

# Rafael M. Tassitano, Ph.D.

Curriculum Vitae  
rafaelmt@illinois.edu

## Education

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- 2009 - 2013      Ph.D.      **Nutrition (Minor in Public Health)**  
Federal University of Pernambuco – Brazil  
**Award:** Top 3 of all Brazilian Thesis in Nutrition (2014)
- 2005 - 2007      M.S.      **Determinants of Adolescent Health**  
University of Pernambuco - Brazil
- 2000 - 2004      B.S.      **Physical Education**  
University of Pernambuco – Brazil (2000-2004)  
University of Porto – Portugal (2003-2004 - Erasmus)

## Professional experience

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\* In Brazil if your university does not have specific Master's and Doctoral program you can register in another institution, similar to holding a visiting instructor position in the US.

Assistant Professor - University of Illinois at Urbana-Champaign, IL  
Department of Kinesiology and Community Health  
**2023 - Current**

Associate Professor (tenured)

Department of Physical Education

Rural Federal University of Pernambuco (UFRPE), Brazil

**2008 – 2023**

Director program - Undergrad Program of Physical Education (2010-2011)

Chair - Department of Physical Education (2011-2013)

Institutional Review Board - Research Ethics Committee (2019 - current)

Visiting Professor

Department of Exercise Science. Arnold School of Public Health

University of South Carolina (UofSC), United States of America

Mentors: Michael W. Beets, Ph.D. and Robert G. Weaver, Ph.D.

**2018 – 2019**

Visiting Associate Professor (MS and Ph.D. program)\*

University of Pernambuco (UPE), Brazil

**2013 – 2023**

## Teaching experience

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Associate Professor (undergraduate) - Rural Federal University of Pernambuco (UFRPE) - Brazil

Biostatistics I

Physical activity, health and quality of life

Physical Education

Visiting Associate Professor (Master and Ph.D. program) - University of Pernambuco (UPE) - Brazil

Lifestyle and Health Behavior

Physical Activity and Public Health

Physical Activity Epidemiology

Advanced Methods in Physical Activity Epidemiology

## External Research Funding

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Title Longitudinal study of the physical activity and fruit/ vegetable and the micro and macro environment among youth.

Role Principal Investigator

Dates Apr 2016 – Current \*

Funding FACEPE / PE/ Brazil

Amount R\$ 26,000

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Title Effectiveness for health promotion among elderly in primary health care: a community-based intervention (EUGERON – Project).

Role Co-Investigator

Dates Apr 2019 to Apr 2021

Funding Universal/CNPQ/MCTQ/BRAZIL

Amount R\$ 130,000

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Title Intervention to improve physical activity, reduce sedentary behavior, and cognate function through Physical Education class (SACODE – Project).

Role Co-Investigator

Dates Febr 2017 to Jun 2018

Funding Universal/CNPQ/MCTQ/BRAZIL

Amount R\$ 135,000

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Title Physical activity, sociodemographic and psychosocial determinants among high school students in Pernambuco state.

Role Principal Investigator

Dates Febr 2016 to Jun 2018

Funding Universal/CNPQ/MCTQ/BRAZIL

Amount R\$ 30,000

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Title Evaluation of programs and interventions related to physical activity in primary health care in the Pernambuco State (SUS + Active Project)

Role Co- Investigator

Dates Febr 2014 to Febr 2016

Funding PPSUS/ FACEPE/BRAZIL

Amount R\$ 42,000

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## Research with no external funding

Title Development, implementation and evaluation a school physical activity school policy in a low-income city.

Role Principal Investigator

Dates Apr 2022- Current

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Title 24-hour movement behaviors and fundamental motor skills in toddlers from low-income families in rural and urban areas.

Role Principal Investigator

Dates Apr 2022- Current

## External funding (service)

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Title	Sport-based afterschool program among children and adolescent with disability.
Role	Principal Investigator
Dates	Febr 2019 to Dec 2022
Funding	Federal government
Amount	R\$ 190,000

## PEER-REVIEWED PUBLICATIONS

Google Scholar h-index 26 | Google Scholar i10-index 55 Scopus h-index 16

### Manuscripts

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Note: Underlined authors are Master or Ph.D. graduate students under my supervision.

#### Accepted

103. Silva, J.F., Soares, A.H., Filho, V., Mota, J., Silva, L., Oliveira, T., Tassitano, R.M. Physical activity, sedentary behavior, and sleep measured by smartwatch: a scoping review protocol. *Brazilian Journal of Physical Activity & Health*.
102. Siqueira, P.P., **Tassitano, R.M.**, Chaves, S., Silva, G.M., Guimarães, J., Alves, K., Neves, A., Lima, A. Association between sleep and physical activity among runners during COVID-19 pandemic. *Health and Research*.

