

CURRICULUM VITAE

(March 15th, 2018)

Daniel Umpierre de Moraes, Ph.D.

Citation name: Umpierre D.

ADDRESS

Work:

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EDUCATION

Federal University of Rio Grande do Sul, September 2012 to December 2015
Post-doctoral fellow, Health Technology Assessment, Mentor: Dr. Carisi A. Polanczyk

Federal University of Rio Grande do Sul, March 2008 to March 2012
Ph.D. in Health Sciences (Cardiovascular Sciences), Mentor: Dr. Jorge P. Ribeiro

University of Texas at Austin, July 2008 to June 2009
Visiting Ph.D. student, Mentor: Dr. Hirofumi Tanaka

Federal University of Rio Grande do Sul, March 2006 to December 2007
Master of Science, Mentor: Dr. Ricardo Stein

Federal University of Rio Grande do Sul, March 2001 to December 2004
Bachelor of Science, Physical Education, Mentor: Dr. Alvaro Reischak-Oliveira

POSITIONS

Current

Assistant professor, Department of Public Health, Federal University of Rio Grande do Sul
(since 04/2017)

Prior

Assistant professor, Federal University of Pelotas (02/2016 – 04/2017)

Post-doctoral fellow, Health Technology Assessment Institute (09/2012 – 12/2015)

Co-Director, Exercise Pathophysiology Research Laboratory (since 09/2012)

Hospital de Clínicas de Porto Alegre

Advisor, Graduate Program in Cardiology and Cardiovascular Sciences (since 09/2012)
Federal University of Rio Grande do Sul

Lecturer, Heart Institute of Rio Grande do Sul (from 03/2011 to 11/2012)

RESEARCH: PUBLICATIONS

Peer-Reviewed Journal Articles Published or Accepted

1. Fayh AP, Umpierre D, Sapata KB, Dourado FM, Oliveira AR. Effects of a previous high-glycemic index carbohydrate intake on the glucose response and performance during a single strength exercise session. **Brazilian Journal of Sports Medicine** 2007, 13:416-420.
2. Umpierre D, Stein R. Hemodynamic and vascular effects of resistance training: implications for cardiovascular disease. **Brazilian Archives of Cardiology** 2007, 89:256-262.
3. Umpierre D, Stein R, Vieira PJC, Ribeiro JP. Blunted vascular responses but preserved endothelial vasodilation after submaximal exercise in chronic heart failure. **Eur J Cardiovasc Prev Rehab** 2009, 16(1), 53-59.
4. Devan AE, Umpierre D, Harrison ML, Lin HF, Tarumi T, Renzi CP, Dhindsa M, Hunter SD, Tanaka H. Endothelial ischemia-reperfusion injury in humans: association with age and habitual exercise. **Am J Physiol: Heart and Circulatory Physiology** 2011, 300(3):H1813-H1819.
5. Devan AE, Umpierre D, Lin HF, Harrison ML, Tarumi T, Dhindsa M, Hunter SD, Sommerlad SM, Tanaka H. Habitual resistance exercise and endothelial ischemia reperfusion injury in young adults. **Atherosclerosis** 2011, 219(1):191-193.
6. Umpierre D, Ribeiro PA, Kramer CK, Leitão CB, Zucatti AT, Azevedo MJ, Gross JL, Ribeiro JP, Schaan BD. Physical activity advice only or structured exercise training and association with HbA1c levels in type 2 diabetes: a systematic review and meta-analysis. **JAMA** 2011, 305(17): 1790-1799.
7. Lin HF, Dhindsa M ; Tarumi T, Miles SC, Umpierre D, Tanaka, H. Impact of blood pressure cuff inflation rates on flow-mediated dilatation and contralateral arm response. **J Hum Hypertens** 2012, 26(1):35-40.
8. Guindani G, Umpierre D, Grigoletti SS, Vaz M, Stein R, Ribeiro JP. Blunted local but preserved remote vascular responses after resistance exercise in chronic heart failure. **Eur J Cardiovasc Prev Rehab** 2012, 19(5):972-82.
9. Vieira PJC, Ribeiro JP, Cipriano G, Umpierre D, Lawrence CP, Moraes RS, Chiappa GR. Effect of transcutaneous electrical nerve stimulation on muscle metaboreflex in healthy young and older subjects. **Eur J Applied Physiol** (Print) 2012, 112(4):1327-34.
10. Figueira FR, Umpierre D, Ribeiro JP, Tetelbom PS, Henn NT, Esteves JF, Schaan BD. Accuracy of continuous glucose monitoring system during exercise in type 2 diabetes. **Diabetes Res Clin Pract** 2012, 98(3):e36-9.
11. Severo CB, Ribeiro JP, Umpierre D, Silveira AD, Neto FRA, Padilha MC, Stein R. Increased Atherothrombotic Markers and Endothelial Dysfunction in Steroid Users. **Eur J Cardiovasc Prev Rehab** 2013, 20(2):195-201.

