

# Meet Our — Team



Psychological  
well-being  
and Health

# Flavia S. Arrigoni

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Psychology Ph.D. in Health Sciences and Professor at the Faculty of Educational Sciences at the University of Cádiz, member of the HUM-634 Psycho-Lab research group. With a background in clinical and community psychology, you are committed to promoting well-being and self-care, both personally and professionally.

Your experience highlights the importance of fostering harmonious and supportive environments within educational settings, ensuring quality education through positive and nourishing work climates. This vision is central to your proposal for the first edition of the International Summer School.



# Inmaculada Menacho-Jiménez



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I am a Psychology with a Ph.D. in Psychology. Professor at the University of Cadiz at the Faculty of Educational Sciences since 2006. Member of the research group HUM-634 Psycho-Lab.

For 8 years I have been Vicedean of Training, Orientation and Innovation at the Faculty of Educational Sciences.

I have been training students in relaxation techniques for many years giving regular courses at the Psychological and Psychopedagogical Service (SAP) at UCA.

# Félix A. Ruiz Rodríguez

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He teaches in the degrees of Medicine and Biotechnology and in the masters of Biomedicine, Medical Chemistry and Physical Activity and Health. Principal investigator of the group "Phosphate Metabolism in Humans" considered one of the leaders in polyphosphate research.

His research career has resulted in more than forty scientific publications that have been cited more than 2500 times and that accumulate an h-index of 30. With more than 10 years of experience in university management, he has been Coordinator of the Master of Biomedicine, General Director of Scientific Infrastructures and now, Director of Health Promotion of the university community.

# Francisco J. Bandera-Campos

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Graduate in Physical Activity and Sports Sciences from the University of Cádiz, with master's degrees in Teacher Training for Secondary Education (UCA) and Physical and Sports Performance (Pablo de Olavide University). Currently pursuing a PhD on the "Effectiveness of a Multicomponent Intervention for Promoting Physical Activity During the School Day" under Dr. Grao-Cruces' supervision, funded by an FPU grant (FPU21/O3385).

Member of the GALENO research group (CTS-158), his research focuses on promoting physical activity in children and adolescents, with additional work in university settings. His scientific objective is to highlight the role of physical activity in holistic development, emphasizing its benefits for physical, mental, and emotional well-being.

# Fátima Martín-Acosta



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She holds a degree in Teaching specializing in Physical Education from the University of Granada and a degree in Physical Activity and Sport Sciences from the University of Murcia. She completed a Master's in Educational Research for teacher professional development at the University of Cadiz. Since 2021, she has been part of the GALENO research group (CTS-158).

Currently, she is in the third year of her doctoral thesis on the "Association between lifestyle habits, physical fitness, cognitive performance, and academic performance in secondary school students," under the supervision of Dr. Alberto Grao-Cruces, with an FPI-UCA grant. Her research focuses on promoting healthy habits to improve the physical and mental health of children and adolescents.