CienciaSalud

01 / PROFESSIONAL PROFILE

Manuel V. Garnacho Castaño

PhD

Scientific and Healthcare Director
Full Professor
Dietitian-Nutritionist

CODNIB IB00347



Profile

Scientific and healthcare director of CienciaSalud Integral, full professor, and dietitian-nutritionist. His activity integrates clinical and sports nutrition, physical exercise, university teaching, and research.

Professional Career

Manuel V. Garnacho Castaño is a full professor and holds a PhD from the Universidad de Valladolid, awarded outstanding cum laude, a Bachelor's Degree in Human Nutrition and Dietetics, and a Licentiate Degree in Physical Activity and Sport Sciences. He is the scientific and healthcare director of CienciaSalud Integral and a registered dietitian-nutritionist with CODNIB under registration number IB00347.

His career connects professional practice with teaching and research. He is a full professor at Campus Docente San Juan de Dios, coordinates the DAFNiS research group, and manages research projects at Hospital de San Juan de Dios in Palma de Mallorca and Inca. He has served as director of the Escuela Superior de Ciencias de la Salud at TecnoCampus–Universidad Pompeu Fabra.

He has trained and advised athletes of various levels, including high-performance athletes, in basketball, athletics, swimming, triathlon, cycling, and tennis. He has been a basketball coach in the LEB and EBA leagues.

His scientific activity addresses nutrition, exercise physiology, cardiorespiratory and muscular assessment, body composition, and physical function across various populations, including women at different life stages and health conditions, older adults, athletes, and individuals with chronic diseases. He is a corresponding member of the Academia Española de Nutrición y Dietética.

Areas of Work

Clinical and sports nutrition · Sports performance · Personal training and sports injury rehabilitation · Supervised physical exercise in chronic conditions · Exercise physiology · Functional assessment and body composition · Research and training.

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02 / EDUCATION AND TRAINING

Academic and Sports Education

University Degrees

PhD · Outstanding cum laude
Universidad de Valladolid

Bachelor's Degree in Human Nutrition and Dietetics
Universidad Alfonso X el Sabio

Licentiate Degree in Physical Activity and Sport Sciences
Sports Training Specialisation · Universidad Alfonso X el Sabio

Diploma in Teaching · Physical Education
Universidad de León

Postgraduate and Specialisation

University Master's Degree in Integrative Physiology
Universidad de Barcelona

Master's Degree in High Sports Performance
Universidad Autónoma de Madrid and Comité Olímpico Español

Diploma of Advanced Studies · Doctorate in High Sports Performance
Universidad de Castilla-La Mancha

Postgraduate Certificate in Genetic Diagnostic Techniques
Universidad de Valencia

University Expert in Nutrition and Dietetics · Sports Nutrition
Universidad de Cádiz

Postgraduate Certificate in the Use of Animals for Experimentation: Methodology and Legislation
CEEA · Universidad de Barcelona

Technical Training in Coaching and Sport

National Athletics Coach
Real Federación Española de Atletismo

Senior Basketball Coach
Federación Española de Baloncesto

Master's Degree in Basketball Player Development Improvement
Federación Española de Baloncesto

Personal Trainer
Asociación Española de Físico Culturismo y Musculación

National Bodybuilding and Fitness Coach
Asociación Española de Físico Culturismo y Musculación

National Weightlifting, Strength and Bodybuilding Instructor
Federación Asturiana de Halterofilia, in collaboration with the Federación Española

Assistant Swimming Coach
Real Federación Española de Natación

Level 1 Volleyball Coach
Federación de Voleibol del Principado de Asturias

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03 / RESEARCH

Scientific Career

82
Publications

57
Contributions to conferences and symposiums

21
Research projects (10 as principal investigator)

Scientific Output

64 WoS/JCR publications · 24 Q1 · 28 Q2 · 6 Q3 · 6 Q4 6 SJR publications · 3 Q1 · 3 Q4 3 publications in other indexed journals 9 book chapters

The 57 contributions to conferences and symposiums are accounted for separately from the 82 publications.

18
h-index · WoS

25
h-index · Google Scholar

50
i10-index

Research Recognition

Two six-year research periods recognised by AQU Catalunya: 2012–2017 and 2018–2023.

Scientific Evaluation and Editorial Activity

Expert evaluator for the Agencia Estatal de Investigación for R&D&I projects since 2019 and for the Agència Valenciana d'Avaluació i Prospectiva (AVAP) since 2021.

Editorial Board Member of Nutrients since 2022. JCR Q1; 2024 impact factor: 4.8.

Professional Contact

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