

## CURRICULUM VITAE

(September 1<sup>st</sup>, 2020)

**Daniel Umpierre de Moraes, MSc, Ph.D.**

**Citation name: Umpierre D.**

### ADDRESS

#### Work:

Assistant Professor, Department of Public Health  
Universidade Federal do Rio Grande do Sul (UFRGS)  
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### Conflicts of Interest

I receive research grants for an investigator-initiated clinical trial assessing lifestyle approaches for hypertension (2016-2019). In 2017, I received travel funding from my employer (University) to present meta-research data at an international conference. In 2018, I received travel funding from the University of California (Berkeley Initiative for Transparency in Social Sciences) to participate in a training of research transparency and reproducibility. In the last 3 years, I have been contracted to deliver workshops on systematic reviews and meta-analysis. I am affiliated with the Cochrane Bias Methods Group. Since 2019, I have been serving as the director of Clinical Research Center at the Hospital de Clínicas de Porto Alegre. This center receives studies sponsored by several companies in the pharmacological industry. Neither I nor my laboratory have received funding for industry-sponsored trials.

### EDUCATION

**Federal University of Rio Grande do Sul**, September 2012 to December 2015

Post-doctoral fellow, Health Technology Assessment, Supervisor: 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**

### **Prior**

**Post-doctoral fellow**, Health Technology Assessment Institute (since 09/2012)

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

Hospital de Clínicas de Porto Alegre

**Advisor**, Graduate Program in Cardiology and Cardiovascular Sciences (currently mentoring Master and PhD students)

Federal University of Rio Grande do Sul

Lecturer, Heart Institute of Rio Grande do Sul, March 2011 to November 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. 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.
13. 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.
14. 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.
15. 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.
16. Silva RF, Cadore EL, Alberton CL, Kruehl LFM, Umpierre D. Efficiency of twice weekly concurrent training in trained elderly men. **Exp Gerontol** 2013, 48(11):1236-42.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.

23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. Ferrari R, Fuchs SC, Kruehl 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.
30. Brentano MA, Umpierre D, Santos LP, Lopes AL, Kruehl 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.
31. 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.
32. Brentano MA, Umpierre D, Santos LP, Lopes AL, Radaelli R, Pinto RS, Kruehl 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.
33. 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.
34. 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.
35. 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.
36. 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.

37. 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.
38. 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, 32(6):397-407.
39. 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, 48(8):1859-1873.
40. Costa EC, Hay JC, Kehler DS, Boreskie KF, Arora RC, Umpierre D, Andrea Szwajcer, 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 Med**. 2018, 48(9):2127-2142.
41. Botton CE, Umpierre D, Rech A, Pfeifer LO, Machado CLF, Teodoro JL, Dias AS, Pinto RS. Effects of resistance training on neuromuscular parameters in elderly with type 2 diabetes mellitus: A randomized clinical trial. **Exp Gerontol**. 2018, 113:141-149.
42. Pedralli ML, Eibel B, Waclawovsky G, Schaun MI, Nisa-Castro-Neto W, Umpierre D, Pescatello LS, Tanaka H, Lehnen AM. Effects of exercise training on endothelial function in individuals with hypertension: a systematic review with meta-analysis. **J Am Soc Hypertens**. 2018, 12(12):e65-e75.
43. Rodrigues-Krause J, Krause M, Rocha IMGD, Umpierre D, Fayh APT. Association of l-Arginine supplementation with markers of endothelial function in patients with cardiovascular or metabolic disorders: A systematic review and meta-analysis. **Nutrients**. 2018, 20;11(1).
44. Rech A, Botton CE, Lopez P, Quincozes-Santos A, Umpierre D, Pinto RS. Effects of short-term resistance training on endothelial function and inflammation markers in elderly patients with type 2 diabetes: A randomized controlled trial. **Exp Gerontol**. 2019, 118:19-25.
45. 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**. 2019, 36(2):141-148.
46. Umpierre D, HAEL Study Group. The “Hypertension Approaches in the Elderly: a Lifestyle study” Multi-center, Randomized Trial (HAEL Study): Rationale and Methodological Protocol. **BMC Public Health**. 2019, 29;19(1):657.
47. Christofletti M, Del Duca GF, Daniel Umpierre, Malta DC. Chronic noncommunicable diseases multimorbidity and its association with physical activity and television. **Cad Saude Publica** 2019, 35(11):e00016319.
48. Gill PJ, Ali SM, Elsobky Y, Okechukwu RC, Ribeiro TB, Soares Dos Santos Junior AC, Umpierre D, Richards GC. Building capacity in evidence-based medicine in low-income and middle-income countries: problems and potential solutions. **BMJ Evid Based Med**. 2019, bmjebm-2019-111272.
49. Santos LP, Umpierre D. Exercise, Cardiovascular Health, and Risk Factors for Atherosclerosis: A Narrative Review on These Complex Relationships and Caveats of Literature. **Front Physiol**. 2020; 11:840.

