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I graduated from the University of Granada in Physical Activity and Sports Sciences in 2016. I got my Master's Degree in Teacher Training at Secondary Education (2017) and another Master's Degree in Research in Physical Activity and Sport (2018) from the same faculty. Currently, I am a PhD student in Physical Education and Sports and an Assistant Lecturer at the Faculty of Sport Sciences at the University of Granada.

The key areas of interest in my PhD research project are concerned with:

- The planning and application of Innovative Teaching Units in Physical Education lessons for the promotion of healthy physical activity habits at elementary and secondary schools.
- The use of accelerometry-based activity monitors for evaluating physical activity levels and sedentary behaviour in adolescents.
- The application of consumer-wearable activity tracker-based intervention programs on daily physical activity and sedentary behaviour among school-aged children.

My teaching responsibilities in the Physical Activity and Sports Sciences Bachelor's degree programme are focused around the area of Physical Education planning, physical training and teaching of football.

Topics for the 13th International Teaching Week:

**1) Assessment of Physical Activity Levels in Children and Adolescents:
Accelerometers and Consumer-wearable Activity Monitors**

**2) Planning Physical Education: Sport Education Model and Innovative
Teaching Units**