

CURRICULUM VITAE

EMERSON SEBASTIÃO, PHD

Northern Illinois University – College of Education
Department of Kinesiology and Physical Education
<https://www.cedu.niu.edu/knpe/about/faculty-and-instructors/sebastiao-emerson.shtml>

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I. EDUCATION

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|------------------|--|--|
| 2011-2015 | Ph.D. Kinesiology
Supervisor: Wojtek Chodzko-Zajko, PhD | University of Illinois
Urbana-Champaign, IL, USA |
| 2007-2009 | M.S. Human Movement Science
Supervisor: Sebastião Gobbi, PhD | Sao Paulo State Univesity
Rio Claro, Sao Paulo, Brazil |
| 2003-2006 | B.Ed. Physical Education
Supervisor: Sebastião Gobbi, PhD | Sao Paulo State Univesity
Rio Claro, Sao Paulo, Brazil |

II. POSTDOCTORAL TRAINING

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| 2015-2016 | Post-Doctoral Fellow
Exercise Neuroscience Research Lab
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Rehabilitation Sciences
Supervisor: Robert W. Motl, PhD |
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III. PROFESSIONAL POSITIONS

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| 2018 - present | Assistant Professor
Department of Kinesiology and Physical Education
Northern Illinois University |
| 2017 - 2018 | Visiting Assistant Professor
Department of Kinesiology and Physical Education
Northern Illinois University |
| 2016 - 2017 | Visiting Assistant Professor
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign |
| 2016 - 2016 | Adjunct Lecturer
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign |

- CHLH 404 - Gerontology
- 2013 - 2013 Instructor
 Department of Kinesiology and Community Health
 University of Illinois at Urbana-Champaign
- CHLH 314 – Introduction to Aging
 - CHLH 244 – Health Statistics
- 2012 - 2013 Research Assistant - Aging and Diversity Lab
 Department of Kinesiology and Community Health
 University of Illinois at Urbana-Champaign
- 2010 Adjunct Lecturer
 Department of Physical Education
 São Paulo State University
- EDF8949 – Handball
- 2008 Teaching Assistant
 Department of Physical Education
 São Paulo State University
- EDF8872 – Exercise Physiology

IV. PROFESSIONAL EXPERIENCES

- 2020 - **Associate Editor.** Brazilian Journal of Physical Activity and Health. Brazil. <<https://rbafs.org.br/RBAFS/about/editorialTeam>>
- 2020 - **Member** of the PhD Admissions committee. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- 2020 - 2020 **Member** of the University Benefits Committee. Northern Illinois University. DeKalb, IL.
- 2019 - **Affiliated Professor.** Graduate Program in Physical Education. Department of Sports Science. Federal University of Triângulo Mineiro, MG, Brazil.
- 2019 - **Research Collaborator.** Aging and Diversity Lab. Department of Kinesiology and Community Health. University of Illinois at Urbana-Champaign. <http://adl.kch.illinois.edu/whoweare>
- 2019 - 2020 **Chair** of the Executive Committee for the Graduate Colloquium. Graduate College. Northern Illinois University. DeKalb, IL.
- 2019 - **Co-director** Dr. Joan M. Popp Motor Behavior Laboratory. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- 2017 - **Director** of the Health and Exercise Research Group.

Department of Kinesiology and Physical Education - Northern Illinois University, DeKalb, IL.