## Journal Articles Under Review or In Preparation

1. Helal L, Botton CE, De Nardi AT, Page MJ, Rodrigues MD, Umpierre D. High-intensity interval training and cardiorespiratory fitness: an overview of systematic reviews and meta-analyses with a nested meta-research study.  
Preprint: <https://osf.io/preprints/sportrxiv/cnvy8>  
(Submitted to the Journal of Clinical Epidemiology).
2. 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).
3. 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).
4. 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).
5. Umpierre D, Belli KC, Silva RP, Pedroso MM, Silva CA, De Nardi A, Deresz LF, Helal L, Oliveira NL, Pfeifer LO, Santos LP, 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: ORAL PRESENTATIONS

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.

## **AWARDS or TRAVEL AWARDS**

**2020** | Young Travel Award (co-autor; premiada: Cíntia E. Botton - The SEES Initiative), The EQUATOR Network; BIH QUEST (Alemanha).

**2019** | Building Capacity Bursaries (The SEES Initiative) - EBMLive 2019, Oxford University.

**2019** | BITSS Catalyst - Individual award to support the SITPS 2019, Berkeley Initiative for Transparency in Social Science - University of California (Berkeley).

**2018** | Travel award for BITSS RT2 Workshop - Research Transparency and Reproducibility Training, University of California (Berkeley).

**2012** | PhD defense with honors, Universidade Federal do Rio Grande do Sul.

## **MANUSCRIPT REVIEWS**

- Acta Diabetologica
- American Heart Journal
- BMJ Open
- Brazilian Journal of Epidemiology
- Brazilian Journal of Medical and Biological Research
- Brazilian Archives of Cardiology
- Brazilian Journal of Health Economics

- 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**

- BMC Public Health (ISSN 1471-2458)  
Role: associate editor (2020-current)
- Brazilian Journal of Physical Activity and Health (ISSN 2317-1634)  
Role: associate editor (2015-2018)

#### **GRANT REVIEWS**

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

#### **PROFESSIONAL MEMBERSHIP**

American College of Sports Medicine (*membership ended in 2018*)  
American Physiological Society (*membership ended in 2014*)  
Brazilian Society of Physical Activity and Health (ISPAH Affiliated)

