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— Sport4C —

ERASMUS-SPORT-2021-
SNCESE

Sport4Cancer
D3.1 SPORT4C
Scientific workshop
guide

Sport4Cancer - Project: 101050018– ERASMUS-SPORT-2021-SNCESE

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1. About the document

This document constitutes a report on the activities organized and carried out in the implementation of Deliverable 3.1 which is one of the key results of Sport4Cancer project. It documents the preparation and scope of the Sport4Cancer Scientific Workshop which took place on 21.04.2023 in San Javier, Murcia region, Spain as part of a Big Sport European event.

The document is organized around the following sections: Introduction, Programme outline, List of Speakers' Bios, Abstracts, and Summary.

In order to better communicate the range and scope of activities the document includes additional complementary virtual attachments such as pictures and videos from the event, available in the cloud and on Youtube to access a full day content of the workshop.

2. Introduction

The main objective of the Sport4Cancer Scientific Workshop was to raise awareness on the issues of the impact of physical activity in the treatment of cancer as well as to act as the knowledge-building tool and dialog platform between sport medical and scientific experts, policy makers, healthcare service providers and societal actors.

The preparation activities included a number of consultation rounds with project consortium members and related stakeholders regarding the scope and format of the programme which resulted in the full-day event covering a wide range of topics organized into 6 different panels addressing diverse aspects such as policy, social, economics, technology, security and medical aspects.

In order to reach the maximum impact, a hybrid format for the event was selected to include both "online" and "in person" speakers and participants. The diversity of the content selected for presentations during the workshop included oral speeches, power point presentations, physical activities (interaction with the audience), videos and demonstrations.

Taking into account the international character of the workshop, the main language of the event was English. However, translation services were also provided (English, Spanish, Italian) based on the identified needs of the workshop participants and the abilities of the speakers.

An important part of the workshop concerns the implementation of dissemination activities among the relevant regional, European and international initiatives. These have been carried out by Sport4Cancerproject coordinator and the members of the consortium looking for synergy and collaboration within the framework of the main findings.

In addition, our workshop placed special emphasis on the need to introduce new technologies for early cancer detection and treatment but also on the support of promising start ups which are developing tools and services with the possible future application in the fields of sport and cancer.

The gender balance and equality parameters were taken into account at each step, to include issues important for all type of participants and invite diverse representatives of different age, abilities and professional backgrounds, both across speakers as well as participants.

The module of transportation to and from the event has been discussed and taken care by the organisers.

3. Sport4Cancer

Several current aspects in the field of physical activity and cancer will be dealt and deeply analysed in this congress: strength exercise in cancer; how to stay active after cancer; sport in women with breast cancer; cancer prevention through physical activity and a healthy lifestyle; strategies in the development and implementation of training programs for cancer patients; implementation of online physical exercise programs in cancer patients; types of exercise based on side effects in each cancer patient.

This congress has been co-funded by the European Union and has the support of the Seneca Foundation - Science and Technology Agency of the Region of Murcia through a grant from the Subprogram to support the Exchange of Highly Specialized Knowledge of the Region of Murcia.

4. Important dates

Make a note in your diary of these 5 dates!

- **March 19:** DEADLINE: REDUCED REGISTRATION
- **March 26:** DEADLINE: RECEPTION OF WORKS
- **April 2:** CONFIRMATION: ACCEPTED WORKS
- **April 14:** DEADLINE: REGISTRATION
- **April 20 and 21:** CONGRESS SPORT4CANCER

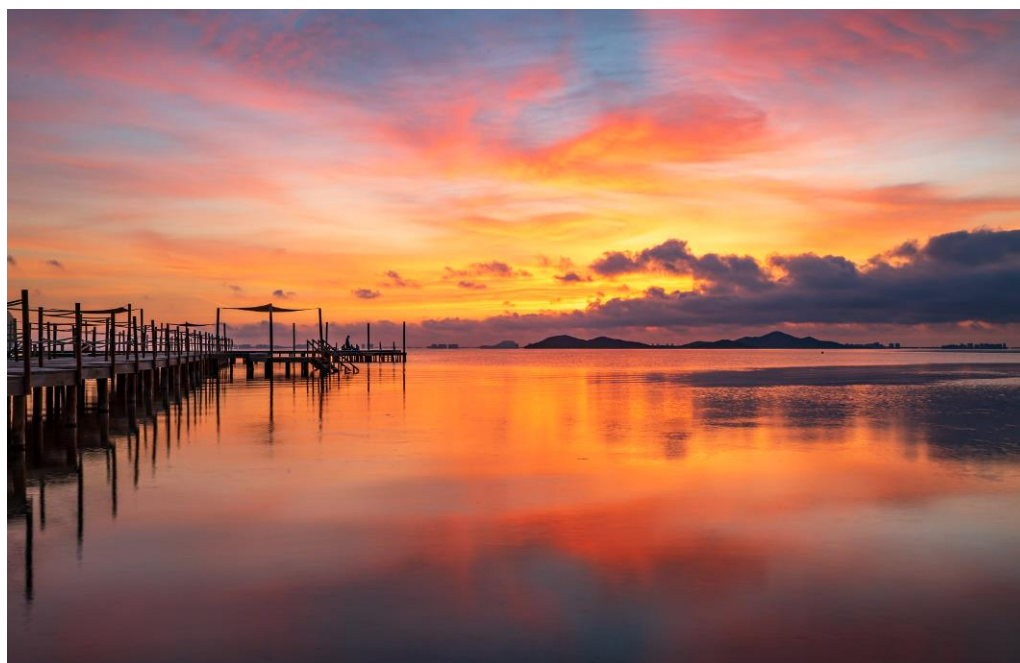
5. Location

- **Place:** New Auditory Almansa Park
- **Address:** Pl. Almansa, 30730, San Javier
- **Maps:**
<https://www.google.com/maps/place/Parque+Almansa/@37.8028708,-0.8361778,17z/data=!4m6!3m5!1s0xd631200cedc00d7:0xeb0758327b9907eb!8m2!3d37.8041093!4d-0.8337356!16s%2Fg%2F11dx9279rp>



6. The Mar Menor

The Mar Menor is, in spite of its name, Europe's biggest salt water lagoon, and it is separated from the Mediterranean Sea by La Manga, a strip of land which is 22km long.



This natural setting has an idyllic microclimate and perfect conditions to enjoy nautical sports. Moreover, here you will find a very particular combination of fishing traditions and modernity.



