

CURRICULUM VITAE

Mariana Ferreira de Souza (PhD)

Assistant Professor - Level II

Department of Physical Education (CEFIS)
Federal University of Vale do São Francisco
Petrolina, Pernambuco, Brazil

<http://www.cefis.univasf.edu.br/new/>

José de Sá Maniçoba Av. S/N

Zip Code 56304-917

E-mail: mariana.ferreirasouza@univasf.edu.br



Mariana Ferreira de Souza

Educational information

Degree: Bachelor's in Physical Education (2011)

Course: Physical Education and Sports Center

Institution: State University of Londrina (UEL-PR)

Degree: MSc in Physical Education (2014)

Course: Master's in Physical Education Program

Institution: Associate Post-Graduation Program in Physical Education
UEM/UEL

Degree: PhD in Physical Education (2016)

Course: Doctoral in Physical Education Program

Institution: Associate Post-Graduation Program in Physical Education
UEM/UEL

Employment and disciplines (currently)

Employment (2016-present)

Professor at Level II of the Department of Physical Education (CEFIS) at
Federal University of Vale do São Francisco

Disciplines (2016-present)

Sports training

Resistance training

Special topics in prescribing and control of exercise training

SUMMARY OF SCIENTIFIC PUBLICATIONS

Published articles (2015-present)

1. CAVALCANTE, B. R. ; SOUZA, M. F. ; LIU-AMBROSE, T. ; BEHM, D. G. ; PITANGUI, A. C. R. ; ARAUJO, R. C. . Effects of Resistance Exercise with Instability on Neurocognitive Functions (REI STUDY): Study Protocol for a Proof-of-Concept Clinical Trial in Older Adults with Subjective Cognitive Complaints. *Motriz*, v. 25, p. 1-8, 2019.
2. TOMELERI, C.M. ; CAVALCANTE, E.F. ; ANTUNES, M. ; NABUCO, H.C.G.; SOUZA, M.F. ; TEIXEIRA, D.C. ; GOBBO, L.A. ; SILVA, A.M. ; CYRINO, E.S. . Phase angle is moderately associated with muscle quality and functional capacity, independent of age and body composition in older women. *Journal of Geriatric Physical Therapy*, v. eFirst, p. 1-6, 2019.
3. TOMELERI, C.M. ; RIBEIRO, A.S. ; NUNES, J.P.A. ; SCHOENFELD, B.J. ; SOUZA, M.F. ; SCHIAVONI, D. ; SUGIHARA JUNIOR, P. ; CAVAGLIERI, C.R. ; FABRO, P.M.C. ; VENTURINI, D. ; BARBOSA, D.S. ; CYRINO, E.S. . Influence of Resistance Training Exercise Order on Muscle Strength, Hypertrophy, and Anabolic Hormones in Older Women. *JOURNAL OF STRENGTH AND CONDITIONING RESEARCH*, p. 1-7, 2019.
4. TOMELERI, CRISIELI M. ; SOUZA, MARIANA F. ; BURINI, ROBERTO C. ; CAVAGLIERI, CLÁUDIA R. ; RIBEIRO, ALEX S. ; ANTUNES, MELISSA ; NUNES, JOÃO P. ; VENTURINI, DANIELLE ; BARBOSA, DÉCIO S. ; SARDINHA, LUÍS B. ; CYRINO, EDILSON S. . Resistance training reduces metabolic syndrome and inflammatory markers in older women: a randomized controlled trial. *Journal of Diabetes*, v. 10, p. 328-337, 2018.
5. ECHES, E.H.P. ; RIBEIRO, A.S ; GERAGE, A. M. ; TOMERELI, C.M. ; SOUZA, M. F. ; NASCIMENTO, M.A. ; CAVALCANTE, E. F. ; BORTOLOTI, D. S. ; CHRISTOFARO, D.G.D. ; GURJAO, A. L. D. ; MAYHEW, JERRY L. ; CYRINO, E. S. . Twenty minutes of post-exercise hypotension are enough to predict chronic blood pressure reduction induced by resistance training in older women. *Motriz*, v. 24, p. 1-7, 2018.
6. TOMELERI, CRISIELI MARIA ; CAVAGLIERI, CLÁUDIA REGINA ; DE SOUZA, MARIANA FERREIRA ; CAVALCANTE, EDILAINE FUNGARI ; ANTUNES, MELISSA ; NABBUCO, HELLEN CLAIR GARCEZ ; VENTURINI, DANIELLE ; BARBOSA, DECIO SABBATINI ; SILVA, ANALIZA MÔNICA ; CYRINO, EDILSON SERPELONI . Phase angle is related with inflammatory

and oxidative stress biomarkers in older women. EXPERIMENTAL GERONTOLOGY, v. 102, p. 12-18, 2018.

