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Adrián is a PhD student of Physical Activity and Sport Sciences and a lecturer and Head of the Physical Activity and Sport Service. He has a master's degree in Sport Management and Physical Activity and another master's degree in Secondary Education. He has professional experience in management, teaching and sports training. His research focuses on Performance and Motricity in Lifesaving and Lifeguarding. Adrián is also a national coach and professional skeleton athlete (Ice Spanish Federation).

## My Topic for the 21<sup>st</sup> International Teaching Week:

1) Rescue techniques and first aid in the aquatic environment