

## **Dr. BERNI GUERRERO-CALDERON**

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### **BRIEF PROFILE**

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Through my extensive academic and work experience over the years, both in research and 'in the field', I've gained in-depth knowledges and skills from different perspectives enabling me to apply theory into the practice, being able to work for performance optimization, injury rehabilitation and 'return-to-play' process. Accordingly, the workload monitoring and testing, strength and conditioning training and injury rehabilitation are my areas of expertise. Furthermore, I've also worked with other professional sportsmen that improve my professional background. My strong ambition, focus, and myself-demanding allow me to get the peak out of the players.

### **EXPERIENCE**

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#### **FiveStars Fitness International Graduate School - Malaga**

Researcher & professor (December 2022 – at present)

#### **Sohail Clinic – Málaga**

Rehab therapist / S&C Coach of elite athletes (July 2021 – March 2022)

#### **German Sport University Cologne (Germany)**

Researcher (January – May 2020)

#### **Granada CF (first team, Spanish 1<sup>st</sup> Division League) – Granada**

Physical performance department (2019-2020 season) (collaboration)

#### **International Soccer Science & Performance Federation (ISSPF) – United Kingdom**

Professor (August 2019 – At present)

#### **Liuzhou Yuandao Football Club – Liuzhou, Guangxi (China)**

Head of Strength & Conditioning Coach / Assistant Coach (January – June 2019)

#### **Cise Sports Center – Barcelona**

Athletic Trainer / Rehab therapist (October 2018 – January 2019)

#### **Malaga CF (first team, Spanish 1<sup>st</sup> Division League) – Malaga**

Physical performance department (2017-2018 season) (collaboration)

#### **Malaga CF – Malaga**

Head of Strength & Conditioning Coach (u16) (2016-2017 & 2017-2018 seasons)

#### **S&C Coach (self-employment) – Malaga**

Athletic Trainer / Rehab therapist of professional athletes (February 2013 – September 2018)

#### **CD El Palo – Malaga**

Head of Performance & Conditioning / S&C Coach (u19) (2015-2016 season)

#### **Loja Club Deportivo – Granada**

Head of Strength & Conditioning Coach (3<sup>rd</sup> Spanish Division) (2014-2015 season)

**CHP Benalmadena – Malaga**

Head of Conditioning department / Head of S&C Coach at first team (1<sup>st</sup> Spanish Division, hockey) (2012-13, 2013-2014 seasons)

**EDUCATION**

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**Bachelor in Physical Activity and Sport Sciences**

University of Granada (2008 – 2013)

**Master's Degree of Strength & Conditioning**

University of Granada (2014 – 2015)

**Master's Degree of Research in Physical Activity and Sports**

University of Malaga (2016 – 2017)

**Master's Degree of High Performance in Team Sports**

(*Graduated with SPECIAL MENTION*) - University of Barcelona (2015 – 2017)

**PhD in Sport Sciences**

(*Graduated with Cum Laude*) - University of Granada (2018 – 2021)

**SKILLS**

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***Technical and Technological***

In-depth knowledge of different training methodologies (inertial training, mechanical vibration, recovery methods), external- and internal load monitoring devices (GPS, HR, physiological markers, subjective scales) and tests to evaluate the physical capacity and conditioning of players. Excellent tasks design skills and capacity to adapt the physical goals to the playing style. Capacity to work to maximize performance, injury rehabilitation & 'Return to play'. Good knowledge of specific sport nutrition.

***Leadership***

I am very proactive, enthusiastic, disciplined and hard-working person with a strong sense of responsibility. Keeping an appropriated planning and organization supports my leadership skill, as well as to the capacity to work in teams. In addition, my great creativity and passion for new challenges allow me to promote the talent of players.

***Communication***

Excellent communication skills, highlighting my ability to encourage players throughout a continuous feedback with them. Ability to listen and understand the specific needs of each player.

***Strengths:***

- *Excellent knowledge of GPS* (to optimize performance and injury rehabilitation or RTP process).
- Ability to develop exhaustive analyses of players' workload considering different contextual factors to improve their physical capacity and achieve a specific readiness for the upcoming match scenario.
- Ability to program and adapt the workload to the individual needs of players. Rapid response capability to unexpected situations.
- *Capacity to work for injury rehabilitation & RTP process:* among my areas of expertise, I am passionate about injuries and their rehabilitation process.
- *Excellent management in the programming and periodization of load.* Great mastery and proficiency of MS Office (Excel) and statistical packages. Development of specific spreadsheets adapted to specific requirements.

***Languages***

Spanish (native), English.

## ADDITIONAL INFORMATION

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- Certified S&C Coach of soccer (Football Federation of Andalucía)
- Certified Personal Trainer (C.P.T.) (NSCA, 2015)
- First Aid & CPR Certification (University of Granada, 2015)
- Bodybuilding & Fitness Instructor (Madrid, 2008)
- Driving licence.
- Excellent references on request.

## PUBLICATIONS

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- Guerrero-Calderón B. (2021). The effect of short-term and long-term coronavirus quarantine on physical performance and injury incidence in high-level soccer. *Soccer & Society*, 22(1-2), 85-95.  
<https://doi.org/10.1080/14660970.2020.1772240>.
- Guerrero-Calderón B, Klemp M, Castillo-Rodriguez A, Morcillo JA, & Memmert, D. (2021). A New Approach for Training-Load Quantification in Elite-Level Soccer: Contextual Factors. *International Journal of Sports Medicine*, 42(08), 716-723. <https://doi.org/10.1055/a-1289-9059>
- Guerrero-Calderón B, Owen A, Morcillo JA & Castillo-Rodriguez A. (2021). How does the Mid-season Coach Change affect Physical Performance on Top Soccer Players? *Physiology & Behavior*, 232 (October 2020), 113328.  
<https://doi.org/10.1016/j.physbeh.2021.113328>
- Guerrero-Calderón B, Klemp M, Morcillo JA, & Memmert D. (2021). How does the workload applied during the training week and the contextual factors affect the physical responses of professional soccer players in the match? *International Journal of Sport Science & Coaching*, 16(4), 994–1003.  
<https://doi.org/10.1177/1747954121995610>
- Guerrero-Calderón B, Morcillo JA, Chena M & Castillo-Rodriguez A. (2022). Comparison of training and match load between metabolic and running speed metrics of professional Spanish soccer players by playing position. *Biology of Sports*, 39 (4), 933-941. <https://doi.org/10.5114/biolsport.2022.110884>
- Guerrero-Calderón B, Fradua L, Morcillo JA & Castillo-Rodríguez A. (2022). Analysis of the Competitive Weekly Microcycle in Elite Soccer. *Journal of Strength and Conditioning Research*, Publish Ah (Md).  
<https://doi.org/10.1519/JSC.0000000000004219>
- Chapter 'Endurance training for football: development of a novel method', in the book: 'Soccer science & performance' [*Ahead of print*].