

## EMERSON SEBASTIÃO

520 Garden Road, DeKalb, IL 60115 | (815) 753.3656 | [esebastiao@niu.edu](mailto:esebastiao@niu.edu)

### EDUCATION

Ph.D. Kinesiology, University of Illinois at Urbana-Champaign (2015)

MSc. Human Movement Science, São Paulo State University, Brazil (2009)

B.Ed. Physical Education, São Paulo State University, Brazil (2006)

### PROFESSIONAL EXPERIENCE

2018 - present     Assistant Professor  
Department of Kinesiology and Physical Education  
Northern Illinois University

2017 - 2018        Visiting Assistant Professor  
Department of Kinesiology and Physical Education  
Northern Illinois University

2016 - 2017        Visiting Assistant Professor  
Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign

2015 - 2016        Post-Doctoral Fellow  
Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign

### HONOR AND AWARDS (Optional)

2015 - 2016        Postdoctoral Research Fellowship - National Multiple Sclerosis Society

2014                Laura J. Huelster Award (Academic Merit). Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign

2013 & 2016        University of Illinois List of Teachers Ranked as Excellent

2013 - 2015        Lemann Foundation Fellowship

2012 - 2013        Lemann Institute Travel Grant Award

2011 - 2015        CAPES Foundation – Ministry of Education, Brazil – Science without Borders Program, PhD Scholarship

2008 - 2009        Sao Paulo Research Foundation – FAPESP Fellowship – Master's degree.

## SELECTED PUBLICATIONS

**Sebastião E.** Activity behavior and cognitive performance in older adults living in a senior housing facility: the impact of frailty status. *Aging Clinical and Experimental Research*. 2019; online first

**Sebastião E.**, Andrade F.C.D, Papini C.B., Nakamura P.N., Kokubun E., Gobbi S. A comprehensive description of sitting time in Brazilian adults: a population-based study. *Journal of Public Health*. 2019; online first.

**Sebastião E.**, Pak J., Benner Jr. D., Nakamura P.M., Papini C.B. Magnitude and composition of sedentary behavior in older adults living in a retirement community. *Journal of Community Health*. 2019; 44(4):805-814.

Christofoletti A.E.M, **Sebastião E.**, Ueno, D.T., Bonolo, A., Deutsch, S., Nakamura, P.M. Effects of acute physical exercise and television watching on mood states of older women. *Motriz*. 2019 (in press)

**Sebastião E.**, Bobitt J., Papini C.B., Nakamura P.M., Kokubun E., Sebastião G. Sedentary behavior is associated with low leisure-time physical activity and high body fatness in older Brazilian adults. *American Journal of Lifestyle Medicine*. 2018 (online first; January 17<sup>th</sup>).

**Sebastião E.**, Galvez P., Nakamura P.M., Papini C.B., Kokubun E., Gobbi S. Activity behavior, nutritional status and perceived health in older Brazilian adults: do number of chronic diseases matter? *Geriatrics and Gerontology International*. 2017; 17(12):2376-2382

**Sebastião E.**, Galvez P., Bobitt, J., Adamson, B., Schwingel A. Visual and participatory research technique: photo-elicitation and its potential to better inform public health about physical activity and eating behavior in underserved populations. *Journal of Public Health*. 2016; 24(1):3-7.

Schwingel A., **Sebastião E.**, Chodzko-Zajko W. (2016). Promoting Physical Activity in Later Life: How to Respond to Frequently Asked Questions and Concerns About Physical Activity. *Annual Review of Gerontology and Geriatrics*. 2016; 36:33-52.

**Sebastião E.**, Schwingel A., Chodzko-Zajko W. An In-depth Examination of Perceptions of Physical Activity in Active and Sedentary Older African American Women: A Participatory Approach. *PloS One*. 2015;10(11):E0142703.

**Sebastião E.** Perceived poor health is positively associated with physical limitations and chronic diseases in Brazilian nonagenarians and centenarians. *Geriatrics and Gerontology International*. 2016; 16:1196–1203.

**Sebastião E.**, Schwingel A., Chodzko-Zajko W. The need to modify physical activity messages to better speak to older African American women. BMC Public Health. 2015;**15**:962

Schwingel A., Galvez, P., Bobitt J., **Sebastião E.**, Adamson, B.; Linares, D.; Aguayo, L. Developing a Culturally Sensitive Lifestyle Behavior Change Program for Older Latinas. Qualitative Health Research. 2015; **25**(12):1733-1746.

**Sebastião E.**, Schwingel A., Chodzko-Zajko W. Brazilian physical activity guidelines as a strategy for health promotion. Revista de Saúde Pública. 2014; **48**:709-712.

Nakamura P.M., Teixeira I.P., Smirmaul B.P., **Sebastião E.**, Papini C.B., Gobbi, S., Kokubun E. Health related quality of life is differently associated with leisure-time physical activity intensities according to gender: a cross-sectional approach. Health and Quality of Life Outcomes. 2014;**12**: 98

Gobbi S., **Sebastião E.**, Papini C.B., Nakamura P.M., Valdanha Netto A., Gobbi L.T., Kokubu E. Physical inactivity and related barriers: a study in a community dwelling of older Brazilians. Journal of Aging Research. 2012; Article ID 685190.

**Sebastião E.**, Gobbi S., Chodzko-Zajko W.J., Schwingel A., Papini C.B., Nakamura P.M., Netto, A.V., Kokubun, E. The International Physical Activity Questionnaire-long form overestimates self-reported physical activity of Brazilian adults. Public Health. 2012;**126**(11):967-75.