

## Moacir Marocolo Júnior



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Professor of the Department of Physiology of the Federal University of Juiz de Fora and coordinator of the Post-Graduation Program in Physical Education UFJF / UFV. He has a PhD in Physiology from the Federal University of Rio de Janeiro, Brazil, and a PhD and Postdoctoral degree from the Sports University of Germany. He is a master's and doctoral advisor of the post-graduation program in Physical Education (UFV-UFJF). He teaches and researches in the areas of Human Physiology and Exercise, Strategies for improving sport performance, Cardiovascular Physiology and Anabolic Steroids, Human Performance, Biomechanics and Combat Sports. **(Text informed by the author)**

## Identification

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Moacir Marocolo Júnior	<b>Name</b>
	<b>Name in bibliographic citations</b>
MAROCOLO, M., JÚNIOR, MM, MAROCOLO JR, M., MAROCOLO JÚNIOR, M., MAROCOLO JÚNIOR, MOACIR, MAROCOLO, MOACIR, JUNIOR, MOACIR	

## Address

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Federal University of Juiz de Fora, Institute of Biological Sciences, Department of Physiology. Federal University of Juiz de Fora (Campus UFJF) São Pedro 36036900 - Juiz de Fora, MG - Brazil Phone: (32) 21023211 URL of the Homepage: <a href="http://www.ufjf.br/fisiologia">http://www.ufjf.br/fisiologia</a>	<b>Professional address</b>
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## Academic graduation / title

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Doctorate in Sportwissenschaft. Deutsche Sporthochschule Köln, DSHS, Germany. Title: Ischemic Preconditioning as a Measure to Enhance Performance in Sports, Year of production: 2016. Advisor: Hans-Joachim Appell Coriolano.	<b>2014 - 2016</b>
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Keywords: sport performance; Exercise training; Physical conditioning.  
Major Area: Health Sciences

**2005 - 2010**

PhD in Biological Sciences (Physiology) (CAPES Concept 7).  
Federal University of Rio de Janeiro, UFRJ, Brazil.

Title: Electrical remodeling in hearts of rats treated with anabolic steroids, Year of production: 2010.

Advisor:  José Hamilton Matheus Nascimento.

Coorientator: Emiliano Medei.

Keywords: Electrophysiology; Ion Channels; Aerobic Training; Anabolic Steroid; Electrocardiography.

Major Area: Biological Sciences

Area: Biological Sciences / Area: Physiology / Subarea: Fisiologia Comparada.

Major Area: Health Sciences / Área: Physical Education / Subarea: Fisiologia Cardiovascular.

Sectors of activity: Research and scientific development; Health Care for People; Development of Technology Products for Human Health.

**2003 - 2005**

Master in Biomedical Engineering (CAPES Concept 6).

Federal University of Rio de Janeiro, UFRJ, Brazil.

Title: High-resolution electrocardiogram parameters are predictors of aerobic physical conditioning, Year of Obtainment: 2005.

Advisor:  Jurandir Nadal.

Scholarship holder: Coordination for the Improvement of Higher Education Personnel, CAPES, Brazil.

Keywords: High resolution electrocardiogram; Biological signal processing; Cardiovascular physiology; Aerobic Physical Conditioning; Ventricular Activation Energy; Background Runners.

Major

Area: Engineering Area: Biomedical Engineering / Subarea: Biological Signals Processing / Specialty: Aerobic Training and Ventricular Activation.

Major Area: Engineering / Area: Biomedical Engineering / Subarea: Biological Signal Processing / Specialty: Cardiac Electrophysiology.

Sectors of activity: Health Care for People; Health Care for Human Populations; Development of Technology Products for Human Health.

**2002 - 2003**

Specialization in Sports Training. (Hourly Charge: 360h).

Gama Filho University, UGF, Brazil.

Title: Analysis of the correlation between the Fitness test Ownindex - Polar ® protocol for prediction of VO<sub>2</sub>max and ergospirometry (article).

Advisor: Jorge Roberto Perrout de Lima.

**1998 - 2002**

Graduation in Physical Education.

Federal University of Juiz de Fora, UFJF, Brazil.

Title: ANALYSIS OF STRENGTH-TIME CURVES OBTAINED IN ISOMETRIC MUSCLE EFFORT TESTS.

Advisor: José Marques Novo Júnior.

Scholarship holder of: National Council of Scientific and Technological Development, CNPq, Brazil.

**1995 - 1997**

High School (2nd grade).

COLEGIO SANTA CATARINA, CSC, Brazil.

**1987-1994**

Elementary School (1st grade).

COLEGIO SANTA CATARINA, CSC, Brazil.

## Post doctoral

**2014 - 2015**

Post doctoral.  
 German Sporthochschule Koln, DSHS, Germany.  
 Scholarship holder: Coordination for the Improvement of Higher Education Personnel, CAPES, Brazil.  
 Major Area: Health Sciences  
 Area: Health Sciences / Área: Physical Education.  
 Major Area: Biological Sciences / Area: Physiology / Subarea: Physiology.

## Complementary Training

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	<b>2012 - 2012</b>
Modulatory effect of exercise on sist. immune. (Hours: 3 hours). Federation of Societies of Experimental Biology, FeSBE, Brazil.	
	<b>2007 - 2007</b>
University Extension in Nutrition, Myths and Evidence of Exercise. and sports. (Workload: 20h). President Antonio Carlos University, UNIPAC, Brazil.	
	<b>2001 - 2007</b>
First Proficiency Course in English. Wizard, WIZARD, Brazil.	
	<b>2005 - 2005</b>
Meeting on didactics. (Hours: 4 hours). Faculdade Estácio de Sá Juiz de Fora, FESJF, Brazil.	
	<b>2004 - 2004</b>
University Extension in Clinic of Initiation in Athletics. (Hours: 40h). Brazilian Confederation of Athletics, CBAT, Brazil.	
	<b>2004 - 2004</b>
Special Topics in Anthropometry. (Hours: 3 hours). Federal University of Viçosa, UFV, Brazil.	
	<b>2004 - 2004</b>
Basic Arbitration Course In Athletics. (Hours: 40h). Federation of Athletics, FMA, Brazil.	
	<b>2001 - 2004</b>
University Extension at First Proficiency Course. (Hours: 700h). Wizard, WIZARD, Brazil.	
	<b>2002 - 2002</b>
University Extension in Gymnastics Academy. Regional Council of Physical Education, CREF-6 *, Brazil.	
	<b>2002 - 2002</b>
University Extension in Indoor Cycling. (Workload: 20h). Regional Council of Physical Education, CREF-6 *, Brazil.	
	<b>2002 - 2002</b>
University Extension in Sports Training Course. (Hours: 40h). Form and Fitness, FORM AND FIT, Brazil.	
	<b>2002 - 2002</b>
Periodization of Force Training. (Hourly load: 2h). Federal University of Juiz de Fora, UFJF, Brazil.	
	<b>2002 - 2002</b>
VIII Conference of Municipal Education. (Hours: 36h). City of Juiz de Fora, PJF, Brazil.	
	<b>2002 - 2002</b>
Basic Arbitration of Athletics. (Hours: 40h). Federation of Athletics, FMA, Brazil.	
	<b>2001 - 2001</b>

University Extension in Psychophysiological Aspects of Oriented Activity.  
Federal University of Juiz de Fora, UFJF, Brazil.

**2001 - 2001**

University Extension in Physiology Applied to Exercise. (Hours: 40h).  
Federal University of Juiz de Fora, UFJF, Brazil.

**2001 - 2001**

Seminar on Sports Legislation. (Hours: 15h).  
Instituto Viana Júnior, IVJ, Brazil.

**2001 - 2001**

Seminar on Sports Legislation. (Hours: 15h).  
Instituto Viana Júnior, IVJ, Brazil.

**2000-2000**

University Extension in Training Methodology in Gymnastics Academy. (Hours: 40h).  
Academia Olímpia, ACADEMIA, Brazil.

**2000-2000**

University Extension in Prescription of Physical Activities. (Hours: 40h).  
Federal University of Juiz de Fora, UFJF, Brazil.

**2000-2000**

Organization of Sports Competitions. (Hourly load: 2 hours).  
Federal University of Juiz de Fora, UFJF, Brazil.

**1999 - 1999**

AR Southeast Swimming Arbitrage Clinic. (Hours: 9 am).  
Mineira Aquatic Federation, FAM, Brazil.

## Professional performance

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**Federal University of Juiz de Fora, UFJF, Brazil.**

**institutional bond**

**2015 - Present**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 40, Exclusive Dedication.

**Other information**

Disciplines Physiology I - Physical Education Medical Physiology III Physiology applied to Nursing Medical Biophysics  
Performance Physiology Ergogenic Resources

**institutional bond**

**2015 - Present**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 8

**Activities**

**09/2017 - Current**

Direction and administration, Institute of Biological Sciences, Department of Physiology.

Position or function Head of the Department of Physiology.	<b>01/2017 - Current</b>
Teaching, Abi - Physical Education, Degree: Graduation	
Disciplines taught Physiology I - Physical Education Medical Physiology III	<b>01/2017 - Current</b>
Teaching, Graduate Program in Physical Education, Level: Post-Graduation	
Disciplines taught Performance Physiology Ergogenic Resources	<b>11/2015 - Current</b>
Research and development, Institute of Biological Sciences, Department of Physiology.	
Research lines Effect of ischemic preconditioning on physical performance Effect of exercise and intermittent fasting on physical performance	<b>11/2015 - Current</b>
Research and development, Institute of Biological Sciences, Department of Physiology.	
Research lines Effects of anabolic steroids on the cardiovascular system	<b>11/2015 - Current</b>
Teaching, Medicine, Degree: Graduation	
Disciplines taught Physiology III	<b>11/2015 - Current</b>
Councils, Commissions and Consulting, Institute of Biological Sciences, Department of Physiology.	
Position or function Collegiate Department.	<b>11/2015 - 12/2016</b>
Teaching, Nursing, Degree: Undergraduate	
Disciplines taught Physiology Applied to Nursing	<b>11/2015 - 12/2016</b>
Teaching, Medicine, Degree: Graduation	

Disciplines taught  
Medical Biophysics

**10/1999 - 09/2000**

Other technical-scientific activities, Faculty of Physical Education and Sports, Faculty of Physical Education and Sports.

Activity carried out  
Monitoring the Discipline Kinesiology.

**11/1998 - 03/1999**

Other technical-scientific activities, Institute of Biological Sciences, Institute of Biological Sciences.

Activity carried out  
Monitoring the Disciplines Anatomy VI and Anatomy VI-Practice.

**Federal University of Triângulo Mineiro, UFTM, Brazil.**

**institutional bond**

**2014 - 2015**

Type of contract:, Job Function: Associate Professor III, Exclusive Dedication.

**institutional bond**

**2012 - 2014**

Type of contract: Government Employee, Functional Placement:, Exclusive Dedication.

**institutional bond**

**2010 - 2012**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 40, Exclusive Dedication.

**institutional bond**

**2010 - 2010**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 40, Exclusive Dedication.

**Activities**

**03/2011 - Current**

Teaching, Physical Education, Level: Post-Graduation

Disciplines taught  
Cardiovascular Changes of Training - 60h  
Biodynamic Aspects of Performance - 30h  
Bases of Biodynamics - 60h

Stage of Disease in Physical Education - 45h  
Individual Studies and Research Practice - 30h  
Advanced Seminars - 30h

**03/2011 - 11/2015**

University Extension, Physical Education Course,.

