

CURRICULUM VITAE

PROFESSOR IANE DE PAIVA NOVAIS, PhD

State University of Southwestern Bahia – UESB

1th Health Department

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- **QUALIFICATIONS**

2005 - 2008 Undergraduate: Physical Education UFU / Uberlândia, MG

2010 - 2015 PhD: Science in Kinesiology UNESP / Rio Claro, SP

2016 - present Auxiliar Professor: 1th Health Department UESB / Jequié, BA

- **CONFERENCE MEETING ORGANIZER**

2013 Member of the Organizing Committee of XVII Brazilian Symposium of Cardiovascular Physiology, UNESP / Rio Claro, SP.

2015 Member of the Organizing Committee of IX Congresso Internacional de Educação Física e Motricidade humana and XV Simpósio Paulista de Educação Física, UNESP / Rio Claro, SP.

2017 President of the Health Care Symposium: Multidisciplinary Application of Physical Activity, UESB / Jequié, BA.

- **PROFESSIONAL SOCIETIES**

Brazilian Society of Physiology – SBFis

Brazilian Society of Physical Activity and Health – SBAFS

- **EDITORIAL ACTIVITIES**

2015 - 2017 Ad hoc reviewer of Motriz Journal

2017 - present Ad hoc reviewer of Revista Brasileira de Ciência e Movimento

2017 - present Associate Editor of Motriz Journal

- **TEACHING ACTIVITIES: Formal Course Responsibilities per year**

Undergraduate Teaching Physical Activity and Health (60 contact hours)

Physical Activity and Aging (45 contact hours)

- **HONOR AND PRIZES**

2015 Abstract Travel Award for the presentation: Circulating steroid hormones have no influence on the cardiovascular beneficial effect in trained hypertensive postmenopausal women. In: American Physiology Society (APS) Conference: Cardiovascular, Renal and Metabolic Diseases – Physiology and Gender, Annapolis, MD – USA.

2014 Nominee in Poster Session: The beneficial effects of physical exercise training activates different pathways in normotensive and hypertensive postmenopausal women. In: XX Scientific Sessions of the Interamerican Society of Hypertension (IASH), Salvador, BA – Brazil.

2012 Nominee in Poster Session: Arterial blood pressure and cardio-inflammatory biomarkers after L-arginine supplementation associated with aerobic exercise performance in post menopausal women. In: XLVII Annual Congress of the Brazilian Society of Physiology (SBFis), Gramado, RS – Brazil.

- **FUNDING PROJECTS**

2010 - 2015 PhD Fellowship

Project: Influence of physical exercise and acute L-arginine supplementation

in postmenopausal women (Fapesp: R\$ 159.693,12)

2015 - 2016 Young Researcher Fellowship

Project: Effects of aerobic exercise training and the mechanism underlying hypertension in normotensive and hypertensive postmenopausal women: steroids hormones and pro-neurotensin (PROPE UNESP: R\$12.000,00)

2015/Nov Travel Awards

American Physiology Society Conference - Cardiovascular, Renal and Metabolic Diseases: Physiology and Gender (American Physiology Society – APS: U\$ 300.00)

2017/Sep Conference Meeting Organizer

Health Care Symposium: Multidisciplinary Application of Physical Activity, UESB / Jequié, BA (PROEX UESB: R\$ 4.000,00)

- **FORMALLY SUPERVISED TRAINEES**

Undergraduated Students

2016 - 2017 Elaine Rodrigues Nascimento

2016 - present Ruan Carlos Vieira Cerqueira

2016 - present Glicia Pereira Rodrigues

2016 - present Darley da Silva Andrade

- **PUBLISHED PAPERS**

1. Nascimento, ER; Novais, IP; Silva, TD. A formação profissional em Educação Física e o lazer: um relato de experiência sobre a disciplina Estágio Supervisionado III. Coleção Pesquisa em Educação Física, v. 16, n. 3, p. 17-23.
2. Novais, IP; Jarrete, AP; Puga, GM; Araujo, HN; Delbin, MA; Zanesco, A. Effect of aerobic exercise training on cGMP levels and blood pressure in treated hypertensive postmenopausal women. Motriz, v. 23, p. 1-6, 2017.

