

# Emerson Sebastião Ph.D.

University of Illinois at Urbana-Champaign | College of Applied Health Sciences  
Department of Kinesiology and Community Health  
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## EDUCATION

<b>Ph.D. Kinesiology</b> Research Emphasis: Aging, Physical Activity and Health Mentor: Wojtek Chodzko-Zajko, Ph.D.	<b>University of Illinois at Urbana-Champaign</b>	<b>2015</b>
<b>M.Sc Human Movement Science</b> Research Emphasis: Physical Activity and Health Mentor: Sebastião Gobbi, Ph.D.	<b>São Paulo State University, Brazil</b>	<b>2009</b>
<b>B.Ed Physical Education</b> Research Emphasis: Aging, Physical Activity and Health Mentor: Sebastião Gobbi, Ph.D.	<b>São Paulo State University, Brazil</b>	<b>2006</b>

## POSTDOCTORAL TRAINING

<b>2015-2016</b>	<b>Post-Doctoral Fellow</b> Exercise Neuroscience Research Lab, Department of Kinesiology and Community Health University of Illinois at Urbana-Champaign <b>Area:</b> Rehabilitation Research <b>Supervisor:</b> Robert W. Motl, PhD
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## ACADEMIC POSITIONS

2023 -	Assistant Professor, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign
2022 - 2023	Associate Professor, Department of Kinesiology and Physical Education Northern Illinois University
2018 - 2022	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
2013 - 2013	Teaching Assistant (lead instructor), Department of Kinesiology and Community Health University of Illinois at Urbana-Champaign
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, Brazil
- 2008 Teaching Assistant, Department of Physical Education  
São Paulo State University, Brazil

## PROFESSIONAL AFFILIATIONS

- 2021 - present American College of Sports Medicine
- 2021 - present International Society for Advancement of Kinanthropometry
- 2017- present Midwest Chapter of the American College of Sports Medicine

## CERTIFICATIONS

- 2022 Tai Chi for Arthritis and Fall Prevention
- 2021 Basic Life Support (CPR and AED) Program
- 2021 ISAK Certified Anthropometrist Level 1

## PROFESSIONAL EXPERIENCES

- 2023 - **Director:** Health and Exercise Research Laboratory. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
- 2023 - **Co-Director:** Lifetime Fitness Program. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
- 2023 - **Associate Editor.** Journal of Aging and Physical Activity
- 2022 - 2023 **Member:** Department Personnel Committee (DPC). Northern Illinois University
- 2021 - 2022 **Member:** Dissertation Completion Fellowship Committee. Northern Illinois University
- 2020 - 2023 **Member:** Baccalaureate Council. Northern Illinois University
- 2020 - **Associate Editor.** Brazilian Journal of Physical Activity and Health
- 2020 - 2023 **Member:** PhD Admissions committee. Department of Kinesiology and Physical Education. Northern Illinois University
- 2020 - 2020 **Member:** University Benefits Committee. Northern Illinois University
- 2019 - **Affiliated.** Graduate Program in Physical Education. Department of Sports Science. Federal University of Triângulo Mineiro, Brazil
- 2019 - **Research Collaborator.** Aging and Diversity Lab. Department of Kinesiology and Community Health. University of Illinois at Urbana-Champaign
- 2019-2020 **Member:** Graduate Colloquium Council. Graduate College. Northern Illinois University
- 2019 - 2020 **Chair:** Executive Committee, Graduate Colloquium. Northern Illinois University

- 2019 - 2023 **Co-director:** Dr. Joan M. Popp Motor Behavior Laboratory. Department of Kinesiology and Physical Education. Northern Illinois University
- 2017 - 2023 **Director:** Health and Exercise Research Group. Department of Kinesiology and Physical Education - Northern Illinois University
- 2016 - 2017 **Director:** 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.
- 2013 **Lab Meeting Coordinator:** Aging and Diversity Lab (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:** Aging and Diversity Laboratory, Department of Kinesiology and Community Health. University of Illinois at Urbana-Champaign.  
**Supervisors:** Dr. Wojtek Chodzko-Zajko and Dr. Andriara Schwingel.
- 2009 **Conference Abstract Reviewer.** IV Symposium on Physical Education – UNIFADRA. Dracena Union of Colleges, Brazil.
- 2008 – 2009 **Graduate Student** on the Board of the Department of Physical Education. Sao Paulo State University. Rio Claro, Brazil
- 2008 **Coordinator:** Physical Activity for Older Adults Research Study Group. Physical Activity and Aging Laboratory, Department of Physical Education, São Paulo State University, Brazil
- 2007- 2008 **Activity Coordinator:** Physical Activity Program for Seniors. Department of Physical Education, São Paulo State University, Brazil
- 2004 – 2011 **Member: Physical Activity and Aging Laboratory.** Department of Physical Education, São Paulo State University, Brazil
- 2004 - 2022 **Research Member:** CNPq Research Group, Brazil. **Area:** Physical Activity and Aging