7. Discover more

The information of the municipalities that host the Sport4Cancer event could show below:

- **San Javier:** https://www.turismoregiondemurcia.es/en/san_javier/
- **San Pedro del Pinatar:** https://www.turismoregiondemurcia.es/en/san_pedro_del_pinatar/
- **Los Alcázares:** https://www.turismoregiondemurcia.es/en/los_alcazares/
- **Cartagena:** <https://www.turismoregiondemurcia.es/en/cartagena/>

8. Event schedule

The updated programme of the International Congress

Thursday April 20

- **09:00. Registration**
- **09:30. Inauguration of the conference**
Dr. Jesús Cañavate Gea (General Director of Planning, Research, Pharmacy and Citizen Care, Spain)
Prof. Arturo Díaz Suárez (University of Murcia, Spain)
Dr. José Miguel Luengo Gallego (Mayor of municipality of San Javier, Spain)
Vicerrector UMU (University of Murcia, Spain)
- **10:00. Inaugural conference: *Staying Active After Cancer: Lessons learned moving from Research to Implementation***
Prof. Anna Campbell (Edinburgh Napier University, UK)
- **11:00. Coffe break**
- **11:30. Invited conference: *Physical exercise and cancer. Strategies in the development and implementation of a training program***
Dr. Lucía Sagarra Romero (University San Jorge, Spain)
- **12:30. Invited conference: *Outdoor against Cancer***
Prof. David Jimenez-Pavón (Outdoor Against Cancer, Germany)
Dr. Petra Thaller (Outdoor Against Cancer, Germany)

- **13:30. Short Presentations**
Alberto Costea. Never Surrender. Proyecto Pionero para la Región de Murcia en beneficio de pacientes Oncológicos.
Asociación Española contra el Cáncer.
- **14:00. Lunch**
- **16:00. Invited conference: *Exercise and cancer, we are setting the bar very low***
Dr. Mario Redondo (European University of Madrid, Spain)
- **17:00. Invited conference: *Leonas del Guadalquivir***
Prof. Juan Gavala González. University of Seville (Spain).
Association of women with breast cancer (AMAMA).
- **18:00. Final Conference: *Types of exercise based on side effects in each cancer patient***
Dr. Soraya Casla Barrio (Comillas Pontifical University, Spain)
- **19:00. Oral presentations**
 - a) Interdisciplinary approach in cancer patients - Raquel Galán, Paloma Issa-Khozouz, Margarita Torices and Javier Cánovas
 - b) Snoezelen room therapy for patients with cancer - Selimović Sanja, Bratovčić Vesna
 - c) Gender differences on Instagram triathlon posts – Carmen Sarah Einsle
 - d) In-hospital exercise during Adolescent Cancer treatment: a pilot study - Ángela Arroyo-Nieto, Félix Higes-Núñez, Rodrigo Yagüe-Peñuelas, Eva Santa Cruz-Ramos, Eva Garrido-Rodríguez, Rocío Llorente-deSantiago, Miguel Caballero-Monteiro, Laura González-Saiz, Elena Santana-Sosa, Carmen Fiuza-Luces
 - e) Olistic Exercise and Cancer - Karanastasis Georgios
 - f) Physical activity pattern in Spanish breast cancer survivors: did it change after Covid-19 confinement? - Unai A. Pérez de Arrilucea, Ana Serradilla, Aida Tórtola-Navarro
 - g) Clinical simulation in the "Documentation and Bibliography" subject to promote
 - h) university education on the importance of podiatrists in the field of sports - Angela Saez, Cristina Rius

Friday April 21

- **09:30. Welcome and Opening**
Prof. José María López Gullón. Sport4Cancer Coordinator, University of Murcia (ES).
Dr. Takis Damaskopoulos. Executive Director, European Institute of Interdisciplinary Research (FR).

- **09:40. Key note**

Prof. Martin Curley. Former Director of the Digital Transformation and Open Innovation at the Health Service Executive, Ministry of Health Ireland, Dublin, Member of Royal Irish Academy, Former vice president at Intel Corporation and director of Intel Labs Europe, Professor of Innovation at Maynooth University.

- **10:00. Panel 1: *EU policy Perspectives***

Moderator: Dr. Takis Damaskopoulos. Executive Director EIIR (FR).

Dr. Rolf Alter. UN Committee of Experts on Public Administration, Former Director of Public Governance OECD (Paris), Former economist IMF in Washington, Member of the Advisory Board of the Global Risks Report of the World Economic Forum.

Prof. Martin Curley. Director of the Digital Transformation and Open Innovation at the Health Service Executive (HSE), Ministry of Health Ireland), Dublin (IE).

Annalisa Tardino. Identity and Democracy Group, Italy, Member of European Parliament.

Olga Monteagudo Piqueras. Head of Health Promotion and Education Service of the Region of Murcia (ES).

- **11:00. Coffe break.**

- **11:30. Panel 2: *Research, Social and Economics perspective***

Moderator: Dr. Guillermo Felipe López Sánchez (University of Murcia, Spain).

Nicholas Coutts. Innovation Advisory Board member at UNLEASH - Innovation lab for SDGs, Former vice president IBM, London (UK).

Prof. Agnieszka Kolacinska-Wow. Member of BRESO (BREAST European Society of Surgical Oncology (ESSO), Brussels (BE).

Dr. Alessandra Pasquo. Senior Researcher, miRNA and tissue regeneration specialist (Cancer Diagnostics), Italian National Agency for New Technologies, Energy and Sustainable Economic Development (ENEA), Rome (IT).

Dr. Rachele Brancaleoni. Department of Emergency Surgery University Hospital Gemelli, Rome (IT).

Dr. Petra Thaller & Dr. David Jimenez-Pavón, Rock Your Health RYHELATH - The role of education

- **12:30. Panel 3: *Industry and technology perspective***

Moderator: Anna Sadowska. EIIR PL.

Dr. Fernando Ferreira. Invited Professor at NOVA University Lisbon (PT), Senior Researcher at Biomedical engineering department at the UNINOVA Institute, Caprice (PT).

Dr. Maria Eugenia (Xenia) Beltrán Jaunsarás. Biomedical Engineering (Univ. Politécnic de Madrid), MBA in Health International Management (Thunderbird, Arizona).

Gary McManus (online). Waterford Institute of Technology, (IE), AI analytics for mental health monitoring in cancer patients (H2020 project FAITH).

