

Maria Giné Garriga

Titulació Acadèmica y perfil professional

Doctora en Ciències de l'Activitat Física i l'Esport per la Universitat Ramon Llull (2010).
Llicenciatura en Ciències de l'Activitat Física i l'Esport per la Universitat Ramon Llull (2004).
Diplomatura de Fisioteràpia per la Universitat Ramon Llull (2001)

Marie Sklodowska-Curie Individual Fellowship. Investigadora sènior contractada per la Glasgow Caledonian University, Glasgow, Regne Unit (2018 – 2020). Professora Titular de la Facultat de Psicologia, Ciències de l'Educació i de l'Esport Blanquerna a la Universitat Ramon Llull (2014-Actualitat). Professora associada de la Facultat de Ciències de la Salut Blanquerna a la Universitat Ramon Llull (2011-Actualitat). Fisioterapeuta del Centre de Rehabilitació en Atenció Primària Drassanes-Raval Sud (2007-2011). Responsable de l'Àrea d'Activitat Física i Salut de l'Àmbit d'Atenció Primària de Barcelona. Institut Català de la Salut (2006-2011). Responsable de l'Àrea de Fisioteràpia del Centre Residencial Altanova. Carbueros Medica, S.A (2004-2006). Fisioterapeuta en règim de suplències de la Clínica Quirón de Barcelona (àrees de fisioteràpia cardiorespiratòria i traumatologia) (2001-2004).

Docència

Departament de Fisioteràpia, School of Health and Life Sciences. Glasgow Caledonian University (2018-2020). Departament de Fisioteràpia, Facultat de Ciències de la Salut Blanquerna, Universitat Ramon Llull (2011-Actualitat). Departament de Ciències de l'Activitat Física i de l'Esport Blanquerna, Universitat Ramon Llull (2008-Actualitat).

Investigació

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Línies d'investigació

Publicacions més rellevants:

- Giné-Garriga M, Sandlund M, Dall PM, Chastin SFM, Pérez S, Skelton DA. A novel approach to reduce sedentary behaviour in care home residents: The GET READY study utilising service-learning and co-creation. International Journal of Environmental Research and Public Health 2019; 16(3).
- Sansano-Nadal O, Giné-Garriga M, Brach JS, Wert DM, Guerra-Balic M, Jerez-Roig J, Oviedo G, Fortuño J, Gòmar N, Soto-Bagaria L, Pérez LM, Inzitari M, Solà I, Roqué M. Exercise-Based Interventions to Enhance Long-Term Sustainability of Physical Activity in Older Adults: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. International Journal of Environmental Research and Public Health 2019; 16(14): 2527.
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- sedentary behaviour and increase physical activity among community-dwelling older adults from four European countries: protocol for the process evaluation of The SITLESS randomised controlled trial. *BMJ Open* 2019; 9:e027073.
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 - Pérez-Amate E, Roqué i Figuls M, Fernández-González M, Giné-Garriga M. Exercise interventions for adults after liver transplantation [Protocol]. *Cochrane Database of Systematic Reviews* 2018; 11: CD013204.
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 - Oppewal A, Hilgenkamp T, Elinder LS, Freiburger E, Rintala P, Guerra-Balic M, Giné-Garriga M, Cuesta-Vargas A, Oviedo G, Sansano-Nadal O, Izquierdo-Gómez R, Einarsson I, Teittinen A, Melville C. Correlates of sedentary behaviour in adults with intellectual disabilities - a systematic review. *International Journal of Environmental Research and Public Health* 2018; (15): 2274.
 - Giné-Garriga M, Sandlund M, Dall PM, Chastin SFM, Pérez S, Skelton DA. A co-created intervention with care home residents and University students following a service-learning methodology to reduce sedentary behaviour: The GET READY project protocol. *Journal of Frailty, Sarcopenia and Falls* 2018; 3(3): 132-137.
 - Deidda M, Coll-Planas L, Giné-Garriga M, Roqué M, Salva A, Guerra M, Tully M, Wilson J, Blackburn NE, Kee F, Wirth K, Rothenbacher D, Skjædt M, Caserotti P, McIntosh E. Cost effectiveness of exercise referral schemes enhanced by self-management strategies to battle sedentary behaviour in older adults: protocol for an economic evaluation alongside the SITLESS three-armed pragmatic randomised controlled trial. *BMJ Open* 2018; 8: e022266.
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 - Martínez-Ramos E, Beltran AM, Martín-Borràs C, Lasaosa-Medina L, Real J, Trujillo JM, Solà-Gonfaus M, Puigdomenech E, Castillo-Ramos E, Puig-Ribera A, Giné-Garriga M, Serra-Paya M, Rodríguez-Roca B, Gascón-Catalán A, Martín-Cantera C, and the SEDESTACTIV group. Patterns of sedentary behavior in overweight and moderately obese users of the Catalan Primary-health care system. *Plos One* 2018; 13(1): e0190750.
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 - Puig-Ribera A, Bort-Roig J, Giné-Garriga M, González-Suárez AM, Martínez-Lemos I, Fortuño J, Milà R, Muñoz-Ortiz L, Gilson ND, McKenna J. Can a workplace "sit less, move more" program help Spanish office employees achieve physical activity targets? *European Journal of Public Health* 2017; 27(5): 926-928.

