

CURRICULUM VITAE

Surnames and Name: Garcia Tabar, Ibai

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Young exercise physiologist scientific doctor practitioner with professional expertise acquired in different private and public institutions and in different countries within the last 7-8 years, desirous of continuing growing his exercise science experiences and contributions.

1. Current Professional Situation
2. University Teaching Accreditations
3. Academic Degrees
4. Complementary Education
5. Books Published
6. Scientific Articles Published in International Peer-Reviewed Journals
7. Conference Papers and Participation in International and National Congresses
8. External Reviewer (Journals and PhD theses)
9. Academic-University Experience
10. Prior Scientific-Technical Professional Experience (non-academic university)
11. Memberships of Professional Bodies
12. Participation in other Technical-Scientific Dissemination Events
13. Research Projects
14. Academic Awards
15. Mobility. Academic and/or Technical-Scientific Stays in other Institutions
16. Collaborations with other Institutions
17. Linguistic Certificates

1. Current Professional Situation

Position: Temporary University Lecturer

Department: Faculty of Education and Sport

Institution: University of the Basque Country (UPV/ EHU), Vitoria-Gasteiz, Spain

Since February 2018

2. University Teaching Accreditations

Accreditation: “*Profesor Ayudante Doctor*”

Institution: Agencia Nacional de Evaluación de la Calidad y Acreditación (ANECA)

October 2018

Accreditation: English linguistic certification for university English teaching

Institution: University of the Basque Country (UPV/EHU)

March 2018

3. Academic Degrees

PhD Doctoral Degree in Health Sciences

Title: Determination of Aerobic Capacity in Amateur to Elite Athletes and Elderly Men, with Special Reference to the Development of Functional Strategies to Overcome Actual On-Field Hitches. **Mark Grade:** Cum Laude

Institutions: Public University of Navarre (UPNA) and the Studies, Research and Sports Medicine Centre (CEIMD), Government of Navarre (Spain)

November 2016

Master of Science: MSc Sports Performance Enhancement

Institution: Edinburgh Napier University (Edinburgh, UK)

September 2011

Licentiate: Licentiate in Exercise and Sport Sciences

Institution: University of the Basque Country (Vitoria-Gasteiz, Álava, Spain)

July 2010

4. Complementary Education

Course: Library Resources (ORCID, Refworks, etc). **Institution:** University of the Basque Country (UPV/EHU)

Date: 2018

Course: Heart Rate Variability. **Institutions:** Exercise Physiologist & Training **Date:** 2017

Course: Prescription of exercise for prevention of falls and fragility in the elderly. **Institutions:** Vivifrail. Supported by an Erasmus+ project. Accredited by the Spanish National Health Service **Date:** 2016

Course: Updates in Resistance training. **Institution:** Basque Society of Sport Medicine **Date:** 2013

Course: Exercise for patients with cardiovascular diseases. **Institution:** Research, Studies and Sports Medicine Centre. **Date:** 2012-2013

Course: Technical Sport Coaching. Level II. **Institution:** Research, Studies and Sports Medicine Centre. **Date:** 2012

Course: Theoretical and practical updates in sport training. **Institution:** Exercise and Sport Institute, Government of Navarre. **Date:** 2011

Course: Exercise prescription in the elderly. **Institution:** Research, Studies and Sports Medicine Centre. **Date:** 2011

Course: Official course of automated external defibrillation and basic vital support. **Institution:** M.E.S. **Date:** 2010

Course of Kinanthropometry. **Institution:** International Society for the Advancement of Kinanthropometry (ISAK). **Date:** 2010

5. Books Published

- 1. Title:** Determination of Aerobic Capacity in Amateur to Elite Athletes and Elderly Men, with Special Reference to the Development of Functional Strategies to Overcome Actual On-Field Hitches. **ISBN:** 978-84-617-8526-1. **DOI:** 10.13140/RG.2.2.15093.99046. **Pages:** 1-145