Extension activity carried out  
University Extension Project - Fights.

**02/2010 - 11/2015**

Teaching, Physical Education, Level: Undergraduate

Disciplines taught  
Biomechanics - 60h  
Biomechanics of Strength Training - 60h  
Kinesiology - 60h  
Handball - 60h  
Planning and Evaluation of Health Services and Systems - 45h  
Personalized Training - 60h

**12/2012 - 10/2014**

Direction and administration, Masters Program in Physical Education - Sport and Exercise,.

Position or function  
Substitute Coordinator of the Masters Program in Physical Education.

**03/2011 - 10/2014**

Teaching, Multiprofessional Integrated Residency in Health, Level: Specialization

Disciplines taught  
Tutor of the Multiprofessional Integrated Residency Program in Health Area of Concentration: Health of the Elderly

**03/2011 - 02/2012**

Teaching, Multiprofessional Integrated Residency in Health, Level: Specialization

Disciplines taught  
Tutor of the Multiprofessional Integrated Residency Program in Health Area of Concentration Adult Health

**11/2010 - 12/2011**

Direction and administration, Department of Sports Sciences,.

Position or function  
Substitute Coordinator of the Department of Sports Sciences.

**President Antonio Carlos University, UNIPAC, Brazil.**

**institutional bond**

**2007 - 2010**

Type of contract: Contratado, Functional Placement:, Credit Hours: 40

**Other information**

Coordinator of Physical Education Course UNIPAC / CAMPUS I

**institutional bond**

**2005 - 2010**

Type of contract: Celetista formal, Functional Placement:, Credit Hours: 12

**Activities**

**02/2008 - 12/2009**

Teaching, Physical Therapy, Level: Undergraduate

Disciplines taught

Scientific Research Methodology - 40 hours

**02/2007 - 12/2009**

Teaching, Physical Education, Level: Undergraduate

Disciplines taught

Physical Activity and Health Quality of Life - 40h

Assessment and Prescription of High Performance Exercises - 80 h

Biomechanics - 40 h

Introduction to Physical Education - 60 h

Methodology of Scientific Research and Oral Presentation Techniques - 40 h

Special Topics in Physical Education II (Personal Training) - 40 h

Special Topics in Physical Education I (TCC) - 40 h

**08/2005 - 12/2009**

Teaching, Physical Education, Level: Undergraduate

Disciplines taught

Martial Arts - 40h

Martial Arts - 80h

Kinesiology - 80h

Physiology of Exercise II - 60h

Measurements and Assessment- 60h

**08/2007 - 01/2008**

Stages, Department of Physical Education,.

Internship

Supervised Internship - Rehabilitation Programs (60 hours) / Supervised Internship - Academic Activity (100 hours).

**08/2007 - 01/2008**

Stages, Faculty of Health Sciences of Barbacena - FASAB,.

Supervised Stage of Teaching - Organization and Management of Sporting Events (80 hours).

**02/2007 - 01/2008**

Direction and administration, FASAB - Coordination of the Physical Education Course,.

Position or function

Coordinator of the Physical Education Course - Degree and Full Degree.

**Faculdade Estácio de Sá Juiz de Fora, FESJF, Brazil.**

**institutional bond**

**2005 - 2008**

Type of contract: Professor, Functional Placement:, Credit Hours: 10

**Activities**

**08/2005 - 08/2008**

Teaching, Physical Education, Level: Undergraduate

Disciplines taught

Athletics I - 60 hours

Biostatistics - 36 hours

Biomechanics - 72 hours

Fighting Sports - 20 hours

Fighting Sports - 20 hours

Human Physiology - 72 hours

Handball - 54 hours

**Granbery Methodist College, FMG, Brazil.**

**institutional bond**

**2004 - 2006**

Type of contract: Professor, Functional Placement:, Credit Hours: 16

**Activities**

**1/2004 - 7/2006**

Teaching, Physical Education Bachelor's and Bachelor's Degree, Level: Undergraduate

Disciplines taught

Athletics - Training Methodologies 80h

Athletics - Teaching Methodologies 60h

Kinesiology - 80h

Measurements and Evaluation - 80h

**Federal University of Rio de Janeiro, UFRJ, Brazil.**

**institutional bond**

**2007 - 2010**

Type of contract: Colaborator, Functional Placement:

**institutional bond**

**2003 - 2010**

Type of contract: Research, Functional Placement:

**Other information**

Research activities developed in the Biomedical Engineering Program / COPPE - Laboratory of Signal Processing (Master's degree - 03/2003 - 03/2005) and Carlos Chagas Filho Institute of Biophysics / IBCCF - Laboratory of Cardiac Electrophysiology (Doctorate - 08/2005 - 09/2010)

**Body Tech Club, BT, Brazil.**

**institutional bond**

**2003 - 2003**

Type of contract: Professor, Functional Placement:, Credit Hours: 30

**Activities**

**6/2003 - 12/2003**

Teaching,

Disciplines taught

Strength training for seniors

Strength training

Prescription of physical activities

**6/2003 - 12/2003**

Specialized technical services, Private, Copacabana.

Prescribed service of Physical Activities for special groups (3rd Age).

**City of Juiz de Fora, PJF, Brazil.**

**institutional bond**

**2005 - 2006**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 20

**Activities**

2/2005 - 3/2006

Teaching, Elementary, Level: Graduation

Disciplines taught

Physical Education School 1st to 4th grade

Physical Education School 5th to 8th grade

**D Pedro II Tennis Club, CTDPPII, Brazil.**

**institutional bond**

**2000 - 2001**

Type of contract: Other, Functional Placement: Other (Trainee), Credit Hours: 20

**Activities**

**3/2000 - 12/2001**

Stages, Tennis Club D Pedro II,.

Internship completed

Strength Training.

**3/2000 - 12/2001**

Specialized technical services, D Pedro II Tennis Club,.

Service performed

Functional Evaluation and Exercise Prescription.

**3/2000 - 12/2001**

University Extension, D Pedro II Tennis Club,.

Extension activity performed

Strength Training.

**3/2000 - 12/2001**

Other technical-scientific activities, D Pedro II Tennis Club, D Pedro II Tennis Club.

Activity carried out

Research in Biomecance.

**Potenza Academy, POTENZA, Brazil.**

**institutional bond**

**2001 - 2002**

Type of contract: Estagiário, Functional Placement:, Credit Hours: 20

**Activities**

Stages, Potenza Academy,.

**6/2001 - 5/2002**

Internship completed  
Strength Training.

**6/2001 - 5/2002**

University Extension, Potenza Academy,.

Extension activity performed  
Stage - Bodybuilding.

**Almirante Barroso State School, EEAB, Brazil.**

**institutional bond**

**2001 - 2001**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 20

**Activities**

**12/2001 - 12/2001**

Teaching,

Disciplines taught  
Physical Education

**Viviany Anderson Athletic Association, AAVA, Brazil.**

**institutional bond**

**2002 - 2002**

Type of contract: Other, Functional Placement:, Credit Hours: 8

**Activities**

**5/2002 - 12/2002**

Specialized technical services, Private,.

Service performed  
Teaching and Training of Athletics.

**State School Dep Olavo Costa, EEOC, Brazil.**

**institutional bond**

**2001 - 2001**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 10

**Activities**

**12/2001 - 12/2001**

Teaching,

Disciplines taught  
Physical Education

**12/2001 - 12/2001**

Teaching,

Disciplines taught  
Physical Education

**Elpídio Correa Municipal School, EMEI, Brazil.**

**institutional bond**

**2002 - 2002**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 10

**Activities**

**10/2002 - 12/2002**

Teaching,

Disciplines taught  
Physical Education School Children

**Municipal School Father Caetano, EMPC, Brazil.**

**institutional bond**

**2002 - 2002**

Type of contract: Government Employee, Functional Placement:, Credit Hours: 18

**Activities**

8/2002 - 12/2002

Teaching,

Disciplines taught  
Physical Education

### **National Service of Commercial Learning, SENAC, Brazil.**

**institutional bond**

**2001 - 2001**

Type of contract: Instrutor, Functional Placement:, Credit Hours: 20

**Other information**

Taught to Basic Skills, Specific Skills and Management Skills of the Elderly Care Course, with a 60 hour workload.

**Activities**

**11/2001 - 12/2001**

Teaching,

Disciplines taught  
Basic, Specific and Managerial Skills

**6/1999 - 8/1999**

Other technical-scientific activities, National Service of Commercial Learning, National Service of Commercial Learning.

Activity carried out  
Computer course (Introduction to microinformatics, Windows, Word, Excell and Power Point).

## Research lines

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1. Effect of ischemic preconditioning on physical performance
2. Effect of exercise and intermittent fasting on physical performance
3. Effects of anabolic steroids on the cardiovascular system

## research project

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**2017 - Current**

## EFFECTS OF PHYSICAL EXERCISE AND USE OF ANABOLIC STEROIDS ON CARDIOVASCULAR FUNCTION

Our working hypothesis is based on the premise that chronic administration of anabolic steroids (AAS) would influence the mechanism of ventricular repolarization and autonomic cardiac function, which could explain sudden cardiac death events in exercise practitioners and users of EAA. Although the functioning of the cardiovascular system, SNA and repolarization profile have already been described in the literature, its relation with the use of AAS and physical exercise is little known. Thus, knowledge of cardiac electrophysiological remodeling that can occur in situations of abusive use of AAS, usually accompanied by physical training becomes important, since it could be related to sudden death events. A better understanding of the real effects of AAS associated with regular chronic physical exercise and the explanation of the physiological, cellular and molecular mechanisms related to these events is of great importance for the explanation of frequent cases of sudden death in high level athletes of different sports modalities. Objective: To evaluate the effects of the use of AAS and physical training on chronotropic and cardiac autonomic changes in rats submitted to chronic administration of different AAS. Specific Objectives: To evaluate the changes resulting from the chronic administration of different AAS and the effects of physical training on: Body weight, Heart rate and resting blood pressure, Variability of heart rate and blood pressure,

Status: In progress; Nature: Research.

Members: Moacir Marocolo Júnior - Coordinator / NETO, OCTÁVIO BARBOSA - Member / DA MOTA, GUSTAVO RIBEIRO - Member.

**2017 - Current**

## STRATEGIES FOR IMPROVING PHYSICAL PERFORMANCE AND RECOVERY IN DIFFERENT POPULATIONS

Description: Improving human performance and improving the recovery process is important for athletes, but also for other populations. The benefits of regular exercise are improved when performance improves. For example, sedentary people increase their ability to exercise and thus achieve new positive results, adolescents prevent future problems such as obesity and other chronic non-communicable diseases, older people become more independent and obese increase the weight loss. In this way, knowing the variables that affect human performance and its recovery is fundamental. Thus, the overall objective of this project is to evaluate the effects of the application (before and after) of different strategies (isolated and combined) on performance, biomarkers and recovery indicators in different populations, (athletes, sedentary, adolescent, elderly and obese / overweight) of both sexes, submitted to specific physical exercise protocols. The strategies used will be: phototherapy, cryotherapy, ischemic pre- and postconditioning, chromotherapy, use of compression clothing, post-activation potentiation, post-exercise hormone stimulation and active recovery of self-controlled intensity. Each specific population will be analyzed in distinct subprojects, with or without comparison among populations. post-exercise hormone stimulation and active recovery of self-controlled intensity. Each specific population will be analyzed in distinct subprojects, with or without comparison among populations. post-exercise hormone stimulation and active recovery of self-controlled intensity. Each specific population will be analyzed in distinct subprojects, with or without comparison among populations.

