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She is specialized in Sport Pedagogy, Didatics and Sports Training. Her research interests include the processes underpinning the long-term athlete development, talent development and identification in sport. She is also interested in the daily practical action of coaching in sport and the developmental processes of coach education. Patrícia published several research articles in international peer-reviewed scientific journals, books, and books chapters on the aforementioned topics.

Within the practical field, Patrícia is a volleyball coach with 20 years of experience working exclusively with youth levels. She is currently the pedagogical coordinator of the Colégio Efanor/PV 2014 Volleyball Academy. Patrícia is also a coach educator of Portuguese Volleyball Federation and collaborates with the Portuguese Institute of Sports and Youth, and the Olympic Committee of Portugal in the coach education processes.