

## CURRICULUM VITAE

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## EDUCATION AND TRAINING

- 1996-1999 B.S., Physical Education  
Physical Education College of Santo André, São Paulo, Brazil
- 2000-2001 Specialist, Exercise Physiology (postgraduate diploma)  
Federal University of São Paulo, São Paulo, Brazil
- 2002-2004 M.S., Physiological Science  
Federal University of São Carlos, São Carlos, Brazil  
Scholarship: Coordination for the Improvement of Higher Education Personnel, Brazil
- 2005-2007 Ph.D., Nutrition Science  
Federal University of São Paulo, São Paulo, Brazil  
with Sandwich doctorate at Obesity Rehabilitation Center INSULA, Berchtesgaden, Germany  
Scholarship: Coordination for the Improvement of Higher Education Personnel, Brazil

## ACADEMIC POSITIONS

- Assistant Professor  
Department of Kinesiology  
Cal State University San Bernardino, San Bernardino, USA 2019-present
- Graduate Program Vice-Coordinator  
Human Movement Science and Rehabilitation Graduation Program  
Federal University of São Paulo, Santos, Brazil 2016-2019
- Associate Professor  
Department of Physical Education  
Pernambuco University, Recife, Brazil 2008-2014
- Graduate Program Coordinator

## **PEER-REVIEWED PUBLICATIONS**

GOOGLE SCHOLAR – Total Times Cited: 2828; H-index 28  
WEB-OF-SCIENCE (ISI) – Publications: 88; Total Times Cited: 959; H-index 16  
SCOPUS - Publications: 71; Total Times Cited: 1146; H-index 18

### **Published Papers in Indexed Peer-reviewed journal (N= 93)**

1. MALIK N, **PRADO WL**, LAPPAN S, POPESCU M, HADDOCK B, HILL JO. Development of an Extended-Reality (XR)-Based Intervention to Treat Adolescent Obesity. *Int J Environ Res Public Health*. 2022 Apr 2;19(7):4264.
2. LYRA MJ, BARROS TADR, TENÓRIO TRDS, GOMES WDS, GERMANO-SOARES AH, FREITAS-DIAS R, DE-MELLO MT, SANTOS MAM, **PRADO WL**. Aerobic training with a self-selected or predetermined intensity on sleep parameters in adolescents with obesity: a randomized clinical trial. 2022;15(1):156-163.
3. DOS SANTOS EEP, DE ARAÚJO RC, CANDOW DG, FORBES SC, GUIJO JA, DE ALMEIDA SANTANA CC, **PRADO WL**, BOTERO JP. Efficacy of Creatine Supplementation Combined with Resistance Training on Muscle Strength and Muscle Mass in Older Females: A Systematic Review and Meta-Analysis. *Nutrients*. 2021 24;13(11):3757.
4. COLANTONIO E, DE SOUZA FG, BOTERO JP, MALIK N, LOFRANO-PRADO MC, LAMBERTUCCI AC, **PRADO WL**. Associations between Anthropometrics, Cardiorespiratory Fitness, and Metabolic Syndrome Components in Brazilian Adolescents with Obesity. *Metab Syndr Relat Disord*. 2022 Feb;20(1):36-42.
5. CHRISTOFARO DGD, TEBAR WR, DA SILVA GCR, OLIVEIRA MD, CUCATO GG, BOTERO JP, CORREIA MA, RITTI-DIAS RM, LOFRANO-PRADO MC, **PRADO WL**. Depressive Symptoms Associated with Musculoskeletal Pain in Inactive Adults During COVID-19 Quarantine. *Pain Manag Nurs*. 2022 Feb;23(1):38-42.
6. **PRADO WL**, LOFRANO-PRADO MC, CHRISTOFARO DGD, SANTANA CCA, CUCATO GG, JACKSON M, SHUMATE G, SHUMATE SARAH, CORREIA MA, BOTERO JP RITTI-DIAS RM. The effects of Covid-19 stay-at-home orders on physical activity of people with obesity. *Einstein (São Paulo)*. 2022;20:eAO6727.
7. SARAIVA BTC, **PRADO WL**, VANDERLEI LCM, MILANEZ VF, DAMATO TMM, SANTOS AB, TEBAR WR, CHRISTOFARO DGD. Acute effects of Muay Thai on Blood Pressure and Heart Rate in adolescents with overweight/obesity. *Obesities*. 2022 2, 94-102.
8. LOFRANO-PRADO MC, DONATO JUNIOR J, LAMBERTUCCI AC, LAMBERTUCCI RH, MALIK N, RITTI-DIAS RM, CORREIA MA, BOTERO JP, **Prado WL**. Recreational Physical Activity Improves Adherence and Dropout in a Non-intensive Behavioral Intervention for Adolescents with Obesity. *Res Q Exerc Sport*. 2021 Oct 21;1-11. Online ahead of print.
9. COSENTINO, RG; CHURRILA, JR; JOSEPHSON S; MOLLE-RIOS Z; HOSSAIN J; **PRADO WL**; BALAGOPAL B. Branched chain amino acid-inflammation relationship in youth with obesity: A randomizedcontrolled intervention study. *The Journal of Clinical Endocrinology& Metabolism*, 2021. 21;106(11):3129-3139.