### PROFESSIONAL SERVICE: Manuscript Reviewer (*ad hoc*)

Journal of Aging Research	Health Behavior & Education
BMC Geriatrics	Scandinavian Journal of Medicine & Science in Sports
Journal of Aging and Physical Activity	Brazilian Journal of Physical Activity and Health
Journal of Aging and Health	Motriz: Physical Education Journal (Brazil)
Archives of Geriatrics and Gerontology	American Journal of Physical Medicine and Rehabilitation
Clinical Interventions in Aging	British Journal of Medicine and Medical Research
BMC Public Health	Nutrients
International Psychogeriatrics	BMC Neurology
Multiple Sclerosis and Related Disorders	European Review of Aging and Physical Activity
Disability and Rehabilitation	Sensors

Preventive Medicine Reports	Journal of Central Nervous System Disease
Therapeutic Advances in Chronic Disease	Plos One
International Journal of Psychogeriatrics	American Journal of Preventive Medicine
Revista de Saúde Pública (Brazil)	Sports Medicine and Health Science
Health promotion international	OBM Geriatrics

## COMMITTEES

### Doctoral dissertations

- 2022 Final Defense/Committee:** Machado, D.R.L. (research diretor/advisor); **SEBASTIÃO, E.** (external member), Ferrioli, E., Arcêncio, R.A. **Candidate:** Ana Claudia Rossini Venturini. **Dissertation:** Estimation of body composition in older adults using multivariate analysis. Graduate Program in Nursing. University of Sao Paulo– USP – Ribeirão Preto, Brazil.
- 2022 Final Defense/Committee:** Machado, D.R.L. (research diretor/advisor); **SEBASTIÃO, E.** (**ALTERNATE**), Marziale, M.H.P., Ferrioli, E., Bohn, L., Ramos, N.C. **Candidate:** Pedro Pugliesi Abdalla. **Dissertation:** Cutoff points for the diagnosis of sarcopenia in older adults based on upper and lower limb muscle strength using allometric adjustments. Graduate Program in Nursing. University of Sao Paulo– USP – Ribeirão Preto, Brazil.
- 2021 Final Defense/Committee:** Kokubun, E. (research diretor/advisor); **SEBASTIÃO, E.** (external member), Guerra, P.H.A., Freitas-Junior, I.F., Matias, T.S. **Candidate:** Deisy Terumi Ueno. **Dissertation:** Health Mobile Application for the Reduction of Sedentary Behavior in Adolescents; **2021**. Graduate Program in Human Movement Sciences. São Paulo State University – UNESP – Rio Claro, Brazil.
- 2019 Qualification Exam/Committee:** Machado, D.R.L. (research diretor/advisor); Kusumota, L. (internal member); **SEBASTIÃO, E.** (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.
- 2018 Final Defense/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, E.** (external member). **Candidate:** Joilson Meneguici. **Dissertation:** Depressive symptomatology in 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

- 2021 Committee:** Camic, C. (research diretor/advisor); **Sebastião, E.**; Hill, C.; and Chomentowski, P. **Candidate:** Benjamin R. Connors. **Thesis:** An investigation of the effect of multiple ingredient pre-workout supplementation on electromyography and torque responses during an isokinetic fatigue protocol. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- 2021 Committee:** Hill, C. (research diretor/advisor); **Sebastião, E.**; Camic, C.; and Wood, T. **Candidate:** Jack Littner. **Thesis:** The effect of fatigue on lower extremity electromyography during clean and power clean performance. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.

- 2021 Final Defense/Committee:** Sasaki, J.E. (research director/advisor); **SEBASTIÃO, E. (membro externo);** Tribess, S. (internal member). **Candidate:** José Neto Bontempo Mamêde. **Thesis:** Effectivity of Technological Strategies to Increase Physical Activity Levels among University Staff. Graduate Program in Physical Education. Federal University of Triângulo Mineiro, Uberaba, MG, Brazil
- 2020 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 in collegiate football players; **2020.** Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- 2019 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 in collegiate football players; **2019.** Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- 2019 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. Master's Program in Kinesiology. Department of Kinesiology and Physical Education. Northern Illinois University, DeKalb, IL.
- 2019 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.
- 2018 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. Graduate Program in Physical Education. Federal University of Triângulo Mineiro, Uberaba, MG, Brazil
- 2018 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. Graduate Program in Physical Education. Federal University of Triângulo Mineiro, Uberaba, MG, Brazil
- 2018 Committee:** Nakamura, P.M. (research director/advisor); **Sebastião, E.** (external member); Iochite, R. (internal member). **Candidate:** Ana Elisa Messetti Christofolletti. **Thesis:** Exploring smartphone application features to reduce leisure time sedentary behavior among adolescents. Graduate Program in Human Movement Sciences. Sao Paulo State University, Rio Claro, SP, Brazil.
- 2017 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.* Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil.
- 2017 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. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil. (*Qualification Exam*)

- 2017 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*. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil.
- 2017 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. Graduate Program in Physical Education. Federal University of the Vale do São Francisco, PE, Brazil.
- 2017 Qualification Exam/Committee:** Nakamura, P.M. (research director/advisor); **Sebastião, E.** (external member); Iaochite, R. (internal member). **Candidate:** Ana Elisa Messetti Christofolletti. **Thesis:** Exploring smartphone application features to reduce leisure time sedentary behavior among adolescents. Graduate Program in Human Movement Sciences. Sao Paulo State University, Rio Claro, SP, Brazil.