Status: In progress; Nature: Research.

Students involved: Undergraduate: (5) / Academic Master: (3).

Members: Moacir Marocolo Júnior - Coordinator / DA MOTA, GUSTAVO RIBEIRO - Member / Rodrigo Hohl - Member / Rhaí André Arriel e Oliveira - Member / Hiago LR Souza - Member / Eduardo Baptista Sansão - Member / IURY SILVA MONTEIRO REIS - Member / MATHEUS BRESSER - Member / AMANDA LIZ DA SILVA DEOTTI - Member / ANA LUÍZA DE CASTRO CARVALHO - Member / Matheus Marques Chaves - Member.

Financier (s): Research Support Foundation of the State of Minas Gerais - Financial aid.

**2013 - 2014**

## EFFECTS OF ISCHEMICAL PRE-CONDITIONING ON PHYSICAL PERFORMANCE

Description: Ischemia represents a period of restricted blood flow and limited availability of oxygen, while reperfusion is characterized as the phase of restoration of blood flow and tissue reoxygenation. Some studies have focused their research on the relationship between ischemic preconditioning and physical exercise involving the use of repeated sessions of ischemia, induced in skeletal muscle, interspersed with periods of reperfusion, through the use of a cuff or tourniquet. The expansion of scientific knowledge on this subject depends, therefore, on investigations that analyze the effect of ischemic preconditioning on activities with different characteristics (predominant metabolism, determinant metabolism, volume, intensity, etc.).

Status: Completed; Nature: Research.

Students involved: Undergraduate: (1) / Academic Masters: (3).

Members: Moacir Marocolo Júnior - Coordinator / Gustavo Ribeiro da Mota - Member.

**2012 - 2014**

#### RESISTITIOUS EXERCISE PERFORMED UNDER REDUCED BLOOD FLOW CONDITION

Description: Resistance exercise causes considerable responses, systemic and local. The acute variables of the resisted exercise program, including: intensity, volume, rest interval, sequence and exercise selection, repetition rate and frequency, dictate the magnitude of these responses. In this context, manipulation of program variables to optimize mechanical, hormonal and metabolic factors (using various intensity / volume schemes) seems to be the most effective way to optimize hypertrophy. However, there are many unanswered questions about resistance training programs in CFSR, ranging from variables with intensity, volume, rest interval, training frequency, and repetition rate.

Status: Completed; Nature: Research.

Students involved: Academic Master: (2).

Members: Moacir Marocolo Júnior - Member / Fábio Lera Orsatti - Coordinator.

Financier (s): Research Support Foundation of the State of Minas Gerais - Financial aid.

**2011 - 2013**

#### INFLUENCE OF ULTRA-ENDURANCE RACE IN THE HEMATOLOGICAL RESPONSE OF AMATEUR ATHLETES

Description: Physical activity affects the competence of the hematological system, but these effects vary according to the time and intensity of physical exercise, and the mechanisms involved have not been fully elucidated. These effects can be mediated through the actions of stress hormones, neuro-endocrine interaction, cytokines, hematological, nutritional factors and decreased levels of circulating glutamine. Moderate-intensity exercise appears to exert a beneficial effect on cells of the immune system, while other reports have observed a decrease in immune resistance. While regular moderate exercise is commonly associated with decreased susceptibility to infections, long-term exhaustive exercise has been associated with transient immunosuppressive symptoms, with increased susceptibility to infections. Strength exercises do not promote alterations in the body of the athletes that are configured as a force-mediated immunosuppression picture. Such a finding is important because it does not increase the likelihood of these individuals contracting any disease mediated by immune system failure. This can be a great strategy as a way of not interrupting physical training during a period of failure of the immune system until its recovery process. However, long-term, high-intensity aerobic exercise is not indicated by the period of failure of the immune system because it increases the risk of new infections. Objectives: To verify changes in body mass during and after the 24-hour ultraendurance race and possible effects of dehydration.

Status: Completed; Nature: Research.

Students involved: Undergraduate: (1) / Academic Master: (1).

Members: Moacir Marocolo Júnior - Coordinator / Gustavo Ribeiro da Mota - Member / Fernando Nazário de Rezende - Member.

**2011 - 2013**

#### EFFECTS OF PHYSICAL EXERCISE AND TREATMENT WITH ANDROGENIC ANABOLIC STEROID ON AUTONOMIC CARDIAC FUNCTION IN RATS

Our working hypothesis is based on the premise that chronic anabolic steroid administration would influence the mechanism of ventricular repolarization and autonomic heart function, which could explain sudden cardiac death events in exercise practitioners and anabolic steroid users. In addition to changes in the electrical activity of the heart, reflected to the surface electrocardiogram, changes in the density of cardiac ionic currents induced by aerobic training have been described in the literature. The process of cardiac electrical remodeling creates a substrate that is highly conducive to the onset of potentially lethal ventricular arrhythmias, which cause sudden death. Although the functioning of the ANS and the ventricular repolarization profile have been described in the literature, its relation with the use of AAS and physical exercise is little known. Thus, knowledge of cardiac electrophysiological remodeling that may occur in situations of abusive use of anabolic steroids, commonly accompanied by physical training becomes important, since it could be related to sudden death events. A better understanding of the real effects of the anabolic steroid associated with regular chronic physical exercise and the explanation of the physiological, cellular and molecular mechanisms related to these events is of great importance for the explanation of frequent cases of sudden death in high level athletes of different sports modalities. Objective General To investigate electrophysiological, autonomic and functional alterations associated with cardiac remodeling in sedentary and trained rats, undergoing anabolic steroid treatment. Objectives To evaluate the changes induced by the chronic

administration of 4 different types of anabolic steroids associated with physical exercise, on: Electrocardiogram repolarization parameters in vivo; Cardiac autonomic function; Intrinsic frequency.  
Status: Completed; Nature: Research.  
Students involved: Undergraduate: (2) / Academic Master: (2).

Members: Moacir Marocolo Júnior - Coordinator / Octavio Barbosa Neto - Member.

**2011 - 2013**

#### EFFECTS OF ANABOLIC STEROIDS ON CARDIAC AUTOMOTIVE CONTROL

Description: Although some investigators have shown the effects of steroid use on the cardiovascular system, to date, information on direct changes in chronic administration of different types of AAS on cardiovascular autonomic control is scarce in the literature. In addition, as far as we know, there is no study regarding the actions of these steroids on the intrinsic rate of cardiac pacemaker, as well as the effects of aerobic physical training on such changes. Therefore, studies evaluating the potential effect of the indiscriminate use of anabolic steroids need to be increasingly developed and mainly divulged to the population, so that it has full clarification of the possible side effects caused by the use of these resources, reinforcing the increased risk of developing cardiovascular disease and sudden cardiac death in its users. Objective To evaluate the effects of aerobic physical training on chronotropic and cardiac autonomic changes in rats submitted to chronic administration of different types of anabolic steroids. Specific Objectives To evaluate the changes resulting from the chronic administration of different types of anabolic steroids and the effects of physical training on: ? Body weight; ? Heart rate and blood pressure at rest; ? Variability of heart rate and blood pressure; ? Baroreflex control of heart rate and autonomic cardiac tone; ? Intrinsic cardiac pacemaker frequency; ? Cardiac mass, hepatic and renal morphology and histology .. Objective To evaluate the effects of aerobic physical training on chronotropic and cardiac autonomic changes in rats submitted to chronic administration of different types of anabolic steroids. Specific Objectives To evaluate the changes resulting from the chronic administration of different types of anabolic steroids and the effects of physical training on: ? Body weight; ? Heart rate and blood pressure at rest; ? Variability of heart rate and blood pressure; ? Baroreflex control of heart rate and autonomic cardiac tone; ? Intrinsic cardiac pacemaker frequency; ? Cardiac mass, hepatic and renal morphology and histology .. Objective To evaluate the effects of aerobic physical training on chronotropic and cardiac autonomic changes in rats submitted to chronic administration of different types of anabolic steroids. Specific Objectives To evaluate the changes resulting from the chronic administration of different types of anabolic steroids and the effects of physical training on: ? Body weight; ? Heart rate and blood pressure at rest; ? Variability of heart rate and blood pressure; ? Baroreflex control of heart rate and autonomic cardiac tone; ? Intrinsic cardiac pacemaker frequency; ? Cardiac mass, hepatic and renal morphology and histology .. ? Heart rate and blood pressure at rest; ? Variability of heart rate and blood pressure; ? Baroreflex control of heart rate and autonomic cardiac tone; ? Intrinsic cardiac pacemaker frequency; ? Cardiac mass, hepatic and renal morphology and histology .. ? Heart rate and blood pressure at rest; ? Variability of heart rate and blood pressure; ? Baroreflex control of heart rate and autonomic cardiac tone; ? Intrinsic cardiac pacemaker frequency; ? Cardiac mass, hepatic and renal morphology and histology ..  
Status: Completed; Nature: Research.

Members: Moacir Marocolo Júnior - Coordinator / Octavio Barbosa Neto - Member.

**2011 - 2013**

#### RELATIONSHIP BETWEEN NUMBER OF REPETITIONS AND PERCENTAGE OF THE MAXIMUM LOAD IN UNI-BIARTICULAR EXERCISE OF RESISTANCE TRAINING

Description: The literature prescribes intensities and numbers of repetitions for strength training, hypertrophy, resistance. However, the number of repetitions possible with a given percentage of the maximum load is poorly described. In this context, the knowledge of the loads and possible repetitions in each intensity contributes directly to better prescription and adjustment of the training loads and, consequently, to improve the performance of the individuals. Due to the difficulty of performing the test and the time it is spent, it is not widely used in clubs and academies and the training prescription is based, usually on a theoretical maximum percentage, presenting an estimate of 1 RM in sub or overestimated values. Studies show that according to the body segment worked as well as between the different muscle groups involved in the exercise the number of repetitions can vary for a certain percentage of the maximum load. Some authors have tried to draw a relation between the 1RM test and the number of repetitions performed in different percentages of the load. However few conclusive studies describing these relationships are found in the literature. Thus, our hypothesis would be that the number of repetitions performed in each percentage of the maximum load would be different between upper and lower limbs, comparing uni and biarticular and uni and bilateral exercises. Overall objective To analyze the relationship

between the number of maximal repetitions performed in different percentages of the 1 RM load in resisted upper and lower limb exercises. Identify the number of maximal repetitions that can be performed in the leg press exercise at 45° and bench press at intensities of 60, 70, 80 and 90% of the maximum load. ? Identify the number of maximal repetitions to perform in the exercise of extensor chair and scott thread in intensities of 60, 70, 80 and 90% of the maximum load. • Compare the number of repetitions max. ? Identify the number of maximal repetitions to perform in the exercise of extensor chair and scott thread in intensities of 60, 70, 80 and 90% of the maximum load. • Compare the number of repetitions max. ? Identify the number of maximal repetitions to perform in the exercise of extensor chair and scott thread in intensities of 60, 70, 80 and 90% of the maximum load. • Compare the number of repetitions max.

Status: Completed; Nature: Research.

Students involved: Undergraduate: (1) / Academic Master: (1).

Members: Moacir Marocolo Júnior - Coordinator / Gustavo Ribeiro da Mota - Member / FERNANDA CRISTINA SCARELLI BIASOLI CUNHA - Member.

