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Co-Director of the PROFITH Research group (<http://profith.ugr.es/>) at the Department of Physical Education and Sports, Faculty of Sports Sciences, University of Granada Spain. Secondary affiliation: Department of Bioscience and Nutrition at Karolinska Institute, Sweden.

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

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Biography [Provide a brief summary of education, skills, experience as it relates to the guideline under development; maximum 200 words).]

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

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

He was selected by a Regional Government in Spain to develop the “Guidelines for the Promotion of Physical Activity”. Recently, he participated as author in the “ACSM-Guidelines for exercise testing and prescription 11th edition” (currently In-Press). He has extended experience in narrative reviews, systematic reviews, meta-analyses and evidence grading systems (<https://to.ly/1zgFB>).