7. CUNHA, PAULO M. ; RIBEIRO, ALEX S. ; TOMELERI, CRISIELI M. ; SCHOENFELD, BRAD J. ; SILVA, ANALIZA M. ; SOUZA, M.F. ; NASCIMENTO, MATHEUS A. ; SARDINHA, LUÍS B. ; CYRINO, E.S. . The effects of resistance training volume on osteosarcopenic obesity in older women. JOURNAL OF SPORTS SCIENCES, v. 36, p. 1564-1571, 2018.

8. TOMELERI, C. M. ; RIBEIRO, A. S. ; CAVAGLIERI, C. R. ; DEMINICE, R. ; SCHOENFELD, B. J. ; SCHIAVONI, D. ; DOS SANTOS, L. ; SOUZA, M.F. ; ANTUNES, M. ; VENTURINI, D. ; BARBOSA, D. S. ; SARDINHA, L. B. ; CYRINO, E.S. . Correlations between resistance training-induced changes on phase angle and biochemical markers in older women. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS, v. 28, p. 2173-2182, 2018.

9. SANTOS, LEANDRO ; RIBEIRO, ALEX S. ; SCHOENFELD, BRAD J. ; NASCIMENTO, MATHEUS A. ; TOMELERI, CRISIELI M. ; SOUZA, MARIANA F. ; PINA, FÁBIO L. C. ; CYRINO, EDILSON S. . The improvement in walking speed induced by resistance training is associated with increased muscular strength but not skeletal muscle mass in older women. European Journal of Sport Science (Print), v. 17, p. 1-7, 2017.

10. TOMELERI, CRISIELI M. ; MARCORI, ALEXANDRE J. ; RIBEIRO, ALEX SILVA ; GERAGE, ALINE MENDES ; PADILHA, CAMILA ; SCHIAVONI, DURCELINA ; SOUZA, MARIANA F. ; MAYHEW, JERRY L. ; DO NASCIMENTO, MATHEUS AMARANTE ; VENTURINI, DANIELLE ; BARBOSA, DECIO SABBATINI ; CYRINO, EDILSON SERPELONI . Chronic Blood Pressure Reductions and Increments in Plasma Nitric Oxide Bioavailability. International Journal of Sports Medicine, v. 38, p. 1-10, 2017.

11. RIBEIRO, ALEX S. ; SCHOENFELD, BRAD J. ; SOUZA, MARIANA F. ; TOMELERI, CRISIELI M. ; SILVA, ANALIZA M. ; TEIXEIRA, DENÍLSON C. ; SARDINHA, LUÍS B. ; CYRINO, EDILSON S. . Resistance training prescription with different load-management methods improves phase angle in older women. European Journal of Sport Science, v. n, p. 1-9, 2017.

12. TOMELERI, CRISIELI M. ; NUNES, JOÃO PEDRO ; SOUZA, MARIANA F. ; GERAGE, ALINE ; MARCORI, ALEXANDRE ; IAROSZ, KESSI CASSIANE ; CARDOSO-JÚNIOR, CRIVALDO GOMES ; CYRINO, EDILSON S. . Resistance exercise order does not affect the magnitude and duration of post-exercise blood pressure in older women. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH, v. eFirst, p. 1-9, 2017.

