

Cristian Mesquida

POSTDOCTORAL RESEARCHER

Eindhoven University of Technology, The Netherlands

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Employment

Eindhoven University of Technology

POSTDOCTORAL RESEARCHER

Eindhoven, The Netherlands

2025-Present

Eindhoven University of Technology

PHD CANDIDATE

Eindhoven, The Netherlands

2021-Present

Education

Eindhoven University of Technology

PHD

Eindhoven, The Netherlands

2021-Present

- My PhD thesis focused on the factors that hinder replicability and reproducibility of research in sports and exercise science

University of Barcelona

MSC. INTEGRATIVE PHYSIOLOGY

Barcelona, Spain

2017-2019

- My master thesis focused on the effect of two training protocols on maxymal oxygen uptake in highly-trained cyclists

University of Granada

MSC. RESEARCH IN SPORT AND PHYSICAL ACTIVITY

Granada, Spain

2015-2017

- My master thesis focused on the performance determinants of swimming sprint performance

University of Vic

BSC. SPORTS AND EXERCISE SCIENCE

Vic, Spain

2009-2013

- My bachelor end project focused on developing a training programe to reduce the injury risk of hamstrings in football players

Publications

- Lakens, D., Mesquida, C., Rasti, S., & Ditroilo, M. (2024). The benefits of preregistration and Registered Reports. *Evidence-Based Toxicology*, 2(1), 2376046. <https://doi.org/10.1080/2833373X.2024.2376046>
- Ditroilo, M., Mesquida, C., Abt, G., & Lakens, D. (2024). *Exploratory Research in Sport and Exercise Science*. SportRxiv. <https://doi.org/10.51224/SRXIV.457>
- Mesquida, C., & Lakens, D. (2024). Is the effect large enough to matter? Why exercise physiologists should interpret effect sizes meaningfully: A reply to Williams et al. (2023). *The Journal of Physiology*, 602(1), 241–242. <https://doi.org/10.1113/JP285901>
- Murphy, J., Warne, J., Mesquida, C., & Caldwell, A. R. (2024). *Sports Science Replication Project*. Open Science Framework. <https://doi.org/10.17605/OSF.IO/3VUFG>
- Holgado, D., Mesquida, C., & Román-Caballero, R. (2023). Assessing the Evidential Value of Mental Fatigue and Exercise Research. *Sports Medicine*, 53(12), 2293–2307. <https://doi.org/10.1007/s40279-023-01926-w>
- Mesquida, C., Murphy, J., Lakens, D., & Warne, J. (2023). Publication bias, statistical power and reporting practices in the Journal of Sports Sciences: Potential barriers to replicability. *Journal of Sports Sciences*, 41(16), 1507–1517. <https://doi.org/10.1080/02640414.2023.2269357>
- Murphy, J., Mesquida, C., & Warne, J. (2023). A Survey on the Attitudes Towards and Perception of Reproducibility and Replicability in Sports and Exercise Science. *Communications in Kinesiology*, 1(5). <https://doi.org/10.51224/cik.2023.53>
- Bossi, A. H., Mesquida, C., Hopker, J., & Rønnestad, B. R. (2023). Adding Intermittent Vibration to Varied-intensity Work Intervals: No Extra Benefit. *International Journal of Sports Medicine*, 44(2), 126–132. <https://doi.org/10.1055/a-1812-7600>
- Mesquida, C., Murphy, J., Lakens, D., & Warne, J. (2022). Replication concerns in sports and exercise science: A narrative review of selected methodological issues in the field. *Royal Society Open Science*, 9(12), 220946. <https://doi.org/10.1098/rsos.220946>

10. Murphy, J., Mesquida, C., Caldwell, A. R., Earp, B. D., & Warne, J. P. (2022). Proposal of a Selection Protocol for Replication of Studies in Sports and Exercise Science. *Sports Medicine*. <https://doi.org/10.1007/s40279-022-01749-1>
11. Etxebarria, N., Wright, J., Jeacocke, H., Mesquida, C., & Pyne, D. B. (2021). Running Your Best Triathlon Race. *International Journal of Sports Physiology and Performance*, 16(5), 744–747. <https://doi.org/10.1123/ijsp.2020-0838>
12. Bossi, A. H., Mesquida, C., Passfield, L., Rønnestad, B. R., & Hopker, J. G. (2020). Optimizing Interval Training Through Power-Output Variation Within the Work Intervals. *International Journal of Sports Physiology and Performance*, 15(7), 982–989. <https://doi.org/10.1123/ijsp.2019-0260>

Teaching Experience

Eindhoven University of Technology

TEACHER OF BEHAVEORAL RESEARCH METHODS 2 AND 3

2025

- Teaching regression, multiple regression, power analysis, and equivalence testing

Eindhoven University of Technology

SUPERVISOR OF BACHELOR END PROJECT

2025

- Supervising a student conducting a meta-analysis

Eindhoven University of Technology

LECTURER OF INTRODUCTION TO META-ANALYSIS

2024

- I taught Introduction to Meta-analysis as part of the Metascience course

Eindhoven University of Technology

TEACHING ASSISTANT OF ADVANCED DATA ANALYSIS

2024

- Teaching R Markdown and data simulation

Eindhoven University of Technology

SUPERVISOR OF A MASTER'S THESIS

2024

- Supervising the development of a tool to detect the use of standard error of measurement instead of the standard deviation for effect sizes in meta-analyses

Eindhoven University of Technology

SUPERVISOR OF BACHELOR END PROJECT

2023

- Supervising 5 students creating a tool to extract data from published studies
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Setanta College (Ireland)

PRESENTER OF A WORKSHOP ON ENDURANCE PERFORMANCE

2023

- One-day workshop about physiological determinants of endurance performance

Setanta College (Ireland)

PRESENTER OF A WORKSHOP ON ENDURANCE PERFORMANCE

2022

- One-day workshop about physiological determinants of endurance performance

Setanta College (Ireland)

PRESENTER OF A WORKSHOP ON ENDURANCE PERFORMANCE

2021

- One-day workshop about physiological determinants of endurance performance

Grants

Eindhoven University of Technology

IE&IS ESA EDUCATION INNOVATION GRANT

2024

- Funding to develop an R package designed to assist master's students and supervisors in performing automatic checks to prevent statistical errors and enforce best research practices