

# Jeffer Eidi Sasaki, Ph.D.

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## EDUCATION

Institution and Location	Degree	Year	Field of study
Federal University of Paraná, Curitiba, PR, Brazil	B.S.	2005	Physical Education
Federal University of Paraná, Curitiba, PR, Brazil	M.S.	2007	Physical Education
University of Massachusetts, Amherst, MA, USA	Ph.D.	2014	Kinesiology

## PROFESSIONAL POSITIONS

2024 - current	Assistant professor, Department of Kinesiology, University of Wisconsin-Madison, Madison, WI, USA.
2015 - 2024	Assistant professor, Department of Sport Sciences, Federal University of Triângulo Mineiro, Uberaba, MG, Brazil.
2022 – 2024	Deputy Coordinator of the Graduate Program in Physical Education, Federal University of Triângulo Mineiro, Uberaba, MG, Brazil.
2022 – current	Coordinator of the Brazilian Network for the Measurement of Physical Activity and Sedentary Behavior, Multiple Sites.
2022 – 2024	Deputy Director of the Institute of Health Sciences, Federal University of Triângulo Mineiro, Uberaba, MG, Brazil.
2019 – 2023	Director of the Department for Graduate Studies Development, Federal University of Triângulo Mineiro, Uberaba, MG, Brazil.
2017 – 2018	Postdoctoral Research Associate, Department of Physical Therapy, University of Alabama at Birmingham, Birmingham, AL, USA.
2014 – 2015	Postdoctoral fellow, Graduate Program in Physical Education, Federal University of Triângulo Mineiro, Uberaba, MG, Brazil.

## RESEARCH INTERESTS

- Calibration of accelerometer-based activity monitors to objectively measure physical activity
  - Emphasis on special populations: Older adults, multiple sclerosis
- Epidemiology of Physical Activity
  - Associations of physical activity and sedentary behavior with health outcomes in the general population and special populations
- Behavior change interventions
  - Workplace interventions
  - Remote-based interventions for promoting physical activity

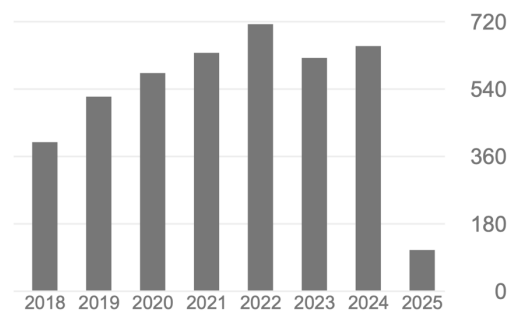
- Technology-based interventions for promoting physical activity

HONORS AND AWARDS

- Class Patron, Physical Education Graduation Ceremony - Class of 2024, Federal University of Triângulo Mineiro, 2024.
- Class Patron, Physical Education Graduation Ceremony - Class of 2023, Federal University of Triângulo Mineiro, 2023.
- Honored Professor, Physical Education Graduation Ceremony - Class of 2022, Federal University of Triângulo Mineiro, 2022.
- Class Patron, Physical Education Graduation Ceremony - Class of 2021, Federal University of Triângulo Mineiro, 2021.
- Delta Omega Honor Society Award - Graduate Student Research Day, School of Public Health and Health Sciences, University of Massachusetts Amherst, 2013.
- Graduate Student Writing Award, American Kinesiology Association (AKA), 2012.
- Ph.D. Student Investigator Award, New England American College of Sports Medicine, NEACSM Annual Fall Conference, 2012.

PRODUCTIVITY AND CITATION IMPACT

	All	Since 2020
Citations	5349	3327
h-index	34	28
i10-index	82	65



Source: Google Scholar  
Date of access: 03/03/2024  
Profile link:  
<https://scholar.google.com/citations?user=H9fmR40AAAAJ&hl=en>

SELECT PEER-REVIEWED PUBLICATIONS

1. Mota GR, **Sasaki JE**, Rocha MR, Da Fonseca PA, Ide BN, Goto K, De Oliveira DC, Marocolo M. Compressive Pantyhose Mitigates Muscle Fatigue in Ballet-Specific Test: A Pilot Study. *International Journal of Exercise Science*. 2025; Jan 1;18(2):92.
2. Machado EF, Glehn FV, **Sasaki JE**, Tauil CB, De David AC. Depression and sedentary behaviour in women with multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 2024; Nov 1;91:105895.

