

# Maria Cecília M Tenório, Ph.D.

Curriculum Vitae  
tenorioc@illinois.edu

## Education

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2010 - 2014	Ph.D.	<b>Children and adolescent Health</b> Federal University of Pernambuco – Brazil
2005 - 2007	M.S.	<b>Determinants of Adolescent Health</b> University of Pernambuco - Brazil
1998- 2002	B.S.	<b>Physical Education</b> University of Pernambuco – Brazil

## Professional experience

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### Teaching Assistant Professor

Department of Kinesiology and Community Health.  
University of Illinois at Urbana-Champaign

**2023– Current**

### Tenured Associate Professor

Department of Physical Education  
Federal Rural University of Pernambuco (UFRPE), Brazil

**2010– 2023**

Chair - Department of Physical Education (2017-2022)

### Visiting Professor

Department of Exercise Science. Arnold School of Public Health  
University of South Carolina (UofSC), United States of America  
Mentor: Robert G. Weaver, Ph.D.

**2018 – 2019**

### Visiting Professor (MS program)

Federal University of Pernambuco (URPE), Brazil

**2016– 2020**

### Associate Professor

Department of Health  
Guararapes University (Laureate International Universities Group)  
Brazil

**2008 – 2010**

Chair - Department of Physical Education (2008-2010)

### Teacher

Department of Education  
Pernambuco State Department of Education  
Physical education teacher (public schools), Brazil

**2006 – 2010**

## Teaching experience

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

Research methods  
Physical activity, health and quality of life  
Team Sports (soccer, volleyball, basketball, and handball)

Visiting Professor (Master program) - Federal University of Pernambuco (UFPE) - Brazil

Epistemology of physical education

Assistant Professor (undergraduate) - Guararapes University- Brazil

Research methods  
Physical activity, health and quality of life  
Biostatistics  
Didactics

Teacher (middle school and high school) - public schools - Brazil

Physical education

## External Research Funding

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Title	A quali-quantitative evaluation research of the <i>Academia da Cidade</i> Program in Recife, Pernambuco.
Role	Co- Investigator
Dates	Feb. 2006 to Oct 2008
Funding	Ministry of Health/BRAZIL
Amount	R\$ 50,000 (U\$ 10,000)

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Title	Physical activity and health risk behaviors in high school students of Pernambuco State: temporal trend (2006-2011-2016- 2021).
Role	Co- Investigator
Dates	Feb. 2006 to Oct 2021
Funding	Universal/CNPQ/MCTQ/BRAZIL
Amount	R\$ 42,000 (U\$ 8,500)

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Title	Physical Activity Guide project for the Brazilian population.
Role	Co- Investigator
Dates	Feb. 2020 to Jun 2021
Funding	Ministry of Health/BRAZIL
Amount	R\$ 3000,000 (U\$ 600,000)

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Title	Motivational determinants for the practice of physical activity in different life cycles: an analysis of scientific evidence
Role	Co- Investigator
Dates	Feb. 2021 to Oct 2023
Funding	Universal/CNPQ/MCTQ/BRAZIL

Amount R\$ 20,000 (US\$ 4,000)

## Research with no external funding

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Title	High school physical education classes: an intervention program in state public schools
Role	Principal Investigator
Dates	Apr 2010- 2014

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Title	Practice of physical activities and behavior related to health in adolescents: A longitudinal study
Role	Principal Investigator
Dates	Feb. 2020- Current

## PEER-REVIEWED PUBLICATIONS

### Manuscripts

#### Peer-reviewed Publications

- 38 Ramires, V.V, Dos Santos, P. C., Barbosa Filho, V.C, Bandeira, A.S, **Tenório, M.C.M**, Camargo, E.M, Ravagnani, F.C.P, Sandreschi, P, Oliveira, V.J.M, Hallal, P.C, Silva, K.S. Physical Education for health among school-aged children and adolescents: A scoping review of reviews. *Journal of Physical Activity & Health*. V.2, p.586-599, 2023.
- 37 **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. Physical Activity Guidelines for the Brazilian Population: Development and Methods. *Journal of Physical Activity & Health*, v. 19, p. 367-373, 2022.
- 36 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. Physical Activity Guidelines for the Brazilian Population: Recommendations Report. *Journal of Physical Activity & Health*, v. 19, p. 374-381, 2022.
- 35 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.
- 34 Bandeira, A.S., Ravagnani, F.C.P., Barbosa Filho, V.C., Oliveira, V.J.M, Camargo, E.M. **Tenório, M.C.M**, Sandreschi, P, Dos Santos, P.C., Ramires, V.V, Hallal, P.C, Silva, K.S. Mapping recommended strategies to promote active and healthy lifestyles through physical education classes: a scoping review. *Int J Behav Nutr Phys Act* **19**, 36 (2022)
- 33 Morais, L., Franca, C., Valença, P., Menezes, V., Colares, V. Zarar, P. Cardoso, M., **Tenório, M.C.M**. Patterns of alcohol consumption associated with early sexual debut. *Revista Psicologia, Saúde & Doenças*. 23, 1, (2022)
- 32 Silva K.S, Bandeira A.S, Ravagnani F.C.P, Camargo E.M, **Tenório M.C.M**, Oliveira V.J.M., Santos P.C., Ramires V.V, Sandreschi P.F, Hallal PC, Barbosa Filho V.C. Physical education: Physical Activity Guidelines for the Brazilian Population *Brazilian Journal of Physical Activity and Health* , 26(2021)
- 31 Wendt, A., Ricardo, L.I.C., Costa, C.S., Knuth, A.G., **Tenório, M.C.M.**, Crochemore-Silva, I. Socioeconomic and Gender Inequalities in Leisure-Time Physical Activity and Access to Public Policies in Brazil From 2013 to 2019. *Journal of Physical Activity & Health*, v. 18, p. 1503-1510, 2021.

