

Promoting Health through Exercise in Cancer Patients

Host Institution / Supervisor:

Supervisor: Dr. Santos Villafaina

Faculty of Sport Sciences (Cáceres, Spain)

University of Extremadura

Research Group: Physical Activity and Quality of Life (AFYCAV)

ResearchGate Profile: <https://www.researchgate.net/profile/Santos-Villafaina>

Funding Source:

This internship will be developed under the framework of a research project funded by Spanish Association Against Cancer (AECC) called PROMETEO (Exercise promotion in the cancer patient).

Link with the SDGs and the EU GREEN Vision

This project is aligned with:

- SDG 3: Good Health and Well-being – Improving health and quality of life in oncology patients through exercise.
- SDG 4: Quality Education – Training doctoral students in applied research and clinical practice.
- SDG 10: Reduced Inequalities – Ensuring vulnerable populations benefit from supervised exercise programs.
- SDG 17: Partnerships for the Goals – Promoting European collaboration in sustainable healthcare.

It contributes to the EU GREEN vision by fostering sustainable, cost-effective, and non-pharmacological healthcare strategies that reduce healthcare system burden.

Missions of the Students

Doctoral students will:

1. Implement and supervise exercise interventions in oncology patients (laboratory-based).
2. Conduct evaluations: strength, body composition, HRV, fatigue, and quality of life questionnaires.
3. Manage and analyze clinical and physiological data using statistical approaches.

4. Contribute to scientific outputs (reports, abstracts, articles) and propose complementary ideas within the project.

Specific Conditions of the Internship

- Location: Faculty of Sport Sciences, University of Extremadura (Cáceres, Spain).
- Duration: Minimum 2 months – Maximum 9 months.
- Format: On-site (presential).
- Compensation / Advantages:
 - Participation in a funded project (PROMETEO founded by AECC).
 - Access to oncology patients and real-world clinical data.
 - Access to faculty sport and exercise facilities.
 - Supervision in a multidisciplinary team.
 - Networking opportunities within sport sciences, oncology, and biomedical research.
- Working language: English (Spanish may be used with patients).

Expected Impact

- Enhances cancer patients' quality of life through sustainable, exercise-based interventions.
- Trains doctoral students in clinical and research skills at the intersection of sport sciences and oncology.
- Contributes to the development of young scientists engaged in advancing sustainable healthcare across Europe.

Desired Student Profile

- Doctoral students in Sport Sciences, Physiotherapy, Oncology, or Biomedical Engineering.
- Interest in exercise oncology, interdisciplinary research, and patient-oriented interventions.
- Motivation to work both clinically (supervised exercise and assessments) and analytically (data management, scientific writing).