3. Christofaro DG, Tebar WR, Ferrari G, Dos Santos AB, **Sasaki JE**, Ritti-Dias RM, Cucato GG. Analysis of the association between different domains and intensities of physical activity in adults: An observational and cross-sectional study. *Plos one*. 2024; 19(10), p.e0306873.
4. Bertochi GFA, **Sasaki JE**. "Weekly Perceived Exertion is More Sensitive to Detecting Variations in Training Load in Runners Than TRIMP or Running Distance." *Measurement in Physical Education and Exercise Science*. 2024: 1-7.
5. Bertochi GFA, Tasinafo Júnior MF, Santos IA, **Sasaki JE**, Mota GR, Jordão GG, Puggina EF. The use of wearable resistance and weighted vest for sprint performance and kinematics: a systematic review and meta-analysis. *Scientific Reports*. 2024; 14(1): 5453.
6. Volpato LA, Costa JC, Lopes WA, **Sasaki JE**, Romanzini CLP, Ronque ERV, Romanzini M. Time Reallocations From Sedentary Behavior to Physical Activity and Cardiovascular Risk Factors in Children and Adolescents: A Systematic Review. *Journal of Physical Activity and Health*. 2023; 20(12): 1084-1091.
7. de Queiroz RS, Alves JH, **Sasaki JE**. Digital Biomarkers in the Assessment of Mobility in Individuals with Multiple Sclerosis. *Sclerosis*. 2023; 1(3): 134-150.
8. Galvão LL, Silva RR, Tribess S, Meneguci J, **Sasaki JE**, Santos DDA, Júnior JSV. Associations of Physical Activity and Sedentary Behavior With Survival Time in Older Adults: Path Analysis. *Journal of Aging and Physical Activity*. 2023; 31(5): 733-742.
9. Bertochi, GFA, Mota GR, Haile L, Marocolo M, **Sasaki JE**. Validity of Weekly and Monthly Perceived Exertion in Runners. *International Journal of Sports Medicine*. 2023; 44(11): 763-777.
10. Rodrigues AL, Ide BN, **Sasaki JE**, Oliveira DC, Assumpção CD, Marocolo M, Mota GR. Ischemic Preconditioning Improves the Bench-Press Maximal Strength in Resistance-Trained Men. *International Journal of Exercise Science*. 2023;16(4):217.
11. Silva Filho RC, **Sasaki JE**, Gordia AP, Andaki AC. Effects of a Physical Exercise Program and Health Advice on Sedentary Behavior of Adolescents. *International Journal of Environmental Research and Public Health*. 2023 Jan;20(2):1064.
12. de Camargo R, Vilaça A, Mota GR, Elsangedy HM, Haile L, **Sasaki JE**. The Influence of L-menthol on Time Trial Running Performance in Recreational Runners. *Research Quarterly for Exercise and Sport*. 2023; 94(2): 510-518.
13. **Sasaki JE**, Bertochi GFA, Meneguci J, Motl RW. Pedometers and Accelerometers in Multiple Sclerosis: Current and New Applications. *International Journal of Environmental Research and Public Health*. 2022; 19(18), 11839.
14. Prado RC, Knebel MT, Ribeiro EH, Teixeira IP, **Sasaki JE**, de Araújo LV, Guerra PH, Florindo AA. Smartphone apps for tracking physical activity and sedentary behavior: A criterion validity review. *Revista Brasileira de Atividade Física & Saúde*. 2022 Aug 15;27:1-4.
15. de Faria FR, Barbosa D, Howe CA, Canabrava KLR, **Sasaki JE**, dos Santos Amorim PR. Time-use movement behaviors are associated with scores of depression/anxiety among adolescents: A compositional data analysis. *Plos one*. 2022; 17(12), e0279401.
16. Silva GC, Tebar WR, Lemes IR, **Sasaki JE**, Mota J, Ritti-Dias RM, Vanderlei LCM, Christofaro DG. Can Sports Practice in Childhood and Adolescence Be Associated with Higher Intensities of Physical Activity in Adult Life? A Retrospective Study in Community-Dwelling Adults. *International Journal of Environmental Research and Public Health*. 2022; 19(22), 14753.
17. de Oliveira Calado GD, de Oliveira Araújo A, Oliveira GT, **Sasaki JE**, Rebar AL, da Silva Machado DG, Elsangedy HM. Positive implicit associations for physical activity predict physical activity and affective responses during exercise. *Journal of Sport and Exercise Psychology*. 2022 Apr 1;1(aop):1-8.

