

Curriculum Vitae

Tânia Amorim

1. PERSONAL INFORMATION

Name: Tânia Patrícia Amorim Fernandes

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2. EDUCATION

2.1 University Education

- **September 2013 – November 2017:**
Dual-Degree PhD at the University of Porto (Portugal) and University of Wolverhampton (United Kingdom) – Exercise and Health. PhD Thesis on osteoporosis in special populations (Title: Bone Health in Elite Ballet Dancers: a Multidisciplinary Approach)
- **September 2009 - September 2011:**
MSc – High Performance Training at the University of Porto (Portugal)
- **September 2004 - September 2009:**
BSc – Sports Science and Physical Education at the University of Porto (Portugal)

2.2 Short Courses

- **June 2017 – September 2017:**
International Space University: Space Studies Program 2017 (Ireland). Individual Project: Mission to Mars: Countermeasures for Microgravity-Induced Bone Loss
- **July 2016:**
Federation of European Laboratory Animal Science Associations (FELASA): Care and use of laboratory animals; University of Crete (Greece)
- **September 2015:**
PhD Training Course on Metabolic Bone Diseases and Disorders of Mineral Metabolism; University of Siena (Italy)
- **June 2013 – July 2013:**
Molecular Biology - A hands-on laboratory course; University of Porto (Portugal)
- **October 2013 – Oct 2013:**
Phlebotomy Course; Autumn Training from the National Health System (United Kingdom)

3. INTERSHIPS

- **September 2014 – September 2015:**
Institute of Molecular Pathology and Immunology of the University of Porto (IPATIMUP), (Portugal) – Performing genomic analysis techniques (SNPs genotyping)
- **January 2012 – March 2012:**
Saint John Hospital, Porto, Portugal – Performing with Dual-Energy X-Ray Absorptiometry (DXA) in patients.

4. LABORATORY TECHNIQUES

- Genomic analysis techniques: SNPs genotyping
- ELISA

5. SCHOLARSHIPS/ RESEARCH GRANTS/ AWARDS

- **January 2018 (4 year project):**
Research grant: EU Horizon 2020 – RISE (COLOSTEO Project; 778277) - Coordinator (total awarded: 828.000,00€)
- **January 2017:**
Individual Scholarship: European Space Agency (total awarded: 12.000,00€)
- **June 2016:**
Award for best presentation on the 3rd International Conference on Occupational & Environmental Toxicology (ICOETox 2016)
- **December 2016:**
Award for Best Poster Presentation from the American Journal of Physiology (PPTR 2016 Conference – Physiology and Pharmacology of Temperature Regulation).
- **March 2016 (one year scholarship):**
Fellow Researcher at FAME Lab, University of Thessaly, Greece (Marie Currie Fellowship) – ICI-THROUGH project; 645710 (total awarded: 24.000,00€).
- **May 2013 (4 year scholarship):**
PhD Grant: Portuguese Foundation for Science and Technology (FCT) (total awarded: 34.000,00€)

6. PROFESSIONAL EXPERIENCE

- **2019:**
Researcher in FAME Laboratory (University of Thessaly, Greece). Position involves: conducting research on osteoporosis, coordination of COLOSTEO project; supervision of Master and PhD students
- **2019:**
Visiting Lecturer at the University of Wolverhampton (United Kingdom). Position involves: teaching at undergraduate level (Bone health and exercise)
- **2017 - 2019:**
Supervision of Master and PhD students
- **2018:**
Consultant Evaluator for the European Commission for the Horizon 2020 Call COST – European Cooperation in Science and Technology Proposals
- **2018:**
Visiting Lecturer at the International Space University (France). Position involves: teaching research methodology and guiding on literature review writing

