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This mobility grant had three main purposes:

- 1) To reinforce the existing international relationship between the Faculty of Physical Education and Sport from Charles University (Prague, Czech Republic) and the Faculty of Sport Sciences from the University of Murcia (San Javier, Murcia, Spain)
- 2) To introduce our last scientific results, current research lines and ongoing funded projects on exercise and health, namely:
 - a. HEAL: HMB Supplementation in Addition to Multicomponent Exercise in Old Adults (NCT03827499) – *Seneca Foundation is the Regional Agency for Science and Technology that depends on the Government of Murcia.*
 - b. RECOVE: Rehabilitation for Post-COVID-19 Syndrome Through a Supervised Exercise Intervention (NCT04718506) – *University of Murcia*
 - c. RELIFE: Reverse Limited mobility in Frail people over 80 years through Exercise and nutritional supplementation with HMB - *Ministry of Sciences, Innovation and Universities, Spanish Government.*
 - d. MOVE-UP: Implementation of a mobile health app for the self-management of juvenile-onset rheumatic and musculoskeletal diseases during transitional care: a patient-centered approach – *EULAR (European Alliance of Associations for Rheumatology)*
- 3) To explore new lines of collaboration, build new bridges and start new collaborative research projects about exercise and health.

During the first week of the stay, I was received by PhD. Michal Steffl, PhD. Tomas Vetrovsky, PhD. Tereza Jandova and PhD. James Tuffano, from the Department of Physiology and Biochemistry. I have also the pleasure of meeting some PhD students who kindly showed me the facilities, laboratories and let me participate in some data collection. From this meeting, we set a new collaboration to integrate one PhD Student from the Faculty of Sport Sciences of Murcia, MSc. Ángel Buendía Romero, who will be part of a research project about the effects of a new resistance training intervention in people with Achilles tendinopathy. In this project, three groups of participants will complete three different interventions: Traditional recovery exercises (TRA) and New resistance training recovery intervention (RTR). Participants will be recruited from a physiotherapy center. The project is planned to start next October, coinciding with the training research stay of MSc. Ángel Buendía Romero (September – December 2021). In addition to this project, Phd. Tomas Vetrovsky agreed to set up a seminar about statistics for sport sciences using R software packages, and another about physical activity levels using accelerometry-based devices. The involvement of Ángel in collaborative research projects with Charles University, plus the education he will received will significantly contribute to his scientific career.

Another collaboration was set with Phd. Tereza Jandova, young researcher expert in sonography assessment and muscle architecture. She kindly accepted to supervised and incorporate another PhD student from the Faculty of Sciences of the University of Murcia, MSc. Alejandro Hernández Belmonte (FPU fellowship). Alejandro is planning to make a 3-month stay in Charles University next semester (February-April). By that time, Tereza has set a data collection in athletes and older adults to check the reliability of and teach Alejandro in new muscular measurement techniques by echography. Tereza also agreed to incorporate Alejandro in ongoing scientific papers involving meta-analyses techniques. Tereza was educated in Università degli Studi G.

d'Annunzio Chieti e Pescara (Italy) in the Department of Scienze Mediche, Orali e Biotecnologiche and has worked within the laboratory led by PhD. Marco Narici, a prestigious research expert in muscular assessment by sonography. Alejandro will benefit from this advanced knowledge and the experience of being involved in international collaborative projects that boost his scientific career.

I have the pleasure to meet PhD. Miroslav Petr, Vice dean for Science, Research and Doctoral Programmes of the Faculty of Physical Education of Sports from Charles University, along with PhD. Michal Steffl. In this meeting, we discuss about potential funded opportunities, grants and projects applications. One of the proposals is the PRIMUS research Programme. The aim of this programme is to encourage young researchers with international experience to establish new research groups and laboratories. Selected young scientists will be enabled to run their own independent projects during a period of 3-5 years. One of the long-term goals of the research programme is to increase the success rate of the University in attracting major international grants (e.g., European Research Council – ERC grants). Another potential option to get funds for research in exercise and health is the Czech Science Foundation. Nowadays we are working on the original idea and we anticipate to have a draft build in the following months to be prepared to be submitted next spring.