Dr. Jorge Oliveira. Immersive LTD (PT), Professor, School of Psychology and Life Sciences, Universidade Lusófona, Lisboa (PT) will present the VR therapy for mental diseases.

Dr. George Ioannidis. CEO of IN2 Digital Innovations GmbH "SUN: Social and hUman ceNtered XR system" and presentation of OACCUs app.

- **13:30. Lunch**

- **15:30. Panel 4: *Practical Examples of initiatives and developments financed by EU and/or new project ideas***
Moderator: Anna Sadowska. EIRR PL.
Dr. Rosario Genchi. University of Murcia (ES), Sport4Cancer project and beyond.
Anna Podeszwa. Founder and CEO Oncological Foundation, LaVie, Wroclaw (Poland).
Dr. Carina Shneider, Director CCIEurope (BE), European Network of Youth Cancer Survivors EU-CAYAS-NET project
Eléonore Le Roch, Project Manager, The Europe region World Physiotherapy, UCanACT
Dr. Petra Thaller & Dr. David Jimenez-Pavón, OAC Cooking Book of Connects Us (OACCU).
- **16:30. Panel 5: *Outdoor against Cancer***
Prof. David Jimenez-Pavón. Outdoor Against Cancer.
Dr. Petra Thaller. Outdoor Against Cancer.
- **17:30. Panel 6: *Implementation of online physical exercise programs in cancer patients***
Dr. Mónica Castellanos Montealegre. University of Castilla-La Mancha (Spain).
- **21:00. Closure and cultural event. Opening Ceremony Mar Menor Games · Sport4Cancer**

9. Abstracts information

Call for papers

The International Congress of Healthy Physical Activity Sport4Cancer is the ideal place for key players in the healthy physical activity and cancer community to present their work to a global audience. The call for abstracts runs from 1 February 2023 until 26 March 2023.

Abstract submission guidelines

All submissions must be in English and only via email (sport4cancer@gmail.com). Abstracts submitted in a language other than English will be automatically rejected.

Subject: Communication Sport4Cancer

File name: Surname first autor, Initials of name First autor + Communication Proposal. For example: García-Sánchez, P + Sport4Cancer

The abstract must contain a minimum of 1,500 characters and a maximum of 3,000 characters (including blanks, punctuation marks, author affiliation and titles) (You can download the template from the website).

Please ensure that your abstract contains no spelling, grammatical or scientific errors. Abstracts must comply with international ethical standards. Abbreviations must be defined. All supporting graphics and visuals should be annotated and have an explanatory title.

The submitting author agrees to declare all conflicts of interest of the authors. Each author must have authorised the submitting author to submit the abstract and then, upon acceptance of the abstract, to present it at the Congress.

Please be sure to cite all sources of information and references.

All abstracts must be finalised and submitted by 26 March 2022 at midnight CET.

At least 50% of the persons appearing as authors on a paper must be registered for the congress in any of its modalities before the registration deadline.

Papers that do not meet these criteria by the registration deadline will have their abstract withdrawn from the programme.

As a result of the review of abstracts by the Congress Scientific Committee and an international panel of health experts, all submitters will receive a notification of acceptance or rejection of their abstract on 2 April 2023. All submitters will also be notified of the presentation format of their accepted abstract: oral presentation or poster.

10. Registration

The International Congress of Healthy Physical Activity Sport4Cancer. Registrations are now open! The deadline for reduced registration is March 19 and the deadline for registration is April 14.

General rate

- Reduced (Until March 19): € 80
- Standard (Until April 14): € 120

On-line rate

- Reduced (Until March 19): € 60
- Standard (Until April 14): € 90

Discounts

- Reduced (Until March 19): € 50
- Standard (Until April 14): € 80
 - UMU and COLEF Members
 - Cancer Associations Members
 - Students

11. Speaker's bio

Anna Campbell - Edinburgh Napier University



Biography:

Several current aspects in the field of physical activity and cancer will be dealt and deeply analyzed in this congress: strength exercise in cancer; how to stay active after cancer; sport in women with breast cancer; cancer prevention through physical activity and a healthy lifestyle; strategies in the development and implementation of training programs for cancer patients; implementation of online physical exercise programs in cancer patients; types of exercise based on side effects in each cancer patient.

Anna Campbell is Professor in Clinical Exercise Science at Edinburgh Napier University. For the past 22 years she has worked in the field of exercise oncology and has been instrumental in the implementation of evidence-based exercise programmes for people affected by cancer across UK.

She has published over 50 peer reviewed research papers and three educational book chapters on the subject of cancer and exercise.

As key advisor to Macmillan Cancer Care, she worked on the development of the UK wide MoveMore programmes.

Professor Campbell is Director of CanRehab, an international provider of training on exercise-based cancer rehabilitation for health professionals and fitness specialists. She is also chair of the charity CanRehab Trust, which matches people affected by cancer with cancer exercise qualified instructors and provides remote and face to face exercise programmes.

Anna is part of a small international working group of exercise experts “Moving Through Cancer” responsible for updating the evidence-based exercise prescription guideline for the provision of clinical and community-based exercise programmes for cancer patients and survivors. Finally, Professor Campbell is part of the World health Organisation Cancer Rehabilitation 2030 working group.

Takis Damaskopoulos - *European Institute of Interdisciplinary Research*



Biography:

Dr. Takis Damaskopoulos, is Executive Director of European Institute of Interdisciplinary Research (EIIR) in Paris, France. His research and advisory work concentrate on policy, economic, organizational and technological dynamics of innovation, and the evolution of state, regional and corporate strategies of innovation, competitiveness and sustainable development. He undertakes this work in collaboration with international organizations such as the European Commission, the OECD, the World Bank, and the UNDP, national and regional governments, and leading private organization.

He is principal researcher in several European Commission-funded RTD projects that explore the changing conditions of innovation and sustainable development, involving network and organizational changes and energy and environmental interdependencies across the EU. He is an expert evaluator of several research priorities of the European Commission's Framework Programs and a reviewer of RTD projects in the domains of national and regional strategies of economic development, the international positioning of regions for the attraction of foreign investment, and the design and implementation of regional strategies of innovation and sustainable development.