#### Under Review

101. Araújo, R., Werneck, A., Matias, T., **Tassitano, R.M.**, Martins, C.M.L., Aguilar-Farias, N., Jesus, G., Ramirez-Vélez, R., Baldew, S., Ramírez, C.A., Álvarez, M., Brazo-Sayavera, J., Silva, D. Global prevalence and gender inequalities in at least 60 minutes of moderate to vigorous physical activity one or more days per week with 707,616 adolescents. *Journal of Sport and Health Science*.
100. Araújo, R., Werneck, A., Matias, T., **Tassitano, R.M.**, Martins, C.M.L., Aguilar-Farias, N., Jesus, G., Ramirez-Vélez, R., Baldew, S., Ramírez, C.A., Álvarez, M., Brazo-Sayavera, J., Silva, D. Inequalities related to participation in Physical Education classes among South American adolescents: a pooled analysis with 173,288 participants. *BMC Public Health*.
99. Matias, T., Araújo, R., **Tassitano, R.M.**, Ramirez-Vélez, R., Sadarangani, K.P., Jesus, G., Silva, D. Clustering of obesogenic behaviors among 151,922 South American adolescents: a harmonized meta-analysis of national health surveys. *International Journal of Behavioral Nutrition and Physical Activity*.
98. **Tassitano, R.M.**, Silva, D., Bezerra, E., Christofaro, D., Manta, S., Sasaki, J., Ribeiro, C., Hallal, P., Florindo, A., Siqueira, F. Physical activity and sedentary behavior among people with disability: a systematic overview. *Brazilian Journal of Physical Activity & Health*.
97. Bezerra, J., Soares, F.C., Lima, R.A., Cantieri, F., **Tassitano, R.M.**, Júnior, J.C.F., Barros, M.V.G. Temporal trend of sedentary behavior in adolescents: A 10-year analysis. *Preventive Medicine*.
96. Martins, C.M.L., Silva, G.M.G., Souza, A., Mota, J., **Tassitano, R.M.** Low-income preschoolers' physical activity during preschool hours. *Journal of School Health*.

#### Peer-reviewed Publications

95. Soares, M.D., Simão, M.J., Soares F.C., Filho, V.C., **Tassitano, R.M.**, Bezerra, J. Participation in Physical Education classes in Pernambuco State: a temporal trend analysis. *Brazilian Journal of Physical Activity & Health*, v.27, e:0292, 2023.