7. PUBLICATIONS

7.1 Papers in Academic (peer-review) Journals

- **Amorim T**, Metsios GS, Wyon M, Nevill A, Flouris A, Maia J, Machado JC, Gomes NT, Marques F, Adubeiro N, Nogueira NL, Matthews K, Koutedakis Y. Associations between nutrition, energy expenditure, and energy availability with bone mass acquisition in female and male vocational dance students: a mixed-longitudinal study. *Submitted to International Journal of Sports Medicine*.
- **Amorim T**, Metsios GS, Flouris AD, Maia J, Gomes TN, Wyon M, Franklim M Machado J, Adubeiro N, Nogueira L, Koutedakis Y. Endocrine parameters and their association

- with bone mineral accrual in young female vocational ballet dancers. *Archives of Osteoporosis*. 2019;14:1-9.
- **Amorim T**, Durães C, Metsios GS, Wyon M, Nevill A, Flouris AD, Maia J, Machado JC, Gomes NT, Marques F, Adubeiro N, Nogueira NL, Koutedakis Y. Genetic variation in Wnt/ β -catenin and ER signalling pathways in female and male elite dancers and its associations with low bone mineral density: a cross-section and longitudinal study. *Osteoporosis International*. 2018;29(10):2261-74.
 - Freitas L, **Amorim T**, Humbert L, Fonollá R, Flouris AD, Metsios GS, Koutedakis Y. Cortical and trabecular bone analysis of professional dancers using 3D-DXA: a case-control Study. *Journal of Sports Medicine*. 2019;37(1):82-89.
 - Tsoutsoubi L, Ioannou LG, **Amorim T**, Tsianos GI, Flouris AD. Effects of Aging on Performance during the Marathon Des Sables: Focus on Athletes Aged 53-80 Years. *J Geriatr Med Gerontol*. 2018;4(2):2-7.
 - Ioannou LG, Tsoutsoubi L, **Amorim T**, Samoutis G, Flouris AD. Links between Night-Time Thermoneutral Zone and Mortality from Circulatory Causes in the Elderly Population of Cyprus. *J Geriatr Med Gerontol*. 2018;4(1):1-5.
 - **Amorim T**, Koutedakis Y, Metsios GS, Wyon M, Nevill A, Flouris AD, Maia J, Machado JC, Marques F, Adubeiro N, Nogueira NL, Matthews K, Dimitriou L. Prevalence of low bone mineral density in vocational and professional ballet dancers. *Osteoporosis International*. 2017;28(10):2903-12.
 - **Amorim T**, Metsios GS, Wyon M, Nevill A, Flouris AD, Maia J, Teixeira E, Machado JC, Marques F, Koutedakis Y. Bone mass of female dance students prior to professional dance training: a cross-sectional study. *Plos One*. 2017;12(7):1-11.
 - **Amorim T**, Ioannou LG, Spapi F, Flouris AD. Association between extreme cold weather temperatures and mortality in Greece. *Journal of Geriatric Medicine and Gerontology*. 2017;3(2):1-4.
 - Esteves F, Teixeira E, **Amorim T**, Costa C, Pereira C, Fraga S, Moraes de Andrade, V, Teixeira JP, Costa S. Assessment of DNA damage in a group of professional dancers during a 10-month dancing season. *J Toxicol Environ Health A*. 2017;11:1-8.
 - **Amorim T**, Wyon M, Maia J, Machado JC, Franklim M, Metsios GS, Flouris AD, Koutedakis Y. Prevalence of Low Bone Mineral Density in Female Dancers. *Sports Medicine*. 2015;45(2):257-68.
 - Rodrigues dos Santos J, **Amorim T**, Nunes D, Couto A, Miranda F. CK, cortisol, and testosterone as stress markers in soccer training. *Journal of Sport and Health Research*. 2013;5(2):149-56.
 - Rodrigues dos Santos J, Sousa R, **Amorim T**. Comparison of treadmill and kayak-ergometer protocols for evaluating peak oxygen consumption. *Open Sports Science Journal*. 2012;5:130-133.