12. Severo CB, Ribeiro JP, Umpierre D, Silveira AD, Neto FRA, Padilha MC, Stein R. Increased Atherothrombotic Markers and Endothelial Dysfunction in Steroid Users. **Eur J Cardiovasc Prev Rehab** 2013; 20(2):195-201.
13. Umpierre D, Ribeiro PA, Schaan BD, Ribeiro JP. Volume of supervised exercise training impacts glycaemic control in patients with type 2 diabetes: a systematic review with meta-regression analysis. **Diabetologia** 2013, 56(2):242-51.
14. Figueira FR, Umpierre D, Casali KR, Tetelbom PS, Henn NT, Ribeiro JP, Schaan BD. Aerobic and combined exercise sessions reduce glucose variability in type 2 diabetes: crossover randomized trial. **PLoS One** 2013, 8(3):e57733.
15. Vieira PJ, Chiappa GR, Umpierre D, Stein R, Ribeiro JP. Hemodynamic responses to resistance exercise with restricted blood flow in young and older men. **J Strength Cond Res** 2013, 27(8):2288-94.
16. Santos FV, Chiappa GR, Vieira PJ, Umpierre D, Ribeiro JP, Cipriano G Jr. Interferential electrical stimulation improves peripheral vasodilatation in healthy individuals. **Braz J Phys Ther** 2013, 17(3):281-8.
17. Silva RF, Cadore EL, Alberton CL, Kruel LFM, Umpierre D. Efficiency of twice weekly concurrent training in trained elderly men. **Exp Gerontol** 2013, 48(11):1236-42.
18. Umpierre D, Stein R. Reply: the difference in the flow-mediated response between steroid users and nonusers. **Eur J Prev Cardiol**. 2014, 21(5):655.
19. Vieira PJ, Chiappa AM, Cipriano G Jr, Umpierre D, Arena R, Chiappa GR. Neuromuscular electrical stimulation improves clinical and physiological function in COPD patients. **Respir Med**. 2014, 108(4):609-20.
20. Cunha RM, Parente RG, Jaime PJ, Souza MC, Soares AJ, Oliveira TP, Umpierre D. Effects of Abdominal Exercises in the Blood Pressure and Autonomic Indexes in Healthy Young Adults. **Journal of Exercise Physiology Online** 2014, 17:40-49.
21. Chiappa GR, Vieira PJ, Umpierre D, Corrêa AP, Berton DC, Ribeiro JP, Neder JA. Inspiratory resistance decreases limb blood flow in COPD patients with heart failure. **Eur Respir J**. 2014, 43(5):1507-10.
22. Casagrande DS, Rosa DD, Umpierre D, Sarmiento RA, Rodrigues CG, Schaan BD. Incidence of cancer following bariatric surgery: systematic review and meta-analysis. **Obes Surg** 2014, 24(9):1499-509.
23. Jr G, Neder JA, Umpierre D, Arena R, Vieira PJ, Chiappa A, Ribeiro JP, Chiappa GR. Sympathetic Ganglion Transcutaneous Electrical Nerve Stimulation after Coronary Artery Bypass Graft Surgery Improves Femoral Blood Flow and Exercise Tolerance. **J Appl Physiol (1985)** 2014, 117(6):633-8.
24. von Frankenberg AD, Silva FM, de Almeida JC, Piccoli V, do Nascimento FV, Sost MM, Leitão CB, Remonti LL, Umpierre D, Reis AF, Canani LH, de Azevedo MJ, Gerchman F. Effect of dietary lipids on circulating adiponectin: a systematic review with meta-analysis of randomised controlled trials. **Br J Nutr** 2014, 112(8):1235-50.
25. Figueira FR, Umpierre D, Cureau FV, Zucatti AT, Dalzochio MB, Leitão CB, Schaan BD. Association between Physical Activity Advice Only or Structured Exercise Training with Blood Pressure Levels in Patients with Type 2 Diabetes: A Systematic Review and Meta-Analysis. **Sports Med** 2014, 44(11):1557-72.

26. Finger D, Goltz FR, Umpierre D, Meyer E, Rosa LH, Schneider CD. Effects of protein supplementation in older adults undergoing resistance training: a systematic review and meta-analysis. **Sports Med** 2015, 45(2):245-55.
27. Corrêa AP, Figueira FR, Umpierre D, Casali KR, Schaan BD. Inspiratory muscle loading: a new approach for lowering glucose levels and glucose variability in patients with type 2 diabetes. **Diabet Med** 2015, 32(9):1255-57.
28. Waclawovsky G, Umpierre D*, Figueira FR, Lima ES, Alegretti AP, Schneider L, Matte US, Rodrigues TC, Ribeiro JP, Schaan BD. Responses of endothelial progenitor cells and vascular hemodynamics to a single session of aerobic and resistance exercise in type 1 diabetes. **Med Sci Sports Exerc** 2016; 48(2):190-9. *Corresponding author.
29. Barcellos FC, Santos IS, Umpierre D, Bohlke M, Hallal PC. Effects of physical activity interventions on the entire spectrum of chronic kidney disease: systematic review. **Clinical Kidney Journal** 2015; 8(6):753-65.
30. Ferrari R, Fuchs SC, Krueel LF, Cadore EL, Alberton CL, Pinto RS, Radaelli R, Schoenell M, Izquierdo M, Tanaka H, Umpierre D. Effects of Different Concurrent Resistance and Aerobic Training Frequencies on Muscle Power and Muscle Quality in Trained Elderly Men: A Randomized Clinical Trial. **Aging Dis.** 2016; 7(6):697-704.
31. Brentano MA, Umpierre D, Santos LP, Lopes AL, Krueel LFM. Supersets do not change energy expenditure during strength training sessions in physically active individuals. **Journal of Exercise Science and Fitness** 2016, 14:41-6.
32. Santos LP, Moraes RS, Vieira PJ, Ash GI, Waclawovsky G, Pescatello LS, Umpierre D. Effects of aerobic exercise intensity on ambulatory blood pressure and vascular responses in resistant hypertension: a crossover trial. **J Hypertens.** 2016; 34(7):1317-24.
33. Brentano MA, Umpierre D, Santos LP, Lopes AL, Radaelli R, Pinto RS, Krueel LFM. Muscle Damage and Muscle Activity Induced by Strength Training Super-Sets in Physically Active Men. **J Strength Cond Res.** 2017; 31(7):1847-1858.
34. Schaan CW, Macedo AC, Sbruzzi G, Umpierre D, Schaan BD, Pellanda LC. Functional capacity in congenital heart disease: a systematic review and meta-analysis of observational studies. **Arq Bras Cardiol.** 2017; 109(4):357-367.
35. Ferrari R, Umpierre D, Vogel G, Vieira PJC, Santos LP, de Mello RB, Tanaka H, Fuchs SC. Effects of concurrent and aerobic exercises on postexercise hypotension in elderly hypertensive men. **Exp Gerontol.** 2017, 98:1-7.
36. Pinto SS, Umpierre D, Ferreira HK, Nunes GN, Ferrari R, Alberton CL. Postexercise hypotension during different water-based concurrent training intrasession sequences in young women. **J Am Soc Hypertens.** 2017 Oct;11(10):653-659.
37. Helal L, Umpierre D, Moraes RS. High-intensity aerobic interval training improves aerobic fitness and HbA1c among persons diagnosed with type 2 diabetes: considerations regarding HbA1c starting levels and intervention design. **Eur J Appl Physiol.** 2017, (11):2365-2366.
38. Gerage AM, Ritti-Dias RM, Balagopal B, de Oliveira Conceição RD, Umpierre D, Dos Santos Filho RD, Cucato GG, Bittencourt MS. Physical activity levels and hepatic steatosis: a longitudinal follow up study in adults. **J Gastroenterol Hepatol.** 2018, 33(3):741-746.
39. Barcellos FC, Del Vecchio DB, Regges A, Mielke GI, Santos I, Umpierre D, Bohlke M, Hallal PC. Exercise in Patients with Hypertension and Chronic Kidney Disease: A Randomized Controlled Trial. **J Hum Hypertens.** 2018 (Accepted)