94. **Tassitano, R.M.** More than ever, it is time to ensure regular opportunities for physical activity among children and adolescents: the potential of structured settings. *Journal of Physical Activity and Health*, v.1, p.1-3, 2023.
93. Soares, A.H.G., Wendt, A., Silva, I.C., Martins, CM., Barbosa, A.O., Barros, M.V., **Tassitano, R.M.** Prevalence and sociodemographic correlates of meeting the 24-hour movement guidelines among low-income Brazilian older adults with chronic diseases. *Journal of Aging Physical Activity*, v.1, p.1-9, 2023.
92. Ding, D., Carson, V., Hunter, R.F., Jáuregui, A., Kolbe-Alexander, T., Lee, EY., Mair, J.L., Mielke, G.I., Oyeyemi, A.L., Ramírez, V.A., Salvo, D., Siefken, K., **Tassitano, R.M.**, Van Sluijs, R., Hallal, P.C. Science has no Borders, so Should Scientific Publishing: A Position Statement from the Journal of Physical Activity and Health. *Journal of Physical Activity & Health*, v. 1, p. 1-2, 2022.
91. Araújo, R., Werneck, A., Barboza, L., Ramirez-velez, R., Martins, C.M.L., **Tassitano, R.M.**, Silva, E., Jesus, G., Matias, T., Lima, L., Brazo-sayavera, J., Silva, D. Prevalence and sociodemographic correlates of physical activity and sitting time among South American adolescents: a harmonized analysis of nationally representative cross-sectional surveys. *International Journal of Behavioral Nutrition and Physical Activity*, v. 19, p. 1-14, 2022.
90. Souza, A., Clarke, C., Mota, J., **Tassitano, R.M.**, Duncan, M., Martins, C.M.L. Movement behaviors in short versus adequate nocturnal sleepers: A compositional analysis of preschoolers. *American Journal of Human Biology*. v. 34, e23694, 2022.
89. Manta, S.W., Sandreschi, P.F., Christofolletti, M., Konrad, L., **Tassitano, R.M.**, Benedetti, T. Barriers and facilitators on the implementation of physical activity in Primary Health Care: a systematic review. *Preventive Medicine Reports*, v. 1, p. 101875-101888, 2022.
88. Demenech, L., Dumith, S.C., Lemos, S., Brignol, S., Marcon, S., **Tassitano, R.M.**, Neiva, L. Suicide risk among undergraduate students in Brazil in the periods before and during the COVID-19 pandemic: results of the SABES-Grad national survey. *Psychological Medicine*, v. 1, p. 1-13, 2022.
87. Dumith, S.C., Vieiro, V., Gauze, E., Silva, L.C.B., **Tassitano, R.M.**, Demenech, L. COVID-19 pandemic and physical inactivity in Brazilian university students: a multicenter study. *Brazilian Journal of Physical Activity and Health*, v. 27, p. 1-9, 2022.
86. Umpierre, D., Ravagnani, C.F.C., Tenório, M.C.M; Andrade, D.R., Autran, R.G., Barros, M.V.G., Benedetti, T., Cavalcante, F.V., Cyrino, E., Dumith, S.V., Florindo, A., Garcia, L.M., Manta, S.W., Mielke, G.I., Dias, R.M.R., Sandreschi, P.F., Silva, J.R.A., Silva, K.S., Siqueira, F.C.V., Hallal, P.C., Brazilian Working-Group (**Tassitano, R.M.**). Physical Activity Guidelines for the Brazilian Population: Recommendations Report. *Journal of Physical Activity & Health*, v. 19, p. 374-381, 2022.
85. Tenório, M.C.M., Ravagnani, C.F.C., Umpierre, D., Andrade, D.R., Autran, R.G., Barros, M.V.G., Benedetti, T., Cavalcante, F.V., Cyrino, E., Dumith, S.V., Magalhães, L.L., Sandreschi, P.F., Silva, J.R.A., Silva, K.S., Garcia, L.M., Mielke, G.I., Dias, R.M.R., Siqueira, F.C.V., Hallal, P.C., Brazilian Working-Group (**Tassitano, R.M.**). Physical Activity Guidelines for the Brazilian Population: Development and Methods. *Journal of Physical Activity & Health*, v. 19, p. 367-373, 2022.
84. Silva, I., Ravagnani, C.F.C., Tenório, M.C.M., **Tassitano, R.M.**, Ravagnani, F. The LET US Play strategy increases children's physical activity in physical education classes. *Brazilian Journal of Physical Activity and Health* <<Portuguese>>, v. 26, p. 1-8, 2022.
83. Weaver, R., **Tassitano, R.M.**, Tenório, M., Armstrong, B., Brazendale, K., Beets, M.W. Temporal Trends in Children's School-day Moderate-to-vigorous Physical Activity: A systematic review and meta-regression analysis. *Journal of Physical Activity and Health*, 2021:1-22.
82. Soares, A.H.G., **Tassitano, R.M.**, Farah, B.Q., Lima, A.A, Correia, M.A., Gaba, A., Tefelova, N., Wolosker, N., Cucato, G., Ritti-Dias, RM. Reallocating time from sedentary behavior to physical activity in patients with peripheral artery disease: Analyzing effects on walking capacity using compositional data analysis. *Journal of Physical Activity & Health*, 18(4):426-432, 2021.
81. Souza, A.A., Mota, J., Silva, G.M.G., **Tassitano, R.M.**, Clarke, C., Duncan, M, Martins, C.M.L. Associations between movement behaviours and obesity markers among preschoolers compliant and non-compliant with sleep duration: a latent profile analysis. *International Journal of Environmental Research and Public Health*, 18:1-13, 2021.