10. LAMBERTUCCI, A.C.; LOFRANO-PRADO, M.C.; LAMBERTUCCI, R.H.; BOTERO, J.P; DAMASO, AR; **PRADO, W.L.** EFFECT OF BEHAVIORAL COUNSELING THERAPY WITH OR WITHOUT PHYSICAL ACTIVITY ON INFLAMMATORY MARKERS IN ADOLESCENTS WITH OBESITY: A RANDOMIZED CLINICAL TRIAL. *Sport Sciences for Health*, 2021.
11. BARROS TAR, **PRADO WL**, TENÓRIO TR, RITTI-DIAS RM, GERMANO-SOARES AH, BALAGOPAL PB (BABU), HILL JO, FREITA-DIAS R. Cardiovascular effects of aerobic exercise with self-selected or pre-determined intensity in adolescents with obesity. *Pediatric Exercise Science*, May 19:1-7; 2021.
12. BRANDAO-RANGEL MAR; OLIVEIRA-JUNIOR RMF; OLIVEIRA-JUNIOR MC; SANTOS-DIAS, A; BACHI ALL; **PRADO WL**; RAJU RP; BALAGOPAL B; VIEIRA RP. Pulmonary Function Changes in Older Adults with and without Metabolic Syndrome. *Scientific Reports*; Aug 30;11(1);17337; 2021.
13. CHRISTOFARO DGD, WERNECK, AO; DINIZ TA; TEBAR WR; LOFRANO-PRADO MC; BOTERO JP; CUCATO GG; MALIK, N; CORREIA MA, RITTI-DIAS RM, **PRADO WL**. Physical Activity Is Associated with Improved Eating Habits During the COVID-19 Pandemic. *Front Psychol*, Apr 12;12:664568; 2021.
14. TEBAR WR, CHRISTOFARO DGD, DINIZ TA, LOFRANO-PRADO MC, BOTERO JP, CORREIA MA, CUCATO GG, RITTI-DIAS RM, **PRADO WL**. Increased Screen Time Is Associated With Alcohol Desire and Sweetened Foods Consumption During the COVID-19 Pandemic. *Front Nutr.*, Mar 24;8:630586; 2021.
15. FARAH, B.Q.; **PRADO, W.L.**; MALIK, N.; LOFRANO-PRADO, M.C.; MELO, P.; BOTERO, J.P; CUCATO, G.; CORREIA, M.A.; RITTI-DIAS, R.M. Barriers to physical activity during the covid-19 pandemic in adults: a cross-sectional study. *Sport Sciences for Health*, Mar 27:1-7; 2021.
16. BOTERO, J.P; FARAH, B.Q.; CORREIA, M.A.; LOFRANO-PRADO, M.C.; CUCATO, G.G.; SHUMATE, G.; RITTI-DIAS, R.M.; **PRADO, W.L.** Impact of the COVID-19 pandemic stay-at-home order and social isolation on physical activity levels and sedentary behavior in Brazilian adults. *Einstein*, Mar 5;19:eAE6156, 2021.
17. LOFRANO-PRADO MC, **PRADO WL**, BOTERO JP, CARDEL ML, FARAH BQ, OLIVEIRA MD, CUCATO GG, CORREIA MA, RITTI-DIAS RM. The same storm but not the same boat: Effects of COVID-19 stay-at-home order on mental health in individuals with overweight. *Clin Obes*, Feb;11(1):e12425, 2021.
18. TERRA CM, BOTERO JP, ANTUNES J, HADDOCK B, MALIK N, THIVEL D, **PRADO WL**. Obesity does not modulate men's eating behavior after a high intensity interval exercise session: an exercise trial. *J Sports Med Phys Fitness*, Feb;61(2):280-286, 2021.
19. RIGOLIN, L; **PRADO WL**. A new protocol for reopening Soccer Schools in Brazil. *Rev Bras Ativ Fís Saúde*;25:e0121; 2020.
20. DINIZ TA, CHRISTOFARO DGD, TEBAR WR, CUCATO GG, BOTERO JP, CORREIA MA, RITTI-DIAS RM, LOFRANO-PRADO MC, **PRADO WL**. Reduction of Physical Activity Levels During the COVID-19 Pandemic Might Negatively Disturb Sleep Pattern. *Front Psychol*, Dec 10, 2020.
21. MALIK N, TONSTAD S, PAALANI M, DOS SANTOS H, **PRADO WL**. Are long-term FAD diets restricting micronutrient intake? A randomized controlled trial. *Food Sci Nutr*, Oct 26;8(11):6047-6060, 2020.