### **Bachelor's thesis**

- 2007 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.
- 2007 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.
- 2007 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.

## **GRANT ACTIVITY**

### **INTRAMURAL FUNDING (FUNDED)**

- Northern Illinois University – Division of Research and Innovation – Research and Artistry Grant.  
**Term of award:** 1 year Jun 2023- May 2024  
**Amount:** \$ 14,940.00  
**Project:** A short rhythmic auditory square-stepping exercise intervention for improving balance, gait, and cognition in older adults: an exploratory study.  
**Role:** E. Sebastião
- Leman Center for Brazilian Studies – UIUC – Faculty Grant.  
**Term of award:** 1 year; 2021 – 2022  
**Amount:** \$15,000.00  
**Project:** Maximizing access to health promotion programs: VAMOS Afro-Brazilians!  
**Role:** A. Schwingel (PI) with E. Sebastião and T. Benedetti (CO-Is)
- Northern Illinois University – Division of Research and Innovation – Research and Artistry Grant.  
**Term of award:** 1 year Jun 2021- May 2022  
**Amount:** \$ 14,948.00  
**Project:** Examining impaired long-term neuromuscular control mechanisms following concussion.  
**Role:** T. Wood (PI) with E. Sebastião, C. Hill and C. Camic (CO-Is)

- Northern Illinois University – Division of Research and Innovation – Research and Artistry Grant. **Term of award:** 1 year Jun 2021- May 2022  
**Amount:** \$ 15,000.00  
**Project:** Neural correlates of sensory and reward prediction errors during walking adaptation in young and older adults  
**Role:** C. Hill (PI) with **E. Sebastião** and T. Wood (CO-Is)
- Northern Illinois University. CoE. UFA Research, Scholarly Activity and Curriculum Innovation Funding  
**Term of award:** 4 Months; period 02/2021 thru 06/2021  
**Amount:** \$1,500.00  
**Project:** Application submitted for equipment purchase  
**Role:** **E. Sebastião (PI)**
- Northern Illinois University - CoE – Dean’s Research Grant  
**Term of award:** 7 Months; period 12/2019 thru 06/2020  
**Amount:** \$2,500.00  
**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)
- Joan Wood Research Award  
**Term of award:** 2-year; period 06-01-2019 thru 05-31-2021  
**Amount:** \$28,242.23  
**Project:** The Response of Cytochrome *c* to High Intensity Interval Exercise in Sedentary Nondiabetics Adults and Prediabetes  
**Role:** E. Moxley (PI) with **E. Sebastião**, C. Camic and P. Chomentowski (CO-Is)
- Northern Illinois University - CoE – Dean’s Research Grant  
**Term of award:** 7 Months; period 12/2017 thru 06/2018  
**Amount:** \$2,400.00  
**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  
**Amount:** \$13,750.00  
**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. Northern Illinois University  
**Term of award:** SPRING 2023; period 01-17-23 thru 05-05-23  
**Amount:** \$2,400  
**Project:** Kinematics and Neuromuscular Activation during the Wheeled Motorized Sled-Push (XPO Sled Trainer) Exercise: An Investigation in Older Adult  
**Student 1:** TBA; **Student 2:** TBA; **Role:** **E. Sebastião (PI)**
- [Student-related funding]** Office of Student Engagement and Experiential Learning & College of Liberal Arts and Sciences – Student Engagement Fund. Northern Illinois University  
**Term of award:** SPRING 2022; period 01-24-22 thru 05-06-22  
**Amount:** \$1,200.00  
**Project:** An investigation of the sled-push exercise in older adults: physiological quantification, perceived enjoyment, and body discomfort  
**Students:** Elise Craven; **Role:** **E. Sebastião (PI)**

- **[Student-related funding]** Office of Student Engagement and Experiential Learning & College of Liberal Arts and Sciences – Student Engagement Fund. Northern Illinois University  
**Term of award:** FALL 2019; period 8-26-19 thru 12-14-19  
**Amount:** \$2,090.00  
**Project:** Handgrip strength in older adults: impact of measuring protocols  
**Students:** Micheal Baumann and Maricela Garcia; **Role:** **E. Sebastião (PI)**
- **[Instructional funding]** Diversity/Transdisciplinary Steering Committee. College of Visual and Performing Arts. Northern Illinois University.  
**Term of award:** Fall 2021 – May 2022  
**Amount:** \$5,000  
**Project:** Capoeira Curriculum  
**Role:** G. Beyer (leader) with **E. Sebastião** and O. Camacho

### EXTRAMURAL FUNDING (FUNDED & SUMMITTED)

- 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  
**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  
**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  
**Project:** Functional Electrical Stimulation Cycling in Severe Multiple Sclerosis  
**Role:** **E. Sebastião (site-PI)**

