



The National Research Award on Ethics in Sport (2013) was awarded to Artur Santos MSc, a researcher from CIDAF, professor of FCDEF and a PhD student in Sports Science. The award was established by the National Plan of Ethics in Sport (PNED), program of the initiative of the State Department of Sports and Youth and operated by the Portuguese Institute of Sports and Youth, I.P. (IPDJ, IP), in partnership with the Council of Rectors of Portuguese Universities (CRUP) and the Coordinating Council of the Polytechnic Institutes (CCISP). Artur Santos presented the work: **"I believe that for Players, win is the most important. Character Formation in Youth**

Football".



Aristides M. Machado-Rodrigues, PhD, researcher of CIDAF, was distinguished by the Portuguese Society for the Study of Obesity (2013). **The communication entitled "Active commuting and its associations with cardiovascular risk markers in children" was awarded under the "Research Award in Pediatrics" (22-24 November 2013).**



João Valente dos Santos, researcher at CIDAF, PhD student in Sports Sciences, was distinguished with the **best poster award** by the European Pediatric Work Physiology Group (2013) with the work **"Modeling developmental changes in left ventricular mass using multiplicative allometric and additive polynomia multilevel in boys aged 11-16 years "**



João Pedro Marques Duarte, researcher at CIDAF, PhD student in Sports Sciences, was distinguished by Prof. Dr. Hans Kemper (VU University Medical Center, Amsterdam) with **2nd place at the Hans Stoboy Award at XXVIII Pediatric Work Physiology** (1-5 October 2013). This award distinguishes the young participants who are distinguished by the work presented (in this case: **"Reproducibility and reliability of the repeated dribbling ability and derived fatigue index"**) and cumulatively by the active participation in the congress.

The oral communication entitled **"Analysis of the functioning of the autonomic nervous system in an acute exercise session in patients with Multiple Sclerosis: case reports"** by the authors Jéssica Garcia, FCDEF-UC PhD student, Lívia de Sousa, António Freire Gonçalves, Ana Teixeira, PhD (CIDAF researcher and Professor at FCDEF-UC) and Luís Rama, PhD (CIDAF researcher and Professor at FCDEF-UC) **received an honorable mention at the II International Congress of Nursing in Multiple Sclerosis - Best practice, more quality of life**, which took place on September 25 and 26, 2015 at the Coimbra Nursing School.



The Researcher of CIDAF and FCDEF-UC PhD student, Matheus Uba Chupel, presented a poster entitled **"Effect of strength training on blood inflammatory markers of cognitive impairment"** in the International Society of Exercise Immunology, which took place from 6 to 9 July 2015 in Vienna, Austria. **The paper presented was in 2nd in the Early Career Researcher, a title given to future promising researchers in the field of immunology and exercise.**



Professor Manuel João Coelho e Silva, PhD, coordinator of CIDAF and professor of FCDEF-UC, **was distinguished by the Brazilian Academy of Pediatrics, with the article "Anthropometric measures and blood pressure in school children."** The award was presented at the 37th Brazilian Congress of Pediatrics, October 13, 2015, Rio de Janeiro Authors: Moser DC, Giuliano Ide C, Titski AC, Gaya AR, Coelho-e-Silva MJ (), Milk N.



Maria João Carvalheiro Campos, PhD student, CIDAF researcher and Professor at FCDEF-UC received the award **"Know More to Better Include"** from the Scientific Journal of the FPDD - Sport and Physical Activity for All, by the article **"Impact of the Paralympic Week on the Attitudes of Students facing inclusion "(2015).**



Luís Manuel Pinto Rama, PhD, CIDAF researcher and Professor at FCDEF-UC, received an award for the work **"Predictive Value of a Progressive Protocol". 2015. COP Awards.** Authors: André Coelho, Luís Rama



Luís Manuel Pinto Rama, PhD, CIDAF researcher and Professor at FCDEF-UC received an award with the work **"Different types of exercise carried out to exhaustion at 100 of VO₂max". 2016: COP Awards.** Authors: Ana Sousa, Pedro Figueiredo, Luís Rama, Carlo Baldari, Ricardo Fernandes



Professor Gonçalo Nuno Figueiredo Dias, PhD, CIDAF researcher, was the **winner of the IV Edition of the PNED Award for Research on Ethics in Sport, with the article: "Ethics in sports or sports with ethics?" (2016)**. The award was established by the National Plan of Ethics in Sport (PNED), a program of the initiative of the State Department of Sports and Youth and operated by the Portuguese Institute of Sports and Youth, I.P. (IPDJ, I.P.), in partnership with the Council of Rectors of Portuguese Universities (CRUP) and the Coordinating Council of the Polytechnic Institutes (CCISP) and the Academic Sports University Federation (FADU).