18. Arriel RA, Souza HL, **Sasaki JE**, Marocolo M. Current perspectives of cross-country mountain biking: physiological and mechanical aspects, evolution of bikes, accidents and injuries. *International Journal of Environmental Research and Public Health*. 2022 Oct 1;19(19):12552.
19. Cederberg KL, Jeng B, **Sasaki JE**, Motl RW. Physical Activity and Sedentary Behavior Timing in Fatigued and Nonfatigued Adults With Multiple Sclerosis. *Archives of Physical Medicine and Rehabilitation*. 2022; 103(9), 1758-1765.
20. Mendonça FR, de Faria WF, da Silva JM, Massuto RB, Dos Santos GC, Correa RC, Dos Santos CF, **Sasaki JE**, Neto AS. Effects of aerobic exercise combined with resistance training on health-related physical fitness in adolescents: A randomized controlled trial. *Journal of Exercise Science & Fitness*. 2022 Apr 1;20(2):182-9.
21. Jeng B, Cederberg KL, Huynh TL, Silic P, Jones CD, Feasel CD, Sikes EM, Baird JF, Silveira SL, **Sasaki JE**, Motl RW. Social Cognitive Theory variables as correlates of physical activity in fatigued persons with multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 2022; 57, 103312.
22. Oliveira RA, **Sasaki JE**, Ferraz NL, Oliveira ARO, Moraes PHA, Virtuoso Júnior JS. Validation of the Trackhealth physical activity monitor. *Brazilian Journal of Kineanthropometry & Human Performance*. 2022 Jan 1;24(1).
23. Jeng B, Cederberg KL, Lai B, **Sasaki JE**, Bamman MM, Motl RW. Wrist-based accelerometer cut-points for quantifying moderate-to-vigorous intensity physical activity in Parkinson's disease. *Gait & Posture*. 2022; 91, 235-239.
24. Oliveira RFD, Mota GR, Carvalho WRGD, Bertochi GFA, **Sasaki JE**. EFFECT OF SINGLE AND MULTIPLE SESSIONS OF SELF-MYOFASCIAL RELEASE: SYSTEMATIC REVIEW. *Revista Brasileira de Medicina do Esporte*. 2022; 28, 358-367.
25. Cederberg KL, Jeng B, **Sasaki JE**, Sikes EM, Cutter G, Motl RW. Physical activity and self-reported sleep quality in adults with multiple sclerosis. *Disability and Health Journal*. 2021; 14(4), 101133.
26. Cederberg KL, Jeng B, **Sasaki JE**, Sikes EM, Silveira SL, Cutter G, Motl RW. Demographic, clinical, and symptomatic correlates of subjective sleep quality in adults with multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 2021; 55, 103204.
27. Orcioli-Silva D, **Sasaki JE**, Tassitano RM, Ribeiro CG, Christofaro DGD, Bezerra ES, Manta SW, Florindo AA, Hallal PC, Siqueira, F. C. V. (2021). Atividade física para pessoas com deficiência: Guia de Atividade Física para a População Brasileira. *Revista Brasileira de Atividade Física & Saúde*. 2021; 26, 1-11.
28. Cederberg KL, Jeng B, **Sasaki JE**, Lai B, Bamman M, Motl RW. Accuracy and precision of wrist-worn actigraphy for measuring steps taken during over-ground and treadmill walking in adults with Parkinson's disease. *Parkinsonism & Related Disorders*. 2021; 88, 102-107.
29. Garcia Meneguci CA, Meneguci J, **Sasaki JE**, Tribess S, Júnior JS. Physical activity, sedentary behavior and functionality in older adults: A cross-sectional path analysis. *PLoS one*. 2021 Jan 29;16(1):e0246275.
30. Jeng B, **Sasaki JE**, Cederberg KL, Motl RW. Sociodemographic and clinical correlates of device-measured sedentary behaviour in multiple sclerosis. *Disability and Rehabilitation*. 2021 Jan 2;43(1):42-8.
31. Cederberg KL, Jeng B, **Sasaki JE**, Motl RW. Restless legs syndrome, sleep quality, and perceived cognitive impairment in adults with multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 2020 Aug 1;43:102176.
32. Jeng B, Cederberg KL, Lai B, **Sasaki JE**, Bamman MM, Motl RW. Accelerometer output and its association with energy expenditure in persons with mild-to-moderate Parkinson's disease. *Plos one*. 2020 Nov 11;15(11):e0242136.

33. Jeng B, Cederberg KL, Lai B, **Sasaki JE**, Bamman MM, Motl RW. Step-rate threshold for physical activity intensity in Parkinson's disease. *Acta Neurologica Scandinavica*. 2020 Aug;142(2):145-50.
34. Jeng B, Cederberg KL, Lai B, **Sasaki JE**, Bamman MM, Motl RW. Oxygen cost of over-ground walking in persons with mild-to-moderate Parkinson's disease. *Gait & Posture*. 2020 Oct 1;82:1-5.
35. Galvão LL, Tribess S, Silva TG, Santa Rosa CG, Pereira CG, Silva RR, **Sasaki JE**, Virtuoso Junior JS, de Lira CA, Santos DA. Prevalence and Factors Associated with High Concentration of Prostate-Specific Antigen: ELSIA Study. *Biology*. 2020 Oct;9(10):329.
36. Lai B, **Sasaki JE**, Jeng B, Cederberg KL, Bamman MM, Motl RW. Accuracy and precision of three consumer-grade motion sensors during overground and treadmill walking in people with parkinson Disease: Cross-Sectional Comparative Study. *JMIR Rehab and Assist Technol* 2020; 7: e14059.
37. **Sasaki JE**, Motl RW, McAuley E. Validity of the Marshall sitting questionnaire in people with multiple sclerosis. *J Sports Sci* 2019; 37: 1250-1256.
38. Baird JE, **Sasaki JE**, Sandroff BM, Cutter G, Motl RW. An intervention for changing sedentary behavior among African Americans with multiple sclerosis: Protocol. *JMIR Res Protoc* 2019; 8: e12973.
39. Motl RW, **Sasaki JE**, Cederberg KL, Jeng B. Validity of sitting time scores from the international physical activity questionnaire - short form in multiple sclerosis. *Rehabil Psychol* 2019; 64: 463-468.
40. Da Silva VD, Tribess S, Meneguci J, **Sasaki JE**, Garcia-Menecuci CA, Carneiro, JAO, Virtuoso Júnior JS. Association between frailty and the combination of physical activity level and sedentary behavior in older adults. *BMC Public Health* 2019;19: 709.
41. Baird JF, Cederberg KL, Sikes EM, Silveira SL, Jeng B, **Sasaki JE**; Sandroff BM, Motl RW. Physical activity and walking performance across the lifespan among adults with multiple sclerosis. *Mult Scler Relat Disord* 2019; 35: 36-41.
42. Baird JF, Cederberg KL, Sikes EM, Jeng B, **Sasaki JE**, Sandroff BM, Motl RW. Changes in cognitive performance with age in adults with multiple sclerosis. *Cogn Behav Neurol* 2019; 32: 201-207.
43. Cederberg KL, Jeng B, **Sasaki JE**, Braley TJ, Walters AS, Motl RW. Physical activity, sedentary behavior, and restless legs syndrome in persons with multiple sclerosis. *J Neurol Sci* 2019; 407: 116531.
44. Motl, RW, **Sasaki JE**, Cederberg KL, Jeng B. Social-cognitive theory variables as correlates of sedentary behavior in multiple sclerosis: Preliminary evidence. *Disabil Health J* 2019; 12: 622-627.
45. da Silva VD, Tribess S, Meneguci J, **Sasaki JE**, Santos DAT, Carneiro JAO, Virtuoso Júnior JS. Time spent in sedentary behaviour as discriminant criterion for frailty in older adults. *Int J Environ Res Public Health* 2018; 15(7). pii: E1336.
46. Ray EL, **Sasaki JE**, Freedson PS, Staudenmayer J. Physical activity classification with dynamic discriminative methods. *Biometrics* 2018; 74: 1502-1511.
47. Zou L, **Sasaki JE**, Zeng N, Wang C, Sun L. A systematic review with meta-analysis of mindful exercises on rehabilitative outcomes among poststroke patients. *Arch Phys Med Rehabil* 2018; 99: 2355-2364.
48. Zou L, **Sasaki JE**, Wei GX, Huang T, Yeung A, Neto O, Chen K, Hui S. Effects of mind-body exercises (Tai Chi/Yoga) on heart rate variability parameters and perceived stress: a systematic review with meta-analysis of randomized controlled trials. *J Clin Med* 2018; 7: 404.
49. **Sasaki JE**, Motl RW, Cutter G, Marrie RA, Tyry T, Salter A. Factors associated with excessive sitting time in multiple sclerosis. *Mult Scler Relat Disord* 2018; 21: 71-77.
50. **Sasaki JE**, Motl RW, Cutter G, Marrie RA, Tyry T, Salter A. National estimates of self-reported sitting time in adults with multiple sclerosis. *Mult Scler J Exp Transl Clin* 2018; 19; 4(1): 2055217318754368.