- 30 **Tenório, M.C.M.**; Tassitano, R.M. ; Weaver, R.G. ; LIMA, M.C. . Effects of a teacher training intervention on teachers and students motivation to physical education class. *JOURNAL OF PHYSICAL EDUCATION*, v. 32, p. 1-13, 2021.
- 29 Weaver, R., **Tassitano, R.M.**, Tenório, M.C.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.
- 28 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.
- 27 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.
- 26 Tassitano, R.M., Weaver, R.G., **Tenório, M.C.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.
- 25 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.
- 24 Guerra, P. H., Andrade, D.R., Rodriguez-Anez, C. R., Santos, D.L., Camargo, E.M., Fermino, R.C., **Tenório, M.C.M.** Research on the Academia da Cidade and Academia da Saúde Programs: scoping review. *Brazilian Journal of Physical Activity and Health*, v. 25, p. 1-9, 2020.
- 23 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.
- 22 **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 >>.
- 21 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 >>.
- 20 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.
- 19 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 >>.
- 18 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 >>
- 17 Tassitano, R.M., Dumith, S.C., Gonzáles-Chica, D., **Tenório, M.C.M.** Aggregation of the four main risk behaviors for noncommunicable diseases among adolescents. *Brazilian Journal of Epidemiology*, 17:465-478, 2014. << Portuguese >>.
- 16 Tassitano, R.M., **Tenório, M.C.M.**, Cabral, P.C., Silva, G.A.P. Clustering of physical inactivity and low fruit and vegetables intake and associated factors in young adults. *Revista de Nutrição*, 27:25-44, 2014.
- 15 Tassitano, R.M., Feitosa, W.N., **Tenório, M.C.M.** Factors associated with active displacement and health indicators in industrial workers. *Brazilian Journal of Physical Activity and Health*, 18:483-492, 2013. << Portuguese >>

- 14 Oliveira, N.J.R., Barros, M.V.G., Reis, R.S., Tassitano, R.M., **Tenório, M.C.M.**, Bezerra, J., Farias Júnior, J.C. Stages of behavior change for physical activity in adolescents. *Motriz*, 18:42-54, 2012. << Portuguese>>.
- 13 Araújo, A. C., Cavalcanti, L.M.B., Tassitano, R.M., Lacerda, E.P., **Tenório, M.C.M.** Formation and pedagogical activity in the second time program: reflections on the daily work of the teacher. *Motrivivência (UFS)*, 38:40-58, 2012. << Portuguese >>
- 12 **Tenório, M.C.M.**, Tassitano, R.M., Lima, M.C. Knowing the school environment for physical education classes: is there a difference between schools? *Brazilian Journal of Physical Activity and Health*, 17:307, 2012. << Portuguese >>
- 11 Feitosa, W.M.N., Tassitano, R.M., **Tenório, M.C.M.**, Albuquerque, A.A., Guimarães, F.J.P.S., Lima Neto, A.J. Physical Education classes in the high school of the state public of Caruaru: compulsory curricular component or optional? *Revista da Educação física/UEM*, 22:99-109, 2011. << Portuguese >>.
- 10 Tassitano, R.M., Barros, M.V.G., **Tenório, M.C.M.**, Bezerra, J., Florindo, A.A., Reis, R.S. Enrollment in Physical Education Is Associated With Health-Related Behavior Among High School Students. *Journal of School Health*, 80:126- 133, 2010.
- 9 Hallal, P., **Tenório, M.C.M.**, Tassitano, R.M., Reis, R.S., Carvalho, Y.M., Cruz, D.K.A., Damascena, Wilson ; Malta, Deborah Carvalho. Evaluation of the physical activity promotion program Recife City Academy, Pernambuco, Brazil: perceptions of users and non-users. *Cadernos de Saúde Pública*, 26:70-78, 2010. << Portuguese language>>
- 8 Tenório, M.C.M., Barros, M.V.G., Tassitano, R.M., Bezerra, J., **Tenório, J.M.**, Hallal, P.R.C. Physical activity and sedentary behavior in adolescent high school students. *Brazilian Journal of Epidemiology*, 13:105-117, 2010. << Portuguese language>>
- 7 Tassitano, R.M., Feitosa, W.N., Santiago Júnior, G.V., **Tenório, M.C.M.** Simultaneity of risk behaviors and associated factors in industrial workers. *Brazilian Journal of Physical Activity and Health*, 15:42-49, 2010. << Portuguese >>
- 6 Tassitano, R.M., **Tenório, M.C.M.**, Hallal, P.C. Systematic review on obesity in adolescents. *Brazilian Journal of Cineanthropometry & Human Performance*, 11:449-456, 2009. << Portuguese>>
- 5 Hallal, P.C., Carvalho, Y.M., Tassitano, R.M., **Tenório, M.C.M.**, Warschauer, M., Reis, R.S., Damascena, W. Malta, D.C. Quanti-quali evaluation of the city's academy program, Recife (PE): teachers' conceptions. *Brazilian Journal of Physical Activity and Health*, 14: 9-14, 2009. << Portuguese >>.
- 4 Bezerra, J., Barros, M.V.G., **Tenório, M.C.M.**, Tassitano, R.M., Barros, S.H., Hallal, P.C. Religiosity, alcohol consumption and smoking in adolescents. *Pan American Journal of Public Health*, 26:440-446, 2009. << Portuguese>>
- 3 Tassitano, R.M., Barros, M.V.G., **Tenório, M.C.M.**, Bezerra, J., Hallal, P.R.C. Prevalence and factors associated with overweight and obesity in adolescents, high school students from Pernambuco, Brazil. *Cadernos de Saúde Pública*, 25:2639-2652, 2009.<< Portuguese>>.
- 2 Tassitano, R.M., Bezerra, J., **Tenório, M.C.M.**, Colares, V., Hallal, P.C., Barros, M.V.G. Physical activity in Brazilian adolescents: a systematic review. *Brazilian Journal of Cineanthropometry & Human Performance*, 9:60-65, 2007. <<Portuguese>>.
- 1 **Tenório, M.C.M.**, Bezerra, J., Tassitano, R.M., Barros, M.V.G., Costa, A.M. Ethics in research with human beings: review of the articles published in the Revista Paulista de Educação Física. *Revista Brasileira de Educação Física e Esporte*, 19:329-335, 2005. << portuguese>>.