**2011 - 2013**

#### ANALYSIS OF AUTONOMIC FUNCTION, FUNCTIONAL PERFORMANCE, AND FACTORS RELATED TO THE HEALTH OF FRAGILE AND NON-FRAGILE COMMUNITY ELDERLY WOMEN

Description: The Multiprofessional Integrated Residency Program in Health? RIMS / UFTM began in 2010, with the proposal to promote the specialization of several health professionals in a multiprofessional perspective, aiming at excellence in health care in a comprehensive way. The professionals who make up the program teams are: Social worker, biomedical, nurse, physiotherapist, nutritionist, physical education professional, psychologist and occupational therapist. The program has 3 areas of concentration: Child and adolescent health, adult health and elderly health. In the first year of specialization, the teams are concentrated in the Clinical Hospital of the UFTM and in the second year they move to the basic health care units. Due to the field of practice of the team of the area of concentration of the Elderly Health occur in its second year of post-graduation, in the Basic Health Unit Dona Aparecida Conceição Ferreira, it is justified, therefore, the option for this field of research for the development of monograph of completion of the specialization course. Considering that the fragility syndrome is associated with elderly individuals, and that further studies are still needed in this area, we intend to evaluate some physiological, functional and health-related parameters of frail and fragile elderly in the community, investigating possible relationships of the parameters evaluated with said syndrome. The objective of the project is to evaluate cardiac autonomic function and other factors related to health and frailty in elderly women of a community .. the option for this field of research for the development of the monograph of completion of the specialization course. Considering that the fragility syndrome is associated with elderly individuals, and that further studies are still needed in this area, we intend to evaluate some physiological, functional and health-related parameters of frail and fragile elderly in the community, investigating possible relationships of the parameters evaluated with said syndrome. The objective of the project is to evaluate cardiac autonomic function and other factors related to health and frailty in elderly women of a community .. the option for this field of research for the development of the monograph of completion of the specialization course. Considering that the fragility syndrome is associated with elderly individuals, and that further studies are still needed in this area, we intend to evaluate some physiological, functional and health-related parameters of frail and fragile elderly in the community, investigating possible relationships of the parameters evaluated with said syndrome. The objective of the project is to evaluate cardiac autonomic function and other factors related to health and frailty in elderly women of a community .. further studies are needed in this area, it is intended to evaluate some physiological, functional and health-related parameters of fragile and non-fragile elderly in the community, investigating possible relationships of the parameters evaluated with said syndrome. The objective of the project is to evaluate cardiac autonomic function and other factors related to health and frailty in elderly women of a community ..

Status: Completed; Nature: Research.

Members: Moacir Marocolo Júnior - Member / Pedro Lourenço Katayama - Coordinator.

Financier (s): MINISTRY OF EDUCATION AND CULTURE - Bolsa.

**2011 - 2013**

#### COMPARISON OF THE VERTICAL JUMP CONTRAMINATION WITH AND WITHOUT AID OF THE SUPERIOR MEMBERS, UNDERTAKEN UNILATERAL AND BILATERAL IN DIFFERENT SPORTS

Status: Completed; Nature: Research.

Members: Moacir Marocolo Júnior - Coordinator / Fernando Nazário de Rezende - Member.

**2011 - 2012**

#### INFLUENCE OF STATIC STRETCHING, JUMPING POTENTIAL AND NON-SPECIFIC PREPARATORY EXERCISE IN VERTICAL JUMP PERFORMANCE IN PROFESSIONAL ATHLETE, VOLLEYBALL AND FOOTBALL ATHLETES

Description: The jump has its application in determining the level of explosive strength of the lower limbs (vertical impulsion), as well as in the diagnosis and control of the training load. It can still be used as an exercise in general and specific preparation in several modalities. Vertical jumps preceded by CAE for jump power, can increase the rate of explosive force development. The methodological strategy used to explore the triggering of potentiation usually involves maximal isometric voluntary contractions (CVIMs) lasting between 5 and 10 seconds, or exercises of submaximal dynamic force with loads that allow around 5 repetitions maximum. There is, however, indications that muscular actions involving CAE are equally capable of triggering the potentiating effect of rapid muscle strength. Several studies take into account the performance of the vertical jump closely linked to the potentiation effect. In this way, exercises, games or any other activity that has in its motor actions the vertical or variable jumps of these gestures, have before, exercises of potentiation through the CAE cycle with the objective of aiming for real and significant values of the jumps as well as their best motor performance. In biomechanics, more specifically, an analysis of how the athlete acquires and improves his movements will allow the trainer to also work with variables that will assist him in the elaboration of an adequate training program. Variables such as the speed of movement, the force applied against the ground (jump against movement) and the reaction time of a task linked to a specific modality, can provide valuable information about the performance of the athletes. By understanding that each sport has its own physiological and neuromuscular characteristics, it is fundamental to know their differences, with the objective of contributing to the elaboration, planning and control of training ..

Status: Completed; Nature: Research.

Students involved: Undergraduate: (1) / Academic Master: (1).

Members: Moacir Marocolo Júnior - Coordinator / Fernando Nazário de Rezende - Member.

**2011 - 2012**

#### ANALYSIS OF THE PROGRESSION OF VARIABILITY OF HEART FREQUENCY AND OF QT INTERVAL DISPERSION IN ACUTE CORONARY SYNDROME WITHOUT ADVANCED ST SEGMENT

Descrição: Tendo em vista a alta prevalência de doenças cardiovasculares na população mundial e levando em consideração que estas são a maior causa de morte no mundo, evidencia-se a necessidade de estudos que possam contribuir no auxílio à prevenção, tratamento e prognóstico dessas doenças. Dessa forma, o presente estudo se justifica pelo fato de verificar como se comportam determinados parâmetros cardiovasculares em pacientes diagnosticados com IAMSSST, durante o período de internação hospitalar, desde a admissão até a alta. Pretende-se assim encontrar dados e características que possam auxiliar na prevenção de novos eventos, no tratamento e no prognóstico dos pacientes diagnosticados com a doença em questão. Portanto o objetivo geral do presente trabalho é analisar o comportamento de parâmetros cardiovasculares, durante o período de internação de pacientes com IAMSSST e suas possíveis relações com outros parâmetros de evolução dos pacientes..

Situação: Concluído; Natureza: Pesquisa.

Integrantes: Moacir Marocolo Júnior - Integrante / Pedro Lourenço Katayama - Coordenador.

**2011 - 2012**

#### PREVALÊNCIA E FATORES ASSOCIADOS A LOMBALGIA EM INDIVÍDUOS IDOSOS ATENDIDOS EM UM AMBULATÓRIO DE GERIATRIA DE UBERABA/MG

Descrição: As lombalgias representam um dos tipos mais prevalentes de dor nas costas na população mundial (ANDERSSON, 1997; KENDALL, 2007). Em idosos, pelo fato de que, o processo de envelhecimento torna esses indivíduos mais vulneráveis a doenças degenerativas (ZASLAVSKY & GUS, 2002), é possível que a lombalgia tenha uma alta prevalência. Ao identificar os fatores associados à lombalgia, pretende-se contribuir para que os profissionais de saúde e a população possuam informações relevantes sobre o assunto em questão, possibilitando dessa forma, uma melhora na prevenção e no tratamento desse agravo a saúde. Diante do exposto, o presente trabalho tem como objetivo identificar a prevalência e os fatores associados à lombalgia em indivíduos idosos encaminhados ao setor de ortopedia do centro de

reabilitação UFTM..

Situação: Desativado; Natureza: Pesquisa.

Integrantes: Moacir Marocolo Júnior - Coordenador / Pedro Lourenço Katayama - Integrante.

**2007 - 2011**

#### REMODELAMENTO ELÉTRICO NA HIPERTROFIA CARDÍACA INDUZIDA POR EXERCÍCIO E ESTERÓIDES ANABÓLICOS

Descrição: Estudos epidemiológicos mostram associação entre exercício físico regular e menores incidência e taxa de mortalidade por doenças cardiovasculares. O uso abusivo de esteróides anabólicos pode induzir hipertrofia cardíaca e remodelamento elétrico, aumentando o risco de ocorrência de eventos clínicos, como arritmias cardíacas e morte súbita. O objetivo do presente estudo é avaliar os efeitos do tratamento crônico com alta dose de esteróide anabólico sobre os parâmetros eletrocardiográficos, balanço simpato-vagal e características elétricas dos cardiomiócitos de ratos sedentários e treinados. Temos como meta verificar se a hipertrofia e remodelamento elétrico cardíaco associado ao tratamento crônico com esteróide anabólico aumentaria a heterogeneidade elétrica da parede ventricular e produziria anormalidades na repolarização ventricular que explicasse o aumento da incidência de arritmias ventriculares..

Situação: Em andamento; Natureza: Pesquisa.

Alunos envolvidos: Graduação: (4) / Especialização: (2) / Doutorado: (1) .

Integrantes: Moacir Marocolo Júnior - Integrante / Alex Souto Maior - Integrante / José Hamilton Matheus Nascimento - Coordenador / Paulo Cesar Arantes - Integrante / Emanuele Ferraz - Integrante.

Financiador(es): Fundação Carlos Chagas Filho de Amparo à Pesquisa do Estado do RJ - Auxílio financeiro.

**2002 - 2011**

#### ADAPTAÇÃO CARDÍACA AO EXERCÍCIO: EFEITOS DE ESTERÓIDES ANABÓLICOS

Descrição: A hipertrofia cardíaca é um processo adaptativo do coração à inúmeras condições fisiológica (exercício, por exemplo) e patológica (hipertensão, infarto do miocárdio, etc.). A morte súbita pode ocorrer durante a atividade física extenuante, estando associada na maioria das vezes a causas cardíacas, como a cardiomiopatia hipertrófica, mas também a causas não cardíacas, como o uso crônico de esteróides anabólicos. Este estudo tem o objetivo de investigar, em um modelo animal, os efeitos do treinamento físico, em associação com a administração crônica de doses supra-fisiológicas de esteróide anabólico, sobre a eletrogênese e função contrátil do coração..

Situação: Concluído; Natureza: Pesquisa.

Integrantes: Moacir Marocolo Júnior - Integrante / Alex Souto Maior - Integrante / José Hamilton Matheus Nascimento - Coordenador / Paulo Cesar Arantes - Integrante.

## Projetos de extensão

**2017 - Atual**

#### EXERCÍCIOS FÍSICOS ORIENTADOS: ADOLESCENTES OBESOS E HIPERTENSOS

Descrição: A obesidade e diabetes têm se tornado altamente prevalente entre a população, principalmente jovem. As consequências dessas doenças para a saúde humana são extremamente negativas. Isso vem se tornando um problema de saúde pública, pois predispõem tais indivíduos a um desenvolvimento precoce de problemas cardiovasculares, psicossociais e da qualidade de vida em geral. Como os hábitos de vida (dieta, exercício físico) são desenvolvidos nos primeiros anos de idade e continuam pela vida adulta, mudanças ambientais como a prática regular de atividade física e dieta saudável são importantes estratégias para controle da obesidade suas complicações. Serão realizadas avaliações da composição corporal e condicionamento físico em adolescentes participantes do projeto, oriundo primariamente da região próxima ao Campus da UFJF. Os mesmos serão submetidos à prática regular de exercício físico orientado, com frequência semana de 2 a 3 vezes, além de serem encaminhados para acompanhamento com uma equipe interdisciplinar..

Situação: Em andamento; Natureza: Extensão.

Alunos envolvidos: Graduação: (5) .

