

CURRICULUM VITAE

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Work Address

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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

- Associate Professor
Department of Kinesiology
Cal State University San Bernardino, San Bernardino, USA
2019-current
- 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

WEB-OF-SCIENCE (ISI) – Publications: 68; Total Times Cited: 1,224; H-index 19

SCOPUS - Publications: 74; Total Times Cited: 1466; H-index 22

GOOGLE SCHOLAR – Total Times Cited: 3487; H-index 31

Published Papers in Indexed Peer-reviewed journal (N= 99)

1. SANTANA C. C. A, BARROS MVG, MEDEIROS FRC, RANGEL JÚNIOR JFLB, CANTIERI FP, ALARCON D, **PRADO WL**. Does Physical Fitness Relate to Academic Achievement in High School Students? *J Phys Act Health*. 2023 3;20(11):1018-1026.
2. **PRADO WL**, JOSEPHSON S, COSENTINO RG, CHURILLA JR, HOSSAIN J, BALAGOPAL PB. Preliminary evidence of glycine as a biomarker of cardiovascular disease risk in children with obesity. *Int J Obes*. 2023 47(10):1023-1026.
3. JEBEILE H, LISTER NB, LIBESMAN S, HUNTER KE, MCMASTER CM, JOHNSON BJ, BAUR LA, PAXTON SJ, GARNETT SP, AHERN AL, WILFLEY DE, MAGUIRE S, SAINSBURY A, STEINBECK K, ASKIE L, BRAET C, HILL AJ, NICHOLLS D, JONES RA, DAMMERY G, GRUNSEIT AM, COOPER K, KYLE TK, HEEREN FA, QUIGLEY F, BARNES RD, BEAN MK, BEAULIEU K, BONHAM M, BOUTELLE KN, BRANCO BHM, CALUGI S, CARDEL MI, CARPENTER K, CHENG HL, DALLE GRAVE R, DANIELSEN YS, DEMARZO M, DORDEVIC A, EICHEN DM, GOLDSCHMIDT AB, HILBERT A, HOUBEN K, LOFRANO DO PRADO M, MARTIN CK, MCTIERNAN A, MENSINGER JL, PACANOWSKI C, **PRADO WL**, RAMALHO SM, RAYNOR HA, RIEGER E, ROBINSON E, SALVO V, SHERWOOD NE, SIMPSON SA, SKJAKODEGARD HF, SMITH E, PARTRIDGE S, TANOFKY-KRAFF M, TAYLOR RW, VAN EYCK A, VARADY KA, VIDMAR AP, WHITELOCK V, YANOVSKI J, SEIDLER AL; Eating Disorders In weight-related Therapy (EDIT) Collaboration. Eating disorders in weight-related therapy (EDIT): Protocol for a systematic review with individual participant data meta-analysis of eating disorder risk in behavioral weight management. *PLoS One*. 2023 10;18(7):e0282401.
4. CHRISTOFARO DGD, TEBAR WR, DA SILVA GCR, LOFRANO-PRADO MC, BOTERO JP, CUCATO GG, MALIK N, HOLLAND K, CORREIA MA, RITTI-DIAS RM, **PRADO WL**. Anxiety is more related to inadequate eating habits in inactive than in physically active adults during COVID-19 quarantine. *Clin Nutr ESPEN* 2022.
5. SILVA DTC, **PRADO WL**, CUCATO GG, CORREIA MA, RITTI-DIAS RM, LOFRANO-PRADO MC, TEBAR WR, CHRISTOFARO DGD. Impact of COVID-19 pandemic on physical activity level and screen time is associated with decreased mental health in Brazilian adults: A cross-sectional epidemiological study. *Psychiatry Res*. 2022 Aug;314:114657.
6. 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.

7. 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. *Sleep Sci* 2022;15(1):156-163.
8. 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.
9. 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.
10. 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.
11. **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.
12. 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.
13. 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*. 2022 Dec;93(4):659-669
14. 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 randomized controlled intervention study. *The Journal of Clinical Endocrinology& Metabolism*, 2021. 21;106(11):3129-3139.
15. 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.
16. 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.
17. 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.

18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. RODRIGUES HF, **PRADO WL**, LAMBERTUCCI RH, PRINCE W, BOTERO JP. Effects of Water Strength Training on Muscle Fitness and Functional Capacity in Older Adult Women. *Ciência em Movimento - Reabilitação e Saúde - 2021/2*, n. 48, v.23.
24. 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.
25. RIGOLIN, L; **PRADO WL**. A new protocol for reopening Soccer Schools in Brazil. *Rev Bras Ativ Fís Saúde*;25:e0121; 2020.
26. 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.
27. 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.
28. 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.
29. 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.

30. 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.
31. 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.
32. 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.
33. 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.
34. 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.
35. 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.
36. 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.
37. 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.
38. 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.
39. 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.
40. 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.

41. 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.
42. 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.
43. 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.
44. 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.
45. 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.
46. 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.
47. 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.
48. 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.
49. **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.
50. 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.
51. 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.
52. 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.
53. 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.

54. 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.
55. 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.
56. 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.
57. 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.
58. **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.
59. 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.
60. 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.
61. 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.
62. 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.
63. 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.
64. 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.
65. MADUREIRA, T. B. S.; FARAH, B. Q.; SANTOS, M. A. M.; BERENGUER, 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.