- 2016 - 2017 **Director** of the Exercise Neuroscience Research Laboratory. Department of Kinesiology and Community Health – University of Illinois at Urbana-Champaign
- 2013 **Organizing Committee Member.** Expert Roundtable: Physical Activity, Health, and Well-Being in Brazil. Department of Kinesiology and Community Health. University of Illinois at Urbana-Champaign.
- Dr. Andiara Schwingel, Chair
- 2013 **Lab Meeting Coordinator** - Aging and Diversity Lab (2013 - Spring). Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign
- 2011 - 2015 **Member of the Aging and Diversity Laboratory.** Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
- 2010 **Visiting Scholar** at the Aging and Diversity Laboratory, Department of Kinesiology and Community Health. University of Illinois at Urbana-Champaign.
- Supervisors: Dr. Wojtek Chodzko-Zajko and Dr. Andiara Schwingel.
- 2009 **Conference Abstract Reviewer.** IV Symposium on Physical Education – UNIFADRA. Dracena Union of Colleges, Dracena, Brazil.
- 2008 – 2009 **Graduate Student** on the Board of the Department of Physical Education. Sao Paulo State University. Rio Claro, Brazil.
- 2008 **Coordinator** of the Physical Activity for Older Adults Study Group. Physical Activity and Aging Laboratory, Department of Physical Education, Sao Paulo State University - – UNESP, Rio Claro, Brazil.
- 2007- 2008 **Activity Coordinator** at the Physical Activity Program for Seniors. Department of Physical Education –UNESP, Rio Claro, Brazil. Sao Paulo State University.
- 2004 – 2011 **Member of the Physical Activity and Aging Laboratory.** Department of Physical Education –UNESP, Rio Claro, Brazil. Sao Paulo State University.

2004 - Research Member of the CNPq Research Group, Brazil.
 current • **Area:** Physical Activity and Aging

V. PROFESSIONAL SERVICES: Manuscript reviewer (ad hoc)

Journal of Aging and Physical Activity	BMC Geriatrics
Journal of Aging and Health	International Psychogeriatrics
BMC Public Health	Revista Brasileira de Atividade Física e Saúde
Health Behavior & Education	Scandinavian Journal of Medicine & Science in Sports
European Review of Aging and Physical Activity	Preventive Medicine Reports
Health promotion international	Multiple Sclerosis and Related Disorders
Motriz: Physical Education Journal (Brazil)	American Journal of Physical Medicine and Rehabilitation
Revista Brasileira de Cineantropometria e Desempenho Humano (Brazil)	British Journal of Medicine and Medical Research
Nutrients	BMC Neurology
OBM Geriatrics	Sensors
Therapeutic Advances in Chronic Disease	Revista de Saúde Pública (Brazil)
Preventive Medicine Reports	Journal of Aging Research
Clinical Interventions in Aging	International Journal of Psychogeriatrics

VI. COMMITTEES

Doctoral dissertations

- **Qualification Exam/Committee:** Machado, D.R.L. (research director/advisor); Kusumota, L. (internal member); **SEBASTIÃO, EMERSON** (external member). **Candidate:** Ana Cláudia Rossini Venturini. **Dissertation:** Body composition estimative in older adults using multivariate analysis; **2019**. Inter Units Graduate Program in Nursing. School of Nursing from Ribeirão Preto – University of São Paulo, Brazil.
- **Committee:** Virtuoso Jr, J.S. (research diretor/advisor); Tavares, D.M.S. (internal member); Sasaki, J.E. (internal member); Borges, L.J. (external member); **SEBASTIÃO, EMERSON** (external member). **Candidate:** Joilson Meneguci. **Dissertation:** Depressive symptomatology in older community-dwelling older adults: prevalence and association with physical activity

and sedentary behavior; **2018**. Graduate Program in Health Care. Federal University of Triângulo Mineiro, Uberaba, MG, Brazil.