40. Silva CA, Helal L, Silva RP, Belli KC, Umpierre D, Stein R. Association of lower limb compression garments during high intensity exercise with performance and physiological responses: a systematic review and meta-analysis. **Sports Med.** 2018 (Accepted)

Peer-Reviewed Journal Articles Under Review or In Preparation

1. Cruz P, Galvão D, Portella E, Morelle A, Umpierre D, Newton R, Taaffe D, Pinto SS, Pinto RS. Effects of resistance exercise and combined aerobic and resistance exercise on muscle strength, aerobic capacity, body composition, psychological distress, and quality of life in breast cancer patients undergoing treatment: A systematic review. *Journal of Cancer Survivorship* (in review).
2. Figueira FR, Umpierre D, Bock PM, Waclawovsky G, Guerre AP, Donelli A, Andrades M, Casali KR, Schaan DB. Exercise effect on glucose variability in healthy subjects: Randomized Crossover Trial. *Biology of Sport* (in review).
3. Colpani V, Umpierre D, Cruz LN, Falavigna M. Definition, disclosure and management of conflicts of interest in clinical practice guidelines: a systematic review. *Health Research Policy and Systems* (in review).
4. Costa EC, Hay JC, Kehler DS, Boreskie KF, Arora RC, Umpierre D, Andrea Sz wajcer, Duhamel TA. Effects of high-intensity interval training versus moderate-intensity continuous training on blood pressure in adults with pre- to established hypertension: a systematic review and meta-analysis of randomized trials. *Sports Medicine* (in review).
5. Antes DL, Colpani V, Umpierre D, Silva-Costa A, Martínez-Mesa J, Boclin KL, Wehrmeister FC, Horta BL. Prevalence of falls leading the Brazilian elderly to seek for health services: The National Health Survey, 2013. (In preparation).
6. Umpierre D, HAEL Study Group. The “Hypertension Approaches in the Elderly: a Lifestyle study” Multi-center, Randomized Trial (HAEL Study): Rationale and Methodological Protocol. (In preparation).
7. Figueiredo P, Peyré-Tartaruga LA, Sanseverino MA, Moraes RS, Umpierre D. The usefulness of the walking rehabilitation index in patients with peripheral arterial disease. (In preparation).
8. Ribeiro PAB, Brod M, Umpierre D. Physical activity assessment in chronic heart failure patients: insights from objective vs. self-reported methods. (In preparation).
9. Umpierre D, Belli KC, Silva RP, Pedroso MM, Silva CA, Polanczyk CA. Association of exercise and clinical factors with effects of aerobic training in systolic heart failure patients: a dose-response systematic review and meta-analysis. (In preparation).

RESEARCH: KEY PRESENTATIONS

1. Helal L, Botton CE, Domingues MR, Umpierre D. Quality of Reporting and Methods of Systematic Reviews and Meta-analysis Addressing High-intensity Interval Training Efficacy on Cardiorespiratory Fitness: A Meta-Epidemiological Study. *EPI Lifestyle Scientific Sessions*, 2018, New Orleans, USA. **Circulation.** 2018;137:AP205.
2. Umpierre D, Helal L, Bock PM, Santos LP. Adherence to Consolidated Standards of Reporting Trials (CONSORT) Guideline Items in Randomized Trials of Physical Activity Published in 5

Sports Medicine Journals. *International Congress on Peer Review and Scientific Publication* 2017, Chicago, USA.