6. Scientific Articles Published in International Peer-Reviewed Journals

1. **Garcia-Tabar I**, Rampinini E, Gorostiaga EM. Considerations regarding Maximal Lactate Steady State determination before redefining the gold-standard. *Physiol Rep*. [ahead of publication]
2. **Garcia-Tabar I**, Rampinini E, Gorostiaga EM. Lactate equivalent for maximal lactate steady state determination in soccer. . *Int J Sports Med*. [ahead of publication]
3. Arregui-Martin MA, **Garcia-Tabar I**, Gorostiaga EM. Half soccer season induced physical conditioning adaptations in elite youth players. *Int J Sports Med*. [ahead of publication]
4. **Garcia-Tabar I**, Eclache JP, Aramendi JF, Gorostiaga EM. Quality control of open-circuit respirometry: real-time, laboratory-based systems. Let's spread "good practice". *Eur J Appl Physiol*, (2018); 118:2719-2720
5. **Garcia-Tabar I**, Gorostiaga EM. A "Blood Relationship" Between the Overlooked Minimum Lactate Equivalent and Maximal Lactate Steady State in Trained Runners. Back to the Old Days? *Front Physiol* (2018); 9:1034
6. **Garcia-Tabar I**, Izquierdo M, Gorostiaga EM. On-field prediction vs. monitoring of aerobic capacity markers using submaximal lactate and heart rate measures. *Scand J Med Sci Sports* 2017;27(5): 462-473
7. **Garcia-Tabar I**, Llodio I, Sanchez-Medina L, Asiain X, Ibanez J, Gorostiaga EM. Validity of a single lactate measure to predict fixed lactate thresholds in athletes. *J Sports Sci* 2017; 35(4): 385-392.
8. Llodio I, Gorostiaga EM, **Garcia-Tabar I**, Granados C, Sánchez-Medina L. Estimation of the maximal lactate steady state in endurance runners. *Int J Sports Med* 2016; 37(7): 539-546
9. **Garcia-Tabar I**, Eclache JP, Aramendi JF, Gorostiaga EM. Gas analyzers' drift leads to systematic error in maximal oxygen uptake and maximal respiratory exchange ratio determination. *Front Physiol* 2015; 30 (6): 308
10. Llodio I, **Garcia-Tabar I**, Sánchez-Medina L, Ibañez J, Gorostiaga EM. Estimation of the maximal lactate steady state in junior soccer players. *Int J Sports Med* 2015; 36(14):1142-1148
11. **Garcia-Tabar I**, Llodio I., Sánchez-Medina L, Ruesta M, Ibañez J, Gorostiaga EM. Heart rate-based prediction of fixed blood lactate thresholds in professional team-sport players. *J Strength Cond Res* 2015; 29(10), 2794-2801
12. **Garcia-Tabar I**, Sánchez-Medina L, Aramendi JF, Ruesta M, Ibañez J, Gorostiaga EM. Heart Rate Variability Thresholds Predict Lactate Thresholds in Professional World-Class Road Cyclists. *J Exerc Physiol Online* 2013;16(5):38-50.

7. Conferences Papers and Participation in International and National Congresses

1. **Garcia-Tabar I** & Gorostiaga EM. Lactate Equivalent and Maximal Lactate Steady State in Trained Runners. Back to the Old Days? *J Strength Cond Res* 2018; 32(9):e18 **6th NSCA International Conference**
Type of Participation: Oral communication
AWARDED PRESENTATION: Best oral presentation in the area of **Exercise Physiology & Nutrition** September 2018, Madrid