Master thesis

- **Committee:** Peter, C. (research director/advisor); **Sebastião, E.** and Camic, C. **Candidate:** Kayla Emory. **Thesis:** The effects of in-season training changes on body composition in division i collegiate football players; **2020**. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- **Qualification Exam/Committee:** Peter, C. (research director/advisor); **Sebastião, E.** and Camic, C. **Candidate:** Kayla Emory. **Thesis:** The effects of in-season training changes on body composition in division i collegiate football players; **2019**. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- **Committee:** Peter, C. (research director/advisor); **Sebastião, E.** Alexander-Wahl, Z. **Candidate:** James Peterson. **Thesis:** Television Viewing and Markers of Physical Fitness and Body Composition of College Aged Students; **2019**. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- **Qualification Exam/Committee:** Peter, C. (research director/advisor); **Sebastião, E.** Alexander-Wahl, Z. **Candidate:** James Peterson. **Thesis:** Television Viewing and Markers of Physical Fitness and Body Composition of College Aged Students; **2019**. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- **Committee:** Papini, C.B. (research director/advisor); Sousa, T. F. (internal member); Kanitz, A.C. (internal member), **Sebastião, E.** (external member). **Candidate:** Maria Clara Elias Polo. **Thesis:** Effectiveness of different types of interventions allied to health education on the physical activity level of health center users; **2018**. Graduate Program in Physical Education. Federal University of Triângulo Mineiro, Uberaba, MG, Brazil
- **Committee:** Tribess, S. (research director/advisor); Sousa, T. F. (internal member); **Sebastião, E.** (external member). **Candidate:** Debora Bernardo da Silva. **Thesis:** Users profile, utilization of open fitness zone and environmental and individuals characteristics associated with volume usage; **2018**. Graduate Program in Physical Education. Federal University of Triângulo Mineiro, Uberaba, MG, Brazil
- **Committee:** Nakamura, P.M. (research director/advisor); **Sebastião, E.** (external member); laochite, R. (internal member). **Candidate:** Ana Elisa Messetti Christofolletti. **Thesis:** Exploring smartphone application features to reduce leisure time sedentary behavior among adolescents; **2018**.

Graduate Program in Human Movement Sciences. Sao Paulo State University, Rio Claro, SP, Brazil.

- **Qualification Exam/Committee:** Gurjão, A.L.D. (research director/advisor); Carvalho, F. O. (internal member); **Sebastião, E.** (external member). **Candidate:** Narcélio Pinheiro Victor. **Thesis:** *The effect of resting interval between sets on kinetic, kinematics and muscle activation of young females on the LEG PRESS exercise*; **2017**. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil.
- **Qualification Exam/Committee:** Gurjão, A.L.D. (research director/advisor); Carvalho, F.O. (internal member); **Sebastião, E.** (external member). **Candidate:** Sebastião da Silva Costa. **Thesis:** *The effect of different movement speed on kinetic, kinematics and muscle activation of young females on the LEG PRESS exercise*; **2017**. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil. (*Qualification Exam*)
- **Committee:** Gurjão, A.L.D. (research director/advisor); **Sebastião, E.** (external member); CARVALHO, F. O. (internal member). **Candidate:** Narcélio Pinheiro Victor. **Thesis:** *The effect of resting interval between sets on kinetic, kinematics and muscle activation of young females on the LEG PRESS exercise*; **2017**. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil.
- **Committee:** Gurjão, A.L.D. (research director/advisor); **Sebastião, E.** (external member); CARVALHO, F. O. (internal member). **Candidate:** Sebastião da Silva Costa. **Thesis:** *The effect of different movement speed on kinetic, kinematics and muscle activation of young females on the LEG PRESS exercise*; **2017**. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil.
- **Qualification Exam/Committee:** Nakamura, P.M. (research director/advisor); **Sebastião, E.** (external member); laochite, R. (internal member). **Candidate:** Ana Elisa Messetti Christofoletti. **Thesis:** *Exploring smartphone application features to reduce leisure time sedentary behavior among adolescents*; **2017**. Graduate Program in Human Movement Sciences. Sao Paulo State University, Rio Claro, SP, Brazil.

Bachelor thesis

- **Committee member.** Bachelor's thesis of Gabriel Barcellos Fruet and Luiz Fernando de Oliveira. **Swimming: quality of life for elderly people**, 2007 (Physical Education, B.Ed.). Methodist University of Piracicaba, Brazil.
- **Committee member.** Bachelor's thesis of Diego Manzini and Emerson Silveira. **Strength training for patients with osteoporosis**, 2007 (Physical Education, B.Ed.). College of Vinhedo, Brazil.