22. ALMEIDA, J.N; **PRADO, W.L**; TERRA, C.M; OLIVEIRA, M.G; GARCIA, R.A; PINFILDI, C.E; BOTERO, J.P. Effects of photobiomodulation on muscle strength in post-menopausal women submitted to a resistance training program. *Lasers Med Sci*, 35(2):355-363, 2020.
23. FARAH BQ, CHRISTOFARO DGD, ANDRADE-LIMA A, SARAIVA BTC, BARROS MVG, **PRADO WL**, RITTI-DIAS RN. Association between sedentary recreational time and cardiac autonomic modulation in adolescent boys: cross-sectional study. *Sport Sci Health*, Online ahead of print, 2020.
24. FIDELIX, Y; LOFRANO-PRADO, M.C; FORTES, L.S; HILL, J.O; CALDWELL, A.E; BOTERO, J.P; **PRADO, W.L**. Aerobic Training Performed at Ventilatory Threshold Improves Psychological Outcomes in Adolescents with Obesity. *Journal of Physical Activity & Health*, v. 25, p. 1-6, 2019.
25. BARROS, TAR; **PRADO, WL**; TENORIO, TRS; FREITAS-DIAS, R. Effects of Self-selected or Predetermined Intensity Aerobic Exercise on the Quality of Life of Adolescents with Obesity. *Translational Journal of the ACSM*. 4(24):266-271, 2019.
26. MORADI, A.; DAMIRCHI, E.S.; NARIMANI, M.; ESMAEILZADEH, S.; DZIEMBOWZKA, I.; AZEVEDO, L.B.; **PRADO, W.L**. Association between Physical and Motor Fitness with Cognition in Children. *Medicina*, v. 55(7), p. 1-11, 2019.
27. MONTEIRO, P. A.; **PRADO, W. L**; DOS SANTOS TENÓRIO, T. R.; TOMAZ, L. M.; ST-PIERRE, D.; LIRA, F. S. Immunometabolic changes in hepatocytes arising from obesity and the practice of physical exercise. *Current Pharmaceutical Design*, v. 24, p. 1-6, 2018.
28. DINIZ, T. A.; ROSSI, F. E.; FORTALEZA, A. C. S.; NEVES, L. M.; CHRISTOFARO, D. G. D.; BUONANI, C.; LIRA, F. S.; CAMPOS, E. Z.; **PRADO, W. L**; FREITAS JUNIOR, I. Changes in HDL-c concentrations after 16 weeks of combined training in postmenopausal women: characteristics of positive and negative responders. *Applied Physiology, Nutrition and Metabolism*, v. 43(1), p. 38-44, 2018.
29. FARAH, B. Q; ANDRADE-LIMA, A; GERMANO-SOARES, A. H; CHRISTOFARO, D. G. D; BARROS, M. V. G; **PRADO, W.L**; RITTI-DIAS, R. M. Physical Activity and Heart Rate Variability in Adolescents with Abdominal Obesity. *Pediatric cardiology*, v. 39(3), p. 466-472, 2018.
30. TENÓRIO, T. R.S.; BALAGOPAL, P. B.; LOFRANO-PRADO, M. C.; ANDERSEN, L. B.; DIAS, R. M. R.; **PRADO, W. L**. Effect of Low vs. High Intensity Exercise Training on Biomarkers of Inflammation and Endothelial Dysfunction in Adolescents with Obesity: A 6-Month Randomized Exercise Intervention Study. *Pediatric Exercise Science*, v. 30(1), p. 96-105, 2018.
31. SANTANA, C. C. A; HILL, J. O.; AZEVEDO, L. B.; GUNNADORSOTTIR, T.; **PRADO, W. L**. The association between obesity and academic performance in youth: a systematic review. *Obesity Review*, Epub ahead of print, 2017.
32. PATRIOTA, P. F; FILGUEIRAS, A. R; ALMEIDA, V. B. P; ALEXMOVITZ, G. A. C; SILVA, C. E; CARVALHO, V. F. F; CARVALHO, N; ALBUQUERQUE, M. P; DOMENE, S. M. A; **PRADO, WL**; TORRES, G. E. S; OLIVEIRA, A. P. R; SESSO, R; SAWAYA, A. L. Effectiveness of a 16-month multi-component and environmental school-based intervention for recovery of poor income overweight/obese children and adolescents: study protocol of the health multipliers program. *BMC PUBLIC HEALTH*, v. 17, p. 708-713, 2017.

