



OPENING OF REGISTRATION FOR THE SELECTION PROCESS OF THE MASTER COURSE IN NUTRITION, SPORTS AND METABOLISM SCIENCES – 1st SEMESTER/2017

The School of Applied Sciences at Unicamp, in Limeira, makes public the opening of registration for the **SELECTION PROCESS** of the Master Course in Nutrition, Sports and Metabolism Science.

The Graduate Program in Nutrition, Sports and Metabolism Science (CNEM) offers positions of master of science and PhD levels. The program emphasizes an interdisciplinary approach, critical scientific training, qualification of content and the programs seeding mission. The continued pursuit of academic excellence and commitment to the training of human resources through international level of research activity are the basic motivations of the program.

1) SCHEDULE OF THE SELECTION PROCESS

a) Application period: October 24 to November 25, 2016

b) **FIRST PHASE** (Specific Test): 12.02.2016

c) **SECOND PHASE** (Interview): 12.09.2016

d) Final Results up to 12.16.2016

Note: The times and locations of the Specific Test and Interview will be posted on the FCA website.

2) MANDATORY DOCUMENTATION REQUIRED FOR REGISTRATION

Registration for participation in the selection of the Master course process in Nutrition, Sports and Metabolism Science should be made online at link:

<https://www1.sistemas.unicamp.br/siga/ingresso/candidato/>

The documents listed below must be sent in a sealed envelope and identified, by mail (via registered mail) or in person at the address below. The deadline for posting documentation is 11.25.2016. Incomplete documentation or dated after posting the day 11/25/2016, automatically imply rejection of the application, without recourse.



2.1) ADDRESS FOR SUBMISSION OF DOCUMENTS:

UNIVERSIDADE ESTADUAL DE CAMPINAS – UNICAMP
Faculdade de Ciências Aplicadas – FCA
Área Acadêmica
Rua Pedro Zaccaria, 1300 – Jardim Santa Luíza – Limeira – SP
CEP. 13.484-350

2.2) DOCUMENTS REGARDING REGISTRATION:

I- Registration form issued by the [link](#) above, printed and signed. The form will be available during the registration period.

II- Proficiency II-Proof (not required for American and British citizens) - Candidates who possess certificates of approval in English proficiency exam issued by TEAP (Test of English for Academic Purposes - www.teap.com.br), with a minimum score of 7.0; or TOEFL: minimum score 550; or IELTS: minimum score 5.0; or CEL (UNICAMP Language Teaching Center) shall deliver the certificate at the time of enrollment in the selection process.

- Applicants who do not have the certificate may carry out the selection process, but must deliver the certificate to the delivery of the documentation for the qualifying examination.

- For American or British citizens a copy of passport (item III below) will be used to prove proficiency in English.

III- A copy of identification document (copy of passport);

IV- Curriculum Vitae documented (with certificates) as model release for ([modelo CV](#))

V- School transcript of the higher-level course;

VI- Letter of Acceptance of researchers credentialed in PPG-CNEM ([modelo carta aceite orientador](#));

3) For Information regarding Scholarship, please contact: patricia.prada@fca.unicamp.br or adriana.torsoni@fca.unicamp.br or marcio.torsoni@fca.unicamp.br

4) SELECTION PROCESS RULES

4.1) Only Candidates who submit complete documentation required (item 2) (eliminary character), may carry out the first phase of the selection process (Specific Test).

4.2) First phase: SPECIFIC TEST (eliminary character).



-A Test will be applied and only candidates who obtain a grade equal to or greater than five (≥ 5.0) points will be considered approved.

-The **SPECIFIC TEST** includes: a) an essay on a topic of Nutrition, Sport and/or Metabolism aimed to assess the applicant's ability in interpreting and comparing data; b) in addition, the applicant will be evaluated by means of a writing / summary on the specific topic and the intended research project.

4.2.1) Recommended bibliography:

- 1- Dudgeon WD, Kelley EP, Scheett TP. 2016. In a single-blind, matched group design: branched-chain amino acid supplementation and resistance training maintains lean body mass during a caloric restricted diet. *J Int Soc Sports Nutr.* 13:1.
- 2- [Symonsi TB](#), Sheffield-Moore M, [Mamerow MM](#), Wolfe RR, Paddon-Jones D. 2011. The anabolic response to resistance exercise and a protein-rich meal is not diminished by age. [The journal of nutrition, health & aging](#) 15(5):376–381.
- 3- Corder KE, Newsham KR, McDaniel JL, Ezekiel UR, Weiss EP. 2016. Docosahexaenoic Acid Supplementation on Markers of Inflammation after Eccentric Strength Exercise in Women. *Journal of Sports Science and Medicine.* 15: 176-183.
- 4- Tartibian B, Maleki BH Abbasi A. 2011. Omega-3 fatty acids supplementation attenuates inflammatory markers after eccentric exercise in untrained men. *Clinical Journal of Sport Medicine* 21(2): 131-137.
- 5- Hofmann M, [Schober-Halper B](#), Oesen S, [Franzke B](#), [Tschan H](#), [Bachl N](#), [Strasser EM](#), [Quittan M](#), Wagner KH, [Wessner B](#). 2016. Effects of elastic band resistance training and nutritional supplementation on muscle quality and circulating muscle growth and degradation factors of institutionalized elderly women: the Vienna Active Ageing Study (VAAS). [Eur J Appl Physiol.](#) 116(5): 885-97.
- 6- Martin-Alemañy G, Valdez-Ortiz R, Olvera-Soto G, Gomez-Guerrero I, Aguire-Esquivel G, Cantu-Quintanilla G, Lopez-Alvarenga JC, Miranda-Alatriste P, Espinosa-Cuevas A. 2016. The effects of resistance exercise and oral nutritional supplementation during hemodialysis on indicators of nutritional status and quality of life. *Nephrol Dial Transplant* 0: 1–10.
- 7- Majchrzak KM, Pupim LB, Flakoll PJ, Ikizler TA. 2008. Resistance exercise augments the acute anabolic effects of intradialytic oral nutritional supplementation. *Nephrol Dial Transplant* 23: 1362–1369.