3. Santos SP, Moraes RS, Vieira PJ, Waclavowsky G, Umpierre D. Effects of Aerobic Exercise Intensity on Ambulatory Blood Pressure Monitoring and Vascular Responses in Resistant Hypertension: A Cross-over Trial. *AHA Scientific Sessions* 2015, Orlando, USA. **Circulation**. 2015;132:A17258.
4. Ferrari R, Cadore EL, Kruegel LF, Pinto R, Alberton C, Umpierre D. Effects of different weekly frequency of concurrent training in trained elderly men. *American College of Sports Medicine – Annual Meeting* 2014, Orlando, USA. **Med Sci Sports Exerc** 2014;46(5):S71
5. Umpierre D, Figueira FR, Cureau FV, Zucatti AT, Dalzochio MB, Leitão CB, Schaan BD. Association of Physical Activity with Blood Pressure in Type 2 Diabetes: Systematic Review and Meta-Analysis. *American College of Sports Medicine – Annual Meeting* 2014, Orlando, USA. **Med Sci Sports Exerc** 2014;46(5):548
6. Schaan BD, Figueira FR, Umpierre D, Casali KR, Tetelbom NT, Ribeiro JP. Aerobic and combined exercise sessions reduce glucose variability in type 2 diabetes. *World Diabetes Congress, International Diabetes Federation* 2011, Dubai, EAU.
7. Ribeiro JP, Vidal GG, Stein R, Grigoletti SS, Umpierre D, Vaz M. Blunted local but preserved remote vascular responses after resistance exercise in chronic heart failure. *European Society of Cardiology* 2011. **Eur Heart J** 2011;32:1035.
8. Hsin-Fu L, Dhindsa M, Tarumi T, Miles S, Umpierre D, Tanaka H. Impact of blood pressure cuff inflation rates on flow-mediated dilation and contralateral arm response. *American College of Sports Medicine – Annual Meeting* 2010, Baltimore, USA. **Med Sci Sports Exerc** 2010;42(5):307
9. Umpierre D, Ribeiro, JP, Vieira PJC, Moraes RS, Ferlin EL, Stein R. A Single Submaximal Exercise Session Enhances Systemic Endothelial Function Independently of Changes in Blood Flow in Patients with Chronic Heart Failure. *World Congress of Cardiology* 2008, Buenos Aires, Argentina. **Circulation**. 2008;118:e476.
10. Umpierre D, Ribeiro, JP, Vieira PJC, Moraes RS, Ferlin EL, Stein R. A Single Submaximal Exercise Session Enhances Systemic Endothelial Function Independently of Changes in Blood Flow in Patients with Chronic Heart Failure. *Brazilian Congress of Cardiology* 2007, São Paulo, Brazil.
11. Umpierre D, Stein R, Machado MS, Callegaro CC, Ribeiro JP. Subacute increases in blood flow as a possible mechanism to exercise-induced endothelial adaptation. *Brazilian Congress of Cardiology* 2007, São Paulo, Brazil.
12. Umpierre D, Fayh APT, Dourado FM, Sapata KB, Reischak-Oliveira A. Carbohydrates and resistance training: responses of glycemic, lactate and performance variables. *Brazilian Congress of Sports Medicine* 2005. São Paulo, Brazil.
13. Umpierre D, Fayh APT, Dourado FM, Sapata KB, Reischak-Oliveira A. Responses of lactate and heart rate to a high-intensity resistance exercise session. *Brazilian Congress of Sports Medicine* 2005. São Paulo, Brazil.
14. Umpierre D, Silveira MM, Fayh APT, Veiga T, Moreira JC, Reischak-Oliveira A. Comparison of oxidative factors in untrained subjects undergoing multiple wingate tests. *University Undergraduate Fair* 2004. Porto Alegre, Brazil.
15. Umpierre D, Deresz LF, Ribeiro JL, Estrela AL, Reischak-Oliveira A. Immune and viral responses of HIV+ children to acute bout of aerobic exercise at two intensities.

University Undergraduate Fair 2003. Porto Alegre, Brazil.

Not listed: 40 abstract-only/poster publications (30 national and 10 international). Available on request.

BOOK CHAPTERS

1. Stein R, **Umpierre D**, Ribeiro, JP. Exercise, Inflammation and endothelial dysfunction in cardiovascular disease. *In: Textbook of Sports and Exercise Cardiology*, Atheneu Publisher, 2006, p. 39-47. Brazil.
2. **Umpierre D**, Silva FM, Schaan BD. Physical exercise and nutrition in diabetes mellitus. *In: Textbook of Nutrition and Exercise Sciences*, Atheneu Publisher, 2015, p. 253-68. Brazil.
3. **Umpierre D**, Carnevale J. Physical exercise and nutrition for the treatment of obesity. *In: Textbook of Nutrition and Exercise Sciences*, Atheneu Publisher, 2015, p. 195-214. Brazil.
4. **Umpierre D**, Belli KC. Searching the nutrition-related literature in electronic databases. *In: Research methods in nutrition: guiding the study conduction and clinical practice*, Rubio Publisher, 2015. Brazil. In press.
5. Clausell N, **Umpierre, D**, Andrade M. Endothelial modifications in heart failure. *In: The Endothelium in Cardiovascular Diseases (Protásio L. da Luz, et al.)*, Atheneu Publisher, 2016, p. 595-604. Brazil.