2. Martinez-Labari C, Garcia-Tabar I, Gorostiaga EM. El olvidado indicador de capacidad aeróbica en la tercera edad. **VI Simposio EXERNET. Investigación en Ejercicio, Salud y Bienestar. "Exercise is Medicine"**
October 2018, Pamplona
3. Setuain I, Jauregi L, **Garcia-Tabar I**, Garcia I, Leoz I, López Sáez de Asteasu M, Aguirre González A, Gil-Quintana E & Izquierdo M. Effects of 50 days Ovomet supplementation on Achilles tendon stiffness and subjective pain perception among CrossFit athletes. **22nd anual Congress of the European College of Sport Science**
Type of Participation: Oral communication
July 2017, Essen (Germany)
4. Setuain I, **Garcia-Tabar I**, Jauregi L, Garcia I, Leoz I, López Sáez de Asteasu M, Bays-Moneo AB, Aguirre González A, Gil-Quintana E & Izquierdo M. Effects of Ovomet® eggshell membrane supplementation in the perceptions of pain and stiffness. **21st IAGG World Congress of Gerontology and Geriatrics**
Type of Participation: Poster Presentation
July 2017, San Francisco (California, USA)
5. Setuain I, **Garcia-Tabar I**, Jauregi L, Garcia I, Leoz I, López Sáez de Asteasu M, Bays-Moneo AB, Aguirre González A, Gil-Quintana E, Izquierdo M. Effects of 50 days OVOMET® (Eggshell Membrane) supplementation on achilles tendon stiffness and subjective pain perception in old institutionalized patients. **International Conference on Frailty & Sarcopenia Research (ICFSR) 2017**
Type of Participation: Poster Presentation
April 2017, Barcelona (Spain)
6. **Garcia-Tabar I**, Losa-Reyna J, Izquierdo M, Gorostiaga EM. Prediction vs. monitoring of aerobic capacity markers using submaximal lactate and heart rate measures. **Arch Med Deporte** 2016; 33 (Supl. 2): 52. **XVI National Congress of the Spanish Society of Sports Medicine**. ISSN: 0212-8799
Type of Participation: Oral Communication
November 2016, Granada (Spain)
7. **Garcia-Tabar I**, Gil Quintana E, Aguirre González A, Setuain I, Barrena Montalvo R, Leoz-Abaurrea I, Aguado-Jiménez R, Barajas MA, Izquierdo M. Eggshell membrane in the treatment of pain and stiffness associated with joint and connective tissue disorders. Results from a clinical pilot study in humans. **Int J Sport Nutr Exerc Metab** 2016; 26:S1-S15. **International Sports and Exercise Nutrition Conference 2015**
Type of Participation: Poster Presentation
December 2015, Newcastle (UK)
8. **Garcia-Tabar I**, Gil Quintana E, Aguirre González A, Setuain I, Barrena Montalvo R, Leoz-Abaurrea I, Aguado-Jiménez R, Barajas MA, Izquierdo M. Eggshell membrane supplementation for the treatment of joint pain and stiffness in young CrossFit practitioners and institutionalized elderly individuals. **Arch Med Deporte** 2015; 32(5):314-334. **VI National Meeting of Sports Medicine**
Type of Participation: Oral Communication
November 2015, Bilbao (Spain)
9. **Garcia-Tabar I**, Asiain X, Setuain I, Gorostiaga EM. A practical alternative to fixed blood lactate thresholds in athletes. **20th anual Congress of the European College of Sport Science**. ISBN 978-91-7104-567-6

Type of Participation: Oral Communication

June 2015, Malmö (Sweden)

10. Setuain I, Bikandi E, Idoate F, Izquierdo M, **Garcia-Tabar I**, Alfaro-Adrián J. Radiological study of changes in muscle volume using MR imaging in patients undergoing ACL reconstruction of the knee with semitendinosus and gracilis autograft. **20th annual Congress of the European College of Sport Science**. ISBN 978-91-7104-567-6

Type of Participation: Oral Communication

June 2015, Malmö (Sweden)

11. **Garcia-Tabar I**, Llodio I, Setuain I, Sánchez-Medina L, Ruesta M, Ibañez J, Gorostiaga EM. Heart rate predicts anaerobic lactate thresholds in professional team sports. **19th annual Congress of the European College of Sport Science**. ISBN 978-94-622-8477-7

Type of Participation: Oral Communication

July 2014, Amsterdam (Netherlands)

12. Perez-Valera M, Morales-Álamo D, Rodríguez-Noda A, Torres-Peralta R, Losa-Reyna J, Perez-Suarez I, De La Calle Herrero J, Garcia-Tabar I, Cuertelin D, Calbet JA. Cerebral oxygenation during repeated wingate test. **19th annual Congress of the European College of Sport Science**. ISBN 978-94-622-8477-7

