

Call for Ph.D. Applications, 2023-2024

## Ph.D. Call for Applications in Movement Sciences

**(Submission Deadline: 30th of June 2023)**

### 1. The Ph.D. Program

The Sao Paulo State University (UNESP) announces the opportunity for qualified non-Brazilian candidates to start a Ph.D. Degree in Movement Sciences. The Ph.D. candidates will be enrolled in the Ph.D. Program in Movement Sciences (PPMS), while the thesis will be supervised by academics at UNESP. Upon successful completion of their studies, a Ph.D. student will receive a degree from the UNESP (Ph.D. in Movement Sciences). Research opportunities are offered in a broad range of areas in Sport, Rehabilitation and Health Sciences, including the epidemiology of physical activity, exercise physiology, biomechanics, motor control, post-exercise recovery, cardiac rehabilitation, human performance and physical rehabilitation.

UNESP has 24 units spread out in the state of Sao Paulo (Brazil) (<https://www.international.unesp.br/#!/about-unesp/campuses/>) and according to Times Higher Education is ranked as 251-300 in the Young University Rankings 2022, ([https://www.timeshighereducation.com/world-university-rankings/2022/young-university-rankings#!/length/25/name/unesp/sort by/rank/sort\\_order/asc/cols/stats](https://www.timeshighereducation.com/world-university-rankings/2022/young-university-rankings#!/length/25/name/unesp/sort%20by/rank/sort_order/asc/cols/stats)), being ranked in the Top-10 Brazilian universities. The PPMS has more than 30 years of existence qualifying Researchers that develop their research activities in Brazil, Europe and the United States. Teaching and research activities of PPMS are performed in four units located in the cities of Bauru (~380,000 inhabitants and Human Development Index (HDI)= 0.801 [<https://en.wikipedia.org/wiki/Bauru>]), Marilia (~240,000 inhabitants and HDI= 0.798 [<https://en.wikipedia.org/wiki/Mar%C3%ADlia>]), Presidente Prudente (~230,000 inhabitants and HDI= 0.806 [[https://en.wikipedia.org/wiki/Presidente\\_Prudente](https://en.wikipedia.org/wiki/Presidente_Prudente)]) and Rio Claro (208,000 inhabitants and HDI= 0.803 [[https://en.wikipedia.org/wiki/Rio\\_Claro,\\_S%C3%A3o\\_Paulo](https://en.wikipedia.org/wiki/Rio_Claro,_S%C3%A3o_Paulo)]).



All 26 supervisors are spread out in five departments: Department of Physical Education at Bauru, Department of Physical Education at Rio Claro, Department of Speech Therapy at Marilia and Departments of Physical Education and Physical Therapy at Presidente Prudente. Remote activities are constantly performed connecting all four units, but the Ph.D. students have to be physically present at UNESP premises (in the unit where the supervisor is located).

In order to finish the course, the Ph.D. researcher admitted through this call will have between 24 (minimum) and 48 months (maximum) to:

- 1) complete 12 credits in disciplines (each discipline offered in PPMS lasts from 8 to 16 weeks, ranging from 2 to 4 credits);
- 2) complete 20 credits in academic activities (e.g., conferences, teaching activities, manuscript publications, laboratory activities and others);
- 3) present, in the maximum of 12 months after the registration in the Ph.D. course, his / her Ph.D. project to an assessment board composed of 3 academics (one member of PMSS and two outside UNESP);
- 4) be approved in his/her public defense (thesis presentation, which will be judged by an assessment board composed of 5 Professors [two members of PMSS and three outside UNESP]).

## **2. Fee waiver scholarships**

UNESP is a public university, offering public education free of charge for all students admitted through their selective processes (THERE IS NO TUITION FEE). The PPMS is offering two 36-months (plus 12 months if required) scholarships for successful candidates. The scholarships will be offered to applicants approved in this call and ranked as 1<sup>st</sup> and 2<sup>nd</sup> in this selective process (other approved candidates will be eligible for the scholarship if the candidates ranked as 1<sup>th</sup> and 2<sup>nd</sup> decline it). The Full Time Program has a duration of 36 months (plus 12 months if required) and it requires a full-time commitment on the part of the Ph.D. student, which means to have face-to-face activities at UNESP (in

the unit where the supervisor is located, in this case, either the cities of Bauru, Marilia, Presidente Prudente or Rio Claro).