Integrantes: Moacir Marocolo Júnior - Coordenador / Carla Marcia Moreira Lanna - Integrante / Rodrigo Hohl - Integrante / Juliana Alves graudo - Integrante / ANDRÉ REZENDE DE SOUZA MACEDO PIRES - Integrante / Debora Ferreira - Integrante / AMANDA ROSE DUARTE ATKINSON - Integrante / Andreza T. Souza - Integrante.

**2012 - 2015**

ASPECTOS INTERVENIENTES NO DESEMPENHO DE PRATICANTES DE KARATE EM NÍVEL COMPETITIVO E RECREACIONAL

Descrição: O projeto se propõe a avaliar o perfil antropométrico de praticantes de karatê em diferentes níveis, mensurar os fatores relacionados ao desempenho em competição e treinamento. Além disso, objetivamos aprimorar o treinamento para a modalidade buscando melhorar a eficácia dos métodos e adequar parâmetros como volume e intensidade..

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (2) / Especialização: (1) / Mestrado acadêmico: (1) .

Integrantes: Moacir Marocolo Júnior - Coordenador.

**2012 - 2014**

PROJETO DE EXTENSÃO MUSCULAÇÃO PARA A COMUNIDADE ACADÊMICA UFTM

Descrição: Proporcionar a prática de exercícios físicos com orientação qualificada e permitir aos graduandos a aplicação dos conhecimentos adquiridos no curso além de servir como campo de estágio..

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (4) / Mestrado acadêmico: (2) .

Integrantes: Moacir Marocolo Júnior - Integrante / Edmar Lacerda Mendes - Coordenador.

**2012 - 2012**

CONGRESSO CIENTÍFICO INTERNACIONAL DE EDUCAÇÃO FÍSICA E ESPORTES

Descrição: II Congresso Científico Internacional de Educação Física e Esportes V Congresso científico latino-Americano de Educação Física e Esportes Livro - Ciência do Esporte: Educação, Desempenho e Saúde.

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (12) / Mestrado acadêmico: (20) .

Integrantes: Moacir Marocolo Júnior - Coordenador.

Financiador(es): Coordenação de Aperfeiçoamento de Pessoal de Nível Superior - Auxílio financeiro.

**2011 - 2014**

PROJETO DE EXTENSÃO NATAÇÃO UFTM

Descrição: Atuação como colaborador na orientação e supervisão das atividades dos bolsistas.

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (4) .

Integrantes: Moacir Marocolo Júnior - Integrante / Aline Dessupoio Chaves - Coordenador.

Financiador(es): Universidade Federal do Triângulo Mineiro - Bolsa.

**2011 - 2014**

LIGA ACADÊMICA DE FISILOGIA DO EXERCÍCIO

Descrição: Palestras e orientações dos alunos que participam da Liga Acadêmica de Fisiologia do Exercício, como projeto de extensão, aprimoramento profissional e disciplina optativa.

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (2) / Mestrado acadêmico: (3) .

Integrantes: Moacir Marocolo Júnior - Integrante / Gustavo Ribeiro da Mota - Integrante / Octavio Barbosa Neto - Coordenador.

**2011 - 2014**

## LUTAS UFTM

Descrição: Aulas de karate e jiu-jitsu para a comunidade..  
Situação: Concluído; Natureza: Extensão.  
Alunos envolvidos: Graduação: (1) .

Integrantes: Moacir Marocolo Júnior - Coordenador.

**2011 - 2013**

## A PRÁTICA DO FUTEBOL SEM PREPARAÇÃO FÍSICA ESPECÍFICA

Descrição: Docente Co-coordenador, orientando e supervisionando as atividades dos alunos de graduação integrantes do projeto..

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (4) / Mestrado acadêmico: (2) .

Integrantes: Moacir Marocolo Júnior - Integrante / Gustavo Ribeiro da Mota - Coordenador.

**2011 - 2012**

## PROJETO DE EXTENSÃO NATAÇÃO UFTM

Descrição: Realização de avaliações Biomecânicas de desempenho.

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (4) .

Integrantes: Moacir Marocolo Júnior - Coordenador / Aline Dessupoio Chaves - Integrante.

Financiador(es): Universidade Federal do Triângulo Mineiro - Bolsa.

**2010 - 2015**

## EQUIPE TAURUS RUGBY UFTM

Descrição: Assessor técnico da equipe de rugby desempenhando funções nos campos da Cinesiologia e Biomecânica.

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (6) / Mestrado acadêmico: (6) .

Integrantes: Moacir Marocolo Júnior - Integrante / Edmar Lacerda Mendes - Coordenador.

Financiador(es): Universidade Federal do Triângulo Mineiro - Bolsa.

**2008 - 2008**

## AVALIAÇÃO FUNCIONAL E ORIENTAÇÃO PARA A PRÁTICA DE ATIVIDADES FÍSICAS

Descrição: Aplicação dos conhecimentos na prática profissional, possibilitando aos alunos uma aproximação da formação acadêmica com o campo da avaliação e prescrição de exercícios..

Situação: Concluído; Natureza: Extensão.

Alunos envolvidos: Graduação: (40) .

Integrantes: Moacir Marocolo Júnior - Coordenador.

## Projetos de desenvolvimento

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**2017 - Atual**

DESENVOLVIMENTO DE UM ERGÔMETRO PARA AVALIAÇÃO DE POTÊNCIA EM TESTE DE CORRIDA

Description: This project proposes the development of an equipment for the measurement of power in running. The race is the sport most used in performance tests. However, a test for power in the race with application of a specific equipment has not yet been developed, being the tests of power of short duration more employed in cycle ergometer and having its results extrapolated to other sports modalities. In this context, the proposal to build a device to measure power during the race (tests of approximately 30 seconds) would be of fundamental importance, applicability and feasibility both for research and for practical application in the sports, competitive or recreational field.

Status: In progress; Nature: Development.

Students involved: Graduation: (1).

Members: Moacir Marocolo Júnior - Coordinator / Wallace Fortunato - Member.

## Member of Editorial Board

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Newspaper: INTERNATIONAL JOURNAL OF SPORTS MEDICINE	<b>2017 - Current</b>
Newspaper: Sport Medicine International Open	<b>2016 - Current</b>
Journal: Archives of Sports Sciences	<b>2012 - Present</b>

## periodical reviewer

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Journal: International Journal of Sports Medicine	<b>2014 - Current</b>
Journal: Cardiology and Angiology: An International Journal	<b>2015 - Present</b>
Journal: Indian Journal of Pure & Applied Physics	<b>2014 - Current</b>
Journal: Research in Biomedical Engineering	<b>2015 - Present</b>
Journal: Merit Research Journal of Microbiology and Biological Sciences	<b>2015 - Present</b>
Journal: International Journal of Biochemistry Research & Review	<b>2015 - Present</b>
Journal: British Journal of Medicine and Medical Research	<b>2015 - Present</b>
Journal: Archives of Sports Sciences	<b>2013 - Current</b>
Journal: International Journal of Sports Physiology and Performance	<b>2015 - Present</b>
Journal: Journal of Science and Medicine in Sport	<b>2016 - Current</b>
Journal: Journal of Advances in Biology & Biotechnology	<b>2016 - Current</b>
Journal: Journal of Medicine and Health Research	<b>2016 - Current</b>
Journal: Applied Life Sciences International	<b>2016 - Current</b>

Journal: Journal of Basic and Applied Research International	<b>2016 - Current</b>
Newspaper: Plos One	<b>2016 - Current</b>
Newspaper: PHYSICIAN AND SPORTSMEDICINE	<b>2016 - Current</b>
Newspaper: Journal of Athletic Enhancement	<b>2016 - Current</b>
Newspaper: The Physician and Sportsmedicine	<b>2016 - Current</b>
Newspaper: Sport Medicine International Open	<b>2016 - Current</b>
Journal: Journal of Physical Education	<b>2018 - Current</b>

## Areas of expertise

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Major Area: Health Sciences / Area: Physical Education / Subarea: Desempenho Humano e Esporte.	<b>1.</b>
Grande área: Ciências da Saúde / Área: Medicina / Subárea: Cardiovascular Physiology and Anabolic Steroids.	<b>2.</b>
Grande área: Ciências da Saúde / Área: Medicina / Subárea: Esteróides anabólicos.	<b>3.</b>
Grande área: Ciências da Saúde / Área: Medicina / Subárea: Physiology of the Physical Effort.	<b>4.</b>
Grande área: Ciências da Saúde / Área: Educação Física / Subárea: Combat Sports.	<b>5.</b>

## Idiomas

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Compreende Bem, Fala Bem, Lê Bem, Escreve Bem.	<b>Inglês</b>
Compreende Bem, Fala Razoavelmente, Lê Bem, Escreve Pouco.	<b>Espanhol</b>
Compreende Bem, Fala Bem, Lê Bem, Escreve Bem.	<b>Português</b>
Compreende Pouco, Fala Pouco, Lê Pouco, Escreve Pouco.	<b>Alemão</b>

## Prêmios e títulos

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Faixa preta 5º dan de Karate, World United Karate Organization WUKO.	2012
Faixa preta 5º dan de Karate, Federação de Karate Interestilos de Minas Gerais-FKIMG.	2012
Individual Membership of Trinidad and Tobago Karate Federation, Trinidad and Tobago Karate Federation - TTKF.	2012
Finalista do Prêmio Melhores Trabalhos apresentados na FESBE 2012- Sociedade Brasileira de Endocrinologia e Metabolismo SBEM, FESBE/SBEM.	2012
Faixa preta 4º dan de Karate, Federação de Karatê Interestilos de Minas Gerais.	2008
Faixa Preta 3º dan de Karate, Federacao de Karate Interestilos de MG.	2005
Faixa preta 2º dan de Karate, Federação de Karate Interestilos de Minas Gerais.	2002

## Produções

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### Produção bibliográfica

#### Citações

##### Web of Science

Total de trabalhos:71

Total de citações:520

Fator H:14

MAROCOLO, M; JÚNIOR, MM; MAROCOLO JR, M; MAROCOLO JÚNIOR, M Data: 29/01/2014

##### SciELO

Total de trabalhos:35

Total de citações:5

Marocolo, M; Marocolo Júnior, M; Marocolo Júnior, Moacir; Marocolo, Moacir Data: 21/08/2016

## Artigos completos publicados em periódicos

Ordenar por  

1. GIMENES, SAMUEL VALENCIA ; **MAROCOLO, M.** ; PAVIN, LARISSA NEVES ; SILVA, BRUNO V. C. ; BARBOSA NETO, OCTÁVIO ; DUFFIELD, R. ; DA MOTA, GUSTAVO R. . Compression stockings used during two soccer matches improve perceived muscle soreness and high-intensity performance. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH **JCR**, v. 10, p. 1, 2019.

2.