MANUSCRIPT REVIEWS

- Acta Diabetologica
- American Heart Journal
- Brazilian Journal of Epidemiology
- Brazilian Journal of Medical and Biological Research
- Brazilian Archives of Cardiology
- Brazilian Journal of Human Performance and Cineanthropometry
- British Journal of Nutrition
- British Journal of Sports Medicine
- Clinics
- Experimental Gerontology
- Health Context Journal
- International Journal of Diabetes in Developing Countries
- Italian Journal of Pediatrics
- Journal of Applied Physiology
- Journal of the American Medical Association (JAMA)
- Journal of Aging and Physical Activity
- Journal of Science and Medicine in Sports
- Medicine and Science in Sports and Exercise
- Plos One
- Plos Medicine

- Scandinavian Journal of Medicine and Science in Sports
- Scientia Medica
- New England Journal of Medicine (NEJM)

PARTICIPATION IN EDITORIAL BOARD

- Brazilian Journal of Physical Activity and Health (ISSN 2317-1634)
Role: associate editor

GRANT REVIEWS

FAPERGS Foundation – 2013
FAPEMIG Foundation – 2017
CNPq, Brazil – 2017

PROFESSIONAL MEMBERSHIP

American College of Sports Medicine
American Physiological Society (*membership ended in 2014*)
Brazilian Society of Physical Activity and Health (ISPAH Affiliated)

INVITED LECTURES – Conferences

1. Evidence-based exercise sciences: practice makes perfect. *Congress of the RGS Cardiology Association*. 2018. Gramado, Brazil. (Regional meeting)
2. International Congress of Resistance Training and Sports Medicine. November, 2017. Rio de Janeiro, Brazil. (International meeting)
3. Brazilian Congress of Physical Activity and Health. November, 2017. Florianópolis, Brazil. (National meeting).
4. International Congress of Resistance Training and Sports Medicine. September, 2016. Rio de Janeiro, Brazil. (International meeting)
5. Evidence synthesis in exercise sciences: opportunities and limitations. Epidemiological seminars. Federal University of Pelotas, 2016
6. Concurrent training for body weight control (lecture 1)
Effects of aerobic exercise programs for body composition (lecture 2)
Brazilian Congress of Nutrology. September, 2015. São Paulo, Brazil (National meeting).
7. Benefits of exercise for individuals with chronic diseases. Meeting in Sports Nutrition. September, 2015 (Local meeting).
8. Systematic reviews and meta-analyses. III Physical Activity and Public Health (PAPH) Course. Brazilian Society of Physical Activity and Health. August, 2015. Gramado, Brazil. (National course)
9. Clinical trials and intervention studies. III Physical Activity and Public Health (PAPH) Course. Brazilian Society of Physical Activity and Health. August, 2015. Gramado, Brazil. (National course)
10. Exercise, obesity and diabetes: insights on body weight and health. International Symposium

- on Sport, Health and Interdisciplinarity. August, 2015. Porto Alegre, Brazil. (International meeting)
11. Exercise and type 2 diabetes: lessons in prevention and treatment. Congress of Physical Education of the São Francisco Valley. April, 2015. Petrolina, Brazil. (National meeting)
 12. Evidence-based strategies for weight loss (workshop, 8-h course). *Physical Education National Meeting*. March, 2015. Capão da Canoa, Brazil. (National meeting)
 13. Exercise and weight loss: facts and evidence. *National Symposium of Physical Education*. November, 2014. Pelotas, Brazil. (National meeting)
 14. Cardiovascular prevention in the era of statins. *National Symposium of Physical Education*. November, 2014. Pelotas, Brazil. (National meeting)
 15. Exercise and Type 2 Diabetes. *Symposium on Applied Neuromechanics*. October, 2014. Caxias do Sul, Brazil. (International meeting)
 16. Exercise training for special populations (workshop, 3-h course). *Symposium on Applied Neuromechanics*. October, 2014. Caxias do Sul, Brazil. (International meeting)
 17. Three good reasons for prescribing exercises to obese individuals. *Congress of the RGS Cardiology Association*. August, 2014. Gramado, Brazil. (Regional meeting)
 18. Exercise and Diabetes. *iSULBRA International Symposium*. May, 2014. Porto Alegre, Brazil. (International meeting)
 19. Exercise basis for cardiovascular rehabilitation (workshop, 12-h course). *Physical Education National Meeting*. April, 2014. Capão da Canoa, Brazil. (National meeting)
 20. Individualized exercise training (workshop, 12-h course). *Physical Education National Meeting*. April, 2014. Capão da Canoa, Brazil. (National meeting)
 21. Role of the exercise physiologist in cardiac rehabilitation teams. *Congress of the RGS Cardiology Association*. June, 2013. Gramado, Brazil. (Regional meeting)
 22. Patient care: from the cardiac clinic to the exercise. *Congress of the RGS Cardiology Association*. June, 2013. Gramado, Brazil. (Regional meeting)
 23. Exercise Therapy: clinical applicability and physiological understanding. *International Symposium on Cardiovascular Epidemiology*. May, 2013. Porto Alegre, Brazil. (International meeting)
 24. Physical activity and health. *National Symposium of Physical Education*. November, 2013. Pelotas, Brazil. (National meeting)
 25. Metabolic syndrome and exercise. Brazilian Congress of Exercise Sciences. November, 2012. Goiânia, Brazil. (National meeting)
 26. Exercise physiology: special issues in diabetes. *Meeting of Southern Brazilian Endocrinological Societies*. October, 2012. Gramado, Brazil. (Regional meeting)
 27. Resistance training in chronic heart failure: functional and vascular aspects. *Brazilian Congress of Sports Medicine*. July, 2012. Porto Alegre, Brazil. (National meeting)
 28. Evidence on exercise and endothelial dysfunction. *Congress of the RGS Cardiology Association*. June, 2012. Gramado, Brazil. (Regional meeting)
 29. The pandemic of physical inactivity: summary of physical activity Lancet series. *Congress of the RGS Cardiology Association*. June, 2012. Gramado, Brazil. (Regional meeting)
 30. Vascular function and exercise: the endothelium as clinical evidence. *Brazilian Congress of Cardiology/Physical Education Symposium*. September, 2011. Porto Alegre, Brazil. (National meeting)
 31. Exercise training after myocardial infarction. Health Evidence Symposium. June, 2011. Porto Alegre, Brazil. (Local meeting)
 32. Cardiovascular markers in elite athletes. *Congress of the RGS Cardiology Association*. June, 2010. Gramado, Brazil. (Regional meeting)
 33. Basis of exercise bioenergetics. RGS Meeting of Physical Education. October, 2009. Porto Alegre, Brazil. (Local meeting)
 34. Physical exercise for the prevention and treatment of cardiovascular diseases. Symposium of Evidence-Based Physical Exercise. July, 2009. Porto Alegre, Brazil. (International meeting)