- 8- Koefoed M, Kromann CB, Juliussen SR, Hvidtfeldt D, Ekelund B, Frandsen NE, et al. 2016. Nutritional Status of Maintenance Dialysis Patients: Low Lean Body Mass Index and Obesity Are Common, Protein-Energy Wasting Is Uncommon. *PLoS ONE* 11(2): e0150012.
- 9- Jeong JH, Park HG, Lee YR, Lee WL. 2015. Moderate exercise training is more effective than resveratrol supplementation for ameliorating lipid metabolic complication in skeletal muscle of high fat diet-induced obese mice. *J Exerc Nutrition Biochem.* 19(2): 131–137.
- 10- Zdzieblik D, Oesser S, Baumstark MW, Gollhofer A, König D. 2015. Collagen peptide supplementation in combination with resistance training improves body composition and increases muscle strength in elderly sarcopenic men: a randomised controlled trial. *Br J Nutr.* 28; 114(8): 1237–1245.
- 11- Namdar M, Schepis T, Koepfli P, Gaemperli O, Siegrist PT, Grathwohl R, Valenta I, Delaloye R, Klainguti M, Wyss CA, Lüscher TF, Kaufmann PA. 2009. Caffeine impairs myocardial blood flow response to physical exercise in patients with coronary artery disease as well as in age-matched controls. *PLoS One* 22;4(5):e5665.
- 12- Wall BT, Stephens FB, Constantin-Teodosiu D, et al. 2011. Chronic oral ingestion of L-carnitine and carbohydrate increases muscle carnitine content and alters muscle fuel metabolism during exercise in humans. *J Physiol* 589: 963 – 97.
- 13- Giannopoulou I, Noutsos K, Apostolidis N, Bayios I, Nassis GP. 2013. Performance Level Affects the Dietary Supplement Intake of Both Individual and Team Sports Athletes. *J Sports Sci Med.* 12(1): 190–196.
- 14- Sugawara K, Takahashi H, Kashiwagura T, Yamada K, Yanagida S, Homma M, Dairiki K, Sasaki H, Kawagoshi A, Satake M, Shioya T. 2012. Effect of anti-inflammatory supplementation with whey peptide and exercise therapy in patients with COPD. *Respiratory Medicine.* 106: 1526-1534.
- 15- Broekhuizen R, Wouters EFM, Creutzberg EC, Weling-Scheepers CAPM, Schols AMWJ. 2005. Polyunsaturated fatty acids improve exercise capacity in chronic obstructive pulmonary disease. *Thorax.* 60(5): 376–382.
- 16- Gillingham LG, Robinson KS, Jones PJH. 2012. Effect of high-oleic canola and flaxseed oils on energy expenditure and body composition in hypercholesterolemic subjects. *Metabolism.* 61(11): 1598–1605.
- 17- Jones PJ, Jew S, AbuMweis S. 2008. The effect of dietary oleic, linoleic, and linolenic acids on fat oxidation and energy expenditure in healthy men. *Metabolism* 57(9): 1198-1203.
- 18- Casas-Agustench P, Lopez-Uriarte P, Bullo M, Ros E, Gómez-Flores A, Salas-Salvadó A. 2009. Acute effects of three high-fat meals with different fat saturations on energy expenditure, substrate oxidation and satiety. *Clinical Nutrition.* 28: 39-45.



19- Other papers in indexed journals with JCR, within the Topic of Nutrition, Metabolism and Sport.

Note: Only applicants who pass the **FIRST PHASE** will go to the second phase of the selection process.

4.3) Second phase: Interview (is not eliminatory).

- The approved candidates in the **FIRST PHASE** will be recruited for an interview to be conducted by program teachers/researchers who will assign grade 0.0 to 10.0 for each candidate. In the interview the members of the board will inquire the candidate about the items described in his curriculum vitae.

4.4) Final Result

-The candidate's approval will depend on:

- a) Obtaining **GRADE** equal to or greater than five in the **SPECIFIC TEST**.
- b) Obtaining the **FINAL AVERAGE** greater than or equal to five (5.0). **FINAL AVERAGE = (GRADE OF SPECIFIC TEST + GRADE OF THE INTERVIEW / 2)**.
- c) Guidance availability offered by program teachers/researchers.

5) GUIDANCE AVAILABILITY

-Guidance availability offered by the following program teachers/researchers:

Adriana Torsoni
Adriane Antunes
Caroline Capitani
Hosana Rodrigues
Leandro Pereira
Luciano Mercadante
Marciane Milanski
Marcio Torsoni
Maurício Rostagno
Patricia O. Prada