### EXTRAMURAL FUNDING (NOT FUNDED)

- Illinois Innovation Network - Sustaining Illinois Seed Grant  
**Term of Award:** 1 year (August 2023 – July 2024)  
**Grant #:** XXXX; **Amount:** \$\$29,900  
**Project:** Using Group-Based Square-Stepping Exercise to Countermeasure Social Isolation and Loneliness among Older Adults Living in Long-term Care: A Feasibility Study  
**Role:** **E. Sebastião (PI)**, C. Hughes, Y. Lin, and A. Schwingel (Co-Is)
- National Institutes of Health/NIH/DHHS – National Center for Medical Rehabilitation Research (R15)  
**Term of Award:** 3 years  
**Grant #:** XXXX **Amount:** \$278,420.00 (Scored. Impact score: 34)  
**Project:** Step it up! A Pilot Randomized Controlled Trial of a Home-based Square-Stepping Exercise Program in Older Adults with Multiple Sclerosis  
**Role:** **E. Sebastião (PI)**, C. Hill and R. Motl (Co-Is)



- National Institutes of Health/NIH/DHHS (R03)  
**Term of Award:** 2 years  
**Grant #:** XXXX **Amount:** \$270,671.00  
**Project:** Pharmaceutical and Neural Correlates of Performance Monitoring during Locomotor Learning  
**Role:** C. Hill (PI), **E. Sebastião** and M. Wilson (Co-Is)
- Retirement Research Foundation – RRF  
**Term of award:** 2-year; **Amount:** \$121,432.00  
**Project:** A Randomized Controlled Study of a **R**esidential Community-Based **S**quare-**S**tepping **E**xercise to Improve Social Isolation, Loneliness, and Physical Functioning: The ReSSE Project  
**Role:** **E. Sebastião (PI)**, M. C. Hughes (PI)
- São Paulo Research Foundation (FAPESP)  
**Term of award:** 2 years; **Amount:** ~\$15,221.00  
**Project:** Relationship between BDNF concentration level and intestinal microbiome with physical activity level, locomotor parameters and symptoms in people with Multiple Sclerosis: a study involving 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; **Amount:** \$550,000.00  
**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-Is)

## TEACHING EXPERIENCE

### Undergraduate Courses

- CHLH 314 – Introduction to Aging
- CHLH 244 – Health Statistics
- CHLH 404 – Gerontology (undergraduate/graduate)
- KIN 484 – Health and Exercise Psychology (undergraduate/graduate)
- KIN 385 – Physical Activity Research Measurement and Methods
- KNPE 445 – Measurement and Evaluation in Exercise Science
- KNPE 461 – Physical Activity and Wellness
- EDF8872 – Exercise Physiology
- EDF8949 – Handball

### Graduate Courses

- KNPE 564 - Exercise is Medicine
- KNPE 701 – Teaching in Kinesiology and Physical Education
- 4012-000044-9 – Advanced Seminars in Physical Education, Sport and Health I

## MENTORING AND ADVISING

### Doctoral degree

- **Student:** Vitor Antonio Assis Alves Siqueira. Doctoral Program in Kinesiology and Physical Education. Department of Kinesiology and Physical Education at Northern Illinois University. **Project:** (under development). **Role:** Dissertation Chair/Advisor **Status:** Fall 2022 - Ongoing

### Master's degree

- **Student:** Micheal Bauman. Master's Program in Kinesiology. Department of Kinesiology and Physical Education at Northern Illinois University. **Project:** An Investigation of the Sled-Push Exercise in Older Adults: Physiological Quantification, Perceived Enjoyment and Body Discomfort. **Role:** Thesis Committee, Chair/Advisor **Status:** Completed Jun-23-2022 (summer).
- **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:** Completed Spring 2021.
- **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:** Completed Fall 2020
- **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 an instrument for 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 Spring 2019 (May 10, 2019)

### Bachelor's degree

- **Research Rookies Program.** Bianca Estrada – Biological Sciences. Northern Illinois University. **Role:** Advisor. **Status:** Fall 2021 – Spring 2022
- **Research Rookies Program.** Makayla Hurd – Health Sciences. Northern Illinois University. **Role:** Advisor. **Status:** Fall 2021 – Spring 2022
- **Senior Design Project:** Eric Kivi, Joseph Formeller, and Mitchell Andres. Instrumented Motorized Wheeled Sled-Push for Older Adults (IMoS). College of Engineering and Engineering Technology. Northern Illinois University; 2021 – 2022; **Role:** Advisor with Dr. Ji-Chul Ryu. **Status:** completed.
- **University Honors In-Course Program.** A'Jah Davis. KNPE 445: Measurement and Evaluation in Exercise Science. **Role:** Advisor. **Status:** Fall 2021 (completed)
- **Student:** Alison Cristiano dos Reis. Bachelor's degree in Physical Education. Center of Applied Sciences for Education and Health, Federal Institute of Education, Science and Technology, Muzambinho, Brazil. **Project:** The influence of "buddy" on physical activity and quality of life in people with multiple sclerosis. **Role:** E. Sebastião (co-advisor). **Status:** On going
- **Senior Design Project:** Neal Taylor, Dominique Johnson, Kristopher Kudla. Intelligent Square Stepping Exercise Mat – Mobility Mat. College of Engineering and Engineering Technology. Northern Illinois University; 2020 – 2021; **Role:** Advisor. **Status:** completed (April 2021)

