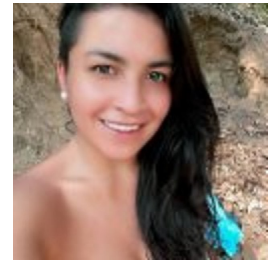


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Employment

School of Medicine and Health Sciences
Universidad del Rosario
Colombia
Apr 3 2017 → present

Rehabilitation Science
Universidad del Rosario
Colombia
Apr 3 2017 → present

Research outputs

Stress in first-year medical students: a multidimensional analysis of emotional Intelligence, empathy, and cardiovascular health

Céspedes-Londono, J. A., Sanchez-Sanchez, E., Ladino-Marin, E. V., Trompetero-Gonzalez, A. C., Tordecilla-Sanders, A., Guerrero-Leon, S. J., Arango-Holguin, C., Zambrano-Ferreira, M., Camacho-Carvajal, T., Rosero-Chamorro, M. J., Ramos-Caballero, D. M., Maldonado-Cañón, K. & Lopez-Guzman, S., Dec 2026, In: BMC Medical Education. 26, 1, 95.

Body image dissatisfaction, anxiety, and lifestyle of college athletes

Trompetero-González, A. C., Tordecilla-Sanders, A., García-Laguna, G., Rivera-Amezquita, L. V., Hernández-Lozano, S. & Paredes, A. G., Oct 2026, In: Acta Psychologica. 270, 107827.

Validity and reliability of anthropometric equations versus Dual X-ray Absorptiometry to estimate body composition in athletes with unilateral lower-limb amputation: A pilot study

Rivera-Amézquita, L. V., Saavedra-Bernal, X., Diaz-Moreno, S., Tordecilla-Sanders, A., Escorcía-Gomez, D. C., Ramos-Caballero, D. M. & Svoboda, Z., Jul 2025, In: PLOS ONE. 20, 7 July, e0326524.

Unveiling a hidden burden: exploring sarcopenia in hospitalized older patients through concordance and cluster analysis

Venegas-Sanabria, L. C., Borda, M. G., Murcia-Soriano, L. F., Ramos-Caballero, D. M., Tordecilla-Sanders, A., García-Laguna, G. & Vargas-Pinilla, O., Oct 30 2024, In: BMC Geriatrics. 24, 1, p. 892 1 p.

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Instrumento para la estimación de la edad biológica: Mi Edad BodyTech

Camargo, L. E., Sarmiento, Y. A., Avila, A., Ramos-Caballero, D. M., Tordecilla-Sanders, A., García Laguna, D. G. & Trompetero Gonzalez, A. C., Nov 22 2023, p. 1. 1 p.

Instrumento para la estimación de la edad biológica: Mi Edad BodyTech

Camargo, L. E., Sarmiento, Y. A., Avila, A., Ramos-Caballero, D. M., Tordecilla-Sanders, A., García Laguna, D. G. & Trompetero Gonzalez, A. C., Nov 20 2023, In: Biomédica : revista del Instituto Nacional de Salud. 43, 2, p. 209 1 p., 7G3.

Juego activo y su relación con sintomatología de ansiedad en niños escolares de Bogotá pospandemia

Tordecilla-Sanders, A., Garcia Laguna, D. G., Trompetero Gonzalez, A. C., Ramos-Caballero, D. M., Dominguez Sanchez, M. A., Pulecio-Pacheco, E., Alvarez-Montoya, E., Redondo-Bejarano, C. & Andrés F., Z.-G., Nov 20 2023, In: Biomédica : revista del Instituto Nacional de Salud. 43, 2, p. 127-127 1 p., 6F4.

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Trompetero Gonzalez, A. C., Tordecilla-Sanders, A. & Rivera Amezcuita, L. V., Nov 20 2023, In: Biomédica : revista del Instituto Nacional de Salud. 43, 2, p. 129-129 1 p., 6F6.