80. Silva, O.D., Sasaki, J., **Tassitano, R.M.**, Ribeiro, C.G., Christofaro, D.G.D., Bezerra, E.S., Manta, S.W., Florindo, A.A., Siqueira, F.C.V. Physical activity for people with disabilities: Physical Activity Guidelines for Brazilian Population. *Brazilian Journal of Physical Activity and health*, 26:e0218, 2021. << Portuguese >>
79. Silva, L.B., Tenório, M.C.M., Martins, C.M.L., **Tassitano, R.M.** Can state educational policies facilitate physical education offer and impact on youth's health-related behaviors? A natural experiment study. *Brazilian Journal of Physical Activity and health*, 26:e0207, 2021.
78. Soares, A.H., Filho, O.L.L., Ramos, C., Hardman, C.M., Filho, V.C.B., Barros, M.V.G., **Tassitano, R.M.** Combinations of physical activity, sedentary behavior, and sleep associated to health outcomes in elderly: protocol for a systematic review. *Brazilian Journal of Physical Activity and health*, 26:e0198, 2021.
77. Borba, R., **Tassitano, R.M.**, Brito, A., Martins, M.O., Cabral, P.C., Antunes, M. Physical Activity, sedentary time and nutritional status in Brazilian children with cerebral palsy. *Pediatric journal*, v.1, p1-10, 2021.
76. Martins, C.M.L., Clarke, C., Souza-Filho, A., **Tassitano, R.M.**, Gaya, A., Duncan, M. School-time movement behaviours and fundamental movement skills in preschoolers: an isotemporal reallocation analysis. *Perceptual And Motor Skills*, (in press, corrected proof), 2021.
75. Bertuol, B., Silva, K.S., **Tassitano, R.M.**, Lopes, A. Nahas, M.V. Physical Activity Enjoyment and Preference for Leisure-Time Activities: Sociodemographic Correlates in Adolescents from South Brazil. *Brazilian Journal of Sports and Medicine*, 27:84-89, 2021 << Portuguese >>
74. Queiroz, C., Barros, M.V., Aguiar, J.A., **Tassitano, R.M.**, Bezerra, J. Silva, L.M.P. Consumption of alcohol and illicit drugs and involvement of adolescents in physical violence in Pernambuco. *Cadernos de Saúde Pública*, 37:1-10, 2021. << Portuguese >>
73. Brazendale, K., Beets, M.W., Armstrong, B., Weaver, R.G., Hunt, E.T., Pate, R.R., Brusseau T.A., Bohnert, A.M., Olds, T., **Tassitano, R.M.**, Tenório, M.C.M., Garcia, J., Andersen, L.B., Davey, R., Hallal, P.C., Jago, R., Kolle, E., Kriemler, S., Kristensen, P.L., Kwon, S., Puder, J.J., Salmon, J., Sardinha, L.B., van Sluijs, E.M.F. & on behalf of the ICAD collaborators, Children's moderate-to-vigorous physical activity on weekdays versus weekend days: A multi-country analysis. *International Journal of Behavioral Nutritional and Physical Activity*, 18:1-15, 2021.
72. **Tassitano, R.M.**, Weaver, R.G., Tenório, M.M., Brazendale, K., Beets, M.W. Physical activity and sedentary time of youth in structured settings: A systematic review and meta-analysis. *International Journal of Nutritional Behavior and Physical Activity* 17, 160, 2020.
71. **Tassitano, R.M.**, Weaver, R.G., Tenório, M.C.M., Brazendale, K., Beets, M.W. Non-dietary Obesogenic behaviors and social and environmental factors associated with overweight and obesity among adolescents from Brazil: a latent profile analysis. *International Journal of Public Health*, 65;881-891, 2020.
70. Martins, C. M. L., Lemos, L., Neco Filho, A., Bezerra, T., Soares, I., Mota, J., Bandeira, P., **Tassitano, R. M.**, Duncan, M. Adherence to 24-hour movement guidelines in low-income Brazilian preschoolers and associations with demographic correlates. *American Journal of Human Biology*, 1:e23519-e23519, 2020.
69. Silva, L.C.B., Novaes, C.R.M.N., Júnior, R.A.L., Giudicelli, B.B., Cunha, A.T.C., Tenório, M.C.M., Martins, C.M.L., **Tassitano, R.M.** Sleep, sedentary behavior and physical activity: change on children's routine during the COVID-19. *Brazilian Journal of Physical Activity and health*, 25:1-9, 2020.
68. Lyra, M.J., Soares, A.H., Ladyodeyse, M.M., Rocha, D., Pedrosa, R.P., **Tassitano, R.M.**, Moura, M.A.M. Confirmatory and exploratory analysis of factorial Pittsburg Sleep Quality Index (PSQI) structure and correlation between body composition indicators in adolescents. *Adolescence & Health*, v.17, p. 79-86, 2020.
67. Silva, C.R.M., Bezerra, J. Soares, F.C., Mota, J.A., Barros, M.V.G., **Tassitano, R.M.** Perceptions of barriers and facilitators of users in a public physical activity Cadernos de Saúde Pública, 36:1-10, 2019. << Portuguese >>
66. Tenório, M.C.M., **Tassitano, R.M.**, Weaver, R.G., Lima, M. Effects of teacher training intervention on teachers' and Students' motivation to physical education class. *Motriz*, 1,1-10,2020.
65. Dantas, R.R., **Tassitano, R. M.**, Melo P.Y B., Silva, G.A.P. Obesogenic environment indicators and parental nutrition style among children. *Revista família, ciclos de vida e saúde no contexto social*, 8:685-693, 2020. << Portuguese >>