Type of Participation: Oral Communication

July 2014, Amsterdam (Netherlands)

13. Setuain I, Millor N, Gorostiaga EM, **Garcia-Tabar I**, Alfaro J, González-Izal M, Izquierdo M. Jumping accelerometric study of elite handball female athletes with or without previous anterior cruciate ligament reconstruction. **19th annual Congress of the European College of Sport Science**. ISBN 978-94-622-8477-7

Type of Participation: Oral Communication

July 2014, Amsterdam (Netherlands)

14. Grijalba A, Martín J, **Garcia-Tabar I**, Rivero-Marcotegui A, Sánchez-Medina L, Gorostiaga EM. Effects of resistance training on physical performance and serum hormones in young soccer players. **VII National Congress of Clinical Laboratory**

Type of Participation: Poster Presentation

November 2013, Bilbao (Spain)

15. **Garcia-Tabar I**, Sánchez-Medina L, Aramendi JF, Ruesta M, Ibañez J, Gorostiaga EM. Heart Rate Variability Thresholds Predict Lactate Thresholds in Professional World-Class Road Cyclists. **18th annual Congress of the European College of Sport Science**. ISBN 978-84-695-7786-8

Type of Participation: Oral Communication

June 2013, Barcelona (Spain)

8. External Reviewer (Journals and PhD thesis)

External PhD thesis Reviewer. Member of the examining board of 3 different PhD doctoral theses defended in 1) May 2017, 2) July 2017 and 3) January 2019. **Institution:** University of the Basque Country (UPV/EHU)

2017-2019

Active External Reviewer for Scientific Journals, such as, the Journal of Sports Sciences, PlosOne, the International Journal of Sport Physiology and Performance, or the Journal of Strength and Conditioning Research

9. Academic-University Experience

Temporary Lecturer at the Sports and Exercise Sciences University degree

Institution: Faculty of Education and Sport, University of the Basque Country (UPV/EHU), Vitoria-Gasteiz, Spain

February 2018 - Currently

Supervisor of few final degree/master theses

Institutions: Comité Olímpico Español (COE), Universidad Católica de San Antonio de Murcia (UCAM) and University of the Basque Country (UPV/EHU)

December 2017 - Currently

Lesson imparted to the postgraduate students of the MSc Sport Performance Enhancement concerning Sport Scientific Support

Institution: Edinburgh Napier University (UK)

Type of participation: Invited Speaker

2015, Pamplona-Edinburgh (on-line Lesson)

Lesson imparted to undergraduate students of the Physiotherapy degree, in the subject of Physiology, at the Public University of Navarre.

Institution: Public University of Navarra

Type of participation: Invited Speaker

2015, Tudela (Spain)

Lesson imparted at the undergraduate students of Sport Sciences degree, subject of Sport Training Methodology

Institution: University of Las Palmas de Gran Canaria

Type of participation: Invited Speaker

2014, Las Palmas, Canary Islands (Spain)

10. Prior Scientific-Technical Professional Experience (non-academic university)

Sport Technical-Scientific Support and Consultancy to the **Athletic FC** professional Football Club of Spanish La Liga

Institution: Athletic FC

August 2018 – Currently

Teacher of Exercise Physiology of Spanish National Sport Coaching Courses (equivalent to the HND or BTEC4-5 courses in UK).

Institution: Studies, Research and Sports Medicine Centre (CEIMD), Government of Navarre, Spain

September 2016 - Currently

Sport Technical-Scientific Support and Consultancy to the **CF Pachuca** professional Football Club of Mexico

Institution: CF Pachuca

August 2018 – Currently

Methodological Responsible of the sports and exercise training in TDN Clínica

Institution: Traumatología Deportiva Navarra (TDN) Clínica

October 2017 – February 2018

Supervisor of exercise training for special populations of aged and individuals with cardiovascular diseases

Institution: Studies, Research and Sports Medicine Centre (CEIMD), Government of Navarre, Spain

November 2017

Coordinator / Organizer of 9 Educational technical Courses for Coaches Spanish National Sport Coaching Courses (equivalent to the HND or BTEC4-5 courses in UK).

