

# 27<sup>th</sup> INTERNATIONAL TEACHING WEEK



Faculty of Physical  
Culture  
Palacký University  
Olomouc

13<sup>th</sup> – 17<sup>th</sup> April 2026



## José Morgado

Universidade Lusófona,  
PORTUGAL

José P. Morgado holds a PhD in Exercise Physiology and Biochemistry and is an assistant professor at Universidade Lusófona and a researcher at CIDEFES (Portugal). His work focuses on training load, fatigue, recovery and performance monitoring in sport. He combines over twenty years of academic and professional experience as a swimming coach and physical education teacher, working from grassroots to elite level, including preparing athletes for international competitions such as the Olympic Games. José teaches across undergraduate, master's and doctoral programmes in Physical Education and Sport, and supervises student research. His work also extends to applied health and performance contexts, including cardiopulmonary resuscitation and fatigue in operational settings.

### José's Topics for the 27th International Teaching Week:

- **Fostering Social Inclusion Through Sports: The Inclusive Swimming Competition**
- **Monitoring Training Load, Fatigue, Recovery and Well-Being in Sport**