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Convocatoria Jóvenes Innovadores en el marco de la reactivación económica Minciencias 915

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Convocatoria Jóvenes Talento 2022 de la Universidad del Rosario.

Tordecilla-Sanders, A. & Zuluaga Gómez, A. F., 2023, (Unpublished)

Análisis comparativo de la coordinación motriz en mujeres escolares ciclistas y no ciclistas de 12 a 14 años en Bogotá.

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Vasquez Veloza, V. & Tordecilla-Sanders, A. (Thesis advisor), Oct 21 2022, 52 p.

La relación del ambiente académico y niveles de actividad física con la salud mental de los universitarios del área de la salud de Bogotá

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Garcia-Hermoso, A., Tordecilla-Sanders, A., Correa-Bautista, J. E., Peterson, M. D., Izquierdo, M., Prieto-Benavides, D., Sandoval-Cuellar, C., González-Ruiz, K. & Ramírez-Vélez, R., Dec 1 2019, In: Scientific Reports. 9, 1, 6986.

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Ramírez-Vélez, R., Correa-Bautista, J. E., Sanders-Tordecilla, A., Ojeda-Pardo, M. L., Cobo-Mejía, E. A., Castellanos-Vega, R. D. P., García-Hermoso, A., González-Jiménez, E., Schmidt-Riovalle, J. & González-Ruiz, K., Sep 13 2017, In: Nutrients. 9, 9, 1009.

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Ramírez-Vélez, R., Tordecilla-Sanders, A., Téllez-T, L. A., Camelo-Prieto, D., Hernández-Quirón, P. A., Correa-Bautista, J. E., García-Hermoso, A., Ramírez-Campillo, R. & Izquierdo, M., May 2017, In: Journal of Translational Medicine. 15, 1, 118.

Handgrip strength cutoff for cardiometabolic risk index among Colombian children and adolescents: The FUPRECOL Study

Ramírez-Vélez, R., Peña-Ibagon, J. C., Martínez-Torres, J., Tordecilla-Sanders, A., Correa-Bautista, J. E., Lobelo, F. & García-Hermoso, A., Feb 14 2017, In: Scientific Reports. 7, 42622, p. 1-7 7 p., 42622.

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Ramírez-Vélez, R., Tordecilla Sanders, M. A., García-Hermoso, A. & González-Ruiz, K., Jan 1 2017, In: Medicine and Science in Sports and Exercise. 49, 5, p. 806 1 p.

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Ramírez-Vélez, R., Anzola, A., Martínez-Torres, J., Vivas, A., Tordecilla-Sanders, A., Prieto-Benavides, D., Izquierdo, M., Correa-Bautista, J. E. & García-Hermoso, A., Nov 1 2016, In: Metabolic Syndrome and Related Disorders. 14, 9, p. 455-462 8 p.

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Ramírez-Vélez, R., Hernández, A., Castro, K., Tordecilla-Sanders, A., González-Ruiz, K., Enrique Correa-Bautista, J., Izquierdo, M. & García-Hermoso, A., Jun 24 2016, In: Trials. 17, p. 1-13 13 p.

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Correa-Bautista, J., Ramírez-Vélez, R., González-Ruiz, K., Meneses-Echavez, J. F., Peña, J. C., Ojeda, M. L. & Tordecilla Sanders, M. A., May 2015, In: Medicine and Science in Sports and Exercise. 46, 5, p. 387-387 1 p.

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The prevalence of barriers for {Colombian} college students engaging in physical activity

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Una mejor auto-percepción de la condición física se relaciona con menor frecuencia y componentes de síndrome metabólico en estudiantes universitarios

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Activities**Perspectivas de la investigación de la actividad física en Colombia en el XIV Curso de Políticas y Programas para la Promoción de Hábitos y Estilos de Vida Saludables – 2025**

Tordecilla Sanders, M. A. (Organizer) & Ramos C, D. M. (Organizer)
Dec 9 2025 → Dec 10 2025