#### **ASSOCIATION FOR ACADEMIC DEVELOPMENT (NON-MEMBERSHIP)**

Cochrane Bias Methods Group



**INVITED LECTURES – Conferences**

1. Open Science. *Virtual Event – Universidade Federal de Pelotas*. June, 2020. Porto Alegre, Brazil. (International meeting)
2. An update on topics of research integrity. *International Symposium of Cardiology – Graduate Program of Cardiology, UFRGS*. November, 2018. Porto Alegre, Brazil. (International meeting)
3. Intervention studies: generation and use of clinical evidence. *National Symposium of Physical Education*. November, 2018. Pelotas, Brazil. (National meeting)
4. Evidence-based exercise sciences: practice makes perfect. *Congress of the RGS Cardiology Association*. 2018. Gramado, Brazil. (Regional meeting)
5. International Congress of Resistance Training and Sports Medicine. November, 2017. Rio de Janeiro, Brazil. (International meeting)
6. Brazilian Congress of Physical Activity and Health. November, 2017. Florianópolis, Brazil. (National meeting).
7. International Congress of Resistance Training and Sports Medicine. September, 2016. Rio de Janeiro, Brazil. (International meeting)
8. Evidence synthesis in exercise sciences: opportunities and limitations. Epidemiological seminars. Federal University of Pelotas, 2016
9. 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).
10. Benefits of exercise for individuals with chronic diseases. Meeting in Sports Nutrition. September, 2015 (Local meeting).
11. 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)
12. 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)
13. Exercise, obesity and diabetes: insights on body weight and health. International Symposium on Sport, Health and Interdisciplinarity. August, 2015. Porto Alegre, Brazil. (International meeting)
14. 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)
15. Evidence-based strategies for weight loss (workshop, 8-h course). *Physical Education National Meeting*. March, 2015. Capão da Canoa, Brazil. (National meeting)
16. Exercise and weight loss: facts and evidence. *National Symposium of Physical Education*. November, 2014. Pelotas, Brazil. (National meeting)
17. Cardiovascular prevention in the era of statins. *National Symposium of Physical Education*. November, 2014. Pelotas, Brazil. (National meeting)
18. Exercise and Type 2 Diabetes. *Symposium on Applied Neuromechanics*. October, 2014. Caxias do Sul, Brazil. (International meeting)
19. Exercise training for special populations (workshop, 3-h course). *Symposium on Applied Neuromechanics*. October, 2014. Caxias do Sul, Brazil. (International meeting)
20. Three good reasons for prescribing exercises to obese individuals. *Congress of the RGS Cardiology Association*. August, 2014. Gramado, Brazil. (Regional meeting)
21. Exercise and Diabetes. *iSULBRA International Symposium*. May, 2014. Porto Alegre, Brazil. (International meeting)
22. Exercise basis for cardiovascular rehabilitation (workshop, 12-h course). *Physical Education National Meeting*. April, 2014. Capão da Canoa, Brazil. (National meeting)
23. Individualized exercise training (workshop, 12-h course). *Physical Education National*

- Meeting*. April, 2014. Capão da Canoa, Brazil. (National meeting)
24. Role of the exercise physiologist in cardiac rehabilitation teams. *Congress of the RGS Cardiology Association*. June, 2013. Gramado, Brazil. (Regional meeting)
  25. Patient care: from the cardiac clinic to the exercise. *Congress of the RGS Cardiology Association*. June, 2013. Gramado, Brazil. (Regional meeting)
  26. Exercise Therapy: clinical applicability and physiological understanding. *International Symposium on Cardiovascular Epidemiology*. May, 2013. Porto Alegre, Brazil. (International meeting)
  27. Physical activity and health. *National Symposium of Physical Education*. November, 2013. Pelotas, Brazil. (National meeting)
  28. Metabolic syndrome and exercise. Brazilian Congress of Exercise Sciences. November, 2012. Goiânia, Brazil. (National meeting)
  29. Exercise physiology: special issues in diabetes. *Meeting of Southern Brazilian Endocrinological Societies*. October, 2012. Gramado, Brazil. (Regional meeting)
  30. Resistance training in chronic heart failure: functional and vascular aspects. *Brazilian Congress of Sports Medicine*. July, 2012. Porto Alegre, Brazil. (National meeting)
  31. Evidence on exercise and endothelial dysfunction. *Congress of the RGS Cardiology Association*. June, 2012. Gramado, Brazil. (Regional meeting)
  32. The pandemic of physical inactivity: summary of physical activity Lancet series. *Congress of the RGS Cardiology Association*. June, 2012. Gramado, Brazil. (Regional meeting)
  33. Vascular function and exercise: the endothelium as clinical evidence. *Brazilian Congress of Cardiology/Physical Education Symposium*. September, 2011. Porto Alegre, Brazil. (National meeting)
  34. Exercise training after myocardial infarction. Health Evidence Symposium. June, 2011. Porto Alegre, Brazil. (Local meeting)
  35. Cardiovascular markers in elite athletes. *Congress of the RGS Cardiology Association*. June, 2010. Gramado, Brazil. (Regional meeting)
  36. Basis of exercise bioenergetics. RGS Meeting of Physical Education. October, 2009. Porto Alegre, Brazil. (Local meeting)
  37. Physical exercise for the prevention and treatment of cardiovascular diseases. Symposium of Evidence-Based Physical Exercise. July, 2009. Porto Alegre, Brazil. (International meeting)
  38. Hypertension and coronary artery disease in the aging. *Congress of the RGS Cardiology Association*. June, 2008. Gramado, Brazil. (Regional meeting)
  39. Resistance training for the cardiovascular system. *Congress of the RGS Cardiology Association*. June, 2008. Gramado, Brazil. (Regional meeting)
  40. 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)
  41. Resistance training in cardiac patients (workshop, 8-h course). *Congress of the RGS Cardiology Association*. June, 2007. Gramado, Brazil. (Regional meeting)
  42. Exercise and coronary artery disease. *Seminar on Physical Activity, Health and Quality of Life*. August, 2006. Porto Alegre, Brazil. (Local meeting)
  43. 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. International Symposium for Transparency in Health Research. November, 2019. Porto Alegre, Brazil. Conference director.
2. Brazilian Congress of Physical Activity and Health. November, 2017. Florianópolis, Brazil. Scientific committee.
3. Hospital de Clínicas de Porto Alegre Science Week. September, 2017. Porto Alegre, Brazil. Scientific committee.
4. Hospital de Clínicas de Porto Alegre Science Week. September, 2014. Porto Alegre, Brazil. Scientific committee.
5. Physical Education Symposium in Cardiology. September, 2011. Porto Alegre, Brazil. Scientific committee.
6. Hospital de Clínicas de Porto Alegre Science Week. July, 2011. Porto Alegre, Brazil. Scientific committee.
7. Health Evidence Symposium. June, 2011. Porto Alegre, Brazil. Organizer.
8. Non-medical symposiums in cardiology (nursing, nutrition, psychology, physical education, physiotherapy). June, 2010. Gramado, Brazil. Co-organizer.
9. Hospital de Clínicas de Porto Alegre Science Week. May, 2010. Porto Alegre, Brazil. Organizing committee.
10. Symposium of Evidence-Based Physical Exercise. July, 2009. Porto Alegre, Brazil. Organizer.
11. Physical Education Symposium in Cardiology. June, 2008. Gramado, Brazil. Organizing committee.
12. 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 1<sup>st</sup>, 2017 to March 1<sup>st</sup>, 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 (funds still not received)