- **Committee member.** Bachelor's thesis of Bruno de Oliveira Soares and Jorge Gustavo Costa Mamprin. **Physical activity, older adults and quality of life**, 2007. (Physical Education, B.Ed.). College of Vinhedo, Brazil.

Department Level Committees

- **Member** of the PhD in Kinesiology Admissions. Department of Kinesiology and Physical Education. Northern Illinois University (2020 - present). **Members:** Dr. Todd Gilson (chair of the Department), Dr. Steve Howell (Sports Management) Dr. Paul Wright (PETE), Dr. Emerson Sebastião (Kinesiology)
- **Member of the Search Committee (internal search)** for the position of Chair of the Department of Kinesiology and Physical Education. Northern Illinois University (2019). **Members:** Dr. David Walker (Chair), Dr. Paul Right, Dr. Laurie Zittel, Dr. Emerson Sebastião, and Victoria Books.
- **Member of the Search Committee** for the Assistant Professor in Biomechanics (#6462) position. Department of Kinesiology and Physical Education. Northern Illinois University (**2018**). **Members:** Dr. Steve Howell (Chair), **Dr. Emerson Sebastião**, Dr. Shaine Henert, Dr. Jennifer M. Jacobs
- **Member of the Search Committee** for the Lecturer Position. Department of Kinesiology and Community Health - University of Illinois at Urbana-Champaign (**2013**). **Members:** Dr. Kim Graber (Chair), Dr. Amelia Mays Woods, **Emerson Sebastião**
- **Member of the sub-committee:** PhD Program Admissions. Department of Kinesiology and Physical Education. Northern Illinois University (2018 - 2020). **Members:** Dr. Steve Howell (Chair), Dr. Paul Wright (sub-committee leader), **Dr. Emerson Sebastião**, Dr. Jennifer M. Jacobs.

College Level Committees

University Level Committees

- Member of the University Benefits Committee. Northern Illinois University. October 2020 – present.
- Member of the Graduate Colloquium Committee. The Graduate School - Northern Illinois University. September 2019 - 2020.

Other Services

- Faculty assisting the head of the department (KNPE-NIU), Northern Illinois University) with the renovations of a space for the new "Motor Behavior Laboratory" (November, 2018)
- Faculty assisting with the KNPE-NIU recruitment table at the Midwest

American College of Sports Medicine Conference, 2018.

VII. GRANTS

Intramural funding

- Northern Illinois University - College of Education – Dean's Research Grant
Term of award: 7 Months; period 12/2019 thru 06/2020
Amount: \$2,500.00 **(Funded)**
Project: The Neural Correlates of Reinforcement Feedback During Motor Learning in Healthy Elderly: A Pilot Study.
Role: C. Hill (PI) with **E. Sebastião** and T. Woods (Co-Is)
- Northern Illinois University – Division of Research and Innovation – Research and Artistry Grant. **Term of award:** 1 year
Amount: \$ 15,000.00 **(Not funded)**
Project: High Intensity Interval versus Moderate-intensity Continuous Training Outcomes and Predictors for Improved Physical Activity Metrics in Sedentary Obese/Overweight Young Adults: A Pilot Study.
Role: E. Moxley (PI) with **E. Sebastião**, C. Camic and P. Chomentowski (CO-Is)
- Joan Wood Research Award
Term of award: 2-year; period 06-01-2019 thru 05-31-2021
Project: The Response of Cytochrome c to High Intensity Interval Exercise in Sedentary Nondiabetics Adults and Prediabetes
Amount: \$ 45,080.00 **(Funded at 63% \$28,242.23)**
Role: E. Moxley (PI) with **E. Sebastião**, C. Camic and P. Chomentowski (CO-Is)
- Northern Illinois University - College of Education – Dean's Research Grant
Term of award: 7 Months; period 12/2017 thru 06/2018
Amount: \$2,400.00 **(Funded)**
Project: SCOPE – Sedentary Behavior, Cognition and Physical Function in Older Adults Living in a Retirement Community
Role: **E. Sebastião (PI)**
- Northern Illinois University – Division of Research and Innovation – Research and Artistry Grant
Term of award: 12 months; period 11/2017 thru 06/2020 **(extended due to COVID)**
Amount: \$13,750.00 **(Funded)**
Project: KITAMS: Kinesio tape and physical function in persons with multiple sclerosis
Role: **E. Sebastião (PI)**, S. Zhang (PI)