7.2 Abstract in conferences

- Van Santen JA, **Amorim T**, Sanchez-Santos MT, Newton JL, Salbany F, Pereira C, Allen N, Davies MAM, Jackson K, Koutedakis Y, Arden NK. Bone mineral density and body composition among athletes: lightweight versus heavyweight sports. *Osteoporosis Int*, 28(S1), doi10.1007/s00198-017-3950-2, 2017.

- **Amorim T**, Ioannou LG, Samoutis G, Flouris AD. Incidence of heat waves in Cyprus and its association with mortality. 17th International Conference on Environmental Ergonomics (ICEE 2017), 12-18/11/2017, Kobe, Japan, Book of Abstracts, p138.
- Nintou E, Krase A, Metaxas M, Pianou N, Georgakopoulos A, Chatziioannou S, Georgoulas P, Koutsikos J, Athanasiou K, **Amorim T**, Vliora M, Moldovan O, Stasinopoulos Y, Koutedakis Y, Dinas P, Flouris AD. Brown adipose tissue activity is associated with the environmental temperature of the last week independently of physical activity levels in healthy men: preliminary evidence. Hellenic Society of Biochemistry and Physiology of Exercise Annual Meeting, 20-22/10/2017, Athens, Greece, Book of Abstracts, p10.
- Carillo AE, Krase A, Nintou E, Georgakopoulos A, Pianou N, Metaxas M, Chatziioannou S, Georgoulas P, Athanasiou K, Koutsikos J, **Amorim T**, Vliora M, Moldovan O, Stasinopoulos Y, Koutedakis Y, Dinas P, Flouris AD. Sympathetic Nervous System activation during cold exposure is related to body mass index. Hellenic Society of Biochemistry and Physiology of Exercise Annual Meeting, 20-22/10/2017, Athens, Greece, Book of Abstracts, p10.
- **Amorim T**, Ioannou LG, Flouris AD. Association between extreme cold weather temperatures with mortality in Greece. Physiology and Pharmacology of Temperature Regulation 2016 Conference, 5-9/12/2016, Ljubljana, Slovenia, Book of Abstracts, p30.
- Koutedakis R, Vliora M, Gkiata P, **Amorim T**, Flouris AD. Urban heat island in the city of Trikala, Greece, during a heat wave. A pilot study. Physiology and Pharmacology of Temperature Regulation 2016 Conference, 5-9/12/2016, Ljubljana, Slovenia, Book of Abstracts, p27.
- **Amorim T**, Ioannou LG, Spapi F, Flouris AD. Extreme weather temperatures and mortality in Greece. Hellenic Society of Biochemistry and Physiology of Exercise Annual Meeting, 4-6/11/2016, Athens, Greece, Book of Abstracts, p66.
- **Amorim T**, Flouris AD. Effects of exercise for preventing bone loss during spaceflight. Hellenic Society of Biochemistry and Physiology of Exercise Annual Meeting, 4-6/11/2016, Athens, Greece, Book of Abstracts, p37.
- **Amorim T**, Maia J, Metsios GS, Flouris A, Wyon M, Machado J, Franklim M, Adubeiro N, Nogueira L, Koutedakis Y. Bone mineral accrual during puberty and its association with serum levels of growth hormone and insulin-growth factor I in vocational ballet dancers. The American Society for Bone and Mineral Research Annual Meeting, 15-19/10/2016, Atlanta, USA, *J Bone Miner Res* 31(Suppl 1).
- **Amorim T**, Durães C, Maia J, Machado JC, Nogueira L, Adubeiro N, Flouris AD, Metsios GS, Marques F, Wyon M, Koutedakis Y. Genetic variants at the Wnt/B-catenin and oestrogen receptor signalling pathways are associated with low bone mineral density in dancers. European Calcified Tissue Society Conference ECTS 2016, Rome, Italy. *Bone Abstracts Vol 5*, P238 doi:10.1530/boneabs.5.P238, 2016
- **Amorim T**, Humber LH, Fonolla F R, Flouris D A, Metsios D G, Maia J, Wyon M, Koutedakis Y. "Cortical and trabecular bone analysis of professional dancers using 3D-DXA: a case control study." *Osteoporosis Int*, 27(1):S1, doi 10.1007/s00198-016-3530-x, 2016.