Institution: Studies, Research and Sports Medicine Centre (CEIMD), Government of Navarre, Spain

September 2017 – April 2018

- Bloque Común del Ciclo Inicial de Grado Medio / Nivel 1 en Ciclismo
Septiembre – Noviembre 2017
- Iniciador Deportivo Bloque Común en Piragüismo
Octubre – Diciembre 2017
- Bloque Común del Ciclo Inicial de Grado Medio / Nivel 1 en Tiro con Arco
Octubre – Diciembre 2017
- Bloque Específico del Ciclo Inicial de Grado Medio / Nivel 1 en Pelota Frontón 36m, 54m y Trinquete
Noviembre – Actualmente
- Bloque Específico del Ciclo Inicial de Grado Medio / Nivel 1 en Pelota Frontón 30m
Noviembre – Actualmente
- Iniciador Deportivo Bloque Común en Fútbol Sala
Febrero – Actualmente
- Iniciador Deportivo Bloque Común en Baloncesto
Febrero – Actualmente
- Bloque Común del Ciclo Inicial de Grado Medio / Nivel 1 en Natación
Octubre – Diciembre 2017

Technical supervisor of the Photoelectric Cells.

Institutions: Área de Seguridad Ciudadana y Convivencia, Ayuntamiento de Pamplona and Dirección General de la Función Pública, Gobierno de Navarra

November 2017 – December 2017

Lesson imparted to football coaches in the Sport Training subject at the National Course for Football Coaches, Level III (Highest Spanish level for football coaches)

Institution: Navarre Football Federation

Type of participation: Invited Speaker

2016, Pamplona (Spain)

Research fellow: Movement Biomechanics and Physiology (“Biomecánica y Fisiología del Movimiento”, BIOFIM) research group

Institution: Department of Health Sciences, Public University of Navarre (Pamplona, Navarre, Spain)

June 2015 – July 2017

Sport Technical-Scientific Support and Consultancy to the Al-Wahda Football Club of United Arab Emirates (team playing at the top Asiatic Champions League)

Institution: Al-Wahda Football Club and CMJ training enterprise

July 2016 – January 2017

Sport Technical-Scientific Support and Consultancy to the **Valencia CF** football club of the first Spanish League

Institutions: Valencia CF and CMJ training enterprise

July 2016 – September 2016

Sport Technical-Scientific Support and Consultancy to the **Maccabi Tel Aviv Football Club** of Israel (team that was playing at the top European Champions League)

Institutions: Maccabi Tel Aviv Football Club and CMJ training enterprise

January 2015 – July 2015

Contracted Researcher / Practitioner at the Studies, Research and Sports Medicine Centre

Institution: Studies, Research and Sports Medicine Centre (CEIMD), Government of Navarre, Spain

September 2011 – June 2015

Most relevant Sport Technical-Scientific Support given during this period includes the following teams and athletes:

- the Movistar Team road cycling team of the UCI Pro Tour (ranked 1st in 2013, 2014, 2015 and 2016 in the UCI team ranking)
- the Club Atletico Osasuna (under 19, team B, and first team, which belongs to the Spanish first League)
- the S.C.D.R. Helveitia Anaitasuna of handball (team of the first Spanish handball league, Asobal, and playing at European leagues)
- the futsal professional team named Magna/Xota/Triman Navarra (team of the first Spanish futsal league)
- the basketball professional Basket Navarra Club Planasa (team of the second Spanish basketball league)
- the Spanish Basque-ball National Team
- national and international level middle- and long-distance runners
- the Youth Talent Identification Programme of Basketball
- boxing practitioners of international and national level
- the Iruña Voley of volley ball
- the UPNA 98 02 of Water-Polo
- the S.D. Itxako (one of the best female handball teams in Europe at the time)
- the handball professional team of Amaya Sport San Antonio (team belonged to the Spanish first league, Asobal)
- taekwondo practitioners of the Performance Centre of Navarre

Administrator of the webpage “Deporte Limpio” (“Cleaned Sport”)

Roles: to update information regarding news and legislation about doping, to develop didactic material and to translate scientific information into Spanish non-scientific information in the absence of a national sport anti-doping institutional body.