3. Puga, GM; Novais, IP; Katsanos, CS; Zanesco, A. Combined effects of aerobic exercise and l-arginine ingestion on blood pressure in normotensive postmenopausal women: A crossover study. *Life Sciences* (1973), v. S0024, p. 30141-30142, 2016.
4. Jarrete, AP; Novais, IP; Araujo, HN; Puga, GM; Delbin, MA; Zanesco, A. Influence of aerobic exercise training on cardiovascular and endocrine-inflammatory biomarkers in hypertensive postmenopausal women. *Journal of Clinical & Translational Endocrinology*, v. 1, p. 108-114, 2014.
5. Costa Junior, M; Spagnol, AR; Pereira, AS; Novais, IP; Castro, MR; Anaruma, CP; Silva, CPV; Luciano, E. Response of Creatine Kinase (CK) Levels in Diabetics Wistar Rats After Acute Physical Exercise. *Journal of Exercise Physiology Online*, v. 16, p. 99-111, 2013.
6. Coelho, FGM; Vital, TM; Novais, IP; Costa, GA; Stella, F; Santos-Galduroz, RF. Desempenho cognitivo em diferentes níveis de escolaridade de adultos e idosos ativos. *Revista Brasileira de Geriatria e Gerontologia (UnATI. Impresso)*, v. 15, p. 7-15, 2012.
7. Puga, GM; Novais, IP; Zanesco, A. Efeitos terapêuticos da suplementação de L-Arginina nas doenças Cardiovasculares e Endócrino-Metabólicas. *Arquivos de Medicina*, v. 25, p. 107-114, 2012.
8. Teixeira, IP; Novais, IP; Pinto, RMC; Cheik, NC. Adaptação cultural e validação do Questionário KINDL no Brasil para adolescentes entre 12 e 16 anos. *Revista Brasileira de Epidemiologia (Impresso)*, v. 15, p. 845-857, 2012.
9. Esposti, RD; Sponton, CHG; Malagrino, PA; Carvalho, FC; Peres, E; Puga, GM; Novais, IP; Albuquerque, DM; Rodovalho, C; Bacci, M; Zanesco A. Influence of eNOS gene polymorphism on cardiometabolic parameters in response to physical training in postmenopausal women. *Brazilian Journal of Medical and Biological Research (on line)*, v. 44, p. 855-863, 2011.

- 10.** Novais, IP; Puga, GM; Sponton, CHG; Malagrino, PA; Esposti, RD; Zaros, PR; Zanesco A. Associação entre o polimorfismo do gene da óxido nítrico sintase na posição -786T>C com os níveis plasmáticos de triglicerídeos em mulheres. *Lecturas Educación Física y Deportes* (Buenos Aires), v. 15, p. 000, 2010.

- **SEMINARS INVITED PRESENTATIONS**

- 2017** Invited Speaker: Síndrome Metabólica: Prevenção e Tratamento Nutricional. In: Simpósio Regional Interdisciplinar de Ciências em Saúde – Ilhéus, BA.
- 2016** Invited Speaker: Aplicabilidade do Esporte na Síndrome Metabólica. In: I Simpósio Multidisciplinar de Síndrome Metabólica – Jequié, BA.
- 2011** Invited Speaker: Exercício Físico e Síndrome Metabólica. In: 3º Encontro Municipal de Atividade Física e Saúde – Rio Claro, SP.
- 2011** Invited Speaker: Entendendo a Síndrome Metabólica. In: Semana do Conhecimento da ASSER – Rio Claro, SP.
- 2010** Invited Speaker: Fisiologia aplicada: metabolismo e exercício. In: Curso de Nutrição da ASSER – Rio Claro, SP.
- 2009** Invited Speaker: Fisiopatologia da Obesidade. In: Supere Cursos Técnicos – Uberlândia, MG.
- 2008** Invited Speaker: Benefícios da dança na terceira idade. In: IV Jornada Multidisciplinar sobre o Processo de Envelhecimento – Uberlândia, MG.
- 2007** Invited Speaker: Corpo e Movimento – importantes ferramentas da auto-estima de estudantes universitários. In: 4th Semana Científica da UFU / Uberlândia, MG.