Student-related funding

- Office of Student Engagement and Experiential Learning & College of Liberal Arts and Sciences – Student Engagement Fund (SEF)
Term of award: FALL 2019; period 8-26-19 thru 12-14-19
Amount: \$2,090.00 **(funded)**
Project: Handgrip strength in older adults: impact of measuring protocols
Students: Micheal Baumann and Maricela Garcia
Role: E. Sebastião (PI)

External funding

- Retirement Research Foundation – RRF
Term of award: 2-year
Amount: \$121,432.00 **(Submitted)**
Project: A Randomized Controlled Study of a **Residential** Community-Based **Square-Stepping Exercise** to Improve Social Isolation, Loneliness, and Physical Functioning: The ReSSE Project
Role: **E. Sebastião (PI)**, M. Courtney Hughes (PI)
- São Paulo Research Foundation (FAPESP - <https://fapesp.br/en>)
Term of award: 01/04/2020 a 31/03/2022
Amount: ~\$15,221.00 **(Not funded)**
Project: Relação entre o nível de concentração de BDNF e do microbioma intestinal com nível de atividade física, parâmetros locomotores e sintomas em pessoas com Esclerose Múltipla: um estudo envolvendo machine learning
Role: F. Barbieri & A. David (PI), **E. Sebastião**, F. Fanchini, F. Lira, J. Papa (Co-Is)
- National Multiple Sclerosis Society – NMSS
Term of award: 2-year; period 10-1-2019 thru 9-30-2021
Amount: \$633,659.00 **(Not funded)**
Project: SSE-MS: A Phase II Randomized Controlled Trial of a Home-based Square Stepping Exercise Program in Older Adults with Multiple Sclerosis **Role:** **E. Sebastião (PI)** with Dr. Motl and Dr. Mehta (Co-PIs)
- Consortium for Multiple Sclerosis Centers - CMSC
Term of award: 1 year; period 10-10-2016 thru 9-10-2017
Grant #: C2557/CMSC 084666; **Amount:** \$39,884.00 **(Funded)**
Project: Feasibility and efficacy of the square-stepping exercise in older adults with multiple sclerosis: The SSE-MS Project.
Role: **E. Sebastião (PI)** with Robert Motl & Edward McAuley (Co-Is).
- National Multiple Sclerosis Society – NMSS
Term of award: 1 year; period 08-1-2016 thru 7-30-2017

Grant #: G-1609-25965; **Amount:** \$100,462.00 **(Funded)**

Project: Behavioral Intervention for Physical Activity in Multiple Sclerosis

Role: E. Sebastião (site-PI)

- National Multiple Sclerosis Society – NMSS

Term of award: 1 year; period 10-1-2015 thru 9-30-2016

Grant #: PR-1411-02096; **Amount:** \$43,230.00 **(Funded)**

Project: Functional Electrical Stimulation Cycling in Severe Multiple Sclerosis

Role: E. Sebastião (site-PI)