Institution: Miguel Indurain Foundation

September 2011 - December 2014 (i.e. until the creation of the Spanish Anti-doping Agency)

Physical trainer of the Navarre Paddle-Tennis Federation (with 2 world champions)

Institution: Miguel Indurain Foundation

September 2011 - December 2012

Sport Scientific Support to the Scottish Mountain Biking Team

Institution: Scottish Cycling y Edinburgh Napier University (UK)

March 2011 – August 2011

Sport Scientific Support “Long Way Up” project

Institution: National Health Service (NHS) and Edinburgh Napier University (UK)

June 2011

11. Memberships of Professional Bodies

Member of the *Elite Sport Performance* Group of the European College of Sport Science (ECSS)

Institution: European College of Sport Science

April 2015 – April 2016

Member of the European College of Sport Science (ECSS)

Institution: European College of Sport Science

June 2012 – June 2016

Member of the American College of Sports Medicine (ACSM)

Institution: American College of Sports Medicine

April 2015 – April 2016

Member of the British Association of Sport and Exercise Sciences (BASES)

Institution: British Association of Sport and Exercise Sciences

January 2011 – December 2012

12. Participation in other Technical-Scientific Dissemination Events

Event: SEMEG-CIBERFES international seminar. Fragility in the elderly

Organizing Institution: Public University of Navarre

Type of Participation: Attendant

2017, Pamplona

Event: Medicine Science Football, 2nd football medical conference

Organizing Institution: Athletic Football Club

Type of Participation: Attendant

2017, Bilbao

Event: Seminar. HIT training in for health and against diseases

Organizing Institution: Public University of Navarre

Type of Participation: Attendant

2017, Pamplona

Event: Seminar. Effects of exercise for health

Organizing Institution: Studies Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Attendant

2016, Pamplona

Event: Seminar. Sport Performance in Sport Performance Centres

Organizing Institution: Studies Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Attendant

2016, Pamplona

Event: Seminar. New advances in clinical biomechanics and neuromuscular function

Organizing Institution: Public University of Navarre

Type of Participation: Attendant

2015, Pamplona

Event: Genetics and Biotechnical Seminar

Organizing Institution: Genetics section of the Hospital of Las Palmas the Gran Canarias

Type of Participation: Attendant

2014, Las Palmas de Gran Canaria

Event: Western-Blot Seminar

Organizing Institution: Genetics section of the Hospital of Las Palmas the Gran Canarias

Type of Participation: Attendant

2014, Las Palmas de Gran Canaria

Event: Bibliographic Session: Prediction of lactate thresholds by means of a heart rate variability monitor in world-class elite road cyclists.

Organizing Institution: Studies, Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Speaker

2013, Pamplona

Event: Bibliographic Session: Exercise as a prevention for fragility in the elderly

Organizing Institution: Studies Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Attendant

2012, Pamplona

Event: Bibliographic Session: Effects of carbohydrate supplementation in some immunological markers in response to 1 hour high-intensity cycling trial

Organizing Institution: Studies, Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Speaker

2012, Pamplona

Event: Updating Session. GPS as a tool to monitor exercise training

Organizing Institution: Studies, Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Attendant

2012, Pamplona

Event: Bibliographic Session: Training leading to muscular failure or not in resistance training

Organizing Institution: Studies, Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Speaker

2012, Pamplona

Event: Seminar. Scientific communication: from the writing of an article until its publication. Rachid Salmi

Organizing Institution: Bordeaux Segalen University, Institute of Public Health, Epidemiology and Development (ISPED) and Public University of Navarre

Type of Participation: Attendant

2012, Pamplona

Event: Over 20 publications in the Facebook page of the Studies, Research and Sports Medicine Centre regarding contemporary topics in Exercise, Sport and Health Sciences.