- **PRESENTATIONS AT PROFESSIONAL MEETINGS**

1. Novais, IP; Jarrete, AP; Puga, GM; Araujo, HN; Delbin, MA; Zanesco, A. Effect of a challenge of L-arginine plus aerobic exercise bout in hypertensive trained postmenopausal women. In: 38th Congress of the International Union of Physiological Sciences (IUPS), 2017 - Rio de Janeiro, RJ.
2. Novais, IP; Puga, GM; Jarrete, AP; Araujo, HN; Delbin, MA; Zanesco, A. Physical exercise prescription as an important strategy to control cardiovascular diseases in women after 10 years of menopause. In: XIX Simpósio Brasileiro de Fisiologia Cardiovascular, 2015 - Belo Horizonte, MG.
3. Novais, IP; Puga, GM; Jarrete, AP; Araujo, HN; Delbin, MA; Zanesco, A. Interaction between a bout of physical exercise and L-arginine administration on endocrine-cardiovascular biomarkers in hypertensive postmenopausal women. In: IX Congresso Internacional de Educação Física e Motricidade Humana, 2015 - Rio Claro, SP. Revista Motriz, 2015. v. 21. p. S50.
4. Novais, IP; Jarrete, AP; Puga, GM; Araujo, HN; Delbin, MA; Zanesco, A. Circulating steroid hormones have no influence on the cardiovascular beneficial effect in trained hypertensive postmenopausal women. In: American Physiologic Society Conference: Cardiovascular, Renal and Metabolic Diseases - Physiology and Gender, 2015 - Annapolis, MD.
5. Novais, IP; Puga, GM; Jarrete, AP; Araujo, HN; Delbin, MA; Zanesco, A. The beneficial effects of physical exercise training activates different pathways in normotensive and hypertensive postmenopausal women. In: XX Scientific Sessions of the Interamerican Society of Hypertension, 2014 - Salvador, BA.
6. Novais, IP; Puga, GM; Jarrete, AP; Araujo, HN; Delbin, MA; Zanesco, A. Endocrine and cardiovascular biomarkers in hypertensive postmenopausal women submitted to aerobic exercise training. In: The 9th Athens Congress on Women's Health and Disease: From puberty to menopause, 2014 - Athens, Gr.

7. Novais, IP; Puga, GM; Delbin, MA; Araujo, HN; Esposti, RD; Jarrete, AP; Sponton, CHG; Zanesco, A. Steroid hormone levels and NO/cGMP signaling pathway are unchanged in normotensive and hypertensive postmenopausal women after aerobic exercise training. In: XLVIII Congresso Anual da Sociedade Brasileira de Fisiologia, 2013 - Ribeirão Preto, SP.
8. Novais, IP; Puga, GM; Araujo, HN; Esposti, RD; Jarrete, AP; Sponton, CHG; Delbin, MA; Zanesco, A. Steroids hormone and nitrite/nitrate levels are unchanged in normotensive and hypertensive postmenopausal women after aerobic exercise training. In: 37th Congress of the International Union of Physiological Sciences (IUPS), 2013 - Birmingham, UK.
9. Novais, IP; Puga, GM; Zanesco, A. Cardio-inflammatory biomarkers and the lack of effects of L-arginine supplementation on the health-beneficial effect of physical exercise in postmenopausal women. In: XX Congresso da Sociedade Brasileira de Hipertensão, 2012 - São Paulo, SP.
10. Novais, IP; Puga, GM; Zanesco, A. Respostas da pressão arterial em mulheres pós menopausadas no período de 24 horas após a realização aguda de exercício físico - estudo piloto. In: VII Congresso Internacional de Educação Física e Motricidade Humana e XIII Simpósio Paulista de Educação Física, 2011 - Rio Claro, SP. Suplemento da Revista Motriz, 2011. v. 17. p. S372-S372.
11. Novais, IP; Teixeira, IP; Pinto, RMC; Cheik, NC. Comparação da qualidade de vida dos adolescentes matriculados em três tipos de escolas no município de Uberlândia - MG. In: VII Congresso Internacional de Educação Física e Motricidade Humana e XIII Simpósio Paulista de Educação Física, 2011 - Rio Claro, SP. Suplemento da Revista Motriz, 2011. v. 17. p. S236-S236.
12. Novais, IP; Puga, GM; Zanesco, A. Ambulatory blood pressure measurement in middle-aged women after exercise performance and L-arginine supplementation. In: XXVI Reunião Anual da Federação de Sociedades de Biologia Experimental (FeSBE), 2011 - Rio de Janeiro, RJ.

13. Novais, IP; Carvalho, FC; Peres, E; Esposti, RD; Malagrino, PA; Sponton, CHG; Fernandes, RA; Puga, GM; Zanesco A. Efeito do treinamento físico aeróbio sobre as respostas hemodinâmicas em mulheres hipertensas e normotensas. In: III Congresso Brasileiro de Metabolismo, Nutrição e Exercício (COMBRAMENE), 2010 - Londrina, PR.