VIII. MENTORING/ADVISING

Master's degree

- **Student:** Anthony McKee. Master's Program in Kinesiology. Department of Kinesiology and Physical Education at Northern Illinois University. **Project:** Association of Various Physiological and Fitness Markers to Body Fat Percentage in Sedentary Adults. **Role:** Thesis Committee Chair (advisor) **Status:** Completed Spring/2020
- **Student:** Vitor Antonio Assis Alves Siqueira. Master's Program in Physical Education. School of Physical Education and Sports. University of São Paulo – Ribeirão Preto. **Project:** Neuromuscular Activation During the Functional Fitness Tests Proposed by Rikli and Jones in Older Adults. **Role:** Thesis Co-advisor **Status:** 2019 - Ongoing
- **Student:** Felipe Balistieri Santinelli. Master's Program in Human Movement Sciences. Faculty of Sciences. São Paulo State University – Bauru. **Project:** Impact of the Treatment with Vitamin D and the Level of Brain-derived Neurotrophic Factor on Spatiotemporal Gait Parameters and Cortical Activity during Walking in Persons with Multiple Sclerosis. **Role:** Thesis Co-advisor **Status:** 2019 - Ongoing
- **Student:** Ana Flávia Andalécio Couto da Silva. Master's Program in Physical Education. Federal University of Triângulo Mineiro – Uberaba, MG. **Project:** Valuation: Contextualization in the area of physical activity and a proposal of instrument of assessment. **Role:** Thesis Co-advisor **Status:** Completed Fall 2020 (October 29, 2020)
- **Student:** John Manning. Master's Program in Kinesiology. Department of Kinesiology and Physical Education at Northern Illinois University. **Project:** The Effects of Different Dual-Task Paradigm on the Static Balance of College Students. **Role:** Thesis Committee Chair (advisor) **Status:** Completed – Summer 2019.

Bachelor's degree

- **Student:** Henrique Ricardo Gazzi Fabiano. Bachelor's degree in Physical Education. Department of Physical Education. São Paulo State University.
Project: Identifying types of personalities in the ballroom dancing.
Role: Bachelor's Thesis co-advisor. **Status:** Completed (2009)

IX. AWARDS AND RECOGNITIONS

- 2015 - 2016** Postdoctoral Research Fellowship - National Multiple Sclerosis Society
- 2014** Laura J. Huelster Award (Academic Merit). Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign
- 2013 & 2016** University of Illinois List of Teachers Ranked as Excellent
- 2013 - 2015** Lemann Foundation Fellowship
- 2012 - 2013** Lemann Institute Travel Grant Award
- 2011 - 2015** CAPES Foundation – Ministry of Education, Brazil – Science without Borders Program, PhD Scholarship
- 2008 - 2009** Sao Paulo Research Foundation – FAPESP Fellowship – Master's degree.

X. PRESENTATIONS

Invites talks

- 2020 Physical Activity and Healthy Aging with Multiple Sclerosis. 6º Ciclo de Palestras em Atividade Física, Envelhecimento e Doenças Neurodegenerativas. Faculty of Sciences – UNESP-Bauru, Bauru, SP, Brazil. (virtual)
- 2020 Exercise Training and Multiple Sclerosis. XVII Jornada de Estudos da Educação Física – Fundação Hermínio Ometto. UNIARARAS, Araras, SP, Brazil. (Virtual)
- 2020 Roundtable: Physical Activity During the COVID-19 Pandemic “Physical Activity and Older Adults”. XIV Semana do PET Educação Física. Universidade Federal de Uberlândia, MG, Brazil. (virtual)

