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Ainhoa is a PhD student of Physical Activity and Sport Sciences at the European University of the Atlantic in Santander, Spain. She has one master's degree in Research in Physical Activity and Sport and a second master's degree in Secondary Education Teaching (Physical Education). Ainhoa is a specialist in biomechanical analysis and new technologies in physical activity and sport. She focuses on the development of R+D+i lines in the field of physical activity, sport and health, for the promotion of healthy habits and quality of life, risk prevention, performance optimisation and the development of sensors for monitoring physical activity.

My Topic for the 21st International Teaching Week:

1) The use of the new technologies in physical activity and sport