33. DIAS, R. M. R.; CUCATO, G. G.; **PRADO, W. L.**; CONCEICAO, R.; SANTOS, R.; BITTENCOURT, M. Self-Initiated Changes in Physical Activity Levels Improve Cardiometabolic Profiles: A Longitudinal Follow-Up Study. *NMCD. Nutrition Metabolism and Cardiovascular Diseases (Testo Stampato)*, v. 27(1), p. 48-53, 2017.
34. SANTANA, C. C. A.; AZEVEDO, L. B.; CATTUZZO, M. T.; HILL, J. O.; ANDRADE, L. P.; **PRADO, W. L.** Physical fitness and academic performance in youth: A systematic review. *Scandinavian Journal of Medicine & Science in Sports*, v. 27(6), p. 579-603, 2017.
35. SANTANA, C. C. A.; PRADO, E. C.; AZEVEDO, L. B.; GUNNADORSOTTIR, T.; FARAH, B. Q.; HILL, J. O.; **PRADO, W. L.** Associations Between Cardiorespiratory Fitness and Overweight with Academic Performance in 12-Year Old Brazilian Children. *Pediatric Exercise Science*, v. 29(2), p. 220-227, 2017.
36. ARAÚJO, A. J. S.; SANTOS, A. C. O.; **PRADO, W. L.** Body composition of obese adolescents: association between adiposity indicators and cardiometabolic risk factors. *Journal of Human Nutrition and Dietetics (Print)*, v. 30(2), p. 193-202, 2017.
37. FREITAS, C. R. M.; GUNNADORSOTTIR, T.; FIDELIX, Y. L.; TENORIO, T. R. S.; LOFRANO-PRADO, M. C.; HILL, J. O.; **PRADO, W. L.** Effects of a psychological intervention on the quality of life of obese adolescents under a multidisciplinary treatment. *Journal of Pediatrics (Rio Janeiro)*, v. 93(2), p. 185-191, 2017.
38. LIRA, C. T. C. ; SANTOS, M. A. M. ; GOMES, P. P. ; FIDELIX, Y. L. ; SANTOS, A. C. O. ; TENÓRIO, T. R.; LOFRANO-PRADO, M. C. ; **PRADO, WL.** Aerobic training performed at ventilatory threshold improves biomarkers related to non-alcoholic fatty liver disease in adolescents with obesity. *NUTRITION AND HEALTH*, v. 23(4), p. 281-288, 2017.
39. PRAZERES, T. M. P.; ANICETO, R. R.; BARROS, T. A. R.; LIMA, F. F. M.; **PRADO, W. L.** Diferentes métodos de treinamento com pesos alteram o apetite de adultos jovens? *Brazilian Journal of Physical Education*, v. 27, p. 1-11, 2016.
40. SILVA, H. J. G.; ANDERSEN, L. B.; LOFRANO-PRADO, M. C.; BARROS, M. V. G.; FREITAS JUNIOR, I.; HILL, J. O.; **PRADO, W. L.** Improvements on Cardiovascular Diseases Risk Factors in Obese Adolescents: A Randomized Exercise Intervention Study. *Journal of Physical Activity & Health*, v. 12, p. 553-560, 2015.
41. ANICETO, R. R.; DIAS, R. M. R.; FARAH, B. Q.; PRAZERES, T. M. P.; LIMA, F. F. M.; **PRADO, W. L.** Rating of perceived exertion during circuit weight training. *Journal of Strength and Conditioning Research*, v. 29, p. 3336-3342, 2015.
42. SANTANA, C. C. A.; AZEVEDO, L. B.; FERREIRA, L. C. C. N.; NEVES, P. R.; PRADO, E. C.; **PRADO, W. L.** Is the association between unhealthy weight and academic performance influenced by children's physical activity level?. *Revista Brasileira de Atividade Física e Saúde*, v. 20, p. 252-262, 2015.
43. **PRADO, W. L.**; LOFRANO-PRADO, M. C.; OYAMA, L. M.; ANDRADE, M. L. S. S.; GOMES, P. P.; CARDEL, M.; BALAGOPAL, P. B.; HILL, J. O. Effect of a 12-Week Low vs. High Intensity Aerobic Exercise Training on Appetite-Regulating Hormones in Obese Adolescents: A Randomized Exercise Intervention Study. *Pediatric Exercise Science*, v. 27, p. 510-517, 2015.
44. FIDELIX, Y. L.; LOFRANO-PRADO, M. C.; FARIAS JUNIOR, J. C.; CARDEL, M.; **PRADO, W. L.** Multidisciplinary intervention in obese adolescents: predictors of dropout. *Einstein (São Paulo)*, v. 13, p. 388-394, 2015.