51. Sikes EM, Richardson EV, Cederberg KJ, **Sasaki JE**, Sandroff BM, Motl RW. Use of the Godin leisure-time exercise questionnaire in multiple sclerosis research: a comprehensive narrative review. *Disabil Rehabil* 2018; 41: 1243-1267.
52. **Sasaki JE**, Júnior JH, Meneguci J, Tribess S, Marocolo Júnior M, Stabelini Neto A, Virtuoso Júnior JS. Number of days required for reliably estimating physical activity and sedentary behaviour from accelerometer data in older adults. *J Sports Sci* 2018; 36(14): 1572-1577.
53. **Sasaki JE**, Sandroff B, Bamman M, Motl RW. Motion sensors in multiple sclerosis: narrative review and update of Applications. *Expert Rev Med Devices* 2017; 14(11): 891-900
54. Virtuoso Júnior JS, Roza LB, Tribess S, Meneguci J, Mendes EL, Pegorari MS, Dias FA, Dos Santos Tavares DM, **Sasaki JE**. Time spent sitting is associated with changes in biomarkers of frailty in hospitalized older adults: a cross sectional study. *Front Physiol* 2018;31(8): 555.
55. Klaren R, **Sasaki JE**, McAuley E, Motl RW. Patterns and predictors of change in moderate-to-vigorous physical activity over time in multiple sclerosis. *J Phys Act Health* 2017; 14(3): 183-188.
56. Santos DAT, Virtuoso Jr JS, Meneguci J, **Sasaki JE**, Tribess S. Combined associations of physical activity and sedentary behavior with depressive symptoms in older adults. *Issues Ment Health Nurs* 2017; 38(3): 272-276.
57. **Sasaki JE**, Hickey A, Staudenmayer J, John D, Kent-Braun J, Freedson PS. Performance of accelerometer-based activity classification algorithms in free-living older adults. *Med Sci Sports Exerc* 2016; 48: 941-950.
58. Hickey A, John D, **Sasaki JE**, Mavilia M, Freedson F. Validity of activity monitor step detection is related to movement patterns. *J Phys Act Health* 2016; 13: 145-153.
59. Paulo TRS, Tribess S, **Sasaki JE**, Meneguci J, Martins CA, Freitas Jr IF, Romo-Perez V, Virtuoso Jr JS. A cross sectional study of the relationship between physical inactivity and limitations in cognitive functions in older adults. *J Aging Phys Act* 2016; 24: 311-321.
60. Staudenmayer J, He S, Hickey A, **Sasaki J**, Freedson P. Methods to estimate aspects of physical activity and sedentary behavior from high frequency wrist accelerometer measurements. *J Appl Physiol* 2015; 119: 396-403.
61. Meneguci J, **Sasaki JE**, Santos AS, Scatena LM, Damião R. Sitting time and quality of life in older adults: a population based study. *J Phys Act Health* 2015; 12(11): 1513-1519.
62. Meneguci J, **Sasaki JE**, Santos AS, Scatena LM, Damião R. Association of socio-demographic, clinical and health behavior profile with sitting time in older adults. *BMC Public Health* 2015; 15(1): 65.
63. **Sasaki JE**, Mavilia M, Tedesco J, John D, Kozey-Keadle S, Freedson PS. Validation of the Fitbit wireless activity tracker for prediction of energy expenditure. *J Phys Act Health* 2015; 12(2): 149-154.
64. Welch WA, Bassett DR, Freedson PS, John D, Steeves JA, Conger SA, Ceaser TG, Howe CA, **Sasaki JE**. Cross-validation of waist-worn GENEa accelerometer cut-points. *Med Sci Sports Exerc*. 2014; 46(9): 1825-1830.
65. John D, **Sasaki J**, Hickey A, Mavilia M, Freedson PS. ActiGraph™ activity monitors: "The firmware effect". *Med Sci Sports Exerc* 2013; 46(4): 834-839.
66. John D, **Sasaki JE**, Staudenmayer J, Mavilia M, Freedson PS. Comparison of raw acceleration from the GENEa and ActiGraph™ GT3X+ activity monitors. *Sensors* 2013; 13(11): 14754-14763.
67. Welch WA, Bassett DR, Thompson DL, Freedson PS, Staudenmayer JW, John D, Steeves J, Conger SA, Ceaser T, Howe CA, **Sasaki JE**, Fitzhugh EC. Classification accuracy of the wrist-worn GENEa accelerometer. *Med Sci Sports Exerc* 2013; 45(10): 2012-2019.
68. John D, Liu S, **Sasaki JE**, Howe CA, Staudenmayer J, Gao RX, Freedson PS. Calibrating a novel multi-sensor physical activity measurement system. *Physiol Meas* 2011; 32: 1473-1489.