Dr Damaskopoulos has held course directorship and senior research positions at INSEAD (France), and York University (Canada). His work has been published by organizations such as The MIT Press and journals such as the European Management Journal, and discussed in forums such as the European Commission, the World Bank, the US Department of Commerce, the Science and Technology Commission of Shanghai, the Institute for Prospective Technology Studies (IPTs), and leading universities in the US and the EU. He holds a MA and a PhD in Political Science / International Political Economy from York University, Toronto, Canada.

Soraya Casla - *Comillas Pontifical University*



Biography:

Dr. Soraya Casla Barrio is Dr. Specialist in Oncology Exercise with more than 12 years of experience.

She has worked in countries such as the USA, Canada, Denmark and Australia learning about the development of protocols in cancer patients at any time of the disease and with any type of tumor. She trained for 3 years in the Oncology Service of the Gregorio Marañón Hospital.

She developed her professional work in the field of research at the Polytechnic University of Madrid and in the Spanish Group of Cancer Patients. After this period, she was the founder and Head of the First Oncology Exercise Unit of the Spanish Association Against Cancer, in Madrid.

She has numerous published articles, as well as conference presentations and presentations at different institutions.

She is currently lecturer at several universities and directs her own center, Exercise and Cancer, in which she develops exercise programs for patients, and she advises hospitals and research projects in collaboration with different universities and hospitals.

Martin Curley - *Maynooth University*



Biography:

Martin Curley is Professor of Innovation at Maynooth University and recently left his role as Director of Digital Transformation and Innovation at the Health Service Executive (HSE), responsible for driving the digital transformation of Ireland's health service. Martin is a visiting professor at the University of Bath and he is the Digital Innovation Principal of Naavikon Ltd, a boutique Innovation consultancy company.

In 2022 Martin was identified as a top 10 global influential, admirable and impactful health leader by three international business and health magazines.

Martin is chairman of the Irish Digital Health Leadership Steering Group, a grand coalition of clinicians, companies, academics, patients and policy makers driving the Digital Transformation of the Irish Health Service.

Martin joined the HSE as Chief Information Officer (CIO) in 2018. Prior to joining the HSE Martin was Senior Vice President and group head for Global Digital Practice at Mastercard. Previously Martin was vice president at Intel Corporation and Director/GM of Intel Labs Europe, Intel's network of more than 50 research labs which he helped grow across the European region.

He also served as a senior principal engineer at Intel Labs Europe leading Intel's research and innovation engagement with the European Commission and the broader European Union research ecosystem. Prior to this Curley was Global Director of IT Innovation and Director of IT Strategy and Technology at Intel. Earlier in his Intel career, he held a number of senior positions for Intel in the United States and Europe. He also worked in research and management positions at GE in Ireland and Philips in the Netherlands.

Martin has a bachelor's degree in electronic engineering and a master's degree in business studies, both from University College Dublin, Ireland. He received his Ph.D. in information systems from the National University of Ireland, Maynooth.

Curley is the author of eight books on technology management for value, innovation and entrepreneurship. He is a Member of the Royal Irish Academy, fellow of the Institution of Engineers of Ireland, the British Computer Society and, the Irish Computer Society. Martin is co-founder of the Innovation Value Institute at Maynooth University, a unique industry-academia collaboration driving research and development of advanced IT and Digital maturity frameworks. He was previously a visiting scholar at MIT Sloan Centre for Information Systems Research and a visiting research fellow at the CERN Open Lab in Geneva.

He was the inaugural winner of the Engineers Ireland Innovation engineer of the year in 2006 and was jointly awarded European Chief Technology Officer of the year for 2015-2016. Martin and his HSE Digital Transformation team won the International Chambers of Commerce/Mind the Bridge Global Public Sector Innovation award in 2021 for their work with Digital Health startups. Martin led the creation of a new Masters in Digital Health Transformation co-designed and co-delivered with the eight Irish Universities. He coined the phrase "Stay Left, Shift Left 10X" as a new paradigm for transforming healthcare using digital technology and works with other thought leaders and agencies to drive its adoption.

Petra Thaller - *Outdoor Against Cancer*



Biography:

Petra Thaller holds her M.Sc. Communication Sciences, M.Sc. Economics and M.Sc. Psychology; due to her own NGO Outdoor against Cancer (OAC), which she started in 2015 during her own cancer therapy, she is used to working successfully across Europe and beyond. Her focus is on scaling and integrating projects in terms of best practice, networking, communication, and project design.

Advisory Board, Medical Director and Executive Director provide the scientific backbone of the interdisciplinary, holistic approach - the 4 OAC pillars of a healthy lifestyle are scientifically proven and are also the basis of other EU projects in terms of health promotion and disease prevention, which were supported by the European Union this year.

Mario Redondo - *European University of Madrid*



Biography:

Graduate in Physical Activity and Sport Sciences from the UEM (European University of Madrid) and Diploma in Physiotherapy (European University of Madrid).

Specialist in physical exercise for cancer patients, physical trainer specialised in strength training by the American NSCA (National Strength and Conditioning Association). Founder of his own personal training centre in Madrid for cancer patients and cancer survivors, currently attended by more than 100 patients since 2016. He collaborates with the European University in research projects related to this topic and has published articles with Dr. Alejandro Lucía.

Expert speaker at numerous activities organised by hospitals and patient associations as a reference in his field. Lecturer and advisor for various courses for sports graduates and other health professionals, as well as Director of the UAM expert course on oncology patients, collaborator of Dr Durantez's Clinic, a pioneer in precision preventive medicine. He is also a leading communicator in the field of exercise and cancer. The improvement of cancer patients through physical exercise and clinical physiology is his obsession and his passion, and this is how he transmits it.

Anna Podeszwa - Funder of LaVieLaVie



Biography:

CEO and Funder of LaVieLaVie foundation dedicated to support women fighting cancer in Poland to educate and to train how to get stronger in this path.

David Jiménez - University of Cádiz (Spain)



Biography:

He has a remarkable trajectory as an active researcher in the area of Physical Activity and Exercise in relation to Obesity, Aging, Dementia and Health. Moreover, during the last couple of years he has developed a specific focus on the role of physical activity and exercise on COVID19. More recently, he has moved his experience on lifestyle behaviours and health to the field of cancer survivors analyzing the specific role of the four pillars; 1. Physical Activity and Outdoor Sports. 2. Balanced Nutrition. 3. Sustainability & Nature. 4. Physical & Mental Well-Being.

