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Unitat de Investigació en
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Deportiu
Sport Performance and
Physical Fitness Research
Group
Universitat de València

II International Congress on Successful Aging & Exercise Training I Spanish Experts Meeting on Sport & Exercise Prescription

Dr. Joana Carvalho

Joana Carvalho (PhD) is, since June 2018, a Pro-Rector of the University of Porto for the areas of International Relations, Sport and Quality of Life in the Campus. Besides she is also an Associate Professor of the Faculty of Sport, of the University of Porto and former Vice-Dean and President of the Faculty of Sport's Scientific Council (between 2010 and 2015) and former Director of the Master in Physical activity for the Elderly (till 2018). Academically, her main research area is Physical activity and health – with an emphasis on Healthy Aging. Joana has been nominated as an “expert” to the development of the Healthy Campus Standard Project. Furthermore, Joana is, since 1995, the leader of a geriatric exercise intervention program for community-dwelling and institutionalized elderly adults named: "More Active, More Alive". She is also very much committed to the PhD Programme on Exercise and Health and she has been responsible for the supervision of several PhD thesis as well as MSc students. Additionally, over the course of the last 15 years she has been invited to participate in several review boards and has published, as author and co-author, several manuscripts concerning the effects and associations of physical activity and several health and functional parameters, which allowed her to be invited as a guest speaker in more than 150 lectures and conferences. In addition, she has been engaged in the 13 research projects, at both national and international levels, all of them focusing in the area of exercise and health. Throughout all her academic career it has been Joana's key priority to study, work and actively participate in programmes committed to improve elders' health from a holistic stand point and multidisciplinary approach, joining functional fitness, cardiovascular and metabolic risk factors, mental health, health-related quality of life, social responsibility, sustainability, among other relevant global health-related areas.

Contacto: mjoanacarvalho@reit.up.pt

Researchgate: [Joana Carvalho \(researchgate.net\)](https://www.researchgate.net/profile/Joana-Carvalho)