- **Student:** Henrique R. 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)

## AWARDS AND RECOGNITIONS

- 2023** Senior Faculty Fellow Award. College of Education. Northern Illinois University, DeKalb, IL.
- 2023** Best Oral Graduate Research Presentation. Vitor Siqueira (PhD student). *Electromyography study of leg muscle during lower-extremity function assessment in older adults*. **College of Education Research Symposium**. Northern Illinois University.
- 2023** Best Oral Undergraduate Research Presentation. Matthew Herring (Kinesiology student). *Motorized sled-push exercise: a powered study in 36 apparently healthy older adults*. **College of Education Research Symposium**. Northern Illinois University.
- 2022** Faculty Spotlight. Faculty recognized by the NIU Women's Basketball Program. Northern Illinois University.
- 2022** Best Oral Undergraduate Research Presentation. Matthew Herring (undergraduate student in the Health and Exercise Research Group). 49<sup>th</sup> Annual Meeting of the Midwest Chapter of the American College of Sports Medicine – October 20-22, 2022, Indianapolis.
- 2022** Faculty Mentor of the Year. Conference on Undergraduate Research and Engagement (CURE). Office of Student Engagement and Experiential Learning. Northern Illinois University.
- 2022** Faculty Spotlight. Faculty recognized by the NIU Baseball Program. Northern Illinois University.
- 2022** Faculty Spotlight. Faculty recognized by the NIU Wrestling Program. Northern Illinois University.
- 2021** Acceptance into the 2021-2022 College of Education Hanover Research Grant Academy. College of Education - Northern Illinois University.
- 2021** Conference Presentation Award - 22<sup>nd</sup> BCTRIMS 2021 Annual Meeting (June 9-12, 2021) - "Santinelli F.B., **Sebastião E.**, Vieira L.H.P., Lisboa-Filho P.N., Oliveira M., Barbieri F.A. BDNF serum concentration, but not vitamin D, is related to cognition and functional mobility in people with multiple sclerosis.
- 2021** Excellence in Research and Artistry Award. College of Education, Northern Illinois University.
- 2015 - 2016** Postdoctoral Research Fellowship - National Multiple Sclerosis Society
- 2014** Aging and Diversity Lab recognition for dedication, leadership and commitment. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign
- 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. Lemann Center for Brazilian Studies, University of Illinois at Urbana-Champaign.
- 2011 - 2015** CAPES Foundation – Ministry of Education, Brazil – Science without Borders Program, PhD Scholarship
- 2008 - 2009** São Paulo Research Foundation – FAPESP Fellowship – Master’s degree.

## REFERRED JOURNAL PUBLICATIONS

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65. Silva D.B., **Sebastião E.**, Sousa T.F., Tribess S., Papini C.B. Outdoor fitness zone: environmental and individual characteristics associated with its volume of utilization. Motriz – Journal of Physical Education. 2021; 27(2021): e10210022920
64. **Sebastião E.**, Steffens M., Nakamura P.M., Papini C.B. Perceptions on activity behavior during the COVID-19 pandemic “second wave” among US adults: results from a short survey. Sport Science for Health. 2022; 18(1):267-275.
63. Siqueira V.A.A.A., **Sebastião E.**, Machado D.R.L. Higher Body Mass Index Values Do Not Impact Physical Function and Lower-Extremity Muscle Strength Performance in Active Older Individuals. International Journal of Exercise Science. 2022; 15(3):330-340.
62. Aguilár B.A., Santos A.P., Machado D.R.L., Gomide E.B.G., **Sebastião E.**, Navarro A. Frequencia de osteopenia e osteoporose em brasileiros vivendo com HIV/AIDS: um estudo observacional. Revista Medicina. 2021; 54(1): e168968. (In Portuguese)