He completed a Masters in Human Nutrition and the Doctoral thesis, both with European mention. He obtained the National award for the best academic record (bachelor's degree) and the award for the best doctoral thesis of the University of Granada. When he was 33 years old he got the Ramón Cajal grant at the University of Cadiz in the area of Clinical Medicine and Epidemiology. It is very remarkable that the candidate has achieved with merit all the stages established by the Ministry of Science and Innovation and FECYT as part of the research career to become an independent and relevant researcher: FPU scholarship, Juan de la Cierva, Support of distinguished researcher Ramón y Cajal and I3 Certification. Currently, he is Senior Lecturer at University (Full professor under evaluation).

The candidate has the following metrics: 131 Publications: 7 Books/monographs, 9 book chapters, 106 JCR articles (3 Highly Cited Papers), 5 e-letters (BMJ, Science...), 4 (other indexations). 31% of JCR as 1st or last author and 60% in Q1 and 80% in Q1 or Q2. According to WOS: 3727 citations, index H 32, h10=60. According to Google Scholar: 7519 citations, index H 42, h10=88. According to Scopus/Scival: index H 37, Field-Weighted Citation Impact=6.55. According to the CSIC ranking of Spanish researchers, he occupies leading positions in his field.

The researcher shows an important capacity leading research, human teams and obtaining funds in his line of research. He is the PI of the research group MOVE-IT CTS-1038 of the University of Cadiz, and the PI of 6 competitive projects. 1 project of the National R&D Plan RETOS 2016 (121,000 euros), 1 ITI-Autonomous Funds project (492,107.54 euros) and 1 local project (FEDER-UCA funds; 68,000 euros). It is PI as associated centre in an EU ERASMUS+SPORT project "LiFEAGE project" (389,839 euros) and is PI as partner in a Horizon Europe Programme (EU4Health). In addition, it has secured funding as PI for infrastructure equipment from the national plan (€354,515). It has demonstrated a great capacity to attract research funds as PI with a total amount > 2,2M€ euros, including 1,2M€ in projects, >45K€ in contracts with the companies and 0,8M€ in human resources. He coordinates a group of >20 researchers and PhD students.

He is/has been part of 17 projects (>33M€) as research team member and belongs to 2 Networks (CIBERFES and EXERNET). He has leaded 3 Research Contracts (Article 83), 9 predoctoral/postdoc contracts, 4 supervised theses (8 in process), and mentoring > 15 researchers.

The candidate has performed 60 invited lectures (13 international) and >120 participations in conferences (>75 international) and 43.5 months of mobility in prestigious research centres (12 international). The candidate has obtained 15 research awards (5 in oral communications, but to highlight the "Young Researcher in Health Sciences" Award for Research Excellence. UCA-2018). Moreover, he is Associate Editor in 5 journals, Guest Editor of 4 Special issues in JCR and reviewer > 30 international journals (BMJ, Diab. Care, Mayo Clinic Proceedings). He has got recognition for 4 sections "Complemento Autonómico", 2 period of research "sexenios", and 3 periods of teaching excellence "quinquenios" and Researcher Certificate I3. He has acted as president of several national and international scientific congresses. Of relevance as research management; He is President of the National Association of Ramón y Cajal Researchers (ANIRC), Secretary of the Exercise and Health Network (EXERNET), Secretary of the University Research Commission, member of the bioethics committee, COLEF-National Expert Advisory Committee. National Evaluator (ANEP) and international-EU (REA and EACEA). Advisor in the preparation of the Strategic Agenda of the European PRIMA Programme.

Finally, he is responsible for the creation of the First Centre/Unit of Excellence in Research in Physical Activity, Lifestyle, Ageing and Health (€5M of equipment and transfer of building). All the research he has carried out focuses on physical activity, lifestyle, ageing and health. Its originality is focused on improving health and problems associated with ageing (dementia, frailty, cancer) through lifestyle and thus exponentially reducing the costs associated with these diseases, facing one of the main national and international challenges facing the ageing population. The creation of the centre/unit of excellence constitutes a great advance in the area and its research in this line, being a pioneering reference in the subject of Physical Activity and Health.

Agnieszka Kolacinska - *European Society of Surgical Oncology*



Biography:

- Member of BRESO (BREAST European Society of Surgical Oncology (ESSO), Brussels (BE).
- Professor of Surgery, Consultant Surgeon, BRESO- certified breast surgeon.
- Member of the Board of Directors of the Polish Society of Surgical Oncology.
- Past-member of the Board of Directors of the European Society of Surgical Oncology.
- Examiner of the European Board of Surgery Qualification in Breast Surgery.
- Post-graduate fellowships in Milan, Florence, Amsterdam, Tokyo, New York, Rochester and Rio de Janeiro.
- Charity worker for Patient Advocates and breast cancer survivors.

Nicholas Coutts - *Former vice president IBM*



Biography:

For Nicholas, innovation is a means to reduce economic inequality, increase social trust and improve the effectiveness of the welfare state. These three aspects of innovation depend on how well the services provided by the city have been designed. He is a tutor for the masters in service design at the Royal College of Art and Design in London, for the masters in Global Innovation Design in partnership with Imperial College London and for the masters in business innovation at the University of Barcelona Business School. He is a member of the Innovation Advisory Board of UNLEASH which helps young people create solutions for the UN SDGs. His understanding of how a good process can help achieve effective outcomes is based on his time at IBM, where he was responsible for the design and implementation of the process that IBM uses for getting new products and services to market.

As innovation is mostly created in cities and most of the resources for innovation are in the city, the competence of city managers in service design and the management of innovation is critical to having an impact on employment, trust and health.

An expert in the design, development and marketing of services, he has developed tools, process and services that help companies go to market more effectively and efficiently.

He is particularly interested in the funding of very early-stage projects and the commercialisation of research and innovation and has developed an innovation toolkit. The toolkit is designed to reduce time to market and risk, with vectors that show the rate at which value is being created. These vectors allow liquidity of investment as they provide a consistent basis for pricing the venture at any stage.

He has collaborated in raising of investment for early stage, medium and large companies and the development of a novel type of investment fund based on the use of the vectors to allocate funds across a large portfolio based on the rate at which value is being generated.

At IBM, Nicholas was Vice President, Global Distribution Channel Strategy, having been Director of Channels and Business Partner Management, EMEA, with a revenue of >\$3bn of sales via business partners. This responsibility included the development and application of the methods and processes used by the brands, known as Routes to Market, to reach and support customers via the global network of 48,000 business partners. His team grew sales via distribution channels to over \$4bn.

