

**NOMBRE Y APELLIDOS** ..... David Jiménez Pavón  
**CATEGORÍA PROFESIONAL** ..... Profesor Titular Doctor de Escuela Universitaria  
**ÁREA DE CONOCIMIENTO** ..... Educación física y deportiva  
**TELÉFONO** ..... +34 957 474 750 Ext. 103  
**CORREO ELECTRÓNICO** ..... [david.jimenez@eumisagradocorazon.es](mailto:david.jimenez@eumisagradocorazon.es)



### LÍNEAS DE INVESTIGACIÓN

- Actividad física, condición física y hábitos de vida saludables en niños y adolescentes.
- Influencia del estatus socioeconómico sobre los niveles de actividad física y condición física de niños y adolescentes.
- Actividad física, condición física y su relación con hormonas relacionadas con la obesidad y enfermedades cardiovasculares (insulina y leptina).
- Niveles de condición física en adolescentes europeos.
- Hidratación y ejercicio.
- Condición física, rendimiento y Fútbol.

### PUBLICACIONES

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## INNOVACIÓN

- *Voluntariado deportivo*. Proyectos de Innovación y Mejora Docente de la EUM Sagrado Corazón. Grado de responsabilidad: coordinador. Duración: años académicos 2010/2011.