45. NEVES, P. R. S.; TENÓRIO, T. R. S.; LINS, T. A.; MUNIZ, M. T. C.; PITHON-CURI, T. C.; BOTERO, J. P.; **PRADO, W. L.** Acute effects of high- and low-intensity exercise bouts on leukocyte counts. *Journal of Exercise Science and Fitness*, v. 13, p. 24-28, 2015.
46. LOFRANO-PRADO, M. C.; **PRADO, W. L.**; BARROS, M. V. G.; TENÓRIO, T. R. S.; SOUZA, S. L. Obstetric complications and mother's age at delivery are predictors of eating disorder symptoms among Health Science college students. *Einstein (São Paulo)*, v. 13, p. 525-529, 2015.
47. LOFRANO-PRADO, M. C.; **PRADO, W. L.**; BARROS, M. V. G.; LOPES DE SOUZA, S. Eating disorders and body image dissatisfaction among college students. *ConScientiae Saúde (Impresso)*, v. 14, p. 355-362, 2015.
48. FONSECA, A. P. C.; GOMES, T. A. N.; PEREIRA, P. E. A.; DE AZEVEDO, PAULO H. S. M.; RODRIGUES, M. F. C.; DOMINGOS, M. M.; SATO, Y.; **PRADO, W. L.**; BOTERO, J. P. Efeito agudo da suplementação de cafeína sobre o desempenho físico durante teste incremental de esforço. *Revista Brasileira de Ciência e Movimento*, v. 22, p. 51-57, 2014.
49. FARAH, B. Q.; RITTI-DIAS, R. M.; BALAGOPAL, P. B.; HILL, J. O.; **PRADO, W. L.** Does exercise intensity affect blood pressure and heart rate in obese adolescents? A 6-month multidisciplinary randomized intervention study. *Pediatric Obesity*, v. 9, p. 111-120, 2014.
50. BOTERO, J. P.; **PRADO, W. L.**; GUERRA, R. L. F.; SPERETTA, G. F. F.; LEITE, R. D.; PRESTES, J.; SANZ, A. V.; LYONS, S.; DE AZEVEDO, P. H. S. M.; BALDISSERA, V.; PEREZ, S. E. A.; DÂMASO, A. R.; DA SILVA, R. G. Does aerobic exercise intensity affect health-related parameters in overweight women? *Clinical Physiology and Functional Imaging (Print)*, v. 34, p. 138-142, 2014.
51. NEVES, P. R.; MUNIZ, M. T. C.; TENORIO, T. R. S.; BOTERO, J. P.; OYAMA, L. M.; **PRADO, W. L.** Efeitos de diferentes intensidades de exercício sobre a concentração sérica de interleucinas. *Brazilian Journal of Physical Education*. v. 28, p. 545-552, 2014.
52. **PRADO, W. L.**; BALAGOPAL, P. B.; LOFRANO-PRADO, M. C.; OYAMA, L. M.; TENORIO, T. R. S.; HILL, J. O. Effect of Aerobic Exercise on Hunger Feelings and Satiety Regulating Hormones in Obese Teenage Girls. *Pediatric Exercise Science*, v. 26, p. 463-469, 2014.
53. TENORIO, T. R. S.; FARAH, B. Q.; DIAS, R. M. R.; BOTERO, J. P.; BRITO, D. C.; MOURA, P. M. M. F.; **PRADO, W. L.** Relação entre contagem de leucócitos, adiposidade e aptidão cardiorrespiratória em adolescentes púberes. *Einstein (São Paulo)*, v. 12, p. 420-424, 2014.
54. FERREIRA, L. C. C. N.; SILVA, H. J. G.; LINS, T. A.; **PRADO, W. L.** Relationship between lipid and hematological profiles with adiposity in obese adolescents. *Revista Brasileira de Hematologia e Hemoterapia (Impresso)*, v. 35, p. 163-166, 2013.
55. LOFRANO-PRADO, M. C.; HILL, J. O.; SILVA, H. J.G.; FREITAS, C. R. M.; FERREIRA, M. N. L.; **PRADO, W. L.** Reasons and Barriers to Lose Weight: Obese Adolescents? Point of View. *British Journal of Medicine and Medical Research*, v. 3, p. 474-478, 2013.
56. LIMA, A. H. R. A.; FARAH, B. Q.; RODRIGUES, L. C. C.; MIRANDA, A. S.; RODRIGUES, S. L. C.; CORREIA, M. A.; SOBRAL FILHO, D.; FORJAZ, C. L. M.; **PRADO, W. L.**; WOLOSKER, N.; DIAS, R. M. R. Low-intensity resistance exercise does not affect cardiac autonomic modulation in patients with peripheral artery disease. *Clinics (USP. Impresso)*, v. 68, p. 632-637, 2013.