He has undertaken assignments in strategy development, performance management, segmentation, impact estimation, customer experience design, optimisation modelling and prioritisation of objectives.

Since 2003, Nicholas has been a partner of Business Finland (formerly Finpro), facilitating workshops on channel strategy and development and routes to market. His experience in channels include working as a value added reseller, a systems integrator, a distributor and a vendor (IBM and HP).

He works with ETICoop in France which has created 200 startups since 2013 and as a member of the Innovation Advisory Board of UNLEASH - a global innovation lab which gathers top talents to collaborate on solutions that help meet the United Nations Sustainable Development Goals.

Nicholas is a Visiting Lecturer; past and current collaborations include: Imperial College (Management and Business for Computing Engineering; Design-led New Venture Creation); Imperial College Business School (executive education; IE&D MBA: Innovation, Entrepreneurship and Design) and the Royal College of Art (service design; IDE: innovation design engineering; GID: global innovation design; design enterprise) the Ecole Supérieure of Advanced Industrial Technologies (ESTIA) (masters in systemics), Palto University

(executive education) and the University of Tampere (executive education: service design); University of Barcelona Business School (Masters in Business Innovation).

He has a Masters in economics, from King's College, Cambridge and has interests in several early stage companies developing innovative products and services, including BlindMate, Claned, PlasmaTrack, Plumis, Repindex, Smartology and Waratek.

Lucía Sagarra - *San Jorge University*



Biography:

PhD in Physical Activity and Sport Sciences and Graduate in Nursing. She is currently a lecturer and researcher in the Faculty of Health Sciences at the San Jorge University. She is also the creator-director of a centre specialising in physical exercise and cancer (Be-Onactive).

Dr. Sagarra-Romero is responsible for physical activity and chronic disease programmes, research member of the National Network of Active Ageing (Healthy-Age), member of the ACSM cancer interest group and national and international research member of funded competitive projects. Her lines of research focus on physical activity and health, cancer, ageing and healthy lifestyle.

Juan Gavala - University of Sevilla



Biography:

He is a Senior Lecturer in the Department of Physical Education and Sport at the University of Seville. His professional career, spanning more than 25 years, has been developed in several Andalusian Universities: Almería, Pablo de Olavide, Cádiz, Málaga, which he has completed with stays in American and European Universities. He is a coach of Rowing, Canoeing, Swimming and Waterpolo by national federations.

He has participated in several R+D+i research projects related to Physical Activity, quality of life in different populations. He has supervised several doctoral theses. He is the author of more than 50 articles published in high impact and prestigious journals. He has published more than 35 monographs and nearly 40 book chapters on physical activity and sport, as well as more than a hundred participations in national and international congresses.

Involved with the society in which he lives, he has designed an exercise programme aimed at improving the after-effects of breast cancer after surgery and treatment. His project "Venceremos" in allusion to beating the disease thanks to rowing has crystallised in the form of teams that he coordinates such as the "Sirenas de las Mirandas, in Ares (A Coruña), and the Leonas del Guadalquivir in Seville, who were the pioneers in clarifying the importance of rowing in the recovery of women who had suffered from breast cancer.

Xenia Beltrán -*Technical University of Madrid*



Biography:

She is currently Senior R&D Project Manager and Head of Big Data in LifeSTech. Her areas of interest are AI, analytics and decision support systems; human-robot & human-machine interaction; Health Technology Assessment (HTA); Intelligent interfaces, user experience, patient/citizen empowerment and social-behavioural change driven digital transformation; societal resilience; Big Data solutions and software architectures to support the integration of heterogenous ecosystem and multi-blockchain infrastructures, health data compliance; applying research of these areas to people at work, home, leisure, education or healthcare scenarios, for building a better society.

Xenia has applied this experience, as project manager and/or participant in in more than 25 European, national and/or regional research projects; including FP7 projects (SMART VORTEX, SHAMAN, iSAC6, Value-IT, OKKAM, PROMISLingua, LT-COMPASS), H2020 (AEGIS, RAGE, No One Left Behind, Edison, DISCOVERY, STEP, Radioforegrounds, WeldGalaxy, Faith, VOJEXT, APRIL, GateKeeper), IMI (PharmaLedger, Gravitare Health). Xenia coordinates PharmaLedger, Vojext and April projects.

Xenia is author of several scientific papers in national and international journals, and she has participated in numerous conferences and workshops for dissemination of projects results. She also participates in technological platforms and Consultation Groups. Previously to UPM, Xenia worked in INMARK, IDC, Banesto/Santander Bank and Ford Motors.

Fernando Ferreira



Biography:

Dr. Fernando is specialist at Computer Science for eHealth, Computational and Perception Systems, Physiology and Physiological Assessment. He has the extensive experience in participating at European Research Projects focused on Scientific Research on eHealth, Neurophysiology, Physics, Biomedical Engineering, Oncology, Psychology, Research Psychiatry, Research Bioethics, Aeronautics & Space. He is an author of two books in the respective domains.

Alessandra Pasquo- *Italian National Agency for New Technologies*

Biography:

Alessandra Pasquo is researcher at the FSN-TECFIS-DIM Laboratory of the ENEA Research Center of Frascati. Degree in Biological Science cum laude and PhD obtained at University Sapienza in Rome. Visiting student at Molecular Biology and Biotechnology Department University of Sheffield and post-doc experience at Krebs Institute University of Sheffield. Principal activities: analysis and biochemical characterization of wild type and variant proteins involved in human pathologies; use of recombinant and/or engineered molecules for the development of diagnostic SPR (Surface Plasmon Resonance) and SERS (Surface Enhanced Raman spectroscopy) innovative sensors in biomedical and environmental fields; laser spectroscopy (LPAS) for real time and non-destructive analysis of food adulterants and contaminants. Lectureships in Enzymology, Biochemistry and Clinical Biochemistry at University of Catanzaro and Sapienza University of Rome. Author of scientific publications in international peer-reviewed journals.

Gary McManus - *Waterford Institute of Technology*



Biography:

Gary Mc Manus, graduated from Waterford Institute of Technology with an honours degree in Computer Science, and has over 20 years experience in the IT industry. He has amassed extensive experience in the development of products and through his work in the SETU/Walton Institute has managed a number of international and national projects. Gary has a wide range of experience in managing projects and people, both at an administrative level and technical level, more recently managing the Carelink project in the eHealth domain focusing on dementia and before that the H2020 Aquasmart project dealing with Big Data for the aquaculture industry.

