

SHORT CV

1. IDENTIFICATION

BEATRIZ BRANQUINHO GOMES

Personal information

Date of birth: 31/12/1979

Gender: Female

Nationality: Portuguese



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Faculty of Sport Sciences and Physical Education
University of Coimbra

Investigation Unit: The Research Unit for Sport and Physical Activity (CIDAF)

2. EDUCATION

	Degree	Classification
2010 - 2016	PhD in Sport Sciences Faculty of Sports, University of Porto, Portugal Thesis title Biomechanical determinants of kayak paddling performance in single-seat and crew boats	Unanimity with distinction
2010 - 2013	PhD Grant Doctoral Thesis supported by the Portuguese Science and Technology Foundation (FCT) grant SFRH/BD/69823/2010	
2006 - 2008	Master in Biokinetics Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal	Very good

Dissertation submitted for the degree of Master entitled Physiological and kinematics changes associated with the use of a swivel-seat instead of a fixed-seat in kayak ergometer, in elite kayakers

1997 - 2002 **Graduation in Sports Sciences and Physical Education (pre Bologna process)** 17
Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal
Dissertation held under the Exercise Physiology subject, named Physiological predictors of performance in elite women paddlers, with a final score of 20/20.

3. TEACHING IN HIGHER EDUCATION

2016/- **Assistant Professor**
Current Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal
Teaches at i) Undergraduated course of Sports Sciences; ii) Master in Biokinetics; iii) Master in Sports Training for Youth Sports; iv) Master in Exercise Science for Special Populations; v) PhD in Sports Sciences

2008 - 2016 **Assistant**
Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal

2005 - 2008 **Trainee Assistant**
Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal

2002 - 2004 **Trainee Assistant**
Instituto Superior Dom Afonso III, Portugal

4. POSITIONS/ APPOINTMENTS

2017 – **Member of the Executive Committee**
Current Olympic Committee of Portugal

2019 - **Organic Unit – Deputy Director – Scientific Area**
Current Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal

2017 – **Member of the Scientific Council**
Current Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal

2019 – Current	Member of the Faculty Assembly Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal
2019 - Current	Faculty representative on the Quality Council of the University of Coimbra University of Coimbra, Portugal
2017 - 2019	Organic Unit – Deputy Diretor – Pedagogical Area Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal
2017 - 2019	Member of the Pedagogical Council Faculty of Sports Sciences and Physical Education, University of Coimbra, Portugal

5. PROJECTS

Grant	PhD Grant Doctoral Thesis supported by the Portuguese Science and Technology Foundation (FCT) grant SFRH/BD/69823/2010
Contract	Digital transformation to shape I&E for future wellness (SHAPE I&E) Funders: European Union 2019 – 2021
Others	Elaboración y desarrollo de clasificaciones adicionales a los resultados de competición basadas en criterios de maduración biológica en piragüistas adolescentes de aguas tranquilas Funders: Spanish Canoe Federation 2019
Others	Portuguese Network of Healthy, Smart and Friendly Environments Team Ana Teixeira, Beatriz Gomes, Liliana Moreira, Luís Rama e Maria João Campos
Others	Participation in the research team leading to the work of the Anna Boldina PhD Project entitled “Playfull urbanism: encouraging health through fitness” Cambridge University. Responsible Researcher: Koen Steemers

6. OUTPUTS/ PUBLICATIONS

Journal article	Cardoso R, Fonseca P, Goethel M, Abraldes JA, Gomes BB, Vilas-Boas JP, Fernandes RJ (2024). Effect of Randall foils on the rowing propulsive cycle. Sports Biomechanics, 1–10.
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- Journal article Fernandes R, Gomes B, & Alacid F (2022). Relative Age and Constituent Year Effects in Young Iberian Kayakers. *Applied Sciences*, 13(1), 560
- Journal article Laia F, Gameiro Silva M, Gomes B, Santos A, Silva N, & Pinheiro J (2022). The effectiveness of a cooling vest in post-exercise recovery in sprint kayaking elite male athletes. *Journal of Men's Health*, 18(8): 169
- Journal article Bonito, P, Sousa, M, Ferreira, FJ, Justo, JF, & Gomes, BB (2022). Magnitude and Shape of the Forces Applied on the Foot Rest and Paddle by Elite Kayakers. *Sensors*, 22(4), 1612.
- Journal article Fernandes R, Alacid F, Gomes A, & Gomes B (2021). Validation of a global positioning system with accelerometer for canoe/kayak sprint kinematic analysis. *Sports Biomechanics*, 1-12.
- Journal article França C, Gomes B, Gouveia E, Ihle A, & Coelho-e-Silva MJ (2021). The Jump Shot Performance in Youth Basketball: A Systematic Review. *International Journal of Environmental Research and Public Health*, 18(6), 3283.
- Journal article Fernandes R, López-Plaza D, Correias-Gómez L, Gomes B and Alacid F (2021). The Importance of Biological Maturation and Years of Practice in Kayaking Performance. *Int J Environ Res Public Health*;18(16):8322 [doi: 10.3390/ijerph18168322].
- Journal article Boldina A, Gomes BB & Steemers K (2021). Active urbanism: The potential effect of urban design on bone health. *Cities & Health*. <https://doi.org/10.1080/23748834.2021.1921512>
- Journal article França C, Gomes BB, Gouveia ER, Ihle A & Coelho-e-Silva MJ (2021). The jump shot performance in youth basketball: A systematic review. *Int J Environ Res Public Health* 18(6):3283. [<https://doi.org/10.3390/ijerph18063283>]
- Journal article Gomes BB, Ramos NV, Conceição F, Sanders R, Vaz M & Vilas-Boas JP (2020). Paddling time parameters and paddling efficiency with the increase in stroke rate in kayaking". *Sports Biomech.*: <https://doi.org/10.1080/14763141.2020.1789204>.
- Journal article Letieri R, Furtado G, Barros P, de Farias M, Antunez B, Gomes B & Teixeira AM (2019). Effect of 16-Week Blood Flow Restriction Exercise on Functional Fitness in Sarcopenic Women: A Randomized Controlled Trial. *Int. J. Morphol*, 37(1):59-64 [Thomson ISI Journal Citation Reports 2018: IF=0.369]
- Journal article Letieri RV, Teixeira AM, Furtado GE, Lamboglia CG, Rees JL & Gomes BB (2018). Effect of 16-weeks of resistance exercise and detraining comparing two methods of blood flow restriction in muscle strength of healthy older women: A randomized controlled trial. *Exp Gerontol*. 114:78-86. [doi: 10.1016/j.exger.2018.10.017. Epub 2018 Nov 1. PMID: 30391274.]
- Journal article Gomes BB, Machado L, Ramos NV, Conceição FAV, Sanders RH, Vaz MAP, Vilas-Boas JP, Pendergast DR (2018). Effect of wetted surface area on friction, pressure, wave and total drag of a kayak. *Sports Biomech*. [Thomson ISI Journal Citation Reports 2017: IF=1.141] [doi: 10.1080/14763141.2017.1357748]