Organizing Institution: Studies, Research and Sports Medicine Centre (Government of Navarre)

2011-2015, Pamplona

Event: Periodical participation in Internal Bibliographic sessions

Organizing Institution: Studies, Research and Sports Medicine Centre (Government of Navarre)

Type of Participation: Both, attendant and speaker

2011-2015, Pamplona

13. Research Projects

Title: Determinant factors of 200m and 400m in athletic regional runners

Role: Coordinator and Key Researcher

Funding Institution: Navarre Institute of Youth and Sport (Government of Navarre)

Reference: Administrative record number A50001-A5410-2299-336102 of 2018

Type: Autonomic

Title: Effects of eggshell membrane supplementation in the treatment of pain and stiffness associated with joint disorders in young sport practitioners and elderly institutionalized patients

Role: Coordinator and Key Researcher

Funding Institution: Eggnovo SL

Reference: OTRI number: 2015 002 022

Type: Autonomic

Title: Prediction and monitoring of aerobic capacity in elite athletes

Role: Coordinator and Key Researcher

Funding Institution: Public University of Navarre

Reference: Administrative record number 864/2015 of 1st of June 2015

Type: Autonomic

Title: Submaximal exercise protocols to estimate aerobic capacity and maximum strength in elderly individuals and patients with cardiovascular diseases and COPD.

Role: Coordinator and Key Researcher

Funding Institution: Navarre Institute of Youth and Sport (Government of Navarre)

Reference: Record number 940002-95130-4809-336100 by administrative decision number 727/2014

Type: Autonomic

Title: Determination of lactate thresholds by bloodless and practical methods in professional and amateur athletes

Role: Coordinator and Key Researcher

Funding Institution: Navarre Institute of Youth and Sport (Government of Navarre)

Reference: Record number 940002-95130-4809-336100 by administrative decision number 105/2014

Type: Autonomic

Title: Bloody and bloodless submaximal alternative for determination of aerobic conditioning and exercise prescription in the elderly

Role: Coordinator and Key Researcher

Funding Institution: Miguel Indurain Foundation

Reference: Research grant 2013

Type: Autonomic

Title: Drift in electrochemistry gases

Role: Coordinator and Key Researcher

Funding Institution: Navarre Institute of Youth and Sport (Government of Navarre)
Reference: Record number 940002-95130-4809-336100 by administrative decision number 70/2012
Type: Autonomic

Title: Lactate thresholds prediction by heart rate variability in professional elite cyclists
Role: Coordinator and Key Researcher
Funding Institution: Department of social, family, youth and sport issues (Government of Navarre)
Reference: Record number 0011-1083-2011-000000. Administrative decision 5E/2011
Type: Autonomic

Title: Scottish Downhill Mountain Biking Team
Role: Assistant Student
Funding Institution: International Development (Government of Navarre)
Reference: Record number 120000-13000-4812-923402 by administrative decisión number 117/2010 .
Type: Autonomic

14. Academic Awards

Awarded best oral presentation in *Exercise Physiology & Nutrition* at the 6th NSCA International Conference

Institution: National Strength and Conditioning Association
September 2018

Awarded full scholarship for research personnel for the Public University of Navarre

Funding Institution: Government of Navarre
Duration: July 2015 – Current
Application in the Public University of Navarre

Awarded full scholarship for researchers education in physical activity and sport at the Studies Research and Sports Medicine Centre

Funding Institution: Government of Navarre
Duration: September 2012 – August 2015
Application in the Studies Research and Sports Medicine Centre (Government of Navarre)

Awarded full scholarship for postgraduate students

Funding Institution: Government of Navarre
Duration: September 2011 – September 2012
Application in the Studies Research and Sports Medicine Centre (Government of Navarre)

Awarded full scholarship for postgraduate students to study an official master abroad

Funding Institution: Government of Navarre
Duration: September 2010 – September 2011
Application in the Edinburgh Napier University (Scotland, UK)

Awarded mobility scholarship for undergraduate students

Funding Institution: Ministry of Science and Innovation (Government of Spain)
Duration: September 2008 – June 2009
Application in the University of Gloucestershire (England, UK)