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#### **Produção técnica**

#### **Assessoria e consultoria**

**MARCOLO, M.** Intercâmbio Estudantil UNIPAC Universidade de Bufalo (EUA). 2007. **1.**

**MARCOLO, M.** Intercâmbio Estudantil UNIPAC - Universidade de Buffalo (EUA). 2006. **2.**

#### **Trabalhos técnicos**

**MARCOLO, M.** Intercâmbio Estudantil UNIPAC - Universidade de Buffalo (EUA). 2008. **1.**

#### **Demais tipos de produção técnica**

**MARCOLO, M.** Winter Course of Anatomy and Physiology Applied to Sports. 2017. (Curso de curta duração ministrado/Extensão). **1.**

**MARCOLO, M.** Personal Training e Prescrição de Exercícios. 2011. (Curso de curta duração ministrado/Extensão). **2.**

**MARCOLO, M.** Assitência ao Idoso. 2001. (Desenvolvimento de material didático ou instrucional - Apostila Didática). **3.**

## Bancas

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### Participação em bancas de trabalhos de conclusão

#### Teses de doutorado

1. SOUZA, H. C. D.; CHIANCA JUNIOR, D. A.; CORREIA FILHO, D.; **MARCOLO, M.**; DIAS da SILVA, V. J.. Participação em banca de Vanessa Capuano. Efeitos do citrato de sildenafil sobre o controle autonômico cardiovascular em ratos com insuficiência cardíaca congestiva decorrente de infarto do miocárdio. 2012. Tese (Doutorado em Patologia) - Universidade Federal do Triângulo Mineiro.

#### Qualificações de Mestrado

1. da MOTA, GR; **MARCOLO, M.**; FRANCHINI, E.. Participação em banca de Bruno Victor Corrêa da Silva. Potência Máxima no Jiu-Jitsu: Caracterização, Efeitos das Lutas e da Recuperação. 2012. Exame de qualificação (Mestrando em Educação Física) - Universidade Federal do Triângulo Mineiro.

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**MAROCOLO, M..** Participação em banca de Eunice Silva / Márcia Alexandra de Souza. Prevalência de Obesidade Infantil em crianças do ensino fundamental em escola estadual e particular da cidade de Barbacena-MG. 2009. Trabalho de Conclusão de Curso (Graduação em Educação Física) - Universidade Presidente Antonio Carlos.
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**MAROCOLO, M** .. Participation In Board of Fabíloa Cristina Prudêncio / Vanessa Mara de Medeiros. Testing the reliability of the angular analysis method by digital photographic analysis. 2009. Graduation Work (Graduation in Physical Education) - Presidente Antonio Carlos University.

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**MAROCOLO, M** .. Participation In Board of Michel Pinto da Silva / Wendy Santos Ferrari. Relation between indicators of obesity: BMI and cutaneous folds. 2009. Graduation in Physical Education - Presidente Antônio Carlos University.

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- MAROCOLO, M** .. Participation In Board of Vinícius Veloso Chiodi, Edevaldo Pereira da Silva. T-30: Aerobic swimming assessment for training with adolescents. 2008. Course Completion Work (Graduation in Physical Education) - Presidente Antonio Carlos University.
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- MAROCOLO, M** .. Participation In Board of Fernando César Prudêncio, Pablo Costa Oliveira. Effect of static flexion on muscular power of lower limbs in soccer practicing adolescents. 2008. Course Completion Work (Graduation in Physical Education) - Presidente Antonio Carlos University.
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- MAROCOLO, M.** Participação em banca de Tatiana Maria Rios, Daiana Kett Brito. Efeitos da Hidroginástica na melhora da qualidade de vida e capacidade funcional de idosos. 2008. Trabalho de Conclusão de Curso (Graduação em Educação Física) - Universidade Presidente Antonio Carlos.
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**MAROCOLO, M** .. Participation In Board of Lenine Augusto Costa, Márcio José Damasceno. Comparison of Muscular Strength in Men Practitioners of bodybuilding in the Scott Thread and Unilateral and bilateral Extensive Chair. 2008. Course Completion Work (Graduation in Physical Education) - Presidente Antonio Carlos University.

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TOLEDO, H. C.; **MAROCOLO, M..** Participação em banca de Hugo Perrota da Silva.A importância do salto vertical aos atletas adolescentes praticantes de basquetebol escolar e sua influência na performance.. 2006. Trabalho de Conclusão de Curso (Graduação em Educacao Fisica) - Universidade Presidente Antonio Carlos. **98.**

## **Participação em bancas de comissões julgadoras Concurso público**

**MAROCOLO, M..** Processo Seletivo da Residência Integrada Multiprofissional em Saúde. 2011. Universidade Federal do Triângulo Mineiro. **1.**

**MAROCOLO, M..** Concurso para Professor Visitante. 2011. Universidade Federal do Triângulo Mineiro. **2.**

## **Outras participações**

**MAROCOLO, M..** Comissão de Bolsas de Mestrado. 2012. Universidade Federal do Triângulo Mineiro. **1.**

**MAROCOLO, M.;** VIRTUOSO JUNIOR, J. S.. Seleção Mestrado em Educação Física. 2011. Universidade Federal do Triângulo Mineiro. **2.**

**MAROCOLO, M..** Comissão de Bolsas de Mestrado. 2011. Universidade Federal do Triângulo Mineiro. **3.**

## Eventos

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### Participação em eventos, congressos, exposições e feiras

1. Webinar: PRÉ-CONDICIONAMENTO ISQUÊMICO E DESEMPENHO. PRÉ-CONDICIONAMENTO ISQUÊMICO E DESEMPENHO. 2017. (Seminário).
2. Winter course of Anatomy and Physiology applied to Sports. Physiological Background of Different Cooling Strategies. 2017. (Simpósio).
3. 20th Annual Congress of the European College of Sport Sciences. Effects of Ischemic Preconditioning on Performance may be the Placebo Effect ?. 2015. (Congress).
4. 18th Annual Congress of the European College of Sport Science. RATE PRESSURE PRODUCT RESPONSE TO DYNAMIC AND ISOMETRIC SETS OF RESISTANCE EXERCISE. 2013. (Congress).
5. 18th Annual Congress of the European College of Sport Science. POTENTIATION EFFECT OF VOLLEYBALL GAME AND PREPARATORY EXERCISES ON VERTICAL JUMP PERFORMANCE. 2013. (Congress).
6. EHRA EUROPACE 2013. ANABOLIC ANDROGENIC STEROID TREATMENT INDUCES DISTURBANCES IN VENTRICULAR REPOLARIZATION IN WISTAR RATS. 2013. (Congress).
7. EHRA EUROPACE 2013. INTERRUPTION OF ANABOLIC STEROID TREATMENT DOES NOT REVERSE THE DYSFUNCTION CAUSED ON VENTRICULAR REPOLARIZATION AND AUTONOMIC CARDIAC SYSTEM IN RATS. 2013. (Congress).
8. FESBE. Time-course of cardiac autonomic activity during chronic nandrolone decanoate treatment. 2012. (Congress).
9. IV SYMPOSIUM ON CARDIOLOGY OF THE EXERCISE AND 4 INTRODUCTORY COURSE THE ACADEMIC LEAGUE OF PHYSIOLOGY OF THE EXERCISE. TRAINING OF FORCE AND CARDIOVASCULAR SYSTEM. 2012. (Symposium).
- 10.

XXV Annual Meeting Federation of Societies of Experimental Biology (FeSBE). SHORT TERM CHANGES IN VARIABILITY OF CARDIAC FREQUENCY AFTER CORONARY ANGIOPLASTY IN PATIENTS WITH ACUTE CORONARY SYNDROME. 2012. (Congress).

**11.**

8th EBSA European Biophysics Congress. LQTS acquired by pentavalent antimony treatment in guinea pigs. 2011. (Congress).

**12.**

I MEETING OF THE MULTIPROFESSIONAL INTEGRATED RESIDENCE DEM HEALTH - RIMS. 2011. (Meeting).

**13.**

25th International Congress of Physical Education - FIEP. CORRELATION BETWEEN THE POLAR PROTOCOL AND EROSEPIROMETRY. 2010. (Congress).

**14.**

Brazilian Congress of Biomedical Engineering. Time-course of heart rate variability in rats treated with nandrolone decanoate. 2010. (Congress).

**15.**

I INTERNATIONAL SCIENTIFIC CONGRESS ON PHYSICAL EDUCATION, SPORT, HEALTH AND EDUCATION OF THE MINE TRIANGLE. Effect of the Wingate test on vertical jump power. 2010. (Congress).

**16.**

II Symposium in Exercise Cardiology and Introductory Course to the Academic League of Exercise Physiology. EFFECTS OF ANABOLIC STEROIDS ON THE CARDIOVASCULAR SYSTEM. 2010. (Symposium).

**17.**

Reception program for incoming teachers at UFTM. 2010. (Office).

**18.**

7th EBSA European Biophysics Congress. Cardiac Effects of Anabolic Steroids: an Electrophysiological Approach. 2009. (Congress).

**19.**

Internal Week of Accident Prevention SIPAT / 2009. Work Gymnastics: the importance of physical activity for the quality of life at work. 2009. (Symposium).

**20.**

I Academic Day of Cardiology. 2008. (Congress).

**21.**

IV Jornada SOCERJ of Physical Education. Conference - Electrophysiology and Physical Activity. 2008. (Congress).

**22.**

Meeting of Physical Education Professionals of UNIPAC. Curso. 2007. (Seminar).	
FESBE. Prolonged QT interval in rats treated with nandrolone decanoate. 2007. (Congress).	<b>23.</b>
II Week of Physical Education of South America. Teaching Plan in the Current Perspective. 2007. (Meeting).	<b>24.</b>
I Seminar on the Use of Innovative Technologies in the University. 2007. (Seminar).	<b>25.</b>
Lecture: Methodology of Scientific Research. Methodology of Scientific Research. 2007. (Symposium).	<b>26.</b>
2nd Latin American Congress of Human Motricity. 2nd Latin American Congress on Human Mobility. 2006. (Congress).	<b>27.</b>
4th Latin American Scientific Congress on Physical Education. 4th Latin American Scientific Congress on Physical Education. 2006. (Congress).	<b>28.</b>
5th International Symposium on Dance in Wheelchair. 5th International Symposium on Dance in Wheelchair. 2006. (Symposium).	<b>29.</b>
Meeting of the Physical Education Professionals of the Southeast Region of MG. Personal Training Course. 2006. (Meeting).	<b>30.</b>
Work Gymnastics. Work Gymnastics. 2006. (Seminar).	<b>31.</b>
Work Gymnastics. Work Gymnastics. 2006. (Office).	<b>32.</b>
IV Scientific Production Show of UNIPAC. Interdisciplinary aspects for high performance sports training. 2006. (Symposium).	<b>33.</b>
IV Scientific Production Show of UNIPAC. Cardiac electrophysiology applied to Physical Activity. 2006. (Symposium).	<b>34.</b>
Meeting on didactic teaching in higher education. 2005. (Symposium).	<b>35.</b>

2005. (Seminar). High resolution electrocardiography for health professionals. **36.**
- XXVI Congress of the Society of Cardiology of the State of São Paulo. ECGAR parameters are predictors of aerobic fitness. 2005. (Congress). **37.**
- 1º Simpósio Latino-Americano da Universidade do Futebol. 1º Simpósio Latino-Americano da Universidade do Futebol. 2004. (Simpósio). **38.**
- 1º Simpósio Latino-Americano de Motricidade Humana. 1º Simpósio Latino-Americano de Motricidade Humana. 2004. (Simpósio). **39.**
- III Congresso Latino-Americano de Educação Física da UNIMEP. III Congresso Latino-Americano de Educação Física da UNIMEP. 2004. (Congresso). **40.**
- III Latin Congress on Biomedical Engineering. III Latin Congress on Biomedical Engineering. 2004. (Congresso). **41.**
- VI Simpósio Mineiro de Ciências do Esporte. Fórum Brasileiro de Educação Física e Ciências do Esporte. 2004. (Congresso). **42.**
- XXXIV Jogos Interclasse do Instituto Granbery. Arbitragem de Competição. 2004. (Outra). **43.**
- IX Seminar of Scientific Initiation of UFJF 2001 / 2002. IX Seminar of Scientific Initiation of UFJF. 2002. (Seminar). **44.**
- Planning Lecture and Strength Training Session 2002. (Other). **45.**
- XV Brazilian Congress of Sports Medicine. XV Brazilian Congress of Sports Medicine. 2001. (Congress). **46.**
- IV Fluminense Meeting of Physical School Education. IV Fluminense Meeting of Physical School Education. 2000. (Meeting). **47.**
- Organization and Administration of Sports Competitions in the Municipality of Juiz de Fora. 2000. (Other). **48.**

**49.**

Talk about children and adolescents in JARI: risk and hope, focusing on recreation and leisure e. 2000. (Other).