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- Giné-Garriga M, Martín-Borràs C, Martín C, Puig-Ribera A, Anton JJ, Guíu A, Cascos A, Ramos R. Referral from primary care to a physical activity programme: establishing long-term adherence? a randomized controlled trial. Rationale and study design. *BMC Public Health* 2009; 9 (31): doi: 10.1186/1471-2458-9-31.
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- Giné-Garriga M, Martín-Borràs C. Programa de Promoción de Actividad Física en los Centros de Atención Primaria (PPAF). Estudio piloto. *Atención Primaria* 2008; 40 (7): 373-380.
- Llibres:
- Kahlmeier S, Milton K, Cavill N, Giné-Garriga M, Galán-Mercant A, Ley V, Krtalic S, Martín-Diener E, Mota J, Valente A, Van Hove A, Vuillemin A, Lombrail P, Lecomte F, Wendel-Vos GCW, Storm I, Bull F. Auditing national HEPA policies - applications, dissemination and lessons learned from the HEPA PAT project. Zurich, Switzerland: 1-26, 2017.
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- Abstracts amb peer-review:
- Giné-Garriga M, Sandlund M, Skelton DA. A unique co-created sedentary behaviour intervention with care home residents and University students following a service-learning methodology: The GET READY study. Journal of Sports Sciences 2018; 72. <https://doi.org/10.1080/02640414.2018.1521633>.
- Giné-Garriga M, Vidal-Garcia E, Gómara-Toldrà N, Roman-Viñas B, Roqué-Fíguls M. Combined Effects of Diet and Exercise or Diet to Improve Physical Function in Older Adults. Medicine and Science in Sports and Exercise 2016;48 (5): 97.
- Guerra-Balic M, Massó-Ortigosa N, Javierre C, Martin-Borràs C, Cabedo-Santesmases J, Giné-Garriga M, Oviedo G. Age-related physical fitness changes in Persons with Intellectual Disabilities. Medicine and Science in Sports and Exercise 2016; 48 (5): 73.
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- Oviedo G, Javierre C, Álamo J, Delicado MC, Soto C, Giné-Garriga M, Guerra M. Effect of combined aerobic and resistance exercise training in adults with intellectual disabilities. Book of Abstracts of the 18h Annual Congress of the European College of Sport Science 2013; 593. ISBN: 978-84-695-7786-8.
- Cabedo J, Giné-Garriga M, Fortuño J, Oviedo G, Carbó M, Barnet S, Martin-Borràs C, Guerra M. Impact of a physical activity program to improve balance and mobility performance in adults with intellectual disability. Book of Abstracts of the 18h Annual Congress of the European College of Sport Science 2013; 671. ISBN: 978-84-695-7786-8.
- Delmuns-Carvajal S, Javierre C, Roig M, Mans C, Giné-Garriga M. Injuries arising from kart competitive racing in children: an epidemiological study. Book of Abstracts of the 18h Annual Congress of the European College of Sport Science 2013; 645. ISBN: 978-84-695-7786-8.
- Puig-Ribera A, Bort J, González AM, Martínez I, Giné-Garriga M, Fortuño J, Muñoz L, Gilson ND. Walk@Work Spain: Does it improve job productivity in office employees? Book of Abstracts of the 18h Annual Congress of the European College of Sport Science 2013; 215. ISBN: 978-84-695-7786-8.
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- Giné-Garriga M, Guerra M, Marí M, Martin C, Unnithan VB. Validation of the ACEMFEI Test to prevent the risk of falls in the elderly. *Medicine and Science in Sports and Exercise* 2008; 40 (5): 373-374.
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Altres mèrits:

- Editora Acadèmica a la revista *Medicine* (2014 – actualitat)
- Revisora del *Journal of the American Aging Association* (2014 – actualitat)
- Revisora del *Journal Neuroscience* (2013 – actualitat)
- Revisora de *Medical Care* (2013 – actualitat)
- Revisora de *Archives of Gerontology and Geriatrics* (2011 – actualitat)
- Revisora de *Archives of Physical Medicine and Rehabilitation* (2010 – actualitat)