64. Oliveira, G., Pajeú, R. B., Lemos, E., **Tassitano, R. M.**, Santos, R.W.Y., Silva, C.B.G., Oliveira, D.C.R., Holmes, T.M.F., Souza, L.E.N., Silva, M.P, Campos, G.M.C., Silva, R.A. M. Implementation of the remote activities of the *Programa Academia da Cidade* in times of COVID-19. *Brazilian Journal of Physical Activity and health*, 25p. 1-6, 2020. << Portuguese >>
63. Oliveira, D.C.R., Holmes, T.M.F., Lemos, E.C; **Tassitano, R.M.**, Pajeú, R.B, Oliveira, G.S., Souza, L.E.N., Santos, R.W.Y., Silva, C.B.G., Silva, M.P., Campos, G.M.C., Silva, R.A.M. Planning, development, monitoring and evaluation of the *Academia da Cidade do Recife* action plan during COVID-19. *Brazilian Journal of Physical Activity and health* 25: 1-7, 2020. << Portuguese >>
62. Aires, L.M., Lemos, L.F., Silva, G., Martins, C.M.L, Mota, J.A., Mello, J.B., **Tassitano, R.M.**, Gaya, A,R. Physical activity, sedentary time and bone tissue: effects of an 8-months interdisciplinary program with overweight/obese children. *Brazilian Journal of Physical Activity and Health*, v. 23, p. 1-7, 2019.
61. Prazeres Filho, A. Mendonça, G., Souza Neto, J., **Tassitano, R.M.**, Paiva, A., Farias Júnior, J.C.Attendance in Physical Education classes and associated factors among high school students. *Brazilian Journal of Physical Education and Sports*, 8:91-10, 2019.
60. Tenório, M.C.M., **Tassitano, R.M.**, Bergmann, G.G., Lima, M.C. Validation of the Perceived Locus of Causality Questionnaire for physical education motivation. *Brazilian Journal of Movement and Science*, 27: 156-167, 2019. << Portuguese >>.
59. Melo, M.A., **Tassitano, R.M.**, Petribu, M.M.V, Santos, E.M.C., Leal, V.S, Santana, R.A. Campos, F.A.C.E.S. Habilidade de índices antropométricos em identificar inflamação subclínica como fator de risco cardiovascular em diabéticos. << Portuguese >>
58. Araújo, B.S., **Tassitano, R.M.**, Soares, M.D., Tenório, M.C.M. Physical Education attendance in Brazilian adolescents: systematic review. *Pensar a prática*, 22:1-11, 2019. << Portuguese >>.
57. Silveira, D. Lemos, L.F., **Tassitano, R.M.**, Cattuzzo, M.T., Feitoza, A.H.O., Aires, L.M., Mota, J., Martins, C.M.L. Effect of a pilot multi-component intervention on motor performance and metabolic risks in overweight/obese youth. *Journal of Sports Sciences*, 1:1-10, 2018.
56. Lyra, J. Soares, A.H.G., Santiago, L.C.S., Queiroz, D.R., **Tassitano, R.M.**, Pedrosa, R.P., Heimer, R.M.V, Santos, M.A.M. Individual and average responses of sleep quality and daytime sleepiness after four weeks of strength training in adolescents. *Motriz*, v. 23, p. 1-6, 2018.
55. Bergmann, G.G., **Tassitano, R.M.**, Bergmann, M.L.A., Tenório, M.C.M., Mora, J.A. Screen time, physical activity and cardiovascular risk factors in adolescents. *Brazilian Journal of Physical Activity and Health*, 23:1-12, 2018.
54. Aros, L.J.L., Soares, A.H.G., Silva, A.O., Silva, C.R., **Tassitano, R.M.** Trends in television and computer/videogame use and total screen time in high school students from Caruaru city, Pernambuco, Brazil: A repeated panel study between 2007 and 2012. *Motriz*, 23:1-8, 2018.
53. Soares, A.H.G., Lima, A.A., **Tassitano, R.M.**, Meneses, A.L., Correia, M.A. Parmenter, B.J., Cucato, G.G., Ritti-Dias, R.M. Associations of Time Spent in Physical Activities and Sedentary Behaviors with Carotid-Femoral Pulse Wave Velocity: A Systematic Review and Meta-Analysis. *Atherosclerosis*, 269:211-218, 2018.
52. Cavalcante, B.R., Soares, A.H.G., Gerage, A., Leicht, A. **Tassitano, R.M.** , Bortolotti, H., Franco, F.G.M., Wolosker, N., Cucato, G.G., Ritti-Dias, R.M. Association between physical activity and walking capacity with cognitive function in peripheral artery disease patients. *European Journal of Vascular and Endovascular Surgery*. 55:672-678, 2018.
51. Gouveia, M.A.C., **Tassitano, R.M.**, Silva, G.A.P. STRONGkids: Predictive Validation in Brazilian Children. *Journal of Pediatric Gastroenterology and Nutrition*, 67:e51-e56, 2018.
50. Padilha, B.M., Ferreira, R.C., Bueno, N.B., **Tassitano, R.M.**, Vasconcelos, S.M.L., Cabral, P.C. Association between blood cholesterol and sodium intake in hypertensive women with excess weight. *Medicine*, 97:e0371-e0377, 2018.
49. Silva, A.O., Diniz, P.R.B., Ritti-Dias, R.M., Farah, B.Q., **Tassitano, R.M.**, Machado, L. Health self-perception and its association with physical activity and nutritional status in adolescents. *Jornal de Pediatria*, 1:1-8, 2018