### Organization of events, congresses, exhibitions and fairs

1. **MARCOLO, M** .. II INTERNATIONAL SCIENTIFIC CONGRESS OF PHYSICAL EDUCATION OF THE MINING TRIANGANG. 2012. (Congress).
2. **MARCOLO, M** .. I INTERNATIONAL SCIENTIFIC CONGRESS OF PHYSICAL EDUCATION OF THE TRIÂNGULO MINEIRO. 2010. (Congress).
3. **MARCOLO, M** .; CAMPOS, LAS . COMPUTING COMMITTEE OF THE FIRST INTERNATIONAL SCIENTIFIC CONGRESS OF PHYSICAL EDUCATION OF THE TRIÂNGULO MINEIRO. 2010. (Congress).
4. ★ **MARCOLO, M** .; Kamimura, MT. I WEEK OF PHYSICAL EDUCATION AND PHYSIOTHERAPY OF UNIPAC BARBACENA. 2008. (Congress).
5. ★ **MARCOLO, M** .; TOLEDO, HC. PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORT. 2008. (Other).
6. **MARCOLO, M** .. FOLKLORIC OLYMPICS II. 2008. (Other).
7. **MARCOLO, M** .; Miranda, ACM. III FUTSAL CHAMPIONSHIP INTER-PERIOD OF THE UNIPAC PHYSICAL EDUCATION COURSE. 2008. (Other).
8. **MARCOLO, M** .. UNIPAC OF OPEN DOORS. 2008. (Exhibition).
9. ★ **MARCOLO, M** .; Miranda, ACM. I PHYSICAL EDUCATION WEEK OF UNIPAC. 2007. (Congress).
10. **MARCOLO, M** .; Miranda, ACM. RUSTIC RACE AND RECREATIONAL ACTIVITIES. 2007. (Other).


## Guidelines

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### Ongoing orientations and oversight Masters dissertation

-  Anderson Meireles da Silva. Ischemic pre-and post-conditioning maneuver applied actively in improving physical performance. Beginning: 2018. Dissertation (Master's degree in Post-Graduation Program in Physical Education) - Federal University of Juiz de Fora. (Advisor). 1.
  
-  Eduardo Baptista Sansão. Effects of chromotherapy on psychophysiological responses and physical performance. Beginning: 2017. Dissertation (Master's Degree in Post-Graduation Program in Physical Education) - Federal University of Juiz de Fora. (Advisor). 2.

### Doctoral thesis

-  Rhaí André Arriel e Oliveira. Investigation of the effects and mechanisms of post-exercise intermittent vascular occlusion on the performance of cyclists during a simulated multi-day competition. Beginning: 2018. Thesis (Doctorate in Postgraduate Program in Physical Education) - Federal University of Juiz de Fora. (Advisor). 1.

### Orientations of another nature

- Euarda Alves Penna. Monitoring of Physiology I. Beginning: 2019. Orientation of another nature. Juiz de Fora Federal University. (Advisor). 1.
  
- A hard tackle from Ana Flávia Correa to Magalhães. Monitoring of Medical Physiology III. Start: 2019. Orientation of another nature. Juiz de Fora Federal University. (Advisor). 2.
  
- Lucas de Oliveira Vasconcelos Guimarães. Monitoring of Medical Physiology III. Start: 2019. Orientation of another nature. Juiz de Fora Federal University. (Advisor). 3.
  
- Guilherme Guedes Silva Ribeiro. Monitoring of Physiology I. Beginning: 2019. Orientation of another nature. Juiz de Fora Federal University. (Advisor). 4.
  
- Wallace Fortunato. Development of a low cost portable electromyograph. Start: 2018. Orientation of another nature. Juiz de Fora Federal University. National Council of Scientific and Technological Development. (Advisor). 5.
  
- André Rezende. Healthy Walking Project. Start: 2017. Orientation of another nature. Juiz de Fora Federal University. (Advisor). 6.

## Guidance and supervision completed

### Masters dissertation

1.  Rhaí André Arriel e Oliveira. Effect of ischemic preconditioning on cycling performance and recovery. 2018. Dissertation (Masters in Physical Education) - Federal University of the Triângulo Mineiro, Coordination of Improvement of Higher Level Personnel. Advisor: Moacir Marocolo Júnior.
2.  Hiago Leandro Rodrigues de Souza. Two different protocols of ischemic preconditioning for lower limbs and their responses on resistance exercise performance. 2018. Dissertation (Master's Degree in Physical Education) - Federal University of Triângulo Mineiro, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.
3.  Ruan Carlos Macêdo de Moraes. Impacts of an intermittent fasting strategy associated with endurance training on body composition and physical performance of Wistar rats. 2016. Dissertation (Masters in Physical Education) - Federal University of the Triângulo Mineiro, Coordination of Improvement of Higher Level Personnel. Advisor: Moacir Marocolo Júnior.
4.  Isabela Coelho Ribeiro Marocolo. Effect of ischemic preconditioning on physical performance. 2016. Dissertation (Masters in Physical Education) - Federal University of the Triângulo Mineiro, Coordination of Improvement of Higher Level Personnel. Advisor: Moacir Marocolo Júnior.
5.  Rodney Bunny of the Passion. Effect of remote ischemic preconditioning on aerobic and anaerobic performance. 2013. Dissertation (Master's Degree in Physical Education) - Federal University of Triângulo Mineiro,. Advisor: Moacir Marocolo Júnior.
6.  Cintia Aparecida Garcia. Effect of different recovery techniques on performance in amateur Rugby players. 2013. Dissertation (Master's Degree in Physical Education) - Federal University of Triângulo Mineiro,. Advisor: Moacir Marocolo Júnior.
7.  Fernando Nazário de Rezende. Response of biochemical markers in elite and amateur ultra endurance athletes. 2011. Dissertation (Masters in Physical Education) - Federal University of the Triângulo Mineiro, Coordination of Improvement of Higher Level Personnel. Advisor: Moacir Marocolo Júnior.

### Completion / Specialization Course Monograph

1. Márcia Aurea Alves. Integrated Residency Multiprofessional in Health. 2012. Monograph. (Improvement / Specialization in Multiprofessional Integrated Residency in Health) - Federal University of Triângulo Mineiro, MINISTRY OF EDUCATION AND CULTURE. Advisor: Moacir Marocolo Júnior.

2.

Pedro Lourenço Katayama. Integrated Residency in Multiprofessional Health. 2011. Monograph. (Improvement / Specialization in Multiprofessional Integrated Residency in Health) - Federal University of Triângulo Mineiro, MINISTRY OF EDUCATION AND CULTURE. Advisor: Moacir Marocolo Júnior.

## Graduation course work

1.

Marcelo Costa Pires / Ronaldo Aparecido Machado. Physical activity benefits for hypertensive women between 43 and 87 years. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

2.

Richard Lawrence / Alisson Pedro / Fábio da Silva / Rodrigo Medeir. Anabolic use: causes and effects. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

3.

Gustavo Moreira / Marcelo Henrique Martin. Anthropometric differences between the right and left hemi-body of advanced tennis teachers. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

4.

Humberto Grossi / Luiz Filipe Bortolucci de Souza. Benefits of physical activity for a better quality of life in the elderly. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

5.

Fabício Neves Santana / Fauzi José dos Santos. Analysis of the double product in exercise resisted for upper and lower limbs. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

6.

Felipe Rocha Carvalho / Simone Trindade Bertolin. Study on the adherence and maintenance of the practice of physical activities in a gymnasium of the city of Barbacena-MG. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

7.

Eunice Silva / Márcia Alexandra de Souza Silva. Prevalence of childhood obesity in elementary school children in a state and private school in the city of Barbacena-MG. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

8.

Rafael Victor da Cunha / Sheila Hérica Domingos. Comparative study of increased flexibility in physically active and sedentary age groups. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

9.

Daniela Aparecida Chagas / Kênia Poliana Rodrigues. Psychomotricity in early childhood education. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**10.**

Henrique de Freitas Carvalho / Gisele Aparecida Carvalho. Analysis of the reasons why people seek the service of a personal training. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**11.**

Edirlei Silvério Pereira / Ricardo Lobosque / Wesley Oliveira. Factors predisposing to the absence of female students to Physical Education classes. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**12.**

Eliane Maria Rocha / Marina Maria de Oliveira. Profile of physical fitness and quality of life in sedentary and physical exercise practitioners. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**13.**

Michel Pinto Silva / Wendy Santos Ferrari. Relation between the indicators of obesity: BMI and skinfolds. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**14.**

Marco Vinícius Simas. Analysis of exercise intensity in exercise and / or walking subjects with emaciation purpose. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**15.**

Túlio Carlos Condé / Fernando R. Silva. Correlation between indicators of obesity BMI, BW, WHR in young adults. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**16.**

Edlaina Carmo Condé / Jozie Helena Rodrigues. Comparison of physical abilities and motor skills among practicing and non-swimming swimmers. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**17.**

Camila Tiago Germano / Juliane Bortolucci de Souza. Dance as a psychomotor activity. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**18.**

Ricardo de Assis Condé. Evaluation of motor performance in beginners of soccer. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

**19.**

Amanda Vidigal Birth / Jonathan Vidigal Birth. Profile of flexibility and muscular strength in elderly practicing hydrogymnastics and localized gymnastics. 2009. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antônio Carlos University. Advisor: Moacir Marocolo Júnior.

