

Ricardo Muller Bottura

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 <https://orcid.org/0000-0003-1941-2040>

PERSONAL STATEMENT

I am an accomplished researcher and educator in Physical Education and Sports Sciences, currently pursuing a PhD at the University of Verona with a focus on motor imagery and running economy under fatigue. My career includes significant contributions to genetic research in high-altitude acclimatization and extensive teaching experience in strength training, biomechanics, and genetics applied to exercise. I have presented at international conferences, authored educational books, and supervised scientific projects, demonstrating a commitment to advancing sports science through research and education.

EDUCATION

PhD in Kinesiology and Sports Sciences	present
University of Verona, Italy	
<i>Project:</i> "Motor Imagery and Running Economy: The Influence of Imagery on Running Economy Under Fatigue"	
<i>Advisor:</i> Dr. Piero Ruggeri (University of Genoa)	
MSc in Psychobiology	2019
Federal University of São Paulo, Brazil	
<i>Dissertation Title:</i> "Influence of the ACTN3 R577X Gene Polymorphism on the Acclimatization Process to High Altitude"	
<i>Advisor:</i> Dra. Debora Cristina Hipolide (UNIFESP)	
Postgraduate Specialization in Physical Activity, Physical Exercise and Psychobiology	2011
Federal University of São Paulo, Brazil	
<i>Thesis Title:</i> "Effect of Different Types of Acute Resistance Exercise Sessions on Mood and Cognition in Young Adults"	
Postgraduate Specialization in Biomechanics of Physical Activity	2005
University Gama Filho, Brazil	
<i>Thesis title:</i> "Relationship Between Range of Motion and Muscle Hypertrophy"	
Postgraduate Specialization in Exercise Physiology	2004
University of São Paulo, Brazil	
<i>Thesis title:</i> "Development of Muscle Strength Through Concurrent Strength and Endurance Training"	
Graduate in Physical Education	2002
UniFMU, Brazil	
<i>Thesis title:</i> "Psychological and Physical Fitness Profile of Rafting Athletes"	
Second Bachelor's Degree in Pedagogy	2020

FAEP, Brazil

Thesis title: "Flipped Classroom, Distance Education, and the Physical Education Professional"

TEACHING & ADVISING

University Professor

2020-2022

UNIP, São Jose dos Campos, Brazil

- Strength Training Methodology
- Biomechanics
- Genetics Applied to Physical Exercise

Professor at the School of Physical Education

2016-2021

FCNM, Mogi das Cruzes, Brazil

- Methodology of Sports Training
- Biomechanics

Speaker at Endurance Summit

2023

- Presented lecture titled: "Genetics Applied to Endurance"
- Date: 07-10-2023
- Location: São Paulo, Brazil

Speaker at Brazilian Congress of Personal Trainers

2022

- Presented lecture title: "Genetics & Physical Exercise: What a Personal Trainer Needs to Know?"
- Date: 09-10-2022
- Location: São Paulo, Brazil

Speaker at 44th International Symposium on Sports Sciences

2021

- Presented lecture title: "Physical Exercise and Genetic Polymorphisms"
- Date: 07-10-2021
- Location: São Paulo, Brazil

Speaker at IV Scientific Journey of Exercise Physiology

2021

- Presented lecture title: "Physical conditioning and Genetics"
- Date: 20-04-2021
- Location: São Paulo, Brazil

Invited Professor at the 16th Summer Course in Psychobiology

2016

- Presented lecture title: "Theoretical/Practical Course on Ergospirometry"
- Location: UNIFESP, São Paulo, Brazil

Invited Professor at the module of Physiological and Biochemical Bases of Exercise I of the Bachelor's Degree in Physical Education (4 hours)

2015

- Presented lecture title: "Metabolism of Carbohydrates and Exercise: Part 1"
- Presented lecture title: "Metabolism of Carbohydrates and Exercise: Part 2"
- Location: UNIFESP, Santos, Brazil