57. BEZERRA, A. I. L.; KANEGUSUKU, H.; **PRADO, W. L.**; DIAS, R. M. R.; CARDOSO JUNIOR, C. G. Efeito do exercício físico aeróbico e de força no perfil lipídico de seus praticantes: uma revisão sistemática. *Revista Brasileira de Atividade Física e Saúde*, v. 18, p. 399-411, 2013.
58. GOMES, P. P.; SILVA, H. J. G.; LIRA, C. T. C.; LOFRANO-PRADO, M. C.; **PRADO, W. L.** Efeitos de diferentes intensidades de treinamento aeróbico sobre a composição corporal em adolescentes obesos. *Revista Brasileira de Cineantropometria & Desempenho Humano (Online)*, v. 15, p. 594-603, 2013.
59. MADUREIRA, T. B. S.; FARAH, B. Q.; SANTOS, M. A. M.; BERENQUER, M. F.; LIMA, P. F. M.; **PRADO, W. L.**; DIAS, R. M. R. Alterações induzidas pelo treinamento físico militar sobre a composição corporal de militares adultos jovens. *ConScientiae Saúde (Impresso)*, v. 12, p. 55-61, 2013.
60. BOTERO, J. P.; SHIGUEMOTO, G. E.; PRESTES, J.; MARIN, C. T.; **PRADO, W. L.**; PONTES, C. S.; GUERRA, R.L.F.; FERREIA, F. C.; BALDISSERA, V.; PEREZ, S. E. A. Effects of long-term periodized resistance training on body composition, leptin, resistin and muscle strength in elderly post- menopausal women. *Journal of Sports Medicine and Physical Fitness (Testo stampato)*, v. 53, p. 289-294, 2013.
61. ANICETO, R. R.; DIAS, R. M. R.; SCOTT, C. B.; LIMA, F. F. M.; PRAZERES, T. M. P.; **PRADO, W. L.** Efeitos agudos de diferentes métodos de treinamento com pesos sobre o gasto energético em homens treinados. *Revista Brasileira de Medicina do Esporte (Impresso)*, v. 13, p. 1-1, 2013.
62. SANTANA, C. C. A.; ANDRADE, L. P.; GAMA, V. D.; MOTA, J.; **PRADO, W. L.** Associação entre estado nutricional e aptidão física relacionada à saúde em crianças. *Brazilian Journal of Physical Education*, v. 24, p. 433-441, 2013.
63. ASSUNCAO, W. A. C.; **PRADO, W. L.**; OLIVEIRA, L. M. F. T.; FALCAO, A. P. S. T.; COSTA, M. C.; GUIMARAES, F. J. S. P. Comportamento da gordura abdominal em mulheres com avanço da idade. *Brazilian Journal of Physical Education (UEM. Online)*, v. 24, p. 287-294, 2013.
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65. LIRA, C. T. C.; CARDOSO JUNIOR, C. G.; GOMES, P. P.; TENORIO, T. R. S.; LOFRANO-PRADO, M. C.; FERREIRA, M. N. L.; **PRADO, W. L.** Efeitos de diferentes intensidades de treinamento aeróbico sobre a lipemia de adolescentes obesos. *Revista Brasileira de Atividade Física e Saúde*, v. 18, p. 761-770, 2013.
66. FARAH, B. Q.; BERENQUER, M. F.; **PRADO, W. L.**; CARDOSO JUNIOR, C. G.; DIAS, R. M. R. Efeito do exercício físico na pressão arterial de adolescentes com obesidade: revisão sistemática. *Revista Paulista de Pediatria (Impresso)*, v. 30, p. 600-607, 2012.
67. LOFRANO-PRADO, M. C.; HILL, J. O.; SILVA, H. J. G.; FREITAS, C. R. F.; LOPES-DE-SOUZA, S.; LINS, T. A.; **PRADO, W. L.** Acute effects of aerobic exercise on mood and hunger feelings in male obese adolescents: a crossover study. *The International Journal of Behavioural Nutrition and Physical Activity (Online)*, v. 9, p. 38, 2012.
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91. **PRADO, W.L.**; BOTERO, J. P.; GUERRA, R.L.F.; RODRIGUES, C. L.; CUVELLO, L. C.; DÂMASO, A. R. Perfil antropométrico e ingestão de macronutrientes em atletas profissionais brasileiros de futebol, de acordo com suas posições. *Revista Brasileira de Medicina do Esporte*, v. 12, n.2, p. 61-65, 2006.

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93. TOCK, L.; **PRADO, W.L.**; CARANTI, D. A.; CRISTOFALO, D.J.M.; LEDERMAN, H. M.; FISBERG, M.; SIQUEIRA, K. O.; STELLA, S. G.; ANTUNES, H. K.; CINTRA, I. P.; TUFIK, S.; de MELLO, M. T.; DÂMASO, A. R. Nonalcoholic fatty liver disease decreases in obese adolescents after multidisciplinary therapy. *European Journal of Gastroenterology and Hepatology*, v. 18, p. 1241-1245, 2006.

## **GRANTS FUNDED (USA)**

### **CUSB Center and Institutes Seed Grant (Office of Academic Research)**

Project: Center for Health Equity: Combating the obesity epidemic among adolescents.

Date: 2022/2023

Total direct costs: \$13,000

Role on Project: Principal Investigator

### **OSR Faculty/Student Grant. Office of Student Research (OSR)**

Date: 2021/2022

Project: Physical Fitness and Academic Performance in College Students: Is this the missing link in learning inequalities?