Marco António Rabelo da Silva, PhD student at FCDEF-UC, received an honorable mention for the elaboration of the work **"Benefits of Combined Training in Cardiovascular Diseases" at the II Scientific Conferences of Youth of the Portuguese Delegation of Cardiology (2016)**



Luís Manuel Pinto Rama, PhD, CIDAF researcher and Professor at FCDEF-UC, received the **2nd place in the free communications with the work "Hydration habits of young Portuguese swimmers in two microcycles of contrasting loads" 40th Technical and Scientific Congress of the APTN - Gondomar, 2017**. Authors: Cipriano, S, Massart, A, Rezende, M, Nunes, A, Rama, L. (2017)



Liliana C Baptista, CIDAF researcher and FCDEF-UC PhD student, received an honorable mention for the work **"Multifactorial cardiovascular risk intervention in the early stage of T2D on older adults: evidence from a longitudinal cohort study" at the II Scientific Youth Conferences of the Portuguese Foundation of Cardiology (2016)**



Ana Maria Miranda Botelho Teixeira, PhD, CIDAF researcher and Professor at FCDEF-UC, was elected **President at the meeting of the International Society for Exercise and Immunology Board in Coimbra during the 13th ISEI Symposium, from 11 to 14 July. The Professor will hold this position in 2017-2019 and will be President of ISEI for the 2019-2021 term.**



Liliana Baptista, CIDAF Researcher and FCDEF-UC PhD student, received the **Earlier Career Researcher Award**, for the best oral presentation at the 13th International Society of Exercise Immunology Symposium, held in Coimbra from 11 to 14 March. July 2017. The paper presented was entitled **'Multifactorial cardiovascular risk intervention in an early stage of type 2 diabetes in older adults: the effect of exercise training and metformin'**



Luciele Minuzzi, CIDAF Researcher and FCDEF-UC PhD student, received the **Earlier Career Researcher Poster Award** at the 13th International Society of Exercise Immunology Symposium, which was held in Coimbra from July 11-14, 2017. The paper presented was entitled **Lifelong training helps maintaining CD4 and CD8 naïve t-cells while reducing the number of senescent naïve T cells**



Manuel João Coelho e Silva, PhD, Coordinator of CIDAF and Professor at FCDEF-UC, received the distinction of **Honorary Membership by the Brazilian Society for Physical Activity and Health in recognition of his outstanding scientific contribution to the development of the sports science field. SANTA CATARINA, Florianopolis, 16/11/2017**



Honorable Mention, award of Good Practice Ageing Coimbra

FCDEF-UC developed a research project to implement long-term physical exercise programs (28 weeks) in Coimbra, coordinated by Ana Maria Miranda Botelho Teixeira, PhD, CIDAF researcher and Professor at FCDEF-UC. This project was selected for the "**Best Practices in Healthy Active Aging Awards in the**

Region Center 2017" and received an Honorable mention.



The Olympic Committee of Portugal distinguished with an **Honorable Mention** the research work "**Prescription and Control training of Pure Sports Swimming in the Anaerobic Threshold Intensity Zone**", Master thesis of Rita Varandas, Oriented by Luís Manuel Pinto Rama, PhD and Hugo Miguel Borges Sarmiento, Phd, researchers of CIDAF and Professors at FCDEF-UC, 2019.





Liliana Baptista, PhD, CIDAF researcher and Post- Doctoral Fellow in the University of Alabama, Birmingham (UAB) Division of Gerontology, Geriatrics and Palliative Care received the “**Hardest Working Postdoc Award**” from the UAB Office of Postdoctoral Education, 2020.