The applicants granted with the scholarship will have to open a Brazilian bank account on Banco do Brasil SA ([www.bb.com.br](http://www.bb.com.br)) and the payment will be made in Brazilian currency (Real [R\$]). The scholarship is supported by the Coordination for the Improvement of Higher Education Personnel (in Brazilian Portuguese: CAPES - <https://www.gov.br/capes/pt-br>), which is a Brazilian Federal Agency of Research. The payment will happen monthly (R\$ 3,100.00 per month [R\$ 37,200.00 year]; ~AUD 918.00 per month [~AUD 11,016.00 year]; ~US\$ 611.00 per month [~US\$ 7,332.00 year]; ~€ 560.00 per month [~€ 6,720.00 year]; ~£ 491.00 per month [~£ 5,892.00 year]) for 36 months (it is the possibility to apply for extra 12 months of scholarship).

The cost of living in medium-sized Brazilian cities can range depending on many factors. In the case of Bauru (<https://www.numbeo.com/cost-of-living/in/Bauru-Brazil>), Marilia (<https://www.numbeo.com/cost-of-living/in/Marilia-Brazil>), Presidente Prudente (<https://www.numbeo.com/cost-of-living/in/Presidente-Prudente-Brazil>) and Rio Claro (<https://www.numbeo.com/cost-of-living/in/Rio-Claro-Brazil>), the cost of living ranges from R\$ 1,850.00 per month to R\$ 3,500.00 per month.

### 3. Research Topics

This call will accept applications on the following topics:

#### **Research track – 1 Physical Activity & Health**

Topic 1: Methods to assess physical activity and sedentary behavior

Topic 2: Pediatric exercise science

Topic 3: Physical activity and health economics

Topic 4: Epidemiology of physical activity

Topic 5: Physical exercise and aging

Topic 6: Physical exercise and non-communicable chronic diseases

### **Research track – 2 Bases of neuromechanics and exercise physiology**

Topic 1: Biomechanics and motor control in health and disease population

Topic 2: Gait and Posture

Topic 3: Neuroscience

Topic 4: Molecular, biochemical and physiological bases of physical exercise

Topic 5: Metabolism and bioenergetics

Topic 6: Immunometabolism on sport, strength training and ergogenic aids

### **Research track – 3 Human performance and physical rehabilitation**

Topic 1: Sarcopenia and Frailty

Topic 2: Clinical studies on patellofemoral pain with a focus on rehabilitation outcomes

Topic 3: Post-Exercise recovery

Topic 4: Lung cancer and exercise

Topic 5: Cardiac rehabilitation

Topic 6: Blood flow restriction

## **4. Eligible supervisors**

This call will accept only applications supported by one of the following supervisors:

**Research track – 1 Physical activity & health**

Name	Unit	PubMed Link
Anderson Zago, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Zago%20AS">https://pubmed.ncbi.nlm.nih.gov/?term=Zago%20AS</a>
Diego Christofaro, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Diego+Christofaro&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=Diego+Christofaro&amp;sort=date</a>
Eduardo Kokubun, PhD	RC	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=kokubun+e&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=kokubun+e&amp;sort=date</a>
Emmanuel Ciolac, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=ciolac+e+or+gomes+ciolac+e">https://pubmed.ncbi.nlm.nih.gov/?term=ciolac+e+or+gomes+ciolac+e</a>
Henrique Monteiro, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=monteiro+hl&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=monteiro+hl&amp;sort=date</a>
Ismael Freitas Jr., PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=ismael+freitas&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=ismael+freitas&amp;sort=date</a>
Jamile Codogno, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Jamile+Sanches+Codogno">https://pubmed.ncbi.nlm.nih.gov/?term=Jamile+Sanches+Codogno</a>
Romulo Fernandes, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Romulo+Fernandes&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=Romulo+Fernandes&amp;sort=date</a>

Note: BRU= Bauru; PP= Presidente Prudente; RC= Rio Claro.

