

Professor Rômulo Araújo Fernandes, PhD

Professor of Epidemiology of Physical Activity and
Exercise Programs for Pediatric Populations

Department of Physical Education



Contact details

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Department of Physical Education
Sao Paulo State University - UNESP
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QUALIFICATIONS

2002-2005

Under graduation in Physical Education, Sao Paulo State University, Pres. Prudente, Brazil

2006-2007

MSc in Physical Education, Londrina State University/Maringa State University, Londrina, Brazil

2009-2011

PhD in Movement's Sciences, Sao Paulo State University, Rio Claro, Brazil

PROFESSIONAL SOCIETIES AND SCIENTIFIC COMMITTEE

Brazilian Society of Physical Activity and Health

EDITORIAL ACTIVITIES

2014-present Associated Editor: Revista da Educação Física / UEM.

2014-present Associated Editor: Journal of Child Health Care.

2016-present Associated Editor: Motriz. Journal of Physical Education.

TEACHING ACTIVITIES

Undergraduate teaching: Physical activity in children and adolescents (120 hours); Human Growth and Development (120 hours); Biostatistics (30 hours).

Post-Graduation teaching: Epidemiology and Biostatistics in Human Movement (60 hours); Biostatistics in Human Movement (60 hours).

FUNDING PROJECTS

2012/2013 Leader Project CNPq

Project: Tracking da atividade física, indicadores inflamatórios e síndrome metabólica em adultos (Process number: 474484/2012-2 [Brazilian currency R\$ 14,013.72]).

2013/2016 Leader Project CNPq

Project: Efeito da prática habitual de atividade física e gordura corporal sobre a espessura arterial e fluxo sanguíneo de adolescentes: coorte de 12 meses (Process number: 476295/2013-0 [Brazilian currency R\$ 60,000.00]).

2014 Technical Visit FAPESP

European College of Sport Science, Amsterdam (Process number: 2014/07571-6).

2015/2018 Productivity in Researcher CNPq

Project: Efeito da atividade física sobre a arquitetura vascular de adolescentes pré-púberes (Process number: 303725/2014-1 [Brazilian currency R\$ 39,600.00])

2015 Visiting Professor CNPq

Process Number: 465765/2014-9 (Brazilian currency R\$ 5,500.00)

POSTGRADUATE SUPERVISION

Master degree

Concluded

2013 Rafael Gavassa de Araujo

2013 Everton Alex Carvalho Zanuto

2015 Suziane Ungari Cayres (Scholarship/FAPESP)

2015 Igor Hideki Ito (Scholarship/CNPq)

Current

2014 Caroline Cristina Anzolin

2015 Ricardo Ribeiro Agostinete (Scholarship/FAPESP)

PhD degree

Concluded

2014 Manoel Carlos Spiguel Lima (Scholarship/FAPESP)

Current

2013 Alessandra Madia Mantovani (Scholarship/CNPq)

2014 Everton Alex Carvalho Zanuto

2015 Suziane Ungari Cayres (Scholarship/FAPESP)

SELECTED PUBLICATIONS

Machado-Rodrigues AM, Coelho E Silva MJ, Ribeiro LP, Fernandes R, Mota J, Malina RM. Waist Circumference and Objectively Measured Sedentary Behavior in Rural School Adolescents. *J Sch Health*. 2016;86(1):54-60.

Fernandes RA, Coelho-E-Silva MJ, Spiguel Lima MC, Cayres SU, Codogno JS, Lira FS. Possible underestimation by sports medicine of the effects of early physical exercise practice on the prevention of diseases in adulthood. *Curr Diabetes Rev*. 2015;11(3):201-5.

Machado-Rodrigues AM, Leite N, Coelho-E-Silva MJ, Enes F, Fernandes R, Mascarenhas LP, Boguszewski MC, Malina RM. Metabolic risk and television time in adolescent females. *Int J Public Health*. 2015;60(2):157-65.

Cayres SU, de Lira FS, Machado-Rodrigues AM, Freitas Júnior IF, Barbosa MF, Fernandes RA. The mediating role of physical inactivity on the relationship between inflammation and artery thickness in prepubertal adolescents. *J Pediatr*. 2015;166(4):924-9.

Codogno JS, Turi BC, Kemper HC, Fernandes RA, Christofaro DG, Monteiro HL. Physical inactivity of adults and 1-year health care expenditures in Brazil. *Int J Public Health*. 2015;60(3):309-16.

Lima MC, Barbosa MF, Diniz TA, Codogno JS, Freitas Júnior IF, Fernandes RA. Early and current physical activity: relationship with intima-media thickness and metabolic variables in adulthood. *Braz J Phys Ther*. 2014;18(5):462-9.

Christofaro DG, Ritti-Dias RM, Chiolero A, Fernandes RA, Casonatto J, de Oliveira AR. Physical activity is inversely associated with high blood pressure independently of overweight in Brazilian adolescents. *Scand J Med Sci Sports*. 2013;23(3):317-22.

Freitas Júnior IF, Christofaro DG, Codogno JS, Monteiro PA, Silveira LS, Fernandes RA. The association between skipping breakfast and biochemical variables in sedentary obese children and adolescents. *J Pediatr*. 2012;161(5):871-4.

Codogno JS, Fernandes RA, Sarti FM, Freitas Júnior IF, Monteiro HL. The burden of physical activity on type 2 diabetes public healthcare expenditures among adults: a retrospective study. *BMC Public Health*. 2011;11:275.

Fernandes RA, Zanesco A. Early physical activity promotes lower prevalence of chronic diseases in adulthood. *Hypertens Res*. 2010;33(9):926-31.