69. **Sasaki JE**, John D, Freedson PS. Validation and comparison of ActiGraph activity monitors. *J Sci Med Sports* 2011; 14(5): 411-416.
70. **Sasaki JE**, Krause MP, Gama MP, Hallage T, Buzzachera CF, Santos MG, Silva SG. Influence of overall and abdominal adiposity on C-reactive protein levels in elderly women. *Arq Bras Cardiol* 2007; 89(4): 231-236.
71. Krause MP, Hallage T, **Sasaki JE**, Miculis CP, Silva SG, Gama MPR. Association between lipid profile and adiposity in women over age 60. *Arq Bras Cardiol* 2007; 89(3): 147-153.
72. **Sasaki JE**, Santos MG. The role of aerobic exercise on endothelial function and on cardiovascular risk factors. *Arq Bras Cardiol* 2006; 87(5): e226-231.

## BOOK CHAPTERS

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1. **Sasaki JE**, Silva KS, Gonçalves BGC, John D. Measurement of Physical Activity Using Accelerometers. *Computer-Assisted and Web-based Innovations in Psychology, Special Education, and Health*. 1ed.: Elsevier, 2016, v. 1, p. 33-60.
2. **Sasaki JE**, Motl RW. Motion Sensors for Physical Activity Assessment: Review of Applications. *Reference Module in Biomedical Sciences*, Elsevier, 2021, ISBN 9780128012383, <https://doi.org/10.1016/B978-0-12-822548-6.00056-X>.

## RESEARCH PRESENTATIONS

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1. Paula ES, Alves JH, Oliveira APS, Espirito Santo LA, Costa AN, Paranhos DB, **Sasaki JE**, Meneguci J. Desempenho Físico Cardiorrespiratório de Acordo com a Qualidade do Sono em: Um Estudo de Base Populacional. *XXI Simpósio Internacional de Fisioterapia Respiratória, Cardiovascular e Terapia Intensiva – SIFR*, Brasília, DF, Brazil, 2024.
2. Alves JH, Papini CB, **Sasaki JE**. Análise dos Ambientes Construídos e Naturais para a Prática de Atividade Física de Lazer por Homens Homossexuais. *II Congresso Nacional Interdisciplinar de Saúde Coletiva*, Fortaleza, CE, Brazil, 2024.
3. Soares RQ, Alves JH, Josahkian D, **Sasaki JE**. Estresse e Qualidade de Vida no Trabalho: Uma Análise do Impacto nos Funcionários Administrativos de uma Universidade. *9ª Jornada Integrada de Ensino, Pesquisa e Extensão - JIEPE*, Uberaba, 2023.
4. Josahkian D, Alves JH, Soares RQ, **Sasaki JE**. Estresse ocupacional e nível de atividade física em trabalhadores administrativos. *9ª Jornada Integrada de Ensino, Pesquisa e Extensão - JIEPE*, Uberaba, 2023.
5. Alves JH, Josahkian D, Soares RQ, **Sasaki JE**. Associação entre Estresse Ocupacional e Qualidade de Vida em Trabalhadores Administrativos. *9ª Jornada Integrada de Ensino, Pesquisa e Extensão - JIEPE*, Uberaba, 2023.
6. Jeng B, Cederberg KL, Lai B, **Sasaki JE**, Bamman MM, Motl RW. Wrist-based accelerometer cut-points for quantifying moderate-to-vigorous physical activity in Parkinson's disease. *ActiGraph Digital Data Summit 2022, Pensacola*, 2022.
7. Moreira MM, Moreira MM, Pinto EMA, Ferreira EM, Soares TS, **Sasaki JE**, Meneguci CAG, Tribess S, Meneguci J. Realocação do Tempo Sentado por Atividade Física no Desempenho Física de Idosos. *XVI Simpósio Nordestino de Atividade Física e Saúde*, Aracaju, 2022.
8. Bertochi GFA, **Sasaki JE**. Validade de escalas para avaliação da carga de treinamento semanal e mensal de corredores. *44º Simpósio Internacional de Ciências do Esporte*, São Paulo, 2021.