35. Hypertension and coronary artery disease in the aging. *Congress of the RGS Cardiology Association*. June, 2008. Gramado, Brazil. (Regional meeting)
36. Resistance training for the cardiovascular system. *Congress of the RGS Cardiology Association*. June, 2008. Gramado, Brazil. (Regional meeting)
37. Resistance training in patients with chronic heart failure: when and how to prescribe? *Congress of the RGS Cardiology Association*. June, 2007. Gramado, Brazil. (Regional meeting)
38. Resistance training in cardiac patients (workshop, 8-h course). *Congress of the RGS Cardiology Association*. June, 2007. Gramado, Brazil. (Regional meeting)
39. Exercise and coronary artery disease. *Seminar on Physical Activity, Health and Quality of Life*. August, 2006. Porto Alegre, Brazil. (Local meeting)
40. Point: Resistance training is enough for the cardiovascular health? Counterpoint (Daniel Umpierre): Aerobic training is required for the cardiovascular health. *Congress of the RGS Cardiology Association*. June, 2006. Gramado, Brazil. (Regional meeting)

SYMPOSIUM AND ROUND TABLE CHAIR

1. Round table: Graded cardiopulmonary testing or 6-min walk test in chronic heart failure? Chair. *Congress of the RGS Cardiology Association*. June, 2012. Gramado, Brazil.
2. Round table: Comprehensive approaches in cardiac patients. *Congress of the RGS Cardiology Association*. June, 2011. Gramado, Brazil.
3. Point-counterpoint: Physical activity and health: no pain, no gain? Symposium of Evidence-Based Physical Exercise. July, 2009. Porto Alegre, Brazil.
4. Round table: Brazilian guidelines in cardiovascular rehabilitation. *Congress of the RGS Cardiology Association*. June, 2008. Gramado, Brazil.
5. Round table: Cardiovascular risk factors and physical exercise. *Congress of the RGS Cardiology Association*. June, 2007. Gramado, Brazil.
6. Key conference: Hypertension and exercise. *Congress of the RGS Cardiology Association*. June, 2006. Gramado, Brazil.

MEETING ORGANIZER and SCIENTIFIC BOARDS

1. Brazilian Congress of Physical Activity and Health. November, 2017. Florianópolis, Brazil. Scientific committee.
2. Hospital de Clínicas de Porto Alegre Science Week. September, 2017. Porto Alegre, Brazil. Scientific committee.
3. Hospital de Clínicas de Porto Alegre Science Week. September, 2014. Porto Alegre, Brazil. Scientific committee.
4. Physical Education Symposium in Cardiology. September, 2011. Porto Alegre, Brazil. Scientific committee.
5. Hospital de Clínicas de Porto Alegre Science Week. July, 2011. Porto Alegre, Brazil. Scientific committee.
6. Health Evidence Symposium. June, 2011. Porto Alegre, Brazil. Organizer.
7. Non-medical symposiums in cardiology (nursing, nutrition, psychology, physical education, physiotherapy). June, 2010. Gramado, Brazil. Co-organizer.
8. Hospital de Clínicas de Porto Alegre Science Week. May, 2010. Porto Alegre, Brazil. Organizing committee.
9. Symposium of Evidence-Based Physical Exercise. July, 2009. Porto Alegre, Brazil. Organizer.
10. Physical Education Symposium in Cardiology. June, 2008. Gramado, Brazil. Organizing committee.
11. Physical Education Symposium in Cardiology. June, 2006. Gramado, Brazil. Organizing

committee.

GRANTS

Note: All amounts were requested/funded in Brazilian currency (Real, BRL). Amounts below are shown in USD by simple conversion.

Title: Investigator productivity grant – CNPq PQ Scholarships– Level 2

Funding Agency: National Council for Scientific and Technological Development (CNPq, Brazil)

Role: Principal Investigator

Date: March 1st, 2017 to March 1st, 2020

Description: Two-center randomized, parallel, controlled trial which will compare a pragmatic combined training program with a health education program in 184 older adults with hypertension. This study will last 12 weeks with assessments conducted at baseline, previously to the group allocation, and after interventions. There is a set of secondary outcomes which show clinical importance to the elderly population and are possibly influenced by the tested intervention.

Amount: USD 12,375

Title: The “Hypertension Approaches in the Elderly: a Lifestyle study” (HAEL Study)

Funding Agency: National Council for Scientific and Technological Development (CNPq, Brazil)

Role: Principal Investigator

Date: 07/01/2017 to 12/31/2019

Description: Two-center randomized, parallel, controlled trial which will compare a pragmatic combined training program with a health education program in 184 older adults with hypertension. This study will last 12 weeks with assessments conducted at baseline, previously to the group allocation, and after interventions. There is a set of secondary outcomes which show clinical importance to the elderly population and are possibly influenced by the tested intervention.