Tejiendo redes: Encuentro de Experiencias de Investigación y Creación

Tordecilla Sanders, M. A. (Participant)
Nov 25 2025

I Foro Internacional de Actividad Física y Salud en el marco de la Semana Americana del Deporte

Tordecilla Sanders, M. A. (Participant)
Sep 22 2025 → Sep 26 2025

Sedentarismo, el enemigo invisible: del conocimiento al movimiento

Tordecilla Sanders, M. A. (Organizer) & Garcia Laguna, D. G. (Organizer)
Aug 13 2025

Certificate in Updating the Epidemiological Surveillance System for the Prevention of Neuromusculoskeletal Disorders

Tordecilla Sanders, M. A. (Organizer) & Garcia Laguna, D. G. (Organizer)
Jul 26 2025

II Coloquio de investigación en actividad física y salud

Garcia Laguna, D. G. (Organizer), Tordecilla Sanders, M. A. (Organizer), Trompetero Gonzalez, A. C. (Organizer) & Ramos C, D. M. (Organizer)
Jun 7 2024

Juego activo y su relación con sintomatología de ansiedad en niños escolares de Bogotá pospandemia.

Tordecilla Sanders, M. A. (Speaker), Ramos C, D. M. (Speaker), Garcia Laguna, D. G. (Speaker), Trompetero Gonzalez, A. C. (Speaker), Dominguez Sanchez, M. A. (Speaker), Pulecio-Pacheco, E. (Speaker), Zuluaga Gómez, A. F. (Speaker), Alvarez-Montoya, E. (Speaker) & Redondo Bejarano, C. A. (Speaker)
Nov 24 2023

Relationship between lifestyle and pre-competitive anxiety in university athletes

Tordecilla Sanders, M. A. (Speaker), Trompetero Gonzalez, A. C. (Speaker) & Rivera Amezquita, L. V. (Speaker)

Nov 23 2023

Tool for estimating biological age: MiEdad BodyTech

Tordecilla Sanders, M. A. (Speaker), Sarmiento, Y. A. (Speaker), Camargo, L. H. (Speaker), Ávila, A. (Speaker), Ramos C, D. M. (Speaker), Trompetero Gonzalez, A. C. (Organizer) & Garcia Laguna, D. G. (Speaker)

Nov 23 2023

ACTIVE PLAY AND ITS RELATIONSHIP TO ANXIETY SYMPTOMS IN SCHOOLCHILDREN IN POST-PANDEMIC BOGOTÁ

Trompetero Gonzalez, A. C. (Organizer), Tordecilla Sanders, M. A. (Speaker), Garcia Laguna, D. G. (Speaker), Ramos C, D. M. (Speaker), Dominguez Sanchez, M. A. (Speaker), Pulecio-Pacheco, E. (Speaker), Alvarez-Montoya, E. (Speaker), Redondo Bejarano, C. A. (Speaker) & Zuluaga Gómez, A. F. (Speaker)

Nov 22 2023 → Nov 24 2023

Measurement and intervention experiences of sedentary behavior, emotions, and attention in schoolchildren at an educational institution in Bogotá, Colombia

Tordecilla Sanders, M. A. (Speaker)

Mar 2 2023

Seminario Plan de creación de indicadores del deporte en el desarrollo sostenible en Iberoamérica

Tordecilla Sanders, M. A. (Participant) & Ramos C, D. M. (Participant)

Feb 28 2023 → Mar 3 2023

Encuentro de saberes y experiencias: una mirada hacia el comportamiento sedentario.

Garcia Laguna, D. G. (Organizer) & Tordecilla Sanders, M. A. (Organizer)

Feb 13 2023

I Coloquio de investigación en actividad física y salud

Garcia Laguna, D. G. (Organizer), Tordecilla Sanders, M. A. (Organizer), Trompetero Gonzalez, A. C. (Organizer) & Ramos C, D. M. (Organizer)

Dec 2 2022

1er Congreso de la Red Colombiana de Actividad Física- REDCOLAF

Tordecilla Sanders, M. A. (Participant), Ramos C, D. M. (Participant) & Garcia Laguna, D. G. (Participant)

Nov 4 2022 → Nov 5 2022

Relación de nivel de actividad física, Comportamiento sedentario y el ángulo de fase en adultos jóvenes universitarios.