13. SOUZA, M.F.; TOMELERI, C.M. ; RIBEIRO, A.S. ; SCHOENFELD, B.J. ; SILVA, A.M. ; SARDINHA, L.B. ; CYRINO, E.S. . Effect of resistance training on phase angle in older women: a randomized controlled trial. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS, v. 27, p. 1308-1316, 2017.
14. CUNHA, PAULO M. ; RIBEIRO, ALEX S. ; TOMELERI, CRISIELI M. ; SCHOENFELD, BRAD J. ; SILVA, ANALIZA M. ; SOUZA, MARIANA F. ; NASCIMENTO, MATHEUS A. ; SARDINHA, LUÍS B. ; CYRINO, EDILSON S. . The effects of resistance training volume on osteosarcopenic obesity in older women. JOURNAL OF SPORTS SCIENCES, v. efirst, p. 1-8, 2017.
15. RIBEIRO, ALEX S. ; SCHOENFELD, BRAD J. ; SOUZA, MARIANA F. ; TOMELERI, CRISIELI M. ; VENTURINI, DANIELLE ; BARBOSA, DÉCIO S. ; CYRINO, EDILSON S. . Traditional and pyramidal resistance training systems improve muscle quality and metabolic biomarkers in older women: A randomized crossover study. Experimental Gerontology, v. 79, p. 8-15, 2016.
16. TOMELERI, CRISIELI M. ; RIBEIRO, ALEX S. ; SOUZA, MARIANA F. ; SCHIAVONI, DURCELINA ; SCHOENFELD, BRAD J. ; VENTURINI, DANIELLE ; BARBOSA, DÉCIO S. ; LANDUCCI, KAMILA ; SARDINHA, LUÍS B. ; CYRINO, EDILSON S. . Resistance training improves inflammatory level, lipid and glycemic profiles in obese older women: A randomized controlled trial. Experimental Gerontology, v. 84, p. 80-87, 2016.
17. WERNECK, A.O. ; SILVA, D.R.P. ; SOUZA, M.F. ; CHRISTOFARO, D.G.D. ; TOMELERI, C.M. ; FERNANDES, R.A. ; RONQUE, E.R.V. ; COELHO-E-SILVA, M.J. ; SARDINHA, L.B. ; CYRINO, E.S. . Correlates of Blood Pressure According to Early, On Time, and Late Maturation in Adolescents. The Journal of Clinical Hypertension (Greenwich, Conn.), v. 18, p. 424-430, 2016.
18. SILVA, D.R.P. ; FERNANDES, R.A. ; OHARA, D. ; COLLINGS, P. ; SOUZA, M.F. ; TOMELERI, C.M. ; RONQUE, E.R.V. ; SARDINHA, L.B. ; CYRINO, E.S. . Correlates of sports practice, occupational and leisure-time physical activity in Brazilian adolescents. American Journal of Human Biology, v. 28, p. 112-117, 2016.
19. RIBEIRO, ALEX S. ; SCHOENFELD, B. J. ; PINA, FÁBIO ; SOUZA, M.F. ; NASCIMENTO, MATHEUS ; SANTOS, L. ; ANTUNES, M. ; CYRINO, EDILSON . Resistance training in older women: comparison of single vs. multiple sets on muscle strength and body composition.. Isokinetics and Exercise Science, v. 23, p. 53-60, 2015.
20. RIBEIRO, A.S ; TOMERELI, C.M. ; SOUZA, M.F. ; PINA, F.L.C. ; SCHOENFELD, B. J. ; NASCIMENTO, M.A. ; VENTURINI, D ; BARBOSA, D.S

; CYRINO, E. S. . Effect of resistance training on C-reactive protein, blood glucose and lipid profile in older women with differing levels of RT experience. Age, v. 37, p. 109, 2015.

21. RIBEIRO, A.S. ; AVELAR, A. ; SCHOENFELD, B.J. ; FLECK, S.J. ; SOUZA, M.F. ; PADILHA, C.S. ; CYRINO, E.S. . Analysis of the training load during a hypertrophy-type resistance training programme in men and women. European Journal of Sport Science (Print), v. 15, p. 256-264, 2015.

More information about CV is available on:

CV Lattes: <http://lattes.cnpq.br/6687438363979681>

Accepted manuscripts

1- SILVA, I. S. ; CAVALCANTE, B. R. ; MORAES, J. F. V. N. ; SOUZA, M. F. . Comparison of functional performance and physical activity levels between individuals with and without leprosy.. ConScientiae Saúde, 2020.

SCOPUS metrics: h-index: 10 (Date: 2020-30-03)

SCIENTIFIC RESEARCH PROJECTS

Research lines

- Aging
- Resistance training
- Physical activity and health

Research projects

2018 – present

Title: Resistance Exercise with Unstable Devices for Fall Prevention in Older Adults with Cognitive Decline.

Grant: Yes

Funding agency: CNPq/Brazil; “Universal” MCTIC/CNPq n. 28/2018; Total funding: ~ R\$ 30.000,00.

2016-2017

Title: Functional capacity and level of physical activity in patients with leprosy

Grant: None.

Funding agency: NA.

2016 – 2018

Title: Strength training as a strategy to prevent falls in the elderly: a randomized clinical trial

Grant: Yes (Scholarship)

Funding agency: FACEPE/Brazil