48. Oliveria, D.C.R., Lemos, E., Silva, C.R.M.E. **Tassitano, R.M.** Competência profissional dos trabalhadores de programas de atividade física da atenção básica à saúde de Pernambuco. *Brazilian Journal of Physical Activity and Health*, 23:1-10, 2018.
47. De Melo, R.A., Cavalcante, F.E., **Tassitano, R.M.**, Randau, K.P. Validation of Questionnaire on Violence in Affective Relationships. *Journal of Interpersonal Violence*, v. 1, p. 088626051881279, 2018.
46. Silva, A.O., Machado, L., Santos, M.A.M., **Tassitano, R.M.** Screen time, quality of sleep perception and parassonia among adolescents. *Brazilian Journal of Sports and Medicine*, 23:375-379, 2017. << Portuguese >>
45. Oliveira, L.M.F., Silva, A.O., Diniz, P.R.B., Farah, B.Q., Pirauá, A.L., Lima Neto, A.J., Feitosa, W., **Tassitano, R.M.**, Ritti-Dias, R.M. The Number of Visits and Blood Pressure Measurements Influence the Prevalence of High Blood Pressure in Adolescents. *Journal of the American Society of Hypertension*, 17:30101-30108, 2017.
44. Silva, A.O., Soares, A.H.G., Vieira, B.R. **Tassitano, R.M.** Prevalence of screen time as an indicator of sedentary behavior in Brazilian adolescents: a systematic review. *Motricidade*, 12:155-164, 2016. << Portuguese >>.
43. Silva, L.C.B., **Tassitano, R.M.**, Medeiros, H.J., Knackfuss, M.I., Cunha Júnior, A.T. Overweight and behavioural factors. *Motricidade*. 12:112-123, 2016. << Portuguese >>.
42. **Tassitano, R.M.**, Martins, C.M.L., Mota, J., Cabral, P.C., Tenório, M.C.M., Silva, G.A.P. Psychosocial factors and physical activity as predictors of fruit and vegetable intake in college students. *Revista de Nutrição*, 29:173-183, 2016.
41. Barros, M.V.G., Lemos, E, E., Campos, C., Silva, J.R.A., Fonseca, S., **Tassitano, R.M.** Evaluation of programs and interventions for physical activity promotion in primary health care in Pernambuco: construction and validation of instruments and fieldwork methods of the SUS+Ativo Project. *Brazilian Journal of Physical Activity and Health*, 21:388-399, 2016.
40. Melo, V.M.C., Lemos, E., Marins, A.M., Silva, B.C.R., Albuquerque, A.E.M.T., Aros, L.J.L., **Tassitano, R.M.** Performance of Physical Education Professionals from the Academia da Cidade Program in Primary Health Care in Recife. *Brazilian Journal of Physical Activity and Health*, 21:483-493, 2016.
39. Oliveira, D.C.R., Brito, A.L.S., **Tassitano, R.M.** Profile of professionals working in physical activity interventions within programs in the primary health care system in the State of Pernambuco. *Brazilian Journal of Physical Activity and Health*, 21:442-451, 2016.
38. Melo, M.A., **Tassitano, R.M.**, Petribú, M.M.V., Santos, E.M.C., Santana, R.A., Campos, F.A.C.S.E. C-reactive protein as an inflammatory biomarker and associated factors in type 2 diabetic patients treated in the public health network. *Nutrición Clínica y Dietética Hospitalaria*, 36:83-95, 2016.
37. Bezerra, J., Lopes, A.S., Hardman, C.M., **Tassitano, R.M.**, Tenório, M.C.M., Barros, M.V.G. Alcohol consumption and smoking: association with physical inactivity in leisure and sedentary behavior. *Revista Andaluza de Medicina del Deporte*, 8:1-6, 2015. << Portuguese >>.
36. **Tassitano, R.M.**, Farias Júnior, J.C., Rech, C.R., Tenório, M.C.M., Cabral, P.C., SILVA, G.A.P. Validation of psychosocial scales for physical activity in Brazilian university students. *Revista de Saúde Pública*, 49:1-10, 2015. << Portuguese >>
35. **Tassitano, R.M.**, Mielke, G.I., Carvalho, W. R. G., Oliveira, M.M., Malta, D.C. emporal trend of physical activity and sedentary behavior indicators in the capitals of the Northeast Region of Brazil: 2006-2013. *Brazilian Journal of Physical Activity and Health*, 20:152, 2015. << Portuguese >>.
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## Book and Chapters

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*Note: Underlined authors are Master and Ph.D. graduate students (under my supervision)*

### Book

1. Barros, M.V.G., **Tassitano, R.M.**, Oliveira, E.S. *Research on Lifestyles and Health*. 1º. Edition. Recife: Editora Universitária da UFRPE, 2016. 252p .