**Title:** National network for health technology assessments

**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

## **ADVISING, TEACHING AND SERVICE**

### **FACULTY ADVISOR FOR UNDERGRADUATE STUDENTS**

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

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

2016–2020: Raíssa Monteiro, Biomedicine Undergraduate. Unisinos.

2017–ongoing: Bruna Goes, Physical Therapy Undergraduate. PUCRS University.

2019–2020: Akemy Neubert Kamitoyo, Physical Therapy Undergraduate. PUCRS University.

2019–ongoing: Tainá Alano, MD Undergraduate. UFCSPA.

### **FACULTY ADVISOR FOR GRADUATE STUDENTS**

#### Completed:

2012: Marta Brod. Masters degree. Federal University of Rio Grande do Sul.

2015: Lucas Porto Santos. Masters degree. 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.

2019: Fernando Matos Dourado Neto. Masters degree. Federal University of Rio Grande do Sul.

2019: Lucas Porto Santos. Doctoral degree. Federal University of Rio Grande do Sul.

2020: Laura Milán Vasques. Masters degree. Federal University of Rio Grande do Sul.

2020: Lucas Helal. 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) Lucinéia Pfeifer, PhD student.
- 2) Angélica Trevisan De Nardi, PhD student.
- 3) Jayne Santos Leite, PhD student.
- 4) Aline Almeida da Silva Bonatto, Masters student.
- 5) Douglas Xavier, Masters student.
- 6) Rodrigo Haas Bueno, Masters student.

