



cidesd

Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano
Research Center in Sports Sciences, Health Sciences and Human Development

**Press Kit
2018**

| ABOUT |

The Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD) is a **cross-institutional technical and scientifically multi-disciplinary unity of applied research** hosted in the University of Trás-os-Montes and Alto Douro (Vila Real) and is **affiliated to the European College of Sports Sciences**.

The CIDESD is a **consortium agreement of 10 institutions** (Polytechnic Institute of Bragança, Sport Sciences School of Rio Maior – Polytechnic Institute of Santarém, University of Beira Interior, University Institute of Maia, University of Madeira, University of Trás-os-Montes and Alto Douro, Polytechnic Institute of Viseu, University of Évora, Polytechnic Institute of Guarda and Polytechnic Institute of Viana do Castelo), with 133 members of which 73 are integrated and 60 are associated members.

Nowadays, CIDESD has bilateral agreements with 32 European institutions and with many universities in Brazil in addition to being members of networks with contacts to academic institutions in North-America, Asia, Australia, New Zealand and Africa.

The mission of CIDESD is **help to develop human resources, capable of handling autonomous interventions under the domains of sports sciences, health and human development**. This mission is particularly integrated in the goal 3 from the Sustainable Development Goals described in the 2030 agenda from the United Nations: “ensure healthy lives and promote well-being for all at all ages”.

CIDESD activity flows into auto-organized and self-evolutive research communities that gather senior and junior scientists, public representatives (city halls, hospitals, schools, sports federations), stakeholders, postgraduate students and international partners, in dynamic network brainstorming to develop common programs.

The goals of CIDESD are articulated in **research, community intervention and continuous education**. The research programs and activities of the CIDESD are organized in three research communities:

- **CreativeLab**, aiming to develop creativity and collaborative work in sports, schools and labor-domains;
- **STRONG**, aiming to describe genetic, physiologic and biomechanical traits of youngsters, either from the sports performance or exercise and health perspectives;
- **GERON**, centered in multidisciplinary interventions focused on the effects of physical activity and exercise programs across the lifespan, with particular focus on the elderly.

| HISTORY |

Originally created in 2007, Research Center in Sports Sciences, Health Sciences and Human Development appears from the network integration, by a consortium agreement, of six previous research units originally from the Polytechnic Institute of Bragança, the Sport Sciences School of Rio Maior – Polytechnic Institute of Santarém, the University of Beira Interior, the Higher Institute of Maia, the University of Madeira and the University of Trás-os-Montes and Alto Douro. Also, other two extinguished research centers previously accredited by FCT – National Foundation for Science and Technology were also integrated and merged in CIDESD: the Institute of Sciences of Brain and Physics for Well-being and Safety from Higher Institute of Maia and the Research Centre of Human Development and Physical Activity from the University of Trás-os-Montes and Alto Douro.

In 2008, two more institutions were fully integrated in this network: the Nursing Health School of Vila Real and the Educational Higher School from the Polytechnic Institute of Viseu.

In 2013, the University of Évora added the consortium. The High School of Sports and Leisure – Polytechnic Institute of Viana do Castelo and Polytechnic Institute of Guarda are the newest members, they joined CIDESD in February 2015.



In the last FCT evaluation (2013), CIDESD was classified as a “Very Good” R&D Unit, it was rated with a score of 21.75 out of 25 points, sustained by an average h-index of 19 for a total of 258 publications (2008-2012).

FCT

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CIDESD OVERVIEW

RESEARCH . COMMUNITY . EDUCATION

10 INSTITUTIONS

UTAD	ISMAI
UBI	IPB
UM	IPG
UE	IPV
ESDRM	IPVC



**133
MEMBERS**

**73 integrated
60 associated**

**3
RESEARCH
COMMUNITIES**
CreativeLab
GERON
STRONG



**500
PUBLICATIONS**
between 2008-2017,
having more than 80
doctoral thesis

www.cidesd.utad.pt

| CONTACTS |

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