Awarded mobility scholarship for undergraduate students

Duration: September 2008 – June 2009

Application in the University of Gloucestershire (England, UK)

15. Mobility. Academic and Technical-Scientific Stays in other Institutions

Institution: Laboratory Human Performance of the University of Las Palmas de Gran Canarias

Purpose: research collaboration related to muscular segmentation and protein quantification (molecular biology) in exercising humans

Responsible: Dr. José Antonio Lopez Calbet

January 2014 – November 2014

Institution: School of Life Sport and Sciences, Edinburgh Napier University (UK)

Purpose: Realization of an European Official Master abroad to improve internationalization of Navarre companies after the finalization of the master.

Responsible: Ibai Garcia Tabar

September 2010 – August 2010

Institution: Araba Sport Clínic (Vitoria-Gasteiz, España)

Purpose: Cardiac and Osteoarthritis rehabilitation through exercise prescription

Responsible: Dr. Sara Maldonado-Martín

September 2009 – June 2010

Institution: Gloucestershire University (UK)

Purpose: To promote inter-relationships along European Universities

Responsible: Dr. Jesús Cámara

September 2008 – June 2009

16. Collaborations with other institutions

Institution: Human Performance Laboratory, MAPEI Sport Research Center (Italy)

Objective: Endurance assessment in soccer

Role: Key Researcher

Responsible: Ermano Rampinini (MAPEI Sport Research Center, Italy)

August 2018 – Currently

Institution: EggNovo SL

Objective: Clinical trials in humans to analyse the effect of a dietary product made by EggNovo

Role: Coordinator

Responsible: Mikel Izquierdo (Public University of Navarre)

September 2015 – Currently

Institution: Movalsys Entreprise

Objective: To study human movement by inertial sensor units

Role: Key Researcher

Responsible: Marisol Gomez (Movalsys) and Mikel Izquierdo (Public University of Navarre)

September 2015– November 2016

Institution: Laboratory of Performance, Sport-Occupational Activities-Biology-Association (ASTB), Lyon-Chassieu, France

Objective: Mathematical modelling to resolve the drift in respiratory gases using automated gas analysis systems.

Role: Key Researcher

Responsible: Jean P. Eclache (ASTB) y Esteban Gorostiaga (Studies, Research and Sports Performance Centre)

January 2013 – November 2015

Institution: University of the Basque Country

Objective: Development of a programme to automate Lactate Thresholds calculations, determinations and reports.

Role: Key Researcher

Responsible: Juan Carlos Lizarazu (Studies, Research and Sports Performance Centre), Mikel Izquierdo (Public University of Navarre) y Nicolas López (University of the Basque Country)

June 2015 – September 2015

Institution: University of the Basque Country

Objective: Models to estimate the Maximal Lactate Steady State

Role: Collaborator Researcher

Responsible: Cristina Granados (UPV/EHU) y Esteban Gorostiaga (Studies, Research and Sports Performance Centre)

October 2013 – June 2016

Institution: Spanish Basque-ball National Federation

Objective: Methods to estimate aerobic capacity

Role: Key Researcher

Responsible: Xabier Asiain (Spanish Basque-ball National Federation) y Esteban Gorostiaga (Studies, Research and Sports Performance Centre)

September 2013 – May 2015

Institution: Mathematical Department, Public University of Navarre

Objective: Development of a programme to analyse spectral and time demine heart rate variability indexes.

Role: Collaborator Researcher

Responsible: Marisol Gomez (Public University of Navarre) y Esteban Gorostiaga (Studies, Research and Sports Performance Centre)

September 2012 – September 2013

17. Linguistic Certificates

Certificate in Advanced English (CAE)

University of Cambridge. ESOL Examinations

June 2009

Euskararen Gaitasun-Agiria (Highest Basque Language Certificate)

Hezkuntza, Unbertsitate eta Ikerketa Saila. Gobierno Vasco (Government of the Basque Country)

June 2008

IGT

Ibai Garcia-Tabar

REFERENCES UPON REQUEST

10th January 2019
Vitoria-Gasteiz, Álava (Spain)

IGT

Ibai Garcia-Tabar