- 2020 Yes, Exercise is Medicine But It is So Much More. III Congresso Cariense de Educação Física, Esporte e Saúde. UniLeão, Juazeiro do Norte, Ceará, Brazil. (virtual)
- 2020 Academia: differences between Brazil and United States. Research Group in Anthropometry, Training and Sport. School of Physical Education and Sport. São Paulo University at Ribeirão Preto, SP, Brazil. (virtual)
- 2020 Multiple Sclerosis: From the Diagnosis to Exercise Training. Estácio University Center at Ribeirão Preto, SP, Brazil. (virtual)
- 2020 Exercise for people with Multiple Sclerosis. 1º Unilavras Congress of Physical Education: New perspectives for the exercise specialist professional. UNILAVRAS, Lavras, MG, Brazil. (virtual)
- 2020 “No Pain, No Gain: A Case Report”. UNIFAC, Botucatu, SP, Brazil. (virtual)
- 2020 Roundtable: Physical Activity - Benefits and Socioeconomic Determinants. CAECO – Federal University of Goiás, Goiânia, Brazil. (virtual)
- 2020 Exercise Prescription for Older Adults. Federal Institute of Science, Education and Technology. Muzambinho, MG, Brazil (virtual)
- 2019 Roundtable: Non-communicable Diseases, Physical Activity and Quality of Life. *Workshop Multidisciplinar Integrado às Ciências da Saúde*. Brazilian Society of Sports, Physical Activity and Quality of Life, Rehabilitation and Health Promotion. University of Sorocaba (UNISO), Sorocaba-SP, Brazil.
- 2019 From Course Assignments to Journal Publications: Positioning Yourself as a Scholar in your Discipline. Diversifying Faculty in Illinois Conference. Northern Illinois University.
- 2018 Exercise and Multiple Sclerosis. Department of Physical Education – UNESP – Rio Claro, SP, Brazil.
- 2008 - Physical Activity, Barriers, and Stages of Behavior Change. Unified College of Bauru, Brazil.
- 2008 - Older Adults, Physical Activity and Modernity – Sao Paulo State University (UNESP-RC); Physical Activity for Seniors Program, Rio Claro, Brazil.
- 2009 - Barriers for Physical Activity in Older Adults. State College of Education, Science and Letters – FAFIPA, Paranavaí, Brazil.

- 2009 - Physical Activity Level and Main Perceived Barriers in Adults: Rio Claro Survey. Department of Sport – City Hall of Araraquara, Brazil.
- 2010 - Roundtable: Physical Activity as a Mean of Socialization. Sao Paulo State University (UNESP-RC). Rio Claro, Brazil.
- 2011 - The Risks of Physical Inactivity. Sao Paulo State University (UNESP). Rio Claro, Brazil.
- 2011 - Physical Education: A Range of Possibilities. Max Planck College, Indaiatuba, Brazil.

XI. REFERRED JOURNAL PUBLICATIONS

58. Bantham A., Ross S.E.T., **Sebastião E.**, Hall G. Overcoming barriers to physical activity in underserved populations. Progress in Cardiovascular Diseases. 2020; (in press)
57. Adamson B.C., Kinnett-hopkins D., Atharia N., **Sebastião E.** The experiences of inaccessibility and ableism related to physical activity: A photo elicitation study among individuals with multiple sclerosis Disability and Rehabilitation. 2020; (in press)
56. **Sebastião E.**, Mirda D. Group-based Physical Activity as a Means to Reduce Social Isolation and Loneliness among Older Adults. Aging Clinical and Experimental Research. 2020; (in press)
55. **Sebastião E.**, Henert S., Siqueira V.A.A.A. Physical Activity and Physical Function in Older Adults Living in a Retirement Community: A Cross-Sectional Analysis Focusing on Self-Rated Health. American Journal of Lifestyle Medicine. 2020; (online first).
54. Santinelli F., **Sebastião E.**, Oliveira M., Barbieri F.A. Multiple sclerosis: Implications for future research on postural control and gait. Brazilian Journal of Motor Behavior. 2020; 14: 46-49.
53. Christofolletti A.E.M., Benites L. C., **Sebastião E.**, UENO D. T. Prevalence and sociodemographic factors associated with sedentary behavior in adolescents from Rio Claro-SP, Brazil. Journal of Physical Education (ONLINE). 2020; 31: e3159-e3159.
52. Simms A., Hernandez L., **Sebastião E.** Concurrent validity of the Wii Stillness Test as a measure of balance performance in older adults. Gerontechnology. 2020; 19:3
51. **Sebastião E.**, Pak J., Fuerniss K., Siqueira V.A.A.A., Benner Jr D., Gurjão A.L.D. Lower Extremity Functional Strength and Walking Speed in Older

Adults Living in a Senior Housing Facility. Topics in Geriatric Rehabilitation. 2020; 36: 116-121, 2020.