Total direct costs: \$1,500

Role on Project: Principal Investigator

### **JHBC Dean's Teaching Innovation Grant Proposal**

Date: 2021/2022

Project: CSUSB's First Virtual Reality Course: Exercise Physiologist Certification Preparatory Course

Total direct costs: \$20,000

Role on Project: Principal Investigator

### **National Institutes of Health (NIH) - BRESE Scholar Program.**

Date: 2020 / 2022

Total direct costs: \$12,000

Role on Project: Principal Investigator

### **OSR Faculty/Student Grant. Office of Student Research (OSR)**

Date: 2019/2020

Project: *The Effects of High Intensity Interval Exercise on Energy Intake in People with Obesity*

Total direct costs: \$1,500

Role on Project: Principal Investigator

## **GRANTS NOT FUNDED (USA)**

### **National Institute of Health (NIH)**

Mechanism: Academic Research Enhancement Award for undergraduate-Focused Institutions (R15) Title: Development of an extended-reality (XR) based intervention to treat adolescent obesity. 2021.

Total direct costs: \$250,000

Role on Project: Principal Investigator

## **GRANTS FUNDED (BRAZIL)**

|  |                 |           |
|--|-----------------|-----------|
| São Paulo Research Foundation (Fapesp)<br>Effects of isometric handgrip training in cardiovascular<br>parameters of peripheral artery disease patients<br>Total direct cost: \$55,000<br>Role on Project: Investigator                               | Ritti-Dias (PI) | 2016-2018 |
| São Paulo Research Foundation (Fapesp)<br>Effectiveness of a school-based multidisciplinary lifestyle<br>intervention in adolescents with overweight<br>Total direct costs: \$ 50,000<br>Role on Project: Co-Principal Investigator                  | Saway (PI)      | 2015-2018 |
| Brazilian Funding Agency for Studies and Research (FINEP)<br>Improvements on Health Science research facilities<br>Total direct costs: \$ 300,000<br>Role on Project: Member   | Colares (PI)    | 2013-2016 |
| State Funding Agency of Pernambuco (FACEPE)<br>Effects of different exercise training intensities on health-related<br>parameters in adolescents with obesity<br>Total direct costs: \$ 25,000<br>Role on Project: Principal Investigator            | Prado (PI)      | 2013-2015 |
| Brazilian Funding Agency for Studies and Research (FINEP)<br>Improvements on Health Science research facilities<br>Total direct costs: \$ 200,000<br>Role on Project: Member   | Colares (PI)    | 2009-2013 |
| State Funding Agency of Pernambuco (FACEPE)<br>Young Investigator Grant<br>Total direct costs: \$ 28,000<br>Role on Project: Principal Investigator  | Prado (PI)      | 2009-2012 |
| Brazilian Council for Scientific and Technological Development<br>(CNPq)<br>Effects of different exercise intensities on orexigenic and<br>anorexigenic factors in youth.<br>Total direct costs: \$75,000<br>Role on Project: Principal Investigator | Prado (PI)      | 2009-2012 |

## **HONORS AND AWARDS**

|                    |  |
|--------------------|--|
| <b>2014 – 2016</b> | Scholarship for High Productivity Researchers<br>National Council for Scientific and Technological Development, Brazil<br>The Brazilian Ministry of Science and Technology |
| <b>2011 – 2013</b> | Scholarship for High Productivity Researchers<br>National Council for Scientific and Technological Development, Brazil<br>The Brazilian Ministry of Science and Technology |
| <b>2008</b>        | Young Professor Award<br>University of Pernambuco  |

## **PROFESSIONAL MEMBERSHIPS**

**2009 – Present** Brazilian Society of Physical Activity and Health

**2012 – Present** American College of Sports Medicine

**2010 – Present** The Obesity Society

## **PROFESSIONAL POSITIONS AND EXPERIENCE**

- 2021 - 2024** American College of Sports Medicine.  
Member of the Strategic Health Initiative – Obesity (SHI-obesity) committee
- 2021 - present** Member of the CSUSB's Center for Health Equity (CHE).  
California State University San Bernardino, California, USA
- 2021 - present** Member of the Faculty Professional Development Coordinating Committee (FPDCC).  
California State University San Bernardino, California, USA
- 2019 - 2021** Member of the core leadership team for the College of Natural Sciences' proposal to the Howard Hughes Medical Institute's Inclusive Excellence program.  
California State University San Bernardino, California, USA
- 2014 - 2019** Vice-President of the Search Committee  
Federal University of São Paulo, Santos, Brazil
- 2014 - 2019** Member of the Internship Committee  
Federal University of São Paulo, Santos, Brazil
- 2016 - 2019** Member of Scientific Committee  
Centre for Nutritional Recovery and Education (CREN), São Paulo, Brazil
- 2016 - 2019** Member of Undergraduation Curriculum Committee  
Federal University of São Paulo, Santos, Brazil
- 2013 and 2017** Member of the National Committee for Graduation Program Evaluation  
Brazilian Ministry of Education
- 2013 - Present** Member of the National Committee for New Graduation Program  
Brazilian Ministry of Education
- 2012 – 2014** Board Member of the Health Science Committee  
State Funding Agency of Pernambuco (FACEPE), Recife, Brazil
- 2012** Member of the Associate Professor Rank  
University of Pernambuco, Recife, Brazil
- 2008 - 2011** Vice-coordinator of Graduation - Physical Education Department  
University of Pernambuco, Recife, Brazil
- 2004** Athletic Trainer

