

EMMANUEL GOMES CIOLAC



Expertise

The acute response and chronic adaptations to exercise and physical activity in individuals at risk or with non-communicable chronic disease.

Current Positions

Associate Professor in the Department of Physical Education, Sao Paulo State University

Head of the Exercise and Chronic Disease Research Laboratory

Education

Bachelor of Physical Education | Santo Andre Physical Education College

Master of Science | Health Sciences | University of Sao Paulo
PhD | Health Sciences | University of Sao Paulo

Areas of Research

- 1) Physical Activity in Prevention & Rehabilitation
- 2) Physiological Responses & Adaptations to Exercise
- 3) Physical Activity & Aging

[A brief Introduction \(in Portuguese!\)](#)

Relevant Research

Emmanuel is involved in many research streams, including the prescription of low-volume high-intensity interval training for those with type 2 diabetes and using ratings of perceived exertion to manage exercise intensity. His research expands beyond type 2 diabetes to encompass those with Parkinson's disease, knee osteoarthritis, and hypertension to name a few.

How you can cite them



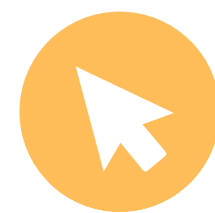
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