

Elisa Marques, PhD

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SUMMARY

- Associate professor at the University of Maia in the Exercise and aging health field.
- Exercise physiologist with over a decade of experience designing, implementing, and managing exercise training programs that promote muscle and bone health
- Experience in designing, implementing and managing exercise trials
- Team member of several funded research projects
- Publications in peer reviewed journals (>50), and abstracts (including presentations) in scientific conferences

EDUCATION

University of Porto | Faculty of Sport

PhD, Physical Activity and Health

MSc, Physical Activity and Health

BSc (5-year degree), Sport and Physical Education

Porto, Portugal

Dec. 2011

Jan. 2008

Dec. 2004

EMPLOYMENT HISTORY

University Institute of Maia (ISMAI) – Maia, Portugal

Associate Professor

Sep. 2012-present

Enago (Crimson Interactive)

Freelance scientific editor

Feb. 2018-present

National Institutes of Health (NIH) | National Institute on Aging – MD, USA

Researcher, Laboratory of Epidemiology & Population Science

Oct. 2014-Jan 2018

Polytechnic and University Cooperative (CESPU) – Gandra, Portugal

Assistant Professor

Sep. 2012- 2014

University of Porto | Faculty of Sport – Porto - Portugal

Invited Assistant Professor

Sep. 2012- 2014

Research Assistant (EUNAAPA project)

Aug. 2006- 2008

CONSULTANCY EXPERIENCE

Scientific Consultant | General Directorate of Health | Portugal

Aug. 2020

- **COVID-19:** Return of Sport and Sport competitions guidance

Scientific Consultant | Health Corporation Laborsano, Ida

2010

- Revised and validated the content of the exercise instructor's manual of a novel pre-choreographed exercise training program Neomove[®], designed for women >50 years

RESEARCH EXPERIENCE

Research Center in Sports Sciences, Health Sciences and Human Development

2015-present

(CIDESD) | University Institute of Maia

- Team member of a funded &D Project: *HOLDAGE – The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension* | Grant POCI-01-0145-FEDER-030646 Funding: **234.715,27€**
- Team member of a funded &D Project: *NanoSTIMA - Macro-to-nano human sensing: Towards Integrated multimodal health monitoring and analytics* | Grant NORTE-01-0145-FEDER-000016 Funding: **6.137.188€**

National Institutes of Health (NIH) | National Institute on Aging
Postdoctoral Researcher | Laboratory of Epidemiology & Population Science

MD, USA
Oct. 2014-Jan 2018

- Awarded 2017 NIH *Fellows Award for Research Excellence*
- Planned and managed multiple research projects (using prospective databases AGES-Reykjavik Study) investigating the patterns, relationships and causes of muscle and bone disorders at older age

University of Porto | Research Centre in Physical Activity, Health and Leisure (CIAFEL)
Postdoctoral Researcher

Porto, Portugal
Jan.-Dec. 2012

- Investigated personal and environmental determinants of physical activity and health in adolescents | Grant PTDC/DES/099018 /2008 Funding: **120.000€**
- Team member and collaborator of a funded I&D Project: *Soccer as a novel therapeutic approach to pediatric obesity. A randomized controlled trial and its effects on fitness, body composition, cardiometabolic and oxidative markers* | Funding: Union of European Football Associations (UEFA) **17.000€**

PhD Researcher

2007-2011

- Portuguese Foundation of Science & Technology PhD fellowship, grant SFRH/BD/36319/2007 recipient
- Awarded with 3 prizes: ECTS 2013 *Anniversary Travel Grant*, ISBS 2011 *First Place Poster Presentation Hans Gros New Investigator Award*, ASBMR 2010 *Top Young Investigator Travel Grant*
- Team member and collaborator on 3 funded projects:
 - Grant PTDC/DES/102094/2008 **52.000€**. *Body perceptions and physical activity patterns of older adults. Analysis of the effects of a multicomponent exercise program on functionality, cardiovascular health and physicality*
 - *National Observatory of Physical Activity and Sport* | **Funding:** Portuguese Institute of Sport and Youth
 - *Virtual Instrumentation for monitoring, digital recording and assessing body composition* | **Funding:** University of Porto **3.950€**
- This project resulted in a product patent (device for measuring skinfold thickness) USA Patent 13/807 658 granted 2015

Research Assistant

2006-2008

Project title: EUropean Network for Action on Ageing and Physical Activity (EUNAAPA) | **Funding:** European Commission (DG SANCO) **699.900€**

SELECTED PEER-REVIEW PUBLICATIONS (5 OF 55, 20 AS FIRST AUTHOR)

ORCID ID orcid.org/0000-0002-6969-6830#sthash.be8po1Cl.dpuf

Cardoso DF, **Marques EA**, Leal DV, et al. Impact of physical activity and exercise on bone health in patients with chronic kidney disease: a systematic review of observational and experimental studies. *BMC Nephrol* 2020 Aug 8;21(1):334. doi: 10.1186/s12882-020-01999-z.

Marques EA, Carballido-Gamio J, Gudnason V, et al. Sex Differences in the Spatial Distribution of Bone in Relation to Incident Hip Fracture: Findings from the AGES-Reykjavik Study. *Bone*. 2018 114:72-80. doi: 10.1016/j.bone.2018.05.016

Marques EA, Elbejjani M, Gudnason V, et al. Proximal Femur Volumetric Bone Mineral Density and Mortality: 13 Years of Follow-Up of the AGES-Reykjavik Study. *J Bone Miner Res* 2017. DOI 10.1002/jbmr.3104

Marques EA, Mota J, Carvalho J. Exercise effects on bone mineral density in older adults: a meta-analysis of randomized controlled trials. *Age (Dordr)* 2012; 34: 1493-515 DOI 10.1007/s11357-011-9311-8

Marques EA, Wanderley F, Machado L, et al. Effects of resistance and aerobic exercise on physical function, bone mineral density, OPG and RANKL in older women. *Exp Gerontol* 2011; 46: 524-32 DOI 10.1016/j.exger.2011.02.005