- Esteves F, Teixeira E, **Amorim T**, Teixeira JP. Assessment of DNA damage on a group of professional dancers. *3rd International Conference on Occupational & Environmental Toxicology (ICOETox 2016)*, Porto, Portugal, Book of Abstracts, p136.
- **Amorim T**, Dimitriou L, Metsios G, Wyon M, Alan N, Flouris A, Maia J, Machado J, Franklim M, Adubeiro N, Nogueira L, Matthews K, Koutedakis Y. Prevalence of low bone mineral density, osteopenia, osteoporosis and its associated risks factors in female ballet dancers. The American Society for Bone and Mineral Research Annual Meeting, 9-12/10/2015, Seattle, USA, *J Bone Miner Res (S187)*, 2015.
- **Amorim T**, Wyon M, Metsios G, Maia J, Machado J, Franklim M, Flouris A, Koutedakis Y. Bone mineral density and nutrition intake in dance students: an international comparison between two vocational dance schools in the UK and Portugal. The 25th Int. Assoc. of Dance Medicine & Science Annual Conference, 9-11/10/2015, Pittsburgh, Pennsylvania, USA, Book of Abstracts, p. 40, 2015.
- **Amorim T**, Wyon M, Metsios G, Maia J, Machado J, Franklim M, Flouris A, Koutedakis Y. Are female dancers at risk of developing low bone mineral density? A systematic review. The 25th Int. Assoc. of Dance Medicine & Science Annual Conference, 9-11/10/2015, Pittsburgh, Pennsylvania, USA, Book of Abstracts, p141, 2015.
- **Amorim T**, Wyon M, Maia J, Machado J, Franklim M, Koutedakis Y. Bone health and vocational dance training. The 24th International Association of Dance Medicine and Science Annual Meeting, Basel, Switzerland, Book of Abstracts, p 34, 2014.
- **Amorim T**, Maia J, Machado J, Franklim M, Wyon M, Koutedakis Y. Bone mineral density in active and former elite ballet dancers. The 19th European College of Sports Sciences Annual Conference, Amsterdam, Netherlands, Book of Abstracts, p465, 2014.
- **Amorim T**, Sousa F, Santos J. Effects of Pilates Training on Muscular Strength and Balance in Ballet Dancers. XXIX Symposium of the International Society of Biomechanics in Sports, Porto, Portugal. Book of Abstracts, 11(Suppl. 2), 2011.

8. BOOK CHAPTERS

- Santos D, **Amorim T**, dos Anjos JP, Gomes T, Souza M, Chaves R, Santos F, Pereira S, Borges A, Maia J. Professores e funcionários - Composição corporal, atividade física e risco cardiometabólico. IN Maia J. *Põe-te fino! Para uma vida mais saudável*. Faculdade de Desporto da Universidade do Porto: Porto, 2015. p 125-129.
- **Amorim T**, Santos D, dos Anjos JP, Gomes T, Souza M, Chaves R, Santos F, Pereira S, Borges A, Maia J. Professores e funcionários - Mudanças no tempo. IN Maia J. *Põe-te fino! Para uma vida mais saudável*. Faculdade de Desporto da Universidade do Porto: Porto, 2015. p 125-129.

9. INVITATION LECTURES

- Chatham University: Lecture on Space Physiology (Microgravity and Bone Physiology), USA, Pittsburgh, 2019
- Hellenic Society of Biochemistry and Physiology of Exercise Annual Meeting: Osteoporosis in dancers. Hellenic Society of Biochemistry and Physiology of Exercise, Greece, Athens, 2016
- Fame LAB, Science Innovation Forum: Bone health and intensive physical exercise. University of Thessaly, Greece, Trikala, 2016