## Chapters

- 5 Martins, C.M.L., Silveira, D.S., Tenório, M.C M., **Tassitano, R.M.** *Physical fitness and health in children and adolescents: a proposal for multidisciplinary intervention*. In: Ricardo Hugo Gonzalez; Márcia Maria Tavares Machado. (Org.). Obesity in childhood and adolescence: necessary reflections. 1<sup>o</sup> Edition, João Pessoa: Imprell, 2016, v., p. 259-280.
- 4 Tenório, M.C M., **Tassitano, R.M.** *Planning and evaluation of programs in health promotion for children and adolescents*. In: Ricardo Hugo Gonzalez; Márcia Maria Tavares Machado. (Org.). Promoção da saúde em crianças e adolescentes. 1<sup>o</sup> Edition, João Pessoa: Imprell, 2016, v., p., 65-78.
- 3 **Tassitano, R.M.**, Alcântara, M., Andrade, M.L.S.S. *Overweight and Obesity in Adolescents*. In: Mauro Virgílio Gomes de Barros; Rafael Miranda Tassitano; Elusa Santana Antunes de Oliveira. (Org.). Research on Lifestyles and Health. 1<sup>o</sup> Edition. Recife: Editora Universitária da UFRPE, 2016, p., 154-162.
- 2 Oliveira, D.C.R., **Tassitano, R.M.**, Feitosa, W.N., Silva, J.R.A. *Conceptual skills of professionals to intervene in programs to promote physical activity in primary care*. In: Mauro Virgílio Gomes de Barros; Rafael Miranda Tassitano; Elusa Santana Antunes de Oliveira. (Org.) Research on Lifestyles and Health. 1<sup>o</sup> Edition. Recife: Editora Universitária da UFRPE, 2016, p., 203-2011.
- 1 Tenório, M.C M., **Tassitano, R.M.**, Bezerra, J. *Physical activity and adolescente*. In: Mauro Virgílio Gomes de Barros; Maria Teresa Cattuzzo. (Org.). Update on physical activity and health. 1<sup>o</sup> Edition, Recife: EDUPE, 2009, p., 211-232.

### Supervisions (concluded)

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#### Ph.D.

- 4 Liudmila de Andrade Bezerra da Costa Silva. The mediation effect of physical education motivation on physical activity among high-school students of Pernambuco. *Ph.D in Physical Education. University of Pernambuco-Brazil. 2022. Major supervisor*
- 3 Carolina Ramos da Silva. Cost-effectiveness of primary health intervention to reduce blood pressure among elderly. *Ph.D in Physical Education. 2020, University of Pernambuco-Brazil. Major supervisor*
- 2 Lúria Melo de Lima Scher. Isolated and combined association of sedentary behaviors and physical activity with functional disability among elderly. *Ph.D in Physical Education. 2020, University of Pernambuco-Brazil. Co-supervisor*
- 1 Dayse Lima dos Santos. Family environment associated to nutrition behaviors and nutritional status among children under 5 years old. *Ph.D in Nutrition. Federal University of Pernambuco/ Brazil, 2018. Co-supervisor*

#### Master

- 14 José Francisco da Silva. Physical activity, Sedentary behavior and sleep measured by Smartwatch: a review study, 2022. *Major supervisor.*
- 13 Tuillamys Virgínio de Oliveira. Physical activity on structured and unstructured days among high school adolescents in Pernambuco State, Brazil. 2022. *Major supervisor.*
- 12 Pedro Paulo Simões de Siqueira. Association between sleep quality, excessive daytime sleepiness and physical activity among runners during the COVID-19 pandemic. *Co-supervisor.*