Amount: USD 18,625

Title: National network for health technology assessments (*Under review*)

Funding Agency: National Council for Scientific and Technological Development (CNPq, Brazil)

Role: Investigator / PI: Dr. Carisi Polanczyk

Date: April/2015 to September/2020

Description: The purpose of this multiproject proposal (76 research projects in several fields, mainly randomized clinical trials) is to: 1) establish the clinical effects of different health technologies, including the ones related to disease prevention (community campaigns) but also high-complexity interventions such as bariatric surgery, remote patient care for primary care (medical attention and exercise recommendations).

Amount: USD 3,913,043

Title: Locomotion in peripheral artery disease: muscular and hemodynamic influences

Funding Agency: Hospital de Clínicas de Porto Alegre - Research Incentive (FIPE/HCPA, Brazil)

Role: Principal Investigator

Date: 03/01/2013 to 12/31/2015

Description: The purpose of this project is to: 1) determine the association between abnormalities in vascular function and blood in lower-limbs of patients with peripheral artery disease (PAD), 2) determine the pattern of muscle activation in different gait velocities in patients with PAD.

Amount: USD 1,746

Title: Responses of blood pressure and vascular function to two aerobic exercise intensities in resistant hypertension

Funding Agency: Hospital de Clínicas de Porto Alegre - Research Incentive (FIPE/HCPA, Brazil)

Role: Principal Investigator

Date: 03/01/2013 to 02/25/2015

Description: The purpose of this project was to: 1) compare the 22-h ambulatory blood pressure after single sessions of aerobic exercise at low and moderate intensities in patients with resistant hypertension, 2) describe the 1-h postexercise hemodynamics in the non-exercised limb after low and moderate exercise intensities in patients with resistant hypertension.

Amount 1: USD 1,757 (project) | **Amount 2:** USD 2,174 (travel grant)

Title: Exercise training, cardiovascular risk, and inflammatory markers in patients with HIV-1 and AIDS users or non-users of pharmacological therapy

Funding Agency: Foundation for Research Support of the State of Rio Grande do Sul (FAPERGS, Brazil)

Role: Principal Investigator

Date: 06/01/2013 to 06/30/2014

Description: The purpose of this project was to: 1) determine the effects of a combined aerobic and resistance exercise training in patients with HIV separate in three groups according to the pharmacological therapy

Amount: USD 2,087

Title: Resistance training in patients with type 2 diabetes and autonomic neuropathy

Funding Agency: National Council for Scientific and Technological Development (CNPq, Brazil)

Role: Research fellow

Date: 01/01/2013 to 12/30/2014

Description: The original purpose of this project was to: 1) determine the effects of 3 months of resistance training in autonomic nervous system as well as in cardiovascular variables in diabetic patients with autonomic neuropathy. Due to 3 adverse effects (unrelated to the intervention), the project was substantially changed without major change in the amount received.

Amount: USD 17,000

Title: Vascular function, exercise and aging

Funding Agency: Coordination for the Improvement of Higher Education Personnel (CAPES, Brazil)

Role: Ph.D. student (responsible for the grant proposal)

Date: 07/01/2008 to 06/30/2009

Description: This grant related to an one-year salary/incentive for a research training abroad, which was conducted in The University of Texas at Austin, under the guidance of Dr. Hirofumi Tanaka.

Amount: USD 26,034

TEACHING, ADVISING AND SERVICE

COURSES AND GUEST LECTURES

Courses Taught at Federal University of Rio Grande do Sul

- Graduate Master Program (non-thesis students): Neuromuscular Specialization. 20-h course: Research Methods – 2015
- Graduate Master Program (non-thesis students): Neuromuscular Specialization. 30-h course: Exercise pathophysiology – 2015
- Graduate Program in Cardiovascular Sciences. Co-teaching, 30-h course: Systematic review and meta-analysis – 2013, 2014
- Physiotherapy School. Co-teaching, 60-h course: Basic epidemiology – July to November/2013

- Neuromuscular Specialization Course.
Guest lecturer (4 hours): Exercise and diabetes mellitus – 2014
- Exercise physiology. Undergraduate assistant. 2002/1, 2002/2, 2003/1, 2003/2

Courses Taught at Heart Institute of Rio Grande do Sul

- Graduate Master Program (non-thesis students): Exercise for Special Populations
50-h course: Exercise physiology – 2011, 2012
- Graduate Master Program (non-thesis students): Exercise for Special Populations 30-h course:
Basic of athletic training – 2012
- Graduate Master Program (non-thesis students): Clinical Nutrition
Guest lecturer (4 hours). Exercise in weight loss nutritional programs – 2011, 2012
- Graduate Master and Doctoral Program (thesis MS and PhD students).
Guest lecturer (4 hours). Systematic review and meta-analysis – 2012, 2013, 2014

Invited Seminars in University Courses

- **Federal University of Paraíba (future event)**
Systematic reviews and meta-analysis (20-h course). October, 2015. João Pessoa, Brazil.
- **Federal University of Rio Grande do Norte**
Introduction for systematic reviews and meta-analysis (workshop, 12-h course). March, 2015. Natal, Brazil.
- **Federal University of Pelotas - Graduate Program in Epidemiology**
Statistical analyses in randomized clinical trials – 2013, 2015. Pelotas, Brazil.
- **UNIVATES University - School of Nutrition**
Physical exercise in special populations – 2013. Lajeado, Brazil.
- **Porto Alegre Methodist University - Kinesiology School**
Exercise bioenergetics during resistance training – 2006. Porto Alegre, Brazil.

FACULTY ADVISOR FOR UNDERGRADUATE STUDENT

2013–2015: Adriano Cunha, Kinesiology Undergraduate. SOGIPA University.

2015–2016: Gaspar Silva, Kinesiology Undergraduate. Federal University of Rio Grande do Sul.