9. Mâmede JNB, Tribess S, Sebastião E, BERTOCHI, Bertochi GFA, Bontempo JFXS; **Sasaki JE**. Programa 'LEV - Levante-se, Mova-se, Viva': uma intervenção tecnológica para aumentar o nível de atividade física e reduzir o comportamento sedentário de trabalhadores administrativos. *44º Simpósio Internacional de Ciências do Esporte*, São Paulo, 2021.
10. Neal W, Cederberg KL, Jeng B, **Sasaki JE**, Motl RW. Does fatigue influence physical activity and sedentary behaviors among persons with multiple sclerosis?. *CMSC Annual Meeting*, Seattle, May 28 – June 1, 2019.
11. Cederberg KL, Jeng B, **Sasaki JE**, Motl RW. Restless legs syndrome, sleep quality, and perceived cognitive impairment in adults with multiple sclerosis. *CMSC Annual Meeting*, Seattle, May 28 – June 1, 2019.
12. Baird JF, Cederberg KL, Sikes EM, Silveira SL, Jeng B, **Sasaki JE**; Sandroff BM, Motl RW. Physical activity and walking performance across the lifespan in multiple sclerosis. *CMSC Annual Meeting*, Seattle, May 28 – June 1, 2019.
13. Jeng B, Silveira SL, Cederberg KL, Sikes EM, **Sasaki JE**, Motl RW. Social-cognitive correlates of physical activity across the lifespan in persons with multiple sclerosis. *CMSC Annual Meeting*, Seattle, May 28 – June 1, 2019.
14. Jeng B, Cederberg KL, **Sasaki JE**, Motl RW. Sociodemographic and clinical correlates of device-measured sedentary behavior in multiple sclerosis. *CMSC Annual Meeting*, Seattle, May 28 – June 1, 2019.
15. De David A, Ferreira CR, Tauil CB, da Silva FM, Moraes AG, **Sasaki J**, Santos-Neto L, Von Glehn F. Validity of the Brazilian version of the patient determined disease steps scale (PDDS) in people with Multiple Sclerosis. *BCTRIMS*, São Paulo, August 1-4, 2018.
16. **Sasaki JE**, Motl R, Cutter G, Marrie RA, Tyry T, Salter A. National estimates of self-reported sitting time in adults with multiple sclerosis. *CMSC Annual Meeting*, Nashville, May 30 – June 1, 2018.
17. **Sasaki JE**, Motl R, Cutter G, Marrie RA, Tyry T, Salter A. Factors associated with excessive sitting time in multiple sclerosis. *CMSC Annual Meeting*, Nashville, May 30 – June 1, 2018.
18. **Sasaki JE**, Motl R, McAuley E. Validity of the Marshall Sitting Questionnaire in persons with multiple sclerosis. *CMSC Annual Meeting*, Nashville, May 30 – June 1, 2018.
19. Luiz LP, de Sousa DF, Virtuoso Jr JS, Garcia CA, Meneguci J, **Sasaki JE**, Tribess S. Atividade física como indicador preditivo para incapacidade funcional em idosos. *XI Congresso Brasileiro de Atividade Física e Saúde*, Florianópolis, November 14-17, 2017.
20. de Sousa DF, Luiz LP, Tribess S, Meneguci J, **Sasaki JE**, Virtuoso Jr JS, Garcia CA. Comportamento sedentário como indicador de incapacidade funcional para atividades básicas e instrumentais da vida diária em idosos. *XI Congresso Brasileiro de Atividade Física e Saúde*, Florianópolis, November 14-17, 2017.
21. Garcia CA, Tribess S, Meneguci J, **Sasaki JE**, Virtuoso Jr JS. Critério discriminante e associação do comportamento sedentário para limitação funcional em idosos. *XI Congresso Brasileiro de Atividade Física e Saúde*, Florianópolis, November 14-17, 2017.
22. **Sasaki JE**, Hickey A, Staudenmayer J, Kent-Braun J, John D, Emmerik RV, Freedson PS. Development of activity type classification algorithms in older adults from laboratory and free-living Data. *ACSM'S 61st Annual Meeting*, Orlando, May 27-31, 2014.
23. Hickey A, **Sasaki JE**, Franklin PD, Ayers D, Freedson PS. Changes in objectively measured physical activity and sedentary behavior in adults with knee/hip osteoarthritis. *ACSM's 60th Annual Meeting*, Indianapolis, May 28 – June 1, 2013.
24. **Sasaki JE**, John D, Staudenmayer J, Lyden K, Shiroma E, Lee I, Freedson PS. An algorithm to distinguish mail time from accelerometer wear time in the Women's Health Study. *ACSM's 60th Annual Meeting*, Indianapolis, May 28 – June 1, 2013.



