative reviews, systematic reviews, meta-analyses and evidence grading systems.

## Related links:

- [PROFITH Research group](#)
- [Google Scholar](#)
- [4th Worldwide in the field of Physical Fitness](#)