Niigata Albirex Soccer Team  
Niigata, Japan

**2001** Athletic Trainer  
Santo André Sport Club (Soccer)  
São Paulo, Brazil

**1999-2001** Personal Trainer  
Bioritmo Gym  
São Paulo, Brazil

## **TEACHING EXPERIENCE**

### **Graduate Programs**

Research Methods  
Advanced Research Methods on Exercise in Health and Disease  
Exercise Physiology and Human Performance  
Human Movement Epistemology  
Sports Nutrition

### **Undergraduate Courses**

Exercise Physiology  
Exercise and Chronic Diseases  
Physical Activity and Health  
Research Methods  
Sports Nutrition  
Exercise Prescription  
Health Education  
Exercise testing and Prescription  
Sports with Rackets

## **MENTORING EXPERIENCE**

### **Doctoral Students**

**2014 - 2018** Thiago R.S. Tenório. Effects of self-selected exercise intensity on adherence and health-related outcomes in adolescents with obesity: a randomized clinical trial. PhD in Physical Education. Pernambuco University. Recife, Brazil.

**2017 - 2020** Adriana Lambertucci. Effects of life style interventions on eating behavior and energy intake in adolescents with obesity: a randomized clinical trial. PhD in Nutrition. Federal University of São Paulo. São Paulo, Brazil.

**2014 - 2018** Carla C.A. Almeida. Associations between unhealthy behavior, physical activity and academic performance index in elementary public schools' students from Pernambuco/Brazil. PhD in Physical Education. Pernambuco University. Recife, Brazil.

**2013 - 2016** Yara L. Fidelix. Effects of exercise intensity on psychological outcomes in adolescents with obesity: a randomized clinical trial. PhD in Physical Education. Pernambuco University. Recife, Brazil.

## **Master Students**

- 2016 - Present** Carlos Eduardo da Silva. Effects of a multi-component school-based intervention on body composition in low-income children. Master in Nutrition. Federal University of São Paulo. São Paulo, Brazil.
- 2016 - Present** Adriana G. Botero. Association between academic performance with weight status in school age children. Master in Health Science. Federal University of São Paulo. São Paulo, Brazil.
- 2016 -2018** Caio O. Terra. Effects of High Intensity Interval Training on physical and mental health and behavior changes in young adults with obesity. Master in Health Science. Federal University of São Paulo. São Paulo, Brazil.
- 2014 - 2016** Camila Tenório Calazans de Lira. Effects of exercise intensity on hepatic damage related-factors in adolescents with obesity submitted to a multidisciplinary intervention. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2014 - 2016** Priscyla Praxedes Gomes. Effects of exercise intensity on body composition in adolescents with obesity: A randomized Clinical Trial. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2013 - 2015** Camila R. M. Freitas. Effects of exercise intensity on quality of life in adolescents with obesity submitted to a multidisciplinary intervention. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2013 - 2015** Daniel Calado Brito. Multidisciplinary intervention and obesity: a follow-up study in adolescents. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2012 - 2014** Thiago Ricardo dos Santos Tenório. Effects of exercise intensity on biomarkers related to inflammation and endothelial dysfunction in adolescents with obesity submitted to a multidisciplinary intervention. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2010 - 2012** Humberto José Gomes da Silva. High intensity training improves health-related risk factors in adolescents with obesity. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2010 - 2012** Carla C.A. Almeida. Association between nutritional status, academic performance and physical fitness in students. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2010 - 2012** Rodrigo Ramalho Aniceto. Circuit and traditional weight training methods induces similar effects on energy expenditure. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2009 - 2011** Pedro R. Silva Neves. Effects of different exercise intensities on pro and anti-inflammatory cytokines in physically active men. Master in Physical Education. Pernambuco University. Recife, Brazil.
- 2009 - 2011** Tatiana Acioli Lins. Effects of different exercise intensities on pro and anti-inflammatory cytokines in physically active men. Master in Physical Education. Pernambuco University. Recife, Brazil.

## **Undergraduate students**

- 2008 - 2017** Academic Advisory - Specialization Courses 4 students  
Academic Advisory – BSc Conclusion Paper 55 student  
Academic Advisory – BSc initial research project 14 students