Carina Shneider - *CCI Europe Committee*



Biography:

Today a passionate patient advocate, Carina was diagnosed with Ewing’s Sarcoma at the age of 17. Experiencing the lack of adequate long-term follow-up care, she became active in patient advocacy in 2009. In 2017, she was part of the group of survivor-representatives from across Europe who launched the survivors-network within CCI Europe. Later that year, she joined the CCI Europe Committee.

Carina is a psychology graduate and has worked in paediatric oncology since 2013, first in the Austrian Childhood Cancer Organisation as project manager and later at the Medical University of Vienna as research coordinator in the psychosocial team of the Paediatric Neurooncology Department. In January 2022, she became CCI Europe’s Managing Director and works, together with a committed team, dedicated Committee Members and patient advocates from all over Europe for a better future for children, adolescents and young adults as well as their families affected by cancer.

Rolf Alter - *United Nations Committee of Experts on Public Administration*



Biography:

Rolf is an experienced economist and Senior Fellow at the Hertie School of Governance in Berlin specializing in Executive Education. He is also a Member of the UN Committee of Experts on Public Administration (UNCEPA) which supports the implementation of the Sustainable Development Goals (SDGs) of the UN Agenda 2030.

For over 25 years, Rolf has worked at the Organisation for Economic Co-operation and Development (OECD) in Paris in various public policy areas. From 2006 to 2009, he was Chief of Staff of the OECD Secretary-General Angel Gurría. He then became Director of Public Governance and retired in 2017.

Prior to the OECD, Rolf was an economist at the International Monetary Fund (IMF) in Washington, DC. He started his professional career with the German Ministry of Economy in Bonn.

Rolf is also a member of the Advisory Board of the Global Risks Report of the World Economic Forum (WEF). He was awarded in 2016 the O.P. Dwivedi Award by the International Association of Schools and Institutes of Administration (IASIA) for his outstanding contribution to public administration and policy in the world.

Rolf holds a doctorate from the University of Göttingen. He lives in Paris and Berlin.

Mónica Castellanos - *University Castilla-La Mancha*



Biography:

- Degree in Physical Activity and Sport Sciences at the University of Castilla-La Mancha (UCLM).
- Research Master's Degree in Physical Activity and Sport Sciences at the UCLM.
- PhD Candidate in Social Health and Physical Activity Research at the UCLM.
- Specialist in Oncological Physical Exercise in Exercise and Cancer.
- Associate Lecturer in the Faculty of Sport Science of Toledo at the UCLM.



Biography:

Jorge Oliveira has a PhD in Clinical Neuropsychology from the University of Salamanca being COO at Immersive Lives and Associate Professor at University Lusofona in Lisbon, Portugal. Jorge is a researcher and board member of the research unit HEI-Lab - Digital Human-Environment Interaction Lab, focusing the human-context interaction using technology and immersive technologies. Jorge has several publications on cognitive assessment and rehabilitation with immersive technologies for clinical and non-clinical samples.

Rachele Brancaleoni - *University Hospital Gemelli*



Biography:

Ms Rachele Brancaleoni works for University Hospital Gemelli, Rome, Italy. She is a registered Health Visitor with more than 8 years experience in CBRN(/Med) topics. She has had different teaching experiences (mass casualties, Radiological and Nuclear threats management, RN medical issues, in-hospital decontamination) for various institutions, including NATO. She is involved in several EU projects (NO-FEAR, EU-HYBNET, INCLUDING, SAFE STADIUM) and member of advisory and stakeholder projects' boards.

Guillermo López - *University of Murcia*



Biography:

Dr. Guillermo Felipe López Sánchez is Distinguished Researcher at the Faculty of Medicine of the University of Murcia (Spain). He works on physical activity and public health. He has published many papers in scientific journals, and he is also author of books, book chapters and conference contributions. He is Director-Editor of SPORT TK-EuroAmerican Journal of Sport Sciences. He has carried out several research and teaching stays in different countries. He has participated in several funded projects.

Eléonore Le Rochb - *Europe Region World Physiotherapy*



Biography:

Eléonore Le Roch is Projects Manager for the Europe region World Physiotherapy (ERWP), a non-profit, non-governmental organisation that represents physiotherapy profession at European level. She is responsible for the general monitoring and implementation of the EU projects coordinated by ERWP and co-funded by the Erasmus+ instrument of the EU. She has a background in political science and European affairs.

George Ioannidis- *IN2 Digital Innovations GmbH*



Biography:

George is the CEO of IN2 Digital Innovations GmbH, a company designing, building and operating AI-powered web solutions at scale. He holds a Master of Science (1993) and a doctoral degree (1998) in Electrical Engineering and Computer Science from the National Technical University of Athens and a Master of Business Administration (2005) focused on innovation management. After positions in academia among others as the head of the image and video analysis group at the AI-group of the Center for Computing Technologies in Bremen, he founded IN2. He has initiated, participated and managed several European research projects in the area of multimedia content management, digital cultural heritage, interactive technologies and accessibility. He acts frequently as a programme committee member in international conferences and workshops (e.g. ACM Multimedia Information Retrieval, International Conference on Pattern Recognition) and serves regularly as a reviewer of business plan competitions, and as an evaluator and reviewer of national, EU and international collaborative research projects. The Social and hUman ceNtered XR (SUN) project aims at investigating and developing extended reality (XR) solutions that integrate the physical and the virtual world in a convincing way, from a human and social perspective. The virtual world will be a means to augment the physical world with new opportunities for social and human interaction.

Anna Sadowska - European Institute of Interdisciplinary Research



Biography:

Dr. Anna Sadowska is a director of CEE Office of European Institute of Interdisciplinary Research, based in Warsaw, Poland. For more than fifteen years Anna has participated in number of international research projects financed by the European Commission, the OECD, and national and regional authorities, industry and business associations, and academic/research institutions across the EU, USA, South America and Asia.

Anna worked also as Project Manager in IT/business and industrial sectors including production, aerospace, health and financial services.

Since 2003 Anna is collaborating with the European Commission as a project expert, reviewer, evaluator, and as a member of advisory bodies like Open Innovation Strategy and Policy Group (OISPG) where she has acted as rapporteur.