Tordecilla Sanders, M. A. (Speaker) & Garcia Laguna, D. G. (Speaker)

Nov 4 2022

Summer school: rehabilitación integral en pacientes post-covid 19: una mirada interprofesional en la salud

Trompetero Gonzalez, A. C. (Organizer), Garcia Laguna, D. G. (Organizer) & Tordecilla Sanders, M. A. (Organizer)

Jun 6 2022 → Jun 16 2022

VI Simposio en Actividad Física y Deporte: Perspectivas de investigación en el deporte paralímpico.

Tordecilla Sanders, M. A. (Organizer), Ramos C, D. M. (Organizer), Rivera Amezcuita, L. V. (Organizer), Garcia Laguna, D. G. (Organizer) & Trompetero Gonzalez, A. C. (Organizer)

Apr 20 2022 → Apr 22 2022

V Simposio Internacional en Actividad Física: ¿Qué hacer con nuestra salud mental en tiempos de pandemia?

Tordecilla Sanders, M. A. (Organizer), Ramos C, D. M. (Organizer), Trompetero Gonzalez, A. C. (Organizer), Garcia Laguna, D. G. (Organizer) & Rivera Amezcuita, L. V. (Organizer)

Oct 16 2020 → Oct 17 2020

IV simposio internacional de investigación Estudios sociales de la actividad física y salud

Tordecilla Sanders, M. A. (Organizer), Cortes Garcia, C. M. (Organizer) & Ramos C, D. M. (Organizer)
Apr 3 2019

Prizes

Beca-Pasantía de la Convocatoria Nacional para el Programa Jóvenes Investigadores e Innovadores No. 645 de 2014 de Colciencias

Tordecilla Sanders, M. A. (Recipient), 2014

CUMLAUDE Pregrado

Tordecilla Sanders, M. A. (Recipient), Jul 2015

Mención especial por calificación meritoria en su tesis de grado.

Tordecilla Sanders, M. A. (Recipient), Jul 2015

Orden de calatrava al Mérito laboral por servicio de la institución por cinco años

Tordecilla Sanders, M. A. (Recipient), 2023

Premio a la investigación JOSÉ FELIX PATIÑO 2018

Correa-Bautista, J. E. (Recipient), Ramírez-Vélez, R. (Recipient), Izquierdo, M. (Recipient), Tordecilla Sanders, M. A. (Recipient), Prieto-Benavides, D. H. (Recipient), García-Hermoso, A. (Recipient) & González-Ruiz, K. (Recipient), May 14 2018

Semifinalista en el Premio a la Excelencia en Docencia 2024 en la categoría Trayectoria de Excelencia en Docencia

Tordecilla Sanders, M. A. (Recipient), 2024

SUMA CUM LAUDE Maestría

Tordecilla Sanders, M. A. (Recipient), Mar 2017

Projects

Comprehensive intervention program for the Mitigation of the Effects of the health measures adopted to contain COVID-19 on Sedentary Behavior, Emotional and Attentional Function in schoolchildren in the city of Bogotá D.C.

Tordecilla Sanders, M. A. (PI), Dominguez Sanchez, M. A. (PI), Trompetero Gonzalez, A. C. (Col), Garcia Paredes, E. (Col), Ramos C, D. M. (Col), Ocampo Plazas, M. L. (Col), Garcia-Laguna, G. (PI), Arboleda Granados, H. (Col) & Bonilla Vargas, K. J. (Col)
1/17/22 → 11/30/24

Design, implementation, and impact of a sedentary behavior interruption program on cardiometabolic risk factors in young college adults.

Tordecilla Sanders, M. A. (PI) & Garcia-Laguna, G. (Col)
2/12/24 → 8/29/25

Dissemination of the scientific basis of physical exercise on mental and physical health in children and adults.