## Book Chapters

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### Chapters

- 4 **Tenório, M.C.M.**; Bezerra, J.; Oliveira, L.M.F.T. Physical activity and sedentary behavior in adolescent. In: Pesquisa em estilos de vida e saúde. 1 ed. Recife: Editora Universitária UFRPE, 2016, p. 136-145.
- 3 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.
- 2 **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.
- 1 **Tenório, M.C M.**, Tassitano, R.M., Bezerra, J. *Physical activity and adolescent*. 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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#### Graduate and Undergraduate Students

- 5 Dayenne Karla da Silva Laurentino. Professional performance in adapted physical education: what is the student's interest in working in this area? Bachelor Degree in Physical Education. Federal University of Pernambuco (2019). *Major supervisor*
- 4 Lizandra Barbosa da Silva. High school student participation in physical education classes: a cross-cross study. Bachelor Degree in Physical Education. Federal Rural University of Pernambuco (2019). *Major supervisor*
- 3 Erick Mateus Guedes Silva. Women's futsal and public schools Department of Physical Education. Bachelor Degree in Physical Education. Federal Rural University of Pernambuco (2017). *Major supervisor*
- 2 Stella Araújo Fonzar Hernandes. Urinary incontinence and neuro-muscular performance in the quality of life of young athlete. *Master in Physical Education. Federal University of Pernambuco/ Brazil, 2020. Major supervisor*
- 1 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. Major supervisor*

### Current Supervisions

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#### Graduate and Undergraduate Students

Beatriz Maria dos Santos Lemos. Physical activity and anxiety/stress symptoms in adolescents. *Bachelor degree in Physical Education*. Federal Rural University of Pernambuco-Brazil. Major supervisor

Artur Leão da Silva. Physical activity and sedentary behavior in adolescents during the

Covid-19 Pandemic. *Bachelor degree in Physical Education*. Federal Rural University of Pernambuco-Brazil .Major supervisor

Lizandra Barbosa da Silva. Association of physical activity and sedentary behavior with anxiety and stress symptoms in high school students. *M.Ed. in Physical Education*. Federal University of Pernambuco-Brazil. Co-supervisor

### **Professional Membership**

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- . Brazilian Society of Physical Activity and Health (Since 2007)
- President of the Brazilian Society of Physical Activity and Health (Since 2022-2024)

### **Certifications**

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- Systematic reviews and meta-analysis – UFPel / Brazilian Society of Physical Activity and Health. 2014
- Physical Activity & Public Health Course – Brazil - Center for Disease Control and Prevention / Brazilian Society of Physical Activity and Health. 2014

### **Peer reviewer for journals**

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2022 – present	Journal of Physical Activity & Health.
2020 - Present	Brazilian Journal of Epidemiology.
2018 - present	Brazilian Journal of Physical Education
2015 - Present	Brazilian Journal of Public Health
2009- Present	Brazilian Journal of Physical Activity and Health.