12. Committees

The International Congress of Healthy Physical Activity Sport4Cancer

Honorary Director

- Dr. Arturo Díaz Suárez - University of Murcia, Spain

Directors

- Dr. José María López Gullón - University of Murcia, Spain
- Dr. Guillermo Felipe López Sánchez - University of Murcia, Spain
- Dr. Salvador Angosto Sánchez - University of Murcia, Spain

Coordinator

- Dr. José Miguel Vegara Ferri - University of Murcia, Spain

Scientific Committee

- Dr. Gonzalo Bravo - West Virginia University, USA
- Dr. Anna Campbell - Edinburgh Napier University, UK
- Dr. Anna Sadowska - European Institute of Interdisciplinary Research, Poland
- Dr. Takis Damaskopoulos - European Institute of Interdisciplinary Research, France
- Dr. Martin Curley - Maynooth University, Ireland
- Dr. Rolf Alter - United Nations Committee of Experts on Public Administration, USA
- Dr. Agnieszka Kolacinska-Wow - European Society of Surgical Oncology, Belgium

- Dr. Alessandra Pasquo - Italian National Agency for New Technologies, Energy and Sustainable Economic Development, Italy
- Dr. Rachele Brancaleoni - University Hospital Gemelli, Italy
- Dr. Rosario Genchi - University Sport Center of Palermo, Italy
- Dr. Fernando Ferreira - Nova University Lisbon, Portugal
- Dr. Maria Eugenia (Xenia) Beltrán - Technical University of Madrid, Spain
- Dr. Pedro Gamito - Lusophone University, Portugal
- Dr. Lucía Sagarra Romero - University San Jorge, Spain
- Dr. David Jimenez-Pavón - University of Cádiz, Spain
- Dr. Petra Thaller - Outdoor Against Cancer, Germany
- Dr. Mario Redondo - European University of Madrid, Spain
- Dr. Soraya Casla Barrio - Comillas Pontifical University, Spain
- Dr. Juan Gavala González - University of Seville, Spain
- Dr. Mónica Castellanos Montealegre - University Castilla-La Mancha, Spain
- Dr. Alfonso Martínez Moreno - University of Murcia, Spain
- Dr. Vicente Morales Baños - University of Murcia, Spain
- Dr. Francisco José Borrego Balsalobre - University of Murcia, Spain
- Dr. Francisco Asís Cano Noguera - University of Murcia, Spain
- Dr. Sheila Sánchez Castillo - University of Murcia, Spain
- Dr. Francisco Cavas García - University of Murcia, Spain
- Dr. Ricardo José Ibáñez Pérez - University of Murcia, Spain

Organizing Committee

- Dr. Alfonso Martínez Moreno - University of Murcia, Spain
- Dr. Vicente Morales Baños - University of Murcia, Spain
- Dr. Francisco José Borrego Balsalobre - University of Murcia, Spain
- Dr. Francisco Asís Cano Noguera - University of Murcia, Spain
- María Carboneros Castro - University of Murcia, Spain
- Adrián Bayonas Ruiz - University of Murcia, Spain
- Javier Campillo Sánchez - University of Murcia, Spain
- Liam Jose Cano Coyle - University of Murcia, Spain

13. Summary

The Sport4Cancer workshop met its overall goals and expectations. The event was opened by the prof. Arturo Díaz who act on behalf of the Coordinating Institution as well as by the Executive Director of EIIR Dr Takis Damaskopoulos. As the moderators during the different panel sessions of the workshop acted Dr Anna Sadowska (EIIR) and Dr Guillermo López-Sánchez (UMU).

There were 23 Speakers including 11 online, participating in the event representing a interdisciplinary background and diversity, involving insights from the following organisations:

International organisations (5): OECD, UN, IMF, World Economic Forum, WHO, UNESCO

European, National and regional governments representation (3): European Parliament, Ministry of Health (Ireland), Regional Government of Murcia.

Scientific organisations (12): Sport (University of Murcia,), Medicine (University Hospital Gemelli , Medical University of Lodz (PL),), Economics(European Institute of Interdisciplinary Research), Public Administration(Hertie School of Governance in Berlin), Psychology (School of Psychology and Life Sciences, Universidade Lusófona, Lisboa (PT)), Technology (Univ. Politécnica de Madrid , Maynooth University (IE), Waterford Institute of Technology, (IE) NOVA University Lisbon, Italian National Agency for New Technologies, Energy and Sustainable Economic Development (ENEAT))

Non-for profit organisation(6): OutdoorAgainstCancer, CCIEurope, Oncological foundations: LaVieLaVie, Zdrowow, Contra El Cancer, European Network of Youth Cancer Survivors,

Professional associations (2): ESSO/BRESO BREAST European Society of Surgical Oncology (ESSO)), Brussels (BE); The Europe region World Physiotherapy

Global technology leaders (2): Intel, IBM

Innovative start-ups (2): Immersive LTD (PT), IN2 Digital Innovations GmbH (DE)

EU, International, national projects and initiatives (10): Social and hUman ceNtered XR system; OACCU Project, app and cooking book; EU-CAYAS-NET; UCanACT; H2020 project FAITH; UNLEASH - Innovation lab for SDGs; Koloroweraki.pl; Onkobaza.pl; WHO's video " Healthy way of living"; Rock Your Health RYHELATH

The main language was English, the provided translation included Italian and Spanish

The number of registered participants: 280. The structure of the participants included people with cancer, disability and women in sport, sport professionals, researchers, policy makers, students, ...

During the event number of important questions has been raised and discussed and all these aspects will be subject of white paper to be presented at the end of this project as D3.4 (M12).

We would like to thank you all the speakers who contributed to Sport4Cancer workshop, in particular to Dr Petra Thaller and her OAC team for professional contribution and support to the programme.

14. Material derived of from the internacional congress and workshop

- Abstracts: <https://drive.google.com/drive/folders/1Gb1m-e5BH7YvWQhb6wRRazQgaNPyPom?usp=sharing>
- Presentations: <https://drive.google.com/drive/folders/1a-PIRv9LKgTwiJZwE82g0WM7b9rQ1XDj?usp=sharing>
- Photos: https://drive.google.com/drive/folders/1ODXUj4z3Adl8X6dqKlh-Fk2_5j3WBXXb?usp=sharing
- International Congress: <https://www.youtube.com/watch?v=GvEvit3PeJc>
- Scientific Workshop: <https://www.youtube.com/watch?v=go3mxfp0oAY>

Sport4Cancer

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