FACULTY ADVISOR FOR GRADUATE STUDENT

Completed:

2012: Marta Brod, Master Science. Federal University of Rio Grande do Sul.

2015: Lucas Porto Santos, Master Science. Federal University of Rio Grande do Sul.

2015: Michel Arias Brentano. Doctoral degree. Federal University of Rio Grande do Sul.

2016: Karlyse Claudino Belli. Doctoral degree. Federal University of Rio Grande do Sul.

2016: Paula Figueiredo Silva. Doctoral degree. Federal University of Rio Grande do Sul.

- Co-advising:

2015: Rodrigo Ferrari Silva. Doctoral degree. Federal University of Rio Grande do Sul.

2016: César Augusto Silva. Master Science. Federal University of Rio Grande do Sul.

2017: Cíntia Ehlers Botton. Doctoral degree. Federal University of Rio Grande do Sul.

Current:

- 1) Lucas Porto Santos, PhD student.
- 2) Lucas Helal, PhD student.
- 3) Lucinéia Pfeifer, PhD student.
- 4) Angélica Trevisan De Nardi, PhD student.
- 5) Fernando Dourado, Masters student.
- 6) Laura Milán Vasques, Masters student.
- 7) Caroline Damazio da Silva, Masters student.

SUPERVISION OF POSTDOCS

2017 - current: Cíntia Ehlers Botton.

SERVICE

PhD dissertation committees

1. Roberto Pacheco. 2018. Federal University of Rio Grande do Sul.
2. Glaube Conceição Riegel. 2017. Federal University of Rio Grande do Sul.
3. Anderson Donelli da Silveira. 2017. Federal University of Rio Grande do Sul.
4. Carolina de Vargas Nunes Coll. 2017. Federal University of Pelotas.
5. Rodrigo Sudatti Delevatti. 2016. Federal University of Rio Grande do Sul.
6. Marcelo Dias Camargo. 2016. Federal University of Rio Grande do Sul.
7. Paulo Lague Sehl. 2016. Federal University of Rio Grande do Sul.
8. Fernando Aguiar de Lemos. 2015. Federal University of Rio Grande do Sul.
9. Luís Fernando Deresz. 2015. Federal University of Health Sciences of Porto Alegre.
10. Rochelle Rocha Costa. 2015. Federal University of Rio Grande do Sul.
11. Felipe Barreto Schuch. 2015. Federal University of Rio Grande do Sul.
12. Christiane Carvalho Faria. 2014. Federal University of Rio Grande do Sul.
13. Ana Paula dos Santos Corrêa. 2013. Federal University of Rio Grande do Sul.
14. Claudia Ciceri Cesa. 2013. Heart Institute of Rio Grande do Sul.
15. Fernanda Machado Balzan. 2013. Federal University of Rio Grande do Sul.
16. Marcus Peikriszwili Tartaruga. 2013. Université de Nice Sophia Antipolis (France).
17. Rosane Maria Nery. 2013. Federal University of Rio Grande do Sul.

MS thesis committees

1. Gabriela Bem. 2018. Federal University of Rio Grande do Sul.
2. Erik Menger Silveira. 2017. Federal University of Rio Grande do Sul.
3. Lucinéia Orsolin Pfeifer. 2017. Federal University of Rio Grande do Sul.
4. Francisco Busolli de Queiroz. 2017. Federal University of Rio Grande do Sul.
5. Ingrid Bezerra Barbosa Costa. 2017. Federal University of Rio Grande do Norte.
6. Gustavo dos Santos Ribeiro. 2016. Federal University of Health Sciences of Porto Alegre.
7. Mariana Ribeiro Silva. 2016. Federal University of Pelotas.
8. Aline Chagastelles Pinto de Macedo. 2016. Federal University of Rio Grande do Sul.
9. Marcela Alves Sanseverino. 2016. Federal University of Rio Grande do Sul.
10. Diego Vidaletti. 2016. Heart Institute of Rio Grande do Sul.
11. Giuseppe Potrick Stefani. 2015. Federal University of Health Sciences of Porto Alegre.
12. Renata Lopes Kruger. 2015. Federal University of Rio Grande do Sul.
13. Marina Axmann de Castro. 2015. Federal University of Rio Grande do Sul.
14. Juliana Beust de Lima. 2015. Federal University of Rio Grande do Sul.

15. Eduardo Mundstock. 2015. Pontifical University of Rio Grande do Sul.
16. Cláudia Fetter. 2015. Heart Institute of Rio Grande do Sul.
17. Vanessa Minossi. 2014. Heart Institute of Rio Grande do Sul.
18. Charles de Moraes Stefani. 2013. Federal University of Rio Grande do Sul.
19. Alessandra Teixeira Netto Zucatti. 2013. Federal University of Rio Grande do Sul.
20. Alex de Oliveira Fagundes. 2013. Federal University of Rio Grande do Sul.
21. Rodrigo Sudatti Delevatti. 2013. Federal University of Rio Grande do Sul.
22. Júlio Zago Gugliemin. 2013. Federal University of Rio Grande do Sul.
23. Leony Morgana Galliano. 2013. Federal University of Pelotas.
24. Caroline D´Azevedo Sica. 2012. Heart Institute of Rio Grande do Sul.

Science Dissemination

Website: *Health Evidence* - www.evidenciasaude.com.br

In 2010, I started a website entitled ‘Evidência Saúde’ (translation: Health Evidence) intending to spread and discuss scientific findings in physical activity and exercise. My colleagues and I generated structured summaries of relevant articles in exercise for health and disease, brief narrative reviews, and video webinars on specific health topics. We have reached an active and interested Brazilian academic audience through the website and social media.