**Research track – 2 Bases of neuromechanics and exercise physiology**

Name	Unity	PubMed Link
Adriano Ciena, PhD	RC	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Ciena+AP">https://pubmed.ncbi.nlm.nih.gov/?term=Ciena+AP</a>
Fabio Barbieri, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Barbieri+FA">https://pubmed.ncbi.nlm.nih.gov/?term=Barbieri+FA</a>
Fabio Lira, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=fabio+lira&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=fabio+lira&amp;sort=date</a>
Fabio Micolis, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Fabio+Micolis+de+Azevedo">https://pubmed.ncbi.nlm.nih.gov/?term=Fabio+Micolis+de+Azevedo</a>
Fabrcio Eduardo Rossi, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Rossi+FE">https://pubmed.ncbi.nlm.nih.gov/?term=Rossi+FE</a>
Patricia Seraphim, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Patricia+monteiro+seraphim">https://pubmed.ncbi.nlm.nih.gov/?term=Patricia+monteiro+seraphim</a>
Paula Zago, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Polastri+PF+or+Zago+PFP">https://pubmed.ncbi.nlm.nih.gov/?term=Polastri+PF+or+Zago+PFP</a>

Ronaldo Briani, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=ronaldo+briani&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=ronaldo+briani&amp;sort=date</a>
Sergio Tosi Rodrigues, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=S%C3%A9rgio+Tosi+Rodrigues&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=S%C3%A9rgio+Tosi+Rodrigues&amp;sort=date</a>

Note: BRU= Bauru; PP= Presidente Prudente; RC= Rio Claro.

### Research track – 3 Human performance and physical rehabilitation

Name	Unit	PubMed Link
Alessandro Zagatto, PhD	BRU	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Alessandro+moura+zagatto">https://pubmed.ncbi.nlm.nih.gov/?term=Alessandro+moura+zagatto</a>
Carlos Marcelo Pastre, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=carlos+marcelo+pastre">https://pubmed.ncbi.nlm.nih.gov/?term=carlos+marcelo+pastre</a>
Ercy Ramos, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Ramos+EMC&amp;cauthor_id=33434887">https://pubmed.ncbi.nlm.nih.gov/?term=Ramos+EMC&amp;cauthor_id=33434887</a>
Fabio Micolis, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Fabio+Micolis+de+Azevedo">https://pubmed.ncbi.nlm.nih.gov/?term=Fabio+Micolis+de+Azevedo</a>
Franciele Vanderlei, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Franciele+Marques+Vanderlei">https://pubmed.ncbi.nlm.nih.gov/?term=Franciele+Marques+Vanderlei</a>
Luis Gobbo, PhD	PP	<a href="https://www.ncbi.nlm.nih.gov/myncbi/1fSj3RTLrJKQI/bibliography/public/">https://www.ncbi.nlm.nih.gov/myncbi/1fSj3RTLrJKQI/bibliography/public/</a>
Luiz Carlos Vanderlei, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=Luiz+Carlos+Marques+Vanderlei">https://pubmed.ncbi.nlm.nih.gov/?term=Luiz+Carlos+Marques+Vanderlei</a>
Ronaldo Briani, PhD	PP	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=ronaldo+briani&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=ronaldo+briani&amp;sort=date</a>
Vitor Valenti, PhD	MAR	<a href="https://pubmed.ncbi.nlm.nih.gov/?term=vitor+valenti&amp;sort=date&amp;page=1">https://pubmed.ncbi.nlm.nih.gov/?term=vitor+valenti&amp;sort=date&amp;page=1</a>

Note: BRU= Bauru; MAR= Marilia; PP= Presidente Prudente; RC= Rio Claro.

## 5. Entry Requirements

Applicants for the program must have an excellent academic record. In addition, work experience, research training, and publications will also be considered. Additionally, UNESP has the following minimum entry requirements: i) A relevant first Degree (preferable, but not mandatory in Sport Sciences), ii) a Master's degree (MSc) and iii) Proof of English Language Qualifications (only for non-

native English speakers). Non-Brazilian students (all nationalities) are welcome to apply, but under the assumption that the Ph.D. project (as well as public defense of the Thesis) has to be developed in English.

## 6. Application process

We accept proposals from qualified candidates for full-time study. How to apply:

- 1) Contact the supervisor of your chosen topic to register your interest, and to ensure that he/she will be able to effectively support your application (see section 4 above). An acceptance letter is required;
- 2) Check that you are eligible (see section 5 above);
- 3) Submit the following documents in pdf format:
  - 3.1. Contact details for two academic references (to be contacted only if you are shortlisted);
  - 3.2. Evidence of English language ability (only for non-native English speakers [**Appendix -1**]);
  - 3.3. A personal statement (1 A4 page) outlining (Why you are interested in your chosen project?; What motivates you to pursue Ph.D. study?; Why do you Ph.D. in Brazil?; What is your research experience and how does your skill set match the requirements for your choice of the project?; Your career aspirations [after you finish your Ph.D.]?; Details of contact you have had with the project supervisors);
  - 3.4. Updated CV (max 5 A4 pages)- including training and qualifications with grades (and predicted grades if still studying), MSc (disciplines and grades), work experience, publications, prizes. The approved candidates will need to register their CV on Lattes system - [https://www.cnpq.br/cvlattesweb/pkg\\_cv\\_estr.inicio](https://www.cnpq.br/cvlattesweb/pkg_cv_estr.inicio);
  - 3.5. Research Proposal:
    - 3.5.1 The Research Proposal should be maximum of 20 pages and should include the following: a) Title of the proposed project; b) Reference to one of the Specific Research Topics (see section 3 above); c) Background to research topic; d) Specific problem(s) to be examined (aims); e) Methods of research