61. Santinelli F.B., **Sebastião E.**, Kuroda M.H., Moreno V.C., Pilon J., Vieira L.H.P., Barbieri F.A. Cortical activity and gait parameter characteristics in people with multiple sclerosis during unobstructed gait and obstacle avoidance. Gait and Posture. 2021; 86:226-232
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59. 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; (ahead of print)
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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)
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23. **Sebastião, E.** Perceived poor health is positively associated with physical limitations and chronic diseases in Brazilian nonagenarians and centenarians. Geriatrics and Gerontology International. 2016; 16:1196–1203.
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16. **Sebastião, E.**, Chodzko-Zajko, W., Schwingel, A., Gobbi, L.T.B., Papini, C.B., Nakamura, P.M., Valdanha-Netto, A., Kokubun, E., Gobbi, S. (2013). Perceived barriers to leisure time physical activity: what Brazilians have to say? Open Journal of Preventive Medicine; 3(8):491-499. <http://dx.doi.org/10.4236/ojpm.2013.38066>
15. Ueno, D.T., **Sebastião, E.**, Corazza, D.I., Gobbi, S. (2013). Methods for assessing physical activity: a systematic review focused in older adults. Brazilian Journal of Kinanthropometry and Human Performance; 15(2):256-265.
14. Corazza D.I, **Sebastião E.**, Pedroso R.V, Andreatto C.A.A, Coelho F.G.M, Gobbi S, Teodorov E, Santos-Galduróz R.F. (2013). Influence of chronic exercise on serum cortisol levels in older adults. European Review of Aging Physical Activity. doi10.1007/s11556-013-0126-8
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4. **Sebastião, E.**, Hamanaka, A. Y. Y., Gobbi, L.T.B., Gobbi, S. (2008). Efeitos da Prática Regular de Dança na Capacidade Funcional de Mulheres Acima de 50 Anos. Revista da Educação Física/UEM, 19:205 - 214 (in portuguese)
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1. Gobbi, S., Hirayama, M. S., Gobbi, L.T.B., **Sebastião, E.** (2007). Interface entre Ensino, Pesquisa e Extensão na Formação de Profissionais de Educação Física para a Intervenção com Idosos. Revista Mackenzie de Educação Física e Esporte, 6:13 - 25 (in portuguese)

## BOOK CHAPTER

6. **Sebastião, E.**; Hill, C.M.; Santinelli, F.B.; Barbieri, F.A. **Avaliação da Mobilidade em Pessoas com Esclerose Múltipla**. In: André Pereira dos Santos and Dalmo Roberto Lopes Machado (Org.). Experiências em testes e medidas do exercício físico no contexto da saúde. Bookerfield, 2022. pp 27-39 (In Portuguese)
5. Teixeira, C.V.L.; **Sebastião, E. Atividade Física e Promoção da Saúde**. In: Orestes V. Forlenza, Márcia Radanovic e Florindo Stella. (Org.). Neuropsiquiatria Geriátrica. 3ed.São Paulo: Editora ATHENEU, 2022. (In press; in Portuguese)
4. **Sebastião, E.**; Coelho, F.G.M; Nascimento, C.M.C.; Andrade, L.; Pereira, J.; Gobbi, S. **The walking ability in healthy older adults: The role of aging and physical activity and its interface with agility, balance, cognition, and risk of falls**. In: Fábio Augusto Barbieri and Rodrigo Vitória (Org.). Motor control in aging: individuals with and without movement disorders. Spring Publisher, 2017. pp 73-90.
3. Costa, J.L.R., **Sebastião, E.**, Pereira, M.P., Andrade, L.P., Gobbi, S., Gobbi, L.T.B. **Atividade Física, Envelhecimento e Saúde**. In: UNATI Espaço aberto ao ensino e à criatividade, Cultura Acadêmica Editora, 2012. (in Portuguese)
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1. Pedroso, R. V. ; **Sebastião, E.** ; Nascimento, C.M.C. ; Costa, J.L.R. . **Doenças Degenerativas e Envelhecimento**. In: Flávia Gomes de Melo Coelho; Sebastião Gobbi; José Luiz Riani Costa; Lilian Teresa Bucken Gobbi. (Org.). Exercício Físico no Envelhecimento Saudável e Patológico: Da teoria a prática. 1ed.Curitiba, PR: Editora CRV, 2013. p. 63-82. (in Portuguese)