50. **Sebastião E.** Activity behavior and cognitive performance in older adults living in a senior housing facility: the impact of frailty status. Aging Clinical and Experimental Research. 2020; 32(4):703-709
49. **Sebastião E.**, Andrade F.C.D, Papini C.B., Nakamura P.N., Kokubun E., Gobbi S. A comprehensive description of sitting time in Brazilian adults: a population-based study. Journal of Public Health. 2019; online first.
48. **Sebastião E.**, Pak J., Benner Jr. D., Nakamura P.M., Papini C.B. Magnitude and composition of sedentary behavior in older adults living in a retirement community. Journal of Community Health. 2019; 44(4):805-814.
47. Santinelli, F., Barbieri, F. A., Pinheiro, C., **Sebastião, E.**, Amado, A., van Emmerik, R. Postural Control Complexity and Fatigue in Minimally Affected Individuals with Multiple Sclerosis" for publication in the Journal of Motor Behavior. Journal of Motor Behavior. 2019; 51 (5):551-560
46. Granderson, D.M., C.L. Camic, P.J. Chomentowski, S.M. Howell, and **Sebastião, E.** Accuracy of a handheld blood glucose monitor during exercise and an oral glucose tolerance test. Kinesiology. 2019; 51(2):182-188
45. Christofoletti A.E.M, **Sebastião E.**, Ueno, D.T., Bonolo, A., Deutsch, S., Nakamura, P.M. Effects of acute physical exercise and television watching on mood states of older women. Motriz. 2019; 25(1): e101973
44. Pilutti, L.A., Edwards, T., Motl, R.W., **Sebastião, E.** Functional Electrical Stimulation Cycling Exercise in Persons with Multiple Sclerosis: Secondary Effects on Cognition, Symptoms, and Quality of Life. International Journal of MS Care, 2019 (In press)
43. **Sebastião, E.;** Pilutti, L.A.; Motl, R.W. Aerobic Fitness and Instrumental Activities of Daily Living in Persons with Multiple Sclerosis: A Cross-sectional Study. International Journal of MS Care; 2019; 21(1):23-28.
42. **Sebastião, E.**, McAuley, E., Adamson, B.C., Bollaert, R.E., Shigematsu, R., Motl, R.W. Home-based, square-stepping exercise program among older adults with multiple sclerosis: results of a feasibility randomized controlled study. Contemporary Clinical Trials. 2018; 73:136-144.

41. Edwards, T., Pilutti, L.A., **Sebastião, E.**, Motl, R.W. Pilot Randomized Controlled Trial of Functional Electrical Stimulation Cycling Exercise in People with Multiple Sclerosis with Mobility Disability. Multiple Sclerosis and Related Disorders. 2018; 26:103-111.
40. **Sebastião, E.**; Motl, R.W. Body mass index and cardiorespiratory fitness in persons with multiple sclerosis. Acta Neurologica Scandinavica. 2018; 138(4):315-319.
39. **Sebastião, E.**; Bollaert, R.; Hubbard, E.; Motl, R.W. Gait Variability and Energy Cost of Over-Ground Walking in Persons with Multiple Sclerosis: A Cross-sectional study. American Journal of Physical Medicine and Rehabilitation. 2018; 97(9):646-650.
38. **Sebastião, E.**; Bobitt, J.; Papini, C.B.; Nakamura, P.M.; Kokubun, E.; Sebastião, G. Sedentary behavior is associated with low leisure-time physical activity and high body fatness in older Brazilian adults. American Journal of Lifestyle Medicine; 2018 (online first; January 17th).
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XII. BOOK CHAPTERS

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