proposal, plan and timetable of work; f) Resources required (if any); g) The proposal should include correct literature citations and bibliography;

3.6 Supervisor's acceptance letter.

## 7. Selection process

The selection process will be composed of three phases (called Phase-1, Phase-2 and Phase-3) and will involve both curriculum assessment and one or more interviews (to be contacted via Google Meet and/or at UNESP premises in Bauru, Marilia, Rio Claro, or Presidente Prudente) with members of PPMS.

In Phase-1, all applications received for this call will be processed by the PPMS staff in order to check if all entry requirements were met (see Section 5). Applications failing to meet all entry requirements will be disqualified and no longer considered.

In Phase-2, an academic board composed of members of PMSS will assess all applications approved in Phase-1, according to i) Ph.D. candidate CV (PhD-CV) and ii) Quality/soundness of research proposal (Research-P). PhD-CV will receive a grade ranging from 0 to 10, as well as the Research-P. A Phase-2 Grade will be generated considering the following equation:  $([\text{PhD-CV}] + \text{Research-P} \times 2) / 3$ . Applications with Phase-2 Grade  $> 7.0$  will be eligible for Phase-3 (shortlisted candidates).

In Phase-3, shortlisted candidates will be interviewed by members of PMSS and the performance of the candidates in the interview will be graded (ranging from 0 to 10 [Interview-Grade]). The candidates will have 10-15 minutes to present their research proposal. A Phase-3 Grade will be generated considering the following equation:  $([\text{Interview-Grade}] + \text{Phase-2 Grade}) / 2$ . The interviews will take place between the 10th - 21st of July (each interview will last ~60 minutes, including i) elements of the personal statement presented in Section 6 [item 3.3] and ii) presentation of research proposal). Note that all candidates who will be selected for the interview phase will be asked to provide official documentation proving their CV claims for education and past employment. Applicants will be ranked



from highest (1st position) to lowest Phase-3 Grade (last position) and those ranked as 1st and 2nd will be eligible to receive the scholarships (other approved candidates will be eligible for the scholarship if the candidates ranked as 1<sup>th</sup> and 2<sup>nd</sup> declined it).

All applications should be submitted by the 30th of June 2023 (see Section 8) via email to PPMS ([bolsascienciasdomovimento@gmail.com](mailto:bolsascienciasdomovimento@gmail.com)). Please, use the “Movement Sciences Ph.D. Program Application” as the subject of the email.

## 8. Timetable

	<b>Date</b>
Release of the call for applications	15th May
Start to receive applications	22nd May
Deadline for submissions	30th June
Release of shortlisted candidates	7th July
Interviews (only shortlisted candidates)	10th - 21th July
Release of approved candidates	24th - 28th July

## 9. Contact us

Additional information can be provided by the Head Researcher and the Vice-Head Researcher of PMSS, Professor Fabio Barbieri ([fabio.barbieri@unesp.br](mailto:fabio.barbieri@unesp.br)) and Professor Romulo Fernandes ([romulo.a.fernandes@unesp.br](mailto:romulo.a.fernandes@unesp.br)), respectively.