## **SUPERVISION OF POSTDOCS**

2018 - current: Nórton Luís Oliveira

2020 - current: Lucas Porto Santos

2017 - 2020: Cíntia Ehlers Botton

2018 - 2019: Leandro dos Santos

2019 - 2019: Luiza Isnardi Ricardo

## **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.

## SERVICE

### PhD dissertation committees

1. Gustavo Waclawovsky. 2019. Heart Institute of Rio Grande do Sul.
2. Marta Fioravanti Carpes. 2019. Federal University of Rio Grande do Sul.
3. Fernanda Stumpf Tonin. Federal University of Paraná.
4. Andrea Wendt. 2019. Federal University of Pelotas.
5. Marinei Lopes Pedralli. 2018. Heart Institute of Rio Grande do Sul.
6. Andrea Ramirez Varela. 2018. Federal University of Pelotas.
7. Marcelo Coertjens. 2018. Federal University of Rio Grande do Sul.
8. Maria Laura Rezem Brizio. 2018. Federal University of Pelotas.
9. Roberto Pacheco da Silva. 2018. Federal University of Rio Grande do Sul.
10. Glaube Conceição Riegel. 2017. Federal University of Rio Grande do Sul.
11. Anderson Donelli da Silveira. 2017. Federal University of Rio Grande do Sul.
12. Carolina de Vargas Nunes Coll. 2017. Federal University of Pelotas.
13. Rodrigo Sudatti Delevatti. 2016. Federal University of Rio Grande do Sul.
14. Marcelo Dias Camargo. 2016. Federal University of Rio Grande do Sul.
15. Paulo Lague Sehl. 2016. Federal University of Rio Grande do Sul.
16. Fernando Aguiar de Lemos. 2015. Federal University of Rio Grande do Sul.
17. Luís Fernando Deresz. 2015. Federal University of Health Sciences of Porto Alegre.
18. Rochelle Rocha Costa. 2015. Federal University of Rio Grande do Sul.
19. Felipe Barreto Schuch. 2015. Federal University of Rio Grande do Sul.
20. Christiane Carvalho Faria. 2014. Federal University of Rio Grande do Sul.
21. Ana Paula dos Santos Corrêa. 2013. Federal University of Rio Grande do Sul.
22. Claudia Ciceri Cesa. 2013. Heart Institute of Rio Grande do Sul.
23. Fernanda Machado Balzan. 2013. Federal University of Rio Grande do Sul.
24. Marcus Peikrizwili Tartaruga. 2013. Université de Nice Sophia Antipolis (France).
25. Rosane Maria Nery. 2013. Federal University of Rio Grande do Sul.

### MS thesis committees

1. Renato Porto Schimitt. 2019. Federal University of Rio Grande do Sul.
2. Fernanda Castro Monteiro. 2019. Federal University of Rio Grande do Sul.
3. Sheyla Velasques Paladini. 2019. Federal University of Rio Grande do Sul.
4. Gabriel Zago. 2018. Federal University of Rio Grande do Sul.
5. Samuel da Conceição Dummer. 2018. Federal University of Rio Grande do Sul.
6. Gabriela Bem. 2018. Federal University of Rio Grande do Sul.
7. Erik Menger Silveira. 2017. Federal University of Rio Grande do Sul.
8. Lucinéia Orsolin Pfeifer. 2017. Federal University of Rio Grande do Sul.
9. Francisco Busolli de Queiroz. 2017. Federal University of Rio Grande do Sul.
10. Ingrid Bezerra Barbosa Costa. 2017. Federal University of Rio Grande do Norte.

11. Gustavo dos Santos Ribeiro. 2016. Federal University of Health Sciences of Porto Alegre.
12. Mariana Ribeiro Silva. 2016. Federal University of Pelotas.
13. Aline Chagastelles Pinto de Macedo. 2016. Federal University of Rio Grande do Sul.
14. Marcela Alves Sanseverino. 2016. Federal University of Rio Grande do Sul.
15. Diego Vidaletti. 2016. Heart Institute of Rio Grande do Sul.
16. Giuseppe Potrick Stefani. 2015. Federal University of Health Sciences of Porto Alegre.
17. Renata Lopes Kruger. 2015. Federal University of Rio Grande do Sul.
18. Marina Axmann de Castro. 2015. Federal University of Rio Grande do Sul.
19. Juliana Beust de Lima. 2015. Federal University of Rio Grande do Sul.
20. Eduardo Mundstock. 2015. Pontifical University of Rio Grande do Sul.
21. Cláudia Fetter. 2015. Heart Institute of Rio Grande do Sul.
22. Vanessa Minossi. 2014. Heart Institute of Rio Grande do Sul.
23. Charles de Moraes Stefani. 2013. Federal University of Rio Grande do Sul.
24. Alessandra Teixeira Netto Zucatti. 2013. Federal University of Rio Grande do Sul.
25. Alex de Oliveira Fagundes. 2013. Federal University of Rio Grande do Sul.
26. Rodrigo Sudatti Delevatti. 2013. Federal University of Rio Grande do Sul.
27. Júlio Zago Gugliemin. 2013. Federal University of Rio Grande do Sul.
28. Leony Morgana Galliano. 2013. Federal University of Pelotas.
29. Caroline D´Azevedo Sica. 2012. Heart Institute of Rio Grande do Sul.