25. Welch W, Bassett Jr D, Thompson D, Freedson PS, Staudenmayer J, John D, Steeves JA, Conger S, Ceaser T, Howe C, **Sasaki JE**, Fitzhugh E. Classification accuracy of the wrist-worn GENE accelerometer during structured activity bouts. *ACSM's 60th Annual Meeting*, Indianapolis, May 28 – June 1, 2013.
26. John D, **Sasaki JE**, Staudenmayer J, Freedson PS. Comparison of raw acceleration from two commercially available accelerometers. *ACSM's 60th Annual Meeting*, Indianapolis, May 28 – June 1, 2013.
27. **Sasaki JE**, John D, Libertine A, Mavilia M, Freedson PS. Does changing firmware affect ActiGraph GT1M and GT3X monitor output ? *ACSM's 59th Annual Meeting*, San Francisco, May 29 – June 2, 2012.
28. **Sasaki JE**, Liu S, John D, Staudenmayer J, Gao RX, Freedson PS. A novel method to predict activity type and intensity using a multi-sensor device. *2nd International Conference on Ambulatory Monitoring of Physical Activity and Movement*, Glasgow, May 24 – May 27, 2011.
29. John D, Liu S, **Sasaki JE**, Gao RX, Freedson PS. Breathing frequency and volume estimations using a multi-sensor integrated measurement system. *2nd International Conference on Ambulatory Monitoring of Physical Activity and Movement*, Glasgow, May 24 – May 27, 2011.
30. John D, **Sasaki JE**, Gao RX, Staudenmayer J, Liu S, Freedson PS. Ventilation estimation using a multi-sensor integrated measurement system. *ACSM's 58th Annual Meeting*, Denver, May 31- June 4, 2011.
31. **Sasaki JE**, Liu S, John D, Staudenmayer J, Gao RX, Freedson PS. Predicting physical activity type and intensity using accelerometry and ventilation signals from the integrated measurement system. *ACSM's 58th Annual Meeting*, Denver, May 31- June 4, 2011.
32. **Sasaki JE**, Freedson PS, Hagobian T. Assessment of time spent in physical activity intensity categories using direct observation and accelerometer cut-points. *ACSM's 57th Annual Meeting*, Baltimore, June 1-5, 2010.
33. Lyden, K. ; **Sasaki, Jeffer E** ; Hagobian, T. ; Freedson, Patty S. . Direct observation and 24 hr physical activity recall: comparison in satisfying the physical activity guidelines. *ACSM's 57th Annual Meeting*, Baltimore, June 1-5, 2010.
34. Campos W, Stabelini Neto A, Ulbrich AZ, Mascarenhas LPG, **Sasaki JE**, Silva SG. Physical activity, cardiorespiratory fitness and the metabolic syndrome in adolescents. *ACSM's 56th Annual Meeting*, Seattle, May 27-30, 2009.
35. **Sasaki JE**, Krause MP, Hallage T, Buzzachera CF, Santos MG, Silva SG. Association of physical fitness with C-reactive protein levels in elderly women. *ACSM's 55th Annual Meeting*, Indianapolis, May 28-31, 2008.

## GRANTS

### A. Funded

**APQ-02636-16 (Sasaki)**

08/2017 – 08/2019

%Effort: N/A

Agency: FAPEMIG/ Universal 01/2016

Total direct costs: R\$ 35,040.60

Title: Efetividade de uma Estação Ativa de Trabalho em Aumentar o Nível de Atividade Física de Funcionários Universitários (Effectiveness of an Active Work Station in Increasing Physical Activity of University Workers)

Aim: The aims of the study are: 1) to verify the effectiveness of an active work station in increasing physical activity and reducing sedentary behavior among university workers, and 2) to assess the feasibility of implementing the active work station in a university occupational environment.

Role: Principal Investigator

**CMSC Pilot Grant (Sasaki)**

02/2018 – 02/2019

%Effort: 100

Agency: CMSC Pilot Funding

Total direct costs: \$37,793.4

Title: A pilot study for testing the feasibility and efficacy of text messaging and newsletter as a strategy for interrupting sedentary behavior

Aim: The aim of the study is to verify the feasibility and efficacy of a technology-based intervention for reducing sedentary behavior in multiple sclerosis.

Role: Principal Investigator

**APQ-00592-15 (Virtuoso Júnior)**

10/2015 – 10/2018

%Effort: N/A

Agency: FAPEMIG/Universal 01/2015

Total direct costs: R\$ 18,882.15

Title: Interrelation of the level of physical activity and sedentary behavior with aspects of health, physical performance and biomarkers in the elderly.

Aim: To analyze the interrelationship between behavioral aspects (Physical activity and sedentary behavior), health conditions, physical performance and biomarkers in elderly residents in the city of Uberaba, Minas Gerais, Brazil.

Role: Co-investigator

**440856/2022-1 (Sasaki)**

01/2023 – Current

%Effort: 25

Agency: CNPq/PIBPG2022

Total direct costs: R\$ 1,605,120.00

Title: Epigenetics, Cellular and Molecular Biology, Intrinsic Capacity and Waste Management and Sanitation in the health-disease process and longevity.

Aim: To examine the association of epigenetics, immunosenescence, intrinsic capacity and the environment, and their influence in the health-disease process.

Role: Investigator – Institutional Submission

**B. Not Funded**

**402863/2016-0 (Sasaki)**

Duration: 36 months

%Effort: N/A

Agency: MCTI/CNPQ/Universal 01/2016

Total direct costs: R\$ 51,823.05

Title: Refinement of Machine Learning Algorithms for Classification of Physical Activity Type from Accelerometry Data in the Elderly

Aim: To refine machine learning algorithms to classify activity type in older adults using accelerometry data.

Role: Principal Investigator

**C. Pending Applications**

**No number (Virtuoso Júnior)**

Agency: Fundación Maffre

Total direct costs: € 48,000.00

Title: Effectiveness of an intervention with the application of a guide to home physical exercises in the prevention of mental illness in the elderly.

Aim: The purpose of this study will be to analyze the effectiveness of the application of an intervention model based on the use of a home exercise guide on the mental health of older adults (cognitive functions, depressive symptomatology and common mental disorders).

Role: Co-Investigator

## TEACHING AND ADVISING

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### **Teaching**

**2006 – 2006** - Special Topics in Physical Activity and Health, Undergraduate Program in Physical Education, Federal University of Paraná, Curitiba, PR, Brazil (3-credit class).