PUBLISHED PAPERS

1. **BOTTURA, RICARDO MULLER;** LIMA, GISCARD HUMBERTO OLIVEIRA; HIPOLIDE, DEBORA CRISTINA; PESQUERO, JOÃO BOSCO. Association between ACTN3 and acute mountain sickness. Genes and Environment. v.41, p.18, 2019.
Home page: <https://doi.org/10.1186/s41021-019-0133-8>
2. **BOTTURA, R. M.;** LIMA, GISCARD HUMBERTO OLIVEIRA; HIPOLIDE, D. C.; PESQUERO, JOÃO BOSCO. ACTN3 R577X Polymorphism Impacts Glucose Consumption at Simulated High Altitude. International Journal of Genetics and Genomics. v.8, p.138 - 142, 2020.
Home page: <http://www.sciencepublishinggroup.com/journal/paperinfo?journalid=116&doi=10.11648/j.ijgg.20200804.14>
3. CARIS, ALINE VENTICINQUE; YSIS, WANESSA; LEMOS, VALDIR DE AQUINO; **BOTTURA, RICARDO;** SANTOS, RONALDO VAGNER THOMATIELI DOS. Nutrition and exercise can attenuate inflammatory and psychobiological changes in hypoxia?. ASIAN PACIFIC JOURNAL OF TROPICAL BIOMEDICINE. Impact Factor (2022 JCR): 1.7000, v.7, p.86 - 90, 2017.
Home page: <http://www.sciencedirect.com/science/article/pii/S2221169115310182>

PUBLISHED BOOKS

1. **BOTTURA, RICARDO.** Strength Training: Anatomy, Kinesiology, and Prescription, 1st ed. São Paulo: Academy - Health, Science and Performance, 2020.
Volume: 1, pages: 100.
Knowledge Areas: Physical Education, Sports Training Methodology.
Additional References: Brazil/Portuguese.
ISBN: 9786599154706
2. **BOTTURA, RICARDO.** One Step at a Time: Climbing Mount Kilimanjaro, 1st ed. São José dos Campos, 2020.
Volume: 1, pages: 75.
Keywords: Mount Kilimanjaro, Travel, Tanzania, Mountaineering.
Additional References: Brazil/Portuguese.
ISBN: 9786500052275
3. MARCON, G.; **BOTTURA, RICARDO MULLER;** NOVELLI, C.. Contemporary Methods for Developing High Performance Sports Training Programs, 1st ed. São Paulo: CREF4, 2019.
Pages: 87.
Additional References: Brazil/Portuguese.
ISBN: 9788594418395
Home page: <http://www.crefsp.gov.br/712-Livros-da-Cole%C3%A7%C3%A3o-Liter%C3%A1ria-20-Anos>

CONFERENCE POSTER PRESENTATIONS

Title: Velocity by coordination and flexibility training

Authors: Oliveira, R. A.; Santos, T. A.; Godoy, M. N. M. R.; **Bottura, Ricardo Muller**

Year: 2019

Event Type: Symposium, Presentation of Work

Knowledge Areas: Sports Training Methodology

Additional References: Brazil/Portuguese

Medium: Other

Location: São Paulo

Event: 42nd International Symposium on Sports Sciences

Organizer/Funder: CELAFISCS

Title: Effects of training on agility and speed in wheelchair tennis athletes

Authors: Pena, L. G. S.; Bottura, R. M.

Year: 2018

Event Type: Congress, Presentation of Work

Keywords: agility, speed, training, wheelchair tennis

Knowledge Areas: Physical Education

Activity Sectors: Sports and recreational activities

Additional References: Brazil/Portuguese

Medium: Other

Location: Expo SP, São Paulo

Event: International Paralympic Sports Congress

Organizer/Funder: CPB

Title: A session of resistance exercise influences cognition and mood profile

Authors: Santos, M. V. L.; **Bottura, R. M.**; Melo, C. M.; Tufik, S.; Mello, M. T.; Antunes, H. K. M.