Ramos C, D. M. (PI), Tordecilla Sanders, M. A. (PI) & Trompetero Gonzalez, A. C. (PI)
5/1/24 → 9/30/24

Effects of Progressive Resistance Training vs. High Intensity Interval Training on Neurotrophic and Cognitive Performance Factors in Overweight and Inactive People (BrainFit Study): Randomized Controlled Clinical Trial

Ramirez-Velez , R. (PI), Correa-Bautista, J. E. (Col) & Tordecilla Sanders, M. A. (Col)
9/22/16 → 9/21/19

Exploration of the validity of the formulas used to calculate fat percentage versus x-ray absorptiometry in paralympic athletes with lower limb amputations.

Rivera Amezquita, L. V. (PI), Ramos C, D. M. (Col), Tordecilla Sanders, M. A. (Col), Saavedra Bernal, X. (Student) & Díaz Moreno, S. (Student)

4/5/21 → 7/21/23

EliteUR: Impacto de un programa para el fomento de la salud y el rendimiento en deportistas universitarios

Rivera Amezquita, L. V. (PI), Ramos C, D. M. (Col), Garcia-Laguna, G. (Col), Tordecilla Sanders, M. A. (Col) & Trompetero Gonzalez, A. C. (Col)

1/20/20 → 3/31/21

Prevalence of sarcopenia and its associated factors in older adult patients treated at a high-complexity hospital

Ramos C, D. M. (Col), Venegas, L. C. (PI), Tordecilla Sanders, M. A. (Col), Garcia-Laguna, G. (Col) & Vargas Pinilla, O. C. (Col)

2/1/22 → 7/31/24

Sedentary behavior, physical activity and its relationship with cardiometabolic risk factors in young adults from Bogotá, Colombia: Cross-sectional study.

Garcia-Laguna, G. (PI) & Tordecilla Sanders, M. A. (Col)

1/18/22 → 10/10/23

Speed-based muscle strength training response to body composition, physical condition, and hepatokin release in physically inactive youth. A Randomized Clinical Trial

Correa-Bautista, J. E. (PI), Ramirez-Velez, R. (Col) & Tordecilla Sanders, M. A. (Col)

2/22/18 → 2/22/19

Study of the modulating effect of physical exercise on the intestinal microbiota and its repercussion on hepatic and adipose metabolism in sedentary adults with overweight: Controlled clinical trial

Correa-Bautista, J. E. (Col), Ramirez-Velez, R. (PI), Tordecilla Sanders, M. A. (PI), Ramirez Gonzalez, J. D. (PI), García-Hermoso, A. (PI), Izquierdo, M. (PI), Santamaria, E. (Col), Barajas, M. (Col) & Fernández-Irigoyen, J. (Col)

1/10/18 → 1/10/19

The relationship of the academic environment and levels of physical activity with the mental health of university students in the health area of the Universidad del Rosario of Bogotá. D.C.

Trompetero Gonzalez, A. C. (PI), Tordecilla Sanders, M. A. (Col), Ramos C, D. M. (PI), Tovar, G. (Col), Ladino Marín, E. V. (Col), Eraso Monzón, M. (Col), Ramírez Cubillos, K. D. (Col), Tellez Avendaño, K. Z. (Col) & Céspedes Londoño, J. (Col)

6/1/21 → 9/30/22

Student theses

Currently I am a Professor of Academic Career of the Physical Therapy program and postgraduate in Physical Activity and Health, Director of the Specialization in Physical Activity, Sport and Health and Coordinator of the Center for Studies in Measurement of Physical Activity (CEMA) of the School of Medicine and Health Sciences of the Universidad del Rosario. With more than 10 years of professional, academic and research experience in the area of Physical Activity, Exercise, Sport with emphasis on Health Promotion, technologies for the measurement and evaluation of physical fitness, evaluation of body composition in different populations, with more than 20 scientific publications in the area.