- 11 Ingrid Kelly Alves dos Santos Pinheiro. Barriers and facilitators associated to physical activity in public environment. *Master in Physical Education. University of Pernambuco/ Brazil, 2018. Major supervisor.*
- 10 Rafaela Ramos Dantas. Indicators of obesogenic behaviors, parents support and children and adolescents nutrition behaviors. *Master in Medicine. Federal University of Pernambuco/ Brazil, 2018. Co-supervisor.*
- 9 Raíne Costa Borba Firmino. Sedentary behaviors, physical activity and nutrition status among children with cerebral palsy. *Master in Medicine. Federal University of Pernambuco/ Brazil, 2018. Co-supervisor.*
- 8 Luís José Lagos Aros. Sedentary behavior among high-school students of public schools from Caruaru city: repeated cross-sectional study 2007-2012. *Master in Physical Education. University of Pernambuco-Brazil, 2017. Major supervisor*
- 7 Alison de Oliveira da Silva. Cluster of physical activity and sedentary behavior among high-school students from Pernambuco. *Master in Physical Education. University of Pernambuco-Brazil, 2017. Major supervisor*
- 6 Bruno Remígio Cavalcante. Association between cognition factors and physical activity among patients with peripheral arterial disease. *Master in Physical Education. University of Pernambuco-Brazil, 2017. Co-supervisor*
- 5 Antônio Henrique Germano Soares. Association between physical activity and arterial stiffness among patients with peripheral arterial disease *Master in Physical Education. University of Pernambuco-Brazil, 2017. Co-supervisor*
- 4 Danyelle de Cássia Ribeiro de Oliveira. Professional competence related to physical activity among professionals that Works in public health programs *Master in Physical Education. University of Pernambuco-Brazil, 2016. Major supervisor*
- 3 Mara Alves da Cruz. Concurrent and prediction validation of STRONGKids questionnaire. e preditiva de uma ferramenta de triagem de risco nutricional em crianças hospitalizadas. *Master in Medicine. Federal University of Pernambuco/ Brazil, 2016. Co-supervisor.*
- 2 Bárbara Gicélia da Silva Araújo. Physical Education classes and health:a cross-sectional study among adolescents from Pernambuco. *Master in Physical Education. Federal University of Pernambuco/ Brazil, 2016. Co-supervisor.*
- 1 Manuela Torres Camara Lins. Translation, and validation of the Celiac Disease (CDDUX) questionnaire among Brazilian children and adolescents. *Master in Medicine. Federal University of Pernambuco/ Brazil, 2014. Co-supervisor.*

## Current Supervisions

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### Ph.D

- 3 Antônio Henrique Germano Soares. Cardiovascular risk associated to the compositional of physical activity, sedentary behavior and sleep time in elderly: 24 hours compositional approach. *Ph.D in Physical Education. University of Pernambuco-Brazil. Major supervisor*
- 2 Jéssica Gomes Mota. 24-hour movement behaviors and fundamental motor skills in preschoolers from low-income families in rural and urban areas. *Major supervisor*
- 1 Luis Carlos Barbosa. Development, implementation and evaluation a school physical activity school policy in a low-income city. *Ph.D in Physical Education. University of Pernambuco-Brazil. Major supervisor*

## Professional Membership

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- Brazilian Society of Physical Activity and Health (Since 2007)
- Society of Behavioral Medicine (SBM) – 2018
- South American Physical Activity and Sedentary Behavior Network (SAPASEN) (Since 2021 )

## Certifications

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- Physical Activity & Public Health Course – Brazil - Center for Disease Control and Prevention / Brazilian Society of Physical Activity and Health. 2013
- Systematic reviews and meta-analysis – UFPel

## Senior Associate editor

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2021 - current	Journal of Physical Activity & Health
2015 - 2018	Brazilian Journal of Physical Activity and Health.
2015 - 2017	Brazilian Food Archives.

## Peer reviewer for journals

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2021 – present	International Journal of Nutritional Behavior and Physical Activity
2020 - present	International Journal of Environmental Research and Public Health
2020 - present	American Journal of Human Biology
2019 – present	American Journal of Preventive Medicine
2013 - Present	Journal of Sports Sciences.
2014 - Present	Journal of Physical Activity & Health.
2009 - Present	Brazilian Journal of Physical Activity and Health.
2010 - Present	Brazilian Journal of Epidemiology.
2011 - Present	Brazilian Journal of Maternal and Child Health.

## Awards

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Note: CAPES- Is the federal agency linked to the Ministry of Education (MEC) that regulates the master's and Ph.D. programs

- Maria Menezes Research Award. Offered by UFRPE for the performed researches in the area of Health Sciences. 2016
- Honorable Mention of the Ph.D Thesis Capes. Edition 2014., CAPES/MEC. Top 3 of all Brazilian

Ph.D Thesis in Nutrition.

- Best abstract presented at 5Th International Congress on Physical Activity and Public Health (ICPAPH), International Society of Physical Activity and Health – 2014.
- Maria Menezes Research Award. Offered by UFRPE for the performed researches in the area of Health Sciences. 2014.