66. BOTERO, J. P.; SHIGUEMOTO, G. E.; PRESTES, J.; MARIN, C. T.; **PRADO, W. L.**; PONTES, C. S.; GUERRA, R.L.F.; FERREIRA, 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.
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98. DÂMASO, A. R.; TOCK, L.; TUFIK, S.; **PRADO, W.L.**; STELLA, S. G.; FISBERG, M.; CINTRA, I. P.; CARANTI, D. A.; SIQUEIRA, K. O.; NASCIMENTO, C. M. O.; OYAMA, L. M.; LEDERMAN, H. M.; CRISTOFALO, D.J.M.; ANTUNES, H. K.; MARTINEZ, A.C.; SANTOS, L. C.; de MELLO, M. T. Tratamento multidisciplinar reduz o tecido adiposo visceral, leptina, grelina e a prevalência de esteatose hepática não alcoólica (NAFLD) em adolescentes obesos. *Revista Brasileira de Medicina do Esporte*, v. 12, p. 1-4, 2006.
99. 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)

CSUSB Community-Based Participatory Research (CBPR) Mini-Grant Award (Office of Community Engagement)

Project: CSUSB's Youth Weight Management Program

Date: 2023/2024

Total direct costs: \$5,000

Role on Project: Principal Investigator

CSUSB 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 IN PREPARATION (USA – to be submitted)

Spencer Foundation

Mechanism: Large Grant

Project: 5th gear Project: Development and implementation of an energy balance course on 5th grade curriculum, aiming to prevent and/or reduce obesity in children. 2024.

Total direct costs: \$500,000.00

Role on Project: Principal Investigator

National Institute of Health (NIH)

Mechanism: Academic Research Enhancement Award for undergraduate-Focused Institutions (R15)

Project: 5th gear Project: Development and implementation of an energy balance course on 5th grade curriculum, aiming to prevent and/or reduce obesity in children. 2024.

Total direct costs: \$250,000

Role on Project: Principal Investigator

Trasher Research Foundation

Mechanism: E.W. "Al" Thrasher Awards

Project: Effects of different exercise modes and intensity on liver biomarkers in children with obesity and NAFLD. 2024.

Total direct costs: \$370,000.00

Role on Project: Principal Investigator

GRANTS NOT FUNDED (USA)**American Heart Association (AHA)**

Mechanism: 2024 AHA Institutional Research Enhancement Award (AIREA)

Project: Amino acids as potential new biomarkers of cardiovascular risk factor in adolescents with obesity. 2024

Total direct costs: \$145,944.00

Role on Project: Principal Investigator

National Institute of Health (NIH)

Mechanism: Small Grant Program (R03)

Project: Development of an adolescent-centered extended-reality (XR) based intervention to treat obesity in an underrepresented population. 2024

Total direct costs: \$147,000.00

Role on Project: Principal Investigator

Spencer Foundation

Mechanism: Small Grant

Project: Promoting STEM learning with culturally responsive, virtual reality-enhanced experiential learning. 2023.

Total direct costs: \$56,502.18

Role on Project: Principal Investigator

National Science Foundation (NSF)

Mechanism: Collaborative Research: NSF Convergence Accelerator Track H.

Project: Broadening Opportunities for Learners with Disabilities through Universal Design for Learning in Virtual Reality (BOLD UDL VR). 2022

Role on Project: Senior Personal

National Institute of Health (NIH)

Mechanism: Academic Research Enhancement Award for undergraduate-Focused Institutions (R15) Resubmission.

Project: Development of adolescent-centered life-style intervention to treat obesity in underrepresented population. 2022.

Total direct costs: \$299,996.00

Role on Project: Principal Investigator

National Institute of Health (NIH)

Mechanism: Academic Research Enhancement Award for undergraduate-Focused Institutions (R15)

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

HONORS AND AWARDS

2020	Presidential Award International Organization for Health, Sports, and Kinesiology (IOHSK).
2014 – 2016	Scholarship for High Productivity Researchers National Council for Scientific and Technological Development, Brazil The Brazilian Ministry of Science and Technology
2011 – 2013	Scholarship for High Productivity Researchers National Council for Scientific and Technological Development, Brazil The Brazilian Ministry of Science and Technology

2008 Young Professor Award
University of Pernambuco

PROFESSIONAL MEMBERSHIPS

2009 – Present Brazilian Society of Physical Activity and Health

2010 – Present The Obesity Society

2012 – Present American College of Sports Medicine

2023 – Present American Heart Association

PROFESSIONAL POSITIONS AND EXPERIENCE

2023 -2025 Member of the CSUSB's Strategic Plan Implementation Committee.
California State University San Bernardino, California, USA

2021 - 2024 American College of Sports Medicine.
Member of the Strategic Health Initiative – Obesity (SHI-obesity) committee

2022 -2023 Member of the CSUSB's Strategic Plan Development Committee.
California State University San Bernardino, California, USA

2021 - present Member of the CSUSB's Center for Health Equity (CHE).
California State University San Bernardino, California, USA

2021 - 2022 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 - 2018 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
Exercise in Health and Disease
Human Movement Epistemology
Sports Nutrition

Undergraduate Courses

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

MENTORING

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 - 2018 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 - 2018 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 (research assistants)

Morgan Martin, undergraduate student, B.S. Kinesiology
 Jared Ingles, undergraduate student, B.S. Kinesiology
 Julia Ruiz, undergraduate student, B.S. Kinesiology
 Michael Torres, undergraduate student, B.S. Kinesiology
 Daniela Alarcon, undergraduate student, B.S. Kinesiology
 Daniela Diaz Flores, undergraduate student, B.S. Kinesiology
 Merriane Grubbs, undergraduate student, B.S. Nutrition and Food Science
 Kristina Hollands, undergraduate student, B.S. Kinesiology
 Grace Shumate, undergraduate student, B.S. Kinesiology
 Auguste Torres, undergraduate student, B.S. Kinesiology
 William Prince, undergraduate student, B.S. Kinesiology
 Brianna Hernandez, undergraduate student, B.S. Kinesiology
 Sarah Shumate, undergraduate student, B.S. Music

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