## SCHOLARLY PRESENTATIONS

71. Selzer Ninomiya A. L., Benedetti T., Christofolletti M., **Sebastião E.**, Guigma T., Schramm C., Schwingel A. (April 2023). Opportunities and challenges promoting MVPA in Brazil: Findings from a large behavioral change program. Poster to be presented at the 44th Annual Meeting for the Society of Behavioral Medicine. Phoenix, AZ. USA. **(Accepted)**
70. Siqueira V., Hill C., Camic C., Gurjão A.L.D., Machado D.R.L., **Sebastião E.** Muscle activation of the thigh in older adults during lower extremity assessment. In: 49<sup>th</sup> Annual Meeting Midwest Chapter of the American College of Sports Medicine. Indianapolis, Indiana, October 20-22, 2022
69. Herring M., Craven E., Baumann M., Siqueira V. A. A. A., Hill C.M., Camic C.L., Chomentowski P.J., **Sebastião E.** Physiological responses to an acute progressive session of motorized wheeled sled-push exercise among older adults. In: 49<sup>th</sup> Annual Meeting Midwest Chapter of the American College of Sports Medicine. Indianapolis, Indiana, October 20-22, 2022
68. Craven E., Herring M., Baumann M., Siqueira V. A. A. A., Hill C.M., Camic C.L., Chomentowski P.J., **Sebastião E.** Investigating enjoyment during and immediately after an acute progressive session of motorized wheeled sled-push exercise among older adults. In: 49<sup>th</sup> Annual Meeting Midwest Chapter of the American College of Sports Medicine. Indianapolis, Indiana, October 20-22, 2022
67. **Sebastião E.**, Baumann M., Herring M., Hurd M., Estrada B., Salinas R., Craven E., Hill C., Camic C., Chomentowski P. Physiological and psychological responses to a progressive acute session of sled-push exercise among older adults: preliminary findings. In: 27<sup>th</sup> Annual Congress of the European College of Sport Science. Book of Abstracts of 27<sup>th</sup> Annual Congress of the European College of Sport Science - August 30 – September 2, Seville, Spain.
66. Bontempo J.N.M., Tribess S., **Sebastião E.**, Bertochi G.F.A, Bontempo J.F.X.S., Sasaki J.E. LEV – Levante-se, Mova-se, Viva”: uma intervenção tecnológica para aumentar o nível de atividade física e reduzir o comportamento sedentário de trabalhadores administrativos. In: 44<sup>o</sup> Simpósio Internacional de Ciências do Esporte – Virtual Congress 2021. Book of Proceedings of the 44<sup>o</sup> Simpósio Internacional de Ciências do Esporte, 2021, October 7-9.
65. **Sebastião E.**, Vitor A.A.A. Siqueira, Hill C. The association among normal or fast walking speed to various functional and cognitive parameters among older adults. In: European Congress of Sport Science - Virtual Congress 2021. Book of Abstracts: ECSS 2021 Virtual Congress: European College of Sport Science, 2021, September 8-10.
64. Dos Santos, A.P.S., Silva, L.S.L., Alves, T.C., Tasinafo Jr, M.F., Venturini, A.C.R., Cordeiro, J.F.C., Gomide, E.B.G., **Sebastião, E.**, Andrade, D., Machado, D.R.L. In: European Congress of Sport Science - Virtual Congress 2021. Book of Abstracts: ECSS 2021 Virtual Congress: European College of Sport Science, 2021, September 8-10
63. Santinelli F.B., **Sebastião E.**, Vieira L.H.P., Lisboa-Filho P.N., Oliveira M., Barbieri F.A. BDNF serum concentration, but not vitamin D, is related to cognition and functional mobility in people with multiple sclerosis. In: Virtual BCTRIMS 2021 – 22<sup>nd</sup> Annual Meeting & XXII Congresso Brasileiro de Esclerose Múltipla e Neuromielite Óptica – June 9-12, 2021
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11. **Sebastião, E.**, Gobbi, S., Papini, C.B., Nakamura, P.M., Netto, A.V., Kokubun, E. Prevalência de Sedentarismo e Barreiras Percebidas em Mulheres de 20 a 49 anos do Município de Rio Claro - SP In: IX Simpósio Nordestino de Atividade Física e Saúde, 2008, Aracaju - SE. Book of Proceedings Simpósio Nordestino de Atividade Física e Saúde: Atividade Física e Saúde da Evidência à Intervenção [CD ROM]. Aracaju, Brazil, 2008. *(in Portuguese)*
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5. **Sebastião, E.**, Christofolletti, G., Gobbi, S. Relação entre nível de atividade física, consultas médicas, patologias e medicações utilizadas, em idosos. In: I Congresso Brasileiro de Metabolismo, Nutrição e Exercício, 2006, Londrina. I Congresso Brasileiro de Metabolismo, Nutrição e Exercício, 2006. v.1. p.68. *(in portuguese)*
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1. **Sebastião, E.**, Schwartz, G. O conceito de tempo livre e as atividades de lazer realizadas por cozinheiros e cozinheiras do restaurante universitário da Unesp campus de Rio Claro. In: VI Simpósio de Iniciação Científica - UNESP Campus de Rio Claro, 2004, Rio Claro. Book of Proceedings – SIC, Campus de Rio Claro [CD ROM]., 2004. *(in Portuguese)*

## INVITED TALKS

- 2023 From course assignments to publications: How to develop oneself into a scholar. 8<sup>th</sup> Preparing Future Faculty of Color Conference. Northern Illinois University.
- 2022 Office of Student Engagement and Experiential Learning (OSEEL) - Exemplary Faculty Mentors Panel.
- 2022 Podcast Café Pré-Treino (Episode 11). Diferenças e Semelhanças da Formação em Educação Física no Brasil e nos Estados Unidos. Available at: <https://www.youtube.com/watch?v=OQxe9daZuUM>
- 2022 Webinar (Roundtable): Physical Activity and Health Aging. Asociación Latinoamericana de Ciencia del Deporte, Educación Física y Danza (ALCIDED).
- 2022 Fatigue and Muscular Weakness in Neurological Disorders: The Case of Multiple Sclerosis and the Role of Exercise. Exercise Physiology Research Group. Federal University of Alfenas, Minas Gerais, Brazil.
- 2022 Webcast - Expert Talks: Sitting and impact on Health. Interview granted to Leadwire – Leading open access webcasts for scholarly research. Contact: Alistair Freeland [3-31-2022; 10:30 AM CT].
- 2021 Physical Activity Interventions in People with Multiple Sclerosis. Physical Activity and Chronic Diseases class. Department of Kinesiology and Community Health. University of Illinois at Urbana-Champaign, IL, United States (virtual)
- 2021 My Academic Trajectory. Exercise Psychology class. College of Arts & Sciences. Elon University, NC, United States (virtual)
- 2020 Physical Activity and Healthy Aging with Multiple Sclerosis. 6<sup>o</sup> 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)
- 2020 From Course Assignments to Journal Publications: Positioning Yourself as a Scholar in your Discipline. Diversifying Faculty in Illinois Conference. Northern Illinois University.
- 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.