## 10. Supervisors' contact

### Research track – 1 Physical Activity & Health

<b>Name</b>	<b>Position</b>	<b>email</b>
Anderson Zago, PhD	Adjunct Professor	<a href="mailto:anderson.zago@unesp.br">anderson.zago@unesp.br</a>
Diego Christofaro, PhD	Adjunct Professor	<a href="mailto:diego.christofaro@unesp.br">diego.christofaro@unesp.br</a>
Eduardo Kokubun, PhD	Adjunct Professor	<a href="mailto:eduardo.kokubun@unesp.br">eduardo.kokubun@unesp.br</a>
Emmanuel Ciolac, PhD	Associate Professor	<a href="mailto:emmanuel.ciolac@unesp.br">emmanuel.ciolac@unesp.br</a>
Henrique Monteiro, PhD	Adjunct Professor	<a href="mailto:h.monteiro@unesp.br">h.monteiro@unesp.br</a>
Ismael Freitas Jr., PhD	Adjunct Professor	<a href="mailto:ismael.freitas@unesp.br">ismael.freitas@unesp.br</a>
Jamile Codogno, PhD	Associated Professor	<a href="mailto:jamile.codogno@unesp.br">jamile.codogno@unesp.br</a>
Romulo Fernandes, PhD	Adjunct Professor	<a href="mailto:romulo.a.fernandes@unesp.br">romulo.a.fernandes@unesp.br</a>

### Research track – 2 Bases of biomechanics and exercise physiology

<b>Name</b>	<b>Position</b>	<b>email</b>
Adriano Ciena, PhD	Associate Professor	<a href="mailto:adriano.ciena@unesp.br">adriano.ciena@unesp.br</a>
Fabio Barbieri, PhD	Adjunct Professor	<a href="mailto:fabio.barbieri@unesp.br">fabio.barbieri@unesp.br</a>
Fabio Lira, PhD	Adjunct Professor	<a href="mailto:fabio.lira@unesp.br">fabio.lira@unesp.br</a>
Fabio Micolis, PhD	Associate Professor	<a href="mailto:fabio.micolis@unesp.br">fabio.micolis@unesp.br</a>
Fabrcio Rossi, PhD	Associate Professor	<a href="mailto:f.rossi@unesp.br">f.rossi@unesp.br</a>
Patricia Seraphim, PhD	Associated Professor	<a href="mailto:pm.seraphim@unesp.br">pm.seraphim@unesp.br</a>

Paula Zago, PhD	Adjunct Professor	<a href="mailto:paula.polastris@unesp.br">paula.polastris@unesp.br</a>
Ronaldo Briani, PhD	Assistant Professor	<a href="mailto:ronaldo.briani@unesp.br">ronaldo.briani@unesp.br</a>
Sergio Tosi Rodrigues, PhD	Assistant Professor	<a href="mailto:sergio.tosi@unesp.br">sergio.tosi@unesp.br</a>

### **Research track – 3 Human performance and physical rehabilitation**

<b>Name</b>	<b>Position</b>	<b>email</b>
Alessandro Zagatto, PhD	Associate Professor	<a href="mailto:alessandro.zagatto@unesp.br">alessandro.zagatto@unesp.br</a>
Carlos Marcelo Pastre, PhD	Associate Professor	<a href="mailto:marcelo.pastre@unesp.br">marcelo.pastre@unesp.br</a>
Ercy Ramos, PhD	Associate Professor	<a href="mailto:ercy.mara@unesp.br">ercy.mara@unesp.br</a>
Fabio Micolis, PhD	Associate Professor	<a href="mailto:fabio.micolis@unesp.br">fabio.micolis@unesp.br</a>
Franciele Vanderlei, PhD	Assistant Professor	<a href="mailto:franciele.marques@unesp.br">franciele.marques@unesp.br</a>
Luis Gobbo, PhD	Adjunct Professor	<a href="mailto:luis.gobbo@unesp.br">luis.gobbo@unesp.br</a>
Luiz Carlos Vanderlei, PhD	Associate Professor	<a href="mailto:lcm.vanderlei@unesp.br">lcm.vanderlei@unesp.br</a>
Ronaldo Briani, PhD	Assistant Professor	<a href="mailto:ronaldo.briani@unesp.br">ronaldo.briani@unesp.br</a>
Vitor Valenti, PhD	Associate Professor	<a href="mailto:vitor.valenti@unesp.br">vitor.valenti@unesp.br</a>

## APPENDIX – 1

Tests accepted for English language\*:

Test	Minimum performance required
PRE-TOEFL ( <i>PRE - Test of English as a Foreign Language</i> )	389
ITP-TOEFL ( <i>International Testing Program - Test of English as a Foreign Language</i> )	472
TOEFL-iBT ( <i>Test of English as a Foreign Language – Internet Based Test</i> )	52
IELTS ( <i>International English Language Testing System</i> )	4,2
TOEIC ( <i>Test of English for International Communication</i> )	496
<i>Cambridge English Qualifications</i>	145
<i>TEAP (Test of English for Academic Purposes)</i>	65

\*= please, contact PPMS members (see section 9) to consult about the eligibility and minimum performance required for other tests.