- 20.**
- Diego Gomes Nogueira, Renan Pessoa, Hebert Floriano. Body mass index and skinfolds as indicators of obesity in public and private schools in boys 9 to 10 years old. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 21.**
- Edyan Pereira Chiericato, Leandro Carvalho Lopes. Anthropometric profile of musculoskeletal fitness and somatology of skinfolds in elementary school students in Ressaquinha, MG. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 22.**
- Nilton Cesar de Almeida, Luiz Fernando de Castro. Physical activity in the elderly. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 23.**
- Alexandre Paraizo, Reilson Weber Moreno dos Santos. Anthropometric analysis and obesity index in women entering an academy .. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 24.**
- Anna Carolina Resgalla Hannas, Viviane Ladeira. Influence of a resistance exercise program on the improvement of blood pressure in an individual with hypertension .. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 25.**
- Rafael Lino Tafuri. Assessment of physical activity level, body mass index and waist-hip ratio of men and women in the city of Barbacena-MG. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 26.**
- Laísa Miranda Viol, Lídia Maria Batista de Oliveira. Endurance exercises for the elderly. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 27.**
- Larissa Domith Oliveira, Luana Mara Costa. Body composition of amateur tennis players from the city of Barbacena, MG. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 28.**
- Mônica Read Martins. Correlation of BMI with the sum of tricipital and subscapular skinfolds in prepubertal boys .. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.
- 29.**

Fernando César Prudêncio, Pablo Costa Oliveira. Acute effect of static flexion on muscular power of lower limbs in soccer practicing adolescents .. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**30.**

Heloisa de Fátima Viveiros, Ricardo José de Oliveira. Analysis of the percentage of fat of the beginners in physical activity of a gymnasium of Barbacena .. 2008. Work of Conclusion of Course. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**31.**

Geovani Tavares Mariano, Wellington Tomaz Candian. Anthropometric profile and quality of life in seropositive individuals practicing neuromuscular exercises. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**32.**

Paulo Wagner Nogueira Campos, Paulo Fernando Barbosa Nazaré. Comparison of IMC in high school juniors of the public network and private network .. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**33.**

Emerson Moreira Cezar, Rafaela Meireles Raposo. The level of interest of high school students by physical education classes .. 2008. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**34.**

Adelita Moreira, Izabela Fagundes. Prevention of Osteomuscular Diseases in the Workplace. 2008. Course Conclusion Work. (Graduation in Physiotherapy) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**35.**

Ana Carolina Sobrinho, Cláudio Belo Filho. Mean Time to Extubation in Patients undergoing Cardiac Surgery. 2008. Course Conclusion Work. (Graduation in Physiotherapy) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**36.**

Érika Gomes. Analysis of the frequency of musculoskeletal symptoms in instrumental musicians. 2008. Course Conclusion Work. (Graduation in Physiotherapy) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**37.**

Lucienne Venância, Paula Maria Telesphoro. Analysis of gait and kinesiotherapeutic treatment in patients with cerebral palsy. 2008. Course Conclusion Work. (Graduation in Physiotherapy) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**38.**

Sara Cristina de Souza, Sarah Priscila da Silva. The effects of phonophoresis with arnica montana in men with chronic low back pain. 2008. Course Conclusion Work. (Graduation in Physiotherapy) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**39.**

Júlio César Fonseca, Marco Antônio Lobato Fagundes. Evaluation of the quality of life in military of the preparatory school of cadets of the air .. 2008. Work of Conclusion of Course. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**40.**

A hard tackle from Samir Kilson Dias, to Emerson Mendes Cesário, to Fabio Lelles. Hypotensive Effect of Exercise. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**41.**

Lucilone Muniz, Maria Gorete Pinto, Palomoa Viana Miranda. Relation between Strength Training and Flexibility Training. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**42.**

Leandro Otávio Cantaruti, Luciano Barbosa, Luiz Pugliese. Physical exercise in the control of Diabetes Mellitus. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**43.**

Aline Coelho, Cíntia Aparecida Resende, Jaqueline de Matos. Comparison of functional autonomy in adult women, sedentary young women and physically active elderly women. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**44.**

Marcus Vinícius Pereira, Tarley Tomio Takahashi. Comparison between the number of repetitions at different intensities of counter-resistance exercises in the lower and upper limbs. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**45.**

Giselle Brava Feres. Benefits of walking. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**46.**

Paulo Alves de Souza da Conceição Daniel. The evolution of technique and tactics of volleyball compared to changes in the rules of sport. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**47.**

Tacianna Lys Nascimento e Silva. Physical Activity and Cancer. 2007. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**48.**

Marianna Chagas de Abreu. Influence of Strength Training on Sarcopenia. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**49.**

Ediane Pizzolo Monteiro. 2006. Muscular Dymorphism in Force Training Practitioners. 2006. Concluding Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**50.**

Moacir Weiss. Dual Product Response in Isometric and Isotonic Strength Training. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**51.**

Michel Antônio Gabriel Melo. The influence of Aikido on the life of its practitioners. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**52.**

John Pyun. The contribution of Poom training is in the quality of life of the practitioners of taekwondo. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**53.**

Flávio Neiva Marçola. The Benefits of Strength Training for Seniors. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**54.**

Paulo José Rezende de Oliveira. Intensity of training and subjective perception of effort in bodybuilding. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**55.**

Vinícius Neiva de Paiva. Risk Factors of Coronary Disease in High School Students. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**56.**

Nathália Gomes Lenzi. Physical School Education and its relation with Psychomotricity. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**57.**

Thaísa Vianna. The efficiency of Judo for the motor development and learning of children with hyperactivity. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**58.**

Marcela de Paula Gonçalves. Aging and strength training. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**59.**

Bruno Paz. Competitive training: strength and flexibility. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

**60.**

Willian from São José da Fonseca. Benefit of strength training for hypertensive. 2006. Course Conclusion Work. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

61.

Hugo Perrota da Silva. The importance of the vertical jump to the adolescent athletes practicing school basketball and its influence on the performance .. 2006. Conclusion Work Course. (Graduation in Physical Education) - Presidente Antonio Carlos University. Advisor: Moacir Marocolo Júnior.

## Scientific research

1.

Guilherme Guedes. Effect of ischemic preconditioning on local muscle oxygenation dynamics. 2018. Scientific Initiation. (Graduated in Pharmacy) - Federal University of Juiz de Fora, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.

2.

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Patrick Maciel Tôrres. Ischemic preconditioning and sport: investigation of mechanisms and effects on performance. 2016. Scientific Initiation. (Graduate in Medicine) - Federal University of Juiz de Fora, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.

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Elisandra Barbara Pontes Carlos. Ischemic preconditioning and sport: investigation of mechanisms and effects on performance. 2016. Scientific Initiation. (Graduate in Medicine) - Federal University of Juiz de Fora, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.

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A hard tackle from Fernanda Cristina Scarelli to Biasoli Cunha. Relation between the maximum number of repetitions and different percentages of the load of 1 RM in resisted upper and lower limb exercises. 2012. Scientific Initiation. (Graduate in Physical Education) - Federal University of Triângulo Mineiro, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.

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Anderson Hirose de Andrade. Influence of static stretching, jump potentiation and non-specific preparatory exercise on vertical jump performance. 2012. Scientific Initiation. (Graduate in Physical Education) - Federal University of Triângulo Mineiro, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.

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Fernanda Maria Martins. Somatomotor Indicators in the Detection of Young Talents Sports. 2012. Scientific Initiation. (Graduate in Physical Education) - Federal University of Triângulo Mineiro, Foundation for Research Support of the State of Minas Gerais. Advisor: Moacir Marocolo Júnior.

## **Orientations of another nature**

**1.**

Isabella Oliveira Lanzieri. Advisor in the UFJF Fellowship Program. 2016. Guidance of another nature. (Medicine) - Federal University of Juiz de Fora, Federal University of Juiz de Fora. Advisor: Moacir Marocolo Júnior.

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Livia Machado Rigolon. Advisor of the UFJF stock market monitoring program. 2016. Guidance of another nature. (Medicine) - Federal University of Juiz de Fora, Federal University of Juiz de Fora. Advisor: Moacir Marocolo Júnior.

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A hard tackle from Beatriz Rogel Carvalho to Zamagna. Advisor of the UFJF Scholarship Monitoring Program. 2016. Guidance of another nature. (Nursing) - Federal University of Juiz de Fora, Federal University of Juiz de Fora. Advisor: Moacir Marocolo Júnior.

**4.**

Vanessa Reis Pelegrini. Advisor at the UFTM - Biomechanics Scholarship Monitoring Program. 2014. Orientation of another nature. (Physical Education) - Federal University of the Triângulo Mineiro. Advisor: Moacir Marocolo Júnior.

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Vanessa Reis Pelegrini. Adviser in the UFTM Scholarship Monitoring Program. 2012. Orientation of another nature. (Physical Education) - Federal University of the Triângulo Mineiro. Advisor: Moacir Marocolo Júnior.

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Tadeu Rossetti Bordignon. Adviser in the UFTM Scholarship Monitoring Program. 2012. Orientation of another nature. (Physical Education) - Federal University of the Triângulo Mineiro. Advisor: Moacir Marocolo Júnior.

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Marina de Paiva Lemos. Adviser in the UFTM Scholarship Monitoring Program. 2011. Orientation of another nature. (Physical Education) - Federal University of the Triângulo Mineiro. Advisor: Moacir Marocolo Júnior.

## Innovation

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### research project

2017 - Current

#### STRATEGIES FOR IMPROVING PHYSICAL PERFORMANCE AND RECOVERY IN DIFFERENT POPULATIONS

Description: Improving human performance and improving the recovery process is important for athletes, but also for other populations. The benefits of regular exercise are improved when performance improves. For example, sedentary people increase their ability to exercise and thus achieve new positive results, adolescents prevent future problems such as obesity and other chronic non-communicable diseases, older people become more independent and obese increase the weight loss. In this way, knowing the variables that affect human performance and its recovery is fundamental. Thus, the overall objective of this project is to evaluate the effects of the application (before and after) of different strategies (isolated and combined) on performance, biomarkers and recovery indicators in different populations, (athletes, sedentary, adolescent, elderly and obese / overweight) of both sexes, submitted to specific physical exercise protocols. The strategies used will be: phototherapy, cryotherapy, ischemic pre- and postconditioning, chromotherapy, use of compression clothing, post-activation potentiation, post-exercise hormone stimulation and active recovery of self-controlled intensity. Each specific population will be analyzed in distinct subprojects, with or without comparison among populations. post-exercise hormone stimulation and active recovery of self-controlled intensity. Each specific population will be analyzed in distinct subprojects, with or without comparison among populations. post-exercise hormone stimulation and active recovery of self-controlled intensity. Each specific population will be analyzed in distinct subprojects, with or without comparison among populations.

Status: In progress; Nature: Research.

Students involved: Undergraduate: (5) / Academic Master: (3).

Members: Moacir Marocolo Júnior - Coordinator / DA MOTA, GUSTAVO RIBEIRO - Member / Rodrigo Hohl - Member / Rhaí André Arriel e Oliveira - Member / Hiago LR Souza - Member / Eduardo Baptista Sansão - Member / IURY SILVA MONTEIRO REIS - Member / MATHEUS BRESSER - Member / AMANDA LIZ DA SILVA DEOTTI - Member / ANA LUÍZA DE CASTRO CARVALHO - Member / Matheus Marques Chaves - Member.

Financier (s): Research Support Foundation of the State of Minas Gerais - Financial aid.

### Technological development project

2017 - Current

#### DEVELOPMENT OF AN ERGOMETER FOR POWER EVALUATION IN RACE TESTING

Description: This project proposes the development of an equipment for the measurement of power in running. The race is the sport most used in performance tests. However, a test for power in the race with application of a specific equipment has not yet been developed, being the tests of power of short duration more employed in cycle ergometer and having its results extrapolated to other sports modalities. In this context, the proposal to build a device to measure power during the race (tests of approximately 30 seconds) would be of fundamental importance, applicability and feasibility both for research and for practical application in the sports, competitive or recreational field.

Status: In progress; Nature: Development.

Students involved: Graduation: (1).

Members: Moacir Marocolo Júnior - Coordinator / Wallace Fortunato - Member.

## Extension project

## Education and Popularization of S & T

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### Articles

#### Complete articles published in periodicals

**MARCOLO, M .;** MAJOR, AS ; KATAYAMA, PL ; MOTA, GR ; BARBOSA NETO, O .; Lauria, AA ; SANTOS, EL . Anabolic Steroid Treatment Induces Cardiac Autonomic Dysfunction in Rats: Time-Course of Heart Rate Variability. American Journal of Biomedical Engineering, v. 3, p. 54, 2013.

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