

Editorial

CIDESD International Congress 2023

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In partnership with the University of Trás-os-Montes and Alto Douro, the Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD) organised the international congress on October 12 and 13, 2023. After an unprecedented pandemic situation that led to the postponement of the organisation of this congress, we had the pleasure of hosting this edition in a unique eco-campus, surrounded by a mix of nature and urbanism in Vila Real at the gates of the Douro Valley in the region of Trás-os-Montes.

The International Congress CIDESD 2023 (ICCIDESD2023) was dedicated to showcasing the latest research and innovations in sports sciences, exercise, and health, reflecting the collective endeavours of researchers who face a daily challenge of communicating the evidence to the practitioners shaping the interaction between theory and practice. With more than 300 participants, the programme included several plenary sessions, free communication sessions, an industry exhibition, the presentation and discussion of research projects and various networking activities. As the realm of sports sciences and health is witnessing unprecedented growth, driven by a deeper

understanding of the confluence of various disciplines, the ICCIDESD focused on topics such as applied technology for sport, exercise and health, outdoor sports, well-being and sustainability, physiology and sports nutrition, psychology, social sciences and human development, exercise medicine and health, sports training and performance analysis.

CIDESD is an R&D Unit organised as a consortium of educational institutions spread across the country, in which UTAD has been playing a decisive role in strategic definition and consolidation in close coordination with national and European science policies.

This event took place at a time coinciding with the start of the evaluation of R&D Units by the Portuguese Foundation for Science and Technology, which includes the evaluation of activities for the period 2018-2022 and the plan for 2024-2027. This process will result in a quality rating, determining multi-annual funding. Also, because of this disruptive moment, the ICCIDESD2023 event was particularly important as a forum for internal debate on the present and future of CIDESD.

This abstract book serves not only as a record of the scholarly contributions presented at the conference but also as a resource for ongoing education and inspiration. It is designed to facilitate knowledge sharing and collaboration, allowing readers to delve into the latest research findings, methodologies, and discussions driving progress in the field.

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