**2010 - 2011** – Anatomy and Physiology Lab I, Undergraduate program in Kinesiology, University of Massachusetts, Amherst, USA (2-credit class).

**2014 – 2014** - Special Topics in Physical Activity Related to Health (Invited Professor), Graduate Program in Physical Education, Federal University of Santa Catarina, Florianopolis, SC, Brazil (3-credit class).

**2014 – 2024** – Epidemiology, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (3-credit class).

**2016 – 2018** – Biomechanics, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (4-credit class).

**2016 – 2018** – Kinesiology, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (4-credit class).

**2016 – 2022** – Informatics Applied to Health, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (3-credit class).

**2018 – 2024** – Measurement and Evaluation in Kinesiology, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (4-credit class).

**2018 – 2024** – Special Topics in Kinesiology and Sports II, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (4-credit class).

**2018 – 2024** – Use of Motion Sensors for Measurement of Physical Activity and Sedentary Behavior, Graduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (3-credit class).

**2023 – 2024** – Technology Applied to Physical Education, Undergraduate Program in Physical Education, Federal University of Triangulo Mineiro, Uberaba, MG, Brazil (3-credit class).

**2025 – Current** – Physical Activity and Health, Kinesiology, University of Wisconsin-Madison, Madison, WI, USA (3-credit class).

### **Supervision of Graduate Students**

- 1) Masters program in Kinesiology (1 currently enrolled - UFTM)
- 2) Ph.D. program in Kinesiology (1 currently enrolled – UFTM)
- 3) M.S. thesis in Kinesiology (7 sucessfully defended - UFTM)

### **Supervision of Undergraduate Students**

- 1) *Scientific Initiation Scholarship* (4 students)
- 2) *Study Group in Physical Evaluation* (Over 30 students)
- 3) *B.S. Course Completion Work in Kinesiology* (13 sucessfully defended)

## SERVICE AND PROFESSIONAL DEVELOPMENT

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### **Service to University**

#### **UFTM (2015-2024)**

- 1) Deputy Director of the Institute of Health Sciences, 2022 – 2024.
- 2) Member of the Probationary Period Special Performance Evaluation Committee, 2020 – 2024.
- 3) Director of the Department for Graduate Studies Development, 2019 – 2023.

- 4) Vice-Chair of the Department of Sport Sciences, 2019 – 2020.
- 5) Member of the Collegiate of the Department of Sports Sciences, 2015 – current.
- 6) Member of the Collegiate of the Undergraduate Program in Physical Education, 2015 – 2024.
- 7) Member of the Collegiate of the Graduate Program in Physical Education, 2015 – 2024
- 8) Alternate member of the Collegiate of the Institute of Health Sciences, 2019 – 2024.
- 9) Alternate member of the Collegiate of the Institutional Teaching Council, 2023 – 2024.
- 10) Alternate member of the Collegiate of the Institutional Community Outreach Council, 2023 – 2024.
- 11) Alternate member of the Collegiate of the Institutional Superior Council, 2023 – 2024.
- 12) Member of the Management Committee for the Multi-User Laboratories, 2018 – 2024.
- 13) Alternate member of the Institutional Research and Graduate Council, 2018 – 2024.
- 14) Member of the Institutional Research and Graduate Council, 2016 - 2017.
- 15) Member of the Academic, scientific and cultural activities committee, 2016 – 2016.

#### **Conference co-organizer/committee**

- 1) International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM), Amherst, June 17-19, 2013.
- 2) Congresso Mineiro de Atividade Física & Saúde (CMAFS), Uberaba, December 01-03, 2016.

#### **Editorial Board**

- 1) Editor-in-chief, *Brazilian Journal of Physical Activity & Health*, 2019 – 2024.
- 2) Associate Editor, *Journal for the Measurement of Physical Behavior*, 2022 – 2024.
- 3) Associate Editor, *Brazilian Journal of Physical Activity & Health*, 2017-2019.
- 4) Associate Editor, *Archives of Sport Sciences*, 2016 - current.
- 5) Guest Editor, *International Journal of Environmental and Public Health Research*, 2022 – 2022.

#### **Journal Reviewer**

1) *Journal of Physical Activity and Health*; 2) *The Open Sports Sciences Journal*; 3) *Research Quarterly for Exercise and Sport*; 4) *British Journal of Sports Medicine*; 5) *Journal of Sports Sciences*; 6) *Brazilian Journal of Kineanthropometry and Human Performance*; 7) *Medicine and Science in Sports and Exercise*; 8) *American Journal of Preventive Medicine*; 9) *International Journal of Distributed Sensor Networks*; 10) *Brazilian Journal of Physical Therapy*; 11) *European Journal of Applied Physiology*; 12) *Sports Medicine International Open*; 13) *IEEE Journal of Biomedical and Health Informatics*; 14) *Gait and Posture*; 15) *Journal for the Measurement of Physical Behaviour*; 16) *Journal of Alternative and Complementary Medicine*; 17) *Contemporary Clinical Trials*; 18) *BMC Medical Informatics and Decision Making*; 19) *European Review of Aging and Physical Activity*; 20) *Multiple Sclerosis Journal*; 21) *Applied Physiology; Nutrition and Metabolism*; 22) *Journal of Medical Internet Research*.

#### **Professional Development**

- 1) American College of Sports Medicine (ACSM), Member.
- 2) Brazilian Society of Physical Activity and Health, Member.
- 3) Consortium of Multiple Sclerosis Centers, Member.