## SERVICE: DEPARTMENT, COLLEGE, UNIVERSITY

### DEPARTMENT

- **Member of the Search Committee (internal search)** for the position of Chair of the Department of Kinesiology and Physical Education. Northern Illinois University (2022). **Members:** Dr. David Walker (Chair), Dr. Laurie Zittel, Dr. **Emerson Sebastião**, Dr. Tyler Wood, Dr. Marcella Otto, Gail Koehling, Victoria Books, Anthony Calderala, Karisa Kuipers, Gabrielle Bennett
- **Member of the Search Committee** for the Assistant Professor in Sports Management (#37074) position. Department of Kinesiology and Physical Education. Northern Illinois University (2022). **Members:** Dr. Steve Howell (Chair), Dr. Laurie Zittel, **Dr. Emerson Sebastião**, Dr. Jennifer M. Jacobs, Dr. Farah Ishaq
- **Member** of the PhD in Kinesiology and Physical Education Admissions. Department of Kinesiology and Physical Education. Northern Illinois University (2020 - present). **Members:** Dr. Todd Gilson (chair of the Department), **Dr. Emerson Sebastião (Kinesiology)**, Dr. Steve Howell (Sports Management) Dr. Paul Wright (PETE), Dr. Tyler Wood (Athletic Trainer).
- **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.
- **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 Wright, 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**

### COLLEGE AND UNIVERSITY

- **Member of the Search Committee** for the position of Assistant Professor of Special Education (Behavior Analysis; #34708). Northern Illinois University (2022). **Members:** Dr. Natalie Andzik (Chair), **Dr. Emerson Sebastião**, Dr. Rachel Donegan, Dr. Jeffrey Chan, Dr. Julian Mcelroy.
- **Member of the Search Committee** for the position of Associate or Full Professor of Physical Therapy (#6391). School of Allied Health and Communicative Disorders. College of Health and Human Sciences. Northern Illinois University (2022-2023). **Members:** Rachel Gordon (Chair), **Dr. Emerson Sebastião**, Dr. Hamid Bateni, Dr. MJ Blaschak, Dr. Sarah Greenhagen.
- **Member of the Search Committee (Internal)** for the position of Associate Dean of Research, Resources, and Innovation of the College of Education. Northern Illinois University (2022). **Members:** Dr. David Walker (Chair), Dr. Carolyn Vander Schee, Dr. Melissa Fickling, **Dr. Emerson Sebastião**, Dr. David Nieto, Jonathan Cook, Melissa Plazola.
- **Campus Security Authority (CSA)**. Northern Illinois University. 2022 – present

## **OTHER RELEVANT SERVICES**

- **Moderator:** Free Communication (oral session). 49<sup>th</sup> Annual Meeting of the Midwest Chapter of the American College of Sports Medicine (October 20-22), Indianapolis, Indiana.
- Faculty working in collaboration with faculty in the department to develop a proposal for the graduate colloquium council to bring a guest speaker.
  - The proposal was approved on **April 2, 2021**, and Dr. Steve Petruzzello from the University of Illinois at Urbana-Champaign will be a guest lecturer in the KNPE Department in the Fall 2021.
- Faculty serving as judge for the Northern Illinois University - Conference on Undergraduate Research and Engagement (**April 19-23, 2021**).
- Faculty assisting the Kinesiology program director to provide letters of recommendation for students award (**April 2021**). Department of Kinesiology and Physical Education. Northern Illinois University
- Faculty assisting the chair of the department in the selection and acquisition of a new treadmill for the Dr. Joan Popp Motor Behavior Laboratory (**April 2021**). Department of Kinesiology and Physical Education. Northern Illinois University.
- Faculty working with a collaborative consortium of faculty to build an interdisciplinary curriculum around the study of capoeira.
  - This was in response to NIU President Freeman's priorities of developing innovative interdisciplinary curriculum with the potential platform to create opportunities for hiring minority faculty (**March 2021**). **Dr. Emerson Sebastião (Kinesiology)**, Dr. Gregory Beyer (School of Music), Dr. Melani Duffrin (School of Interdisciplinary Health Professions)
- Faculty assisting the chair of the KNPE department in the additional renovations (**November 2018 - March 2021**) of the Dr. Joan Popp Motor Behavior Laboratory. Northern Illinois University.
- Faculty working collaborative with other faculty members in the KNPE department to propose revisions to the Master of Education in Kinesiology (MSEd) program. The proposed revisions centered in the idea of changing the MSEd into a Master of Science program, core and elective disciplines, and also reduction in the total amount of credits needed to complete the degree (**October-November 2020**)
- Faculty assisting with the KNPE department recruitment table at the Midwest American College of Sports Medicine Conference (**November 2018**).