Year: 2015

Event Type: Congress, Presentation of Work

Additional References: Brazil/Portuguese

Medium: Digital

Location: Águas de Lindóia

Event: L Congress of the Brazilian Society of Physiology

Organizer/Funder: SBFis

Title: Affective responses from two types of acute resistance exercise session

Authors: **Bottura, R. M.**; Mello, M. T.; Rzezak, P.; Antunes, H. K. M.

Year: 2011

Event Type: Symposium, Presentation of Work

Additional References: Brazil/Portuguese

Medium: Print

Location: São Paulo

Event: XXXIV International Symposium on Sports Sciences

Organizer/Funder: CELAFISCS

Title: Physical and Psychological Fitness Profile of Rafting Athletes

Author: **Bottura, R. M.**

Year: 2003
Event Type: Symposium, Presentation of Work
Additional References: Brazil/Portuguese
Medium: Digital
Location: São Paulo
Event: XXV International Symposium on Sports Sciences
Organizer/Funder: CELAFISCS

SUPERVISION OF SCIENTIFIC INITIATION PROJECTS

Rodrigo Cesar dos Santos Santovito. **THE EFFECT OF BIKE FIT ON NON-TRAUMATIC KNEE INJURIES AND CYCLIST COMFORT IMPROVEMENT.** 2020.
Scientific Initiation (Physical Education) - FCNM
Additional References: Brazil/Portuguese

Renata Altendorf de Oliveira. **COMPARISON OF THE EFFECT OF RESISTANCE EXERCISE ON HEART RATE VARIABILITY BETWEEN GENDERS.** 2019.
Scientific Initiation (Physical Education) - FCNM
Additional References: Brazil/Portuguese

Laíz Fernanda de Camargo Oliveira. **PROPRIOCEPTIVE EXERCISES AS INTERVENTION IN PATELLAR CHONDROMALACIA.** 2019.
Scientific Initiation (Physical Education) - FCNM
Additional References: Brazil/Portuguese

Marcela Takabatake Paiva. **DETERMINING FACTORS OF PERFORMANCE IN OPEN WATER SWIMMERS.** 2019.
Scientific Initiation (Physical Education) - FCNM
Additional References: Brazil/Portuguese

Rian Fernandes da Costa. **MOTOR LEARNING IN BASKETBALL: INFLUENCE OF KNEE FLEXION ON FREE THROW PERFORMANCE.** 2017.
Scientific Initiation (Physical Education) – FCNM
Additional References: Brazil/Portuguese

Vinicius Gabriel da Silva Felisberto. **DEVELOPMENT OF VERTICAL JUMP USING THE "AIR ALERT III" TRAINING PROGRAM AMONG BASKETBALL PLAYERS.** 2017.
Scientific Initiation (Physical Education) - FCNM
Additional References: Brazil/Portuguese

ACADEMIC ACHIEVEMENTS

Ranked 3rd Place in the 2005 Faculty Contest

- Institution: Municipal Institute of Higher Education of São Caetano do Sul (IMES)
- Area: Physical Education

REVIEWER ACTIVITIES

Springer Nature

- Review Date: 2024
- Type: Review
- Role: Reviewer
- Review Identifier(s): SOURCE-WORK-ID: 633a0339-4426-4b3b-a4ee-cafcf9cd5528
- Organizing Body: Springer Nature (New York, US)

Springer Nature

- Review Date: 2023
- Type: Review
- Role: Reviewer
- Review Identifier(s): SOURCE-WORK-ID: c01ce4f2-e15f-46a5-aa96-a041208da091
- Organizing Body: Springer Nature (New York, US)

HONORS AND AWARDS

- Honorable Mention for supervision of Scientific Initiation work, FCNM, 2019
- Class Patron of Bachelor in Physical Education, FCNM, 2018
- Class Patron of Bachelor in Physical Education, FCNM, 2017
- Class Patron of Bachelor in Physical Education, FCNM, 2016