- Journal article Laia F, Gomes B, Santos A, Pinheiro J. (2018). The effectiveness of cold in the recovery post-exercise in kayak Sprint. *The Journal of the International Society of Physical and Rehabilitation Medicine*, V1, S1, S89. [doi: 10.4103/2349-7904.236307]
- Journal article Borges G, Rama L, Moreira Carvalho H, Gaspar J, Santos A, Massart A, Gomes B, Guerra Minuzzi L, Paiva A, Teixeira AM (2018). Variation in plasma cytokine concentration during a training season in elite kayakers. *J Sports Med Phys Fitness*, 58(10):1519-1524 [Thomson ISI Journal Citation Reports 2017: IF=1.120] [doi: 10.23736/S0022-4707.17.07202-4]
- Journal article Dias C, Quaresma A, Gomes B, Ferreira JP (2017). Avaliação do equilíbrio estático e dinâmico numa população adulta com deficiência intelectual Desporto e Atividade Física para Todos – *Revista Científica da FPDD* Vol. 3 Nº 1, 43-54. ISSN 2183-9603
- Journal article Vilas-Boas, J.P.; Lauer, J.; Ribeiro, J.; Gomes, B.; Morouço, P.; Marinho, D.; Soares, S.; Fernandes, R. (2016). Hydrodynamic forces: consequences for the understanding of aquatic sport's training, evaluation and product development. *Sport Sciences for Health*, 12 (Supp 1): S2. [https://doi.org/10.1007/s11332-016-0305-x]
- Journal article Gomes BB, Filipe A.V. Conceição, David R. Pendergast, Ross H. Sanders, Mário A.P. Vaz & João Paulo Vilas-Boas (2015) *Is passive drag dependent on the interaction of kayak design and paddler weight in flat-water kayaking?*, *Sports Biomech*, 14:4, 394-403, [Thomson ISI Journal Citation Reports 2015: IF=1.209] [doi: 10.1080/14763141.2015.1090475]
- Journal article Gomes BB, Ramos NV, Conceição FV, Sanders RH, Vaz MP & Vilas-Boas J (2015). Paddling Force Profiles at Different Stroke Rates in Elite Sprint Kayaking, *Journal of Applied Biomechanics*, 31(4), 258-263. [Thomson ISI Journal Citation Reports 2015: IF=1.010] [doi: 10.1123/jab.2014-0114]
- Journal article Gomes BB, Mourão L, Massart A, Figueiredo P, Vilas-Boas JP, Santos AMC, Fernandes R (2012). Gross efficiency and energy expenditure in kayak ergometer exercise. *International Journal of Sports Medicine*, 33(8):654-60 [Thomson ISI Journal Citation Reports 2012: IF=2.268]
- Journal article Gomes B, Viriato N, Sanders R, Conceição F, Vilas-Boas JP, Vaz M. Analysis of the on-water paddling force profile of an elite kayaker In: Vilas-Boas JP, Machado L, Wangdo K, Veloso AP (eds.), *Biomechanics in Sports 29*, Portuguese Journal of Sport Sciences, 11 (Suppl. 2): 255-258, 2011.
- Journal article Gomes B, Viriato N, Sanders R, Conceição F, Vaz M, Vilas-Boas JP. Analysis of single and team kayak acceleration In: Vilas-Boas JP, Machado L, Wangdo K, Veloso AP (eds.), *Biomechanics in Sports 29*, Portuguese Journal of Sport Sciences, 11 (Suppl. 2): 259-262, 2011.

7. SCIENTIFIC ACTIVITIES

Supervision of three PhD thesis and nineteen Master dissertations, all concluded.

Jury in Academic Degree: seventeen PhD thesis and thirty two Master dissertations.

Reviewer in fourteen scientific journals Thompson Reuters, within the area of Sports Sciences.

Member of the Scientific organization of seven Meetings/Symposiums/Conferences.

8. Canoeing coaches' levels and courses

- Canoe-Kayak Sprint Intensive Coaching Course Level 3 (2021) – Expert Coach promoted by the Hungarian University of Sport Sciences and the ICF – International Canoe Federation. 80hours e-learning. Classification – approved 98%.
- Level II Canoeing Coach by the Portuguese Canoe Federation – IPDJ 2013
- Level I Canoeing Coach by the Portuguese Canoe Federation – IPDJ 2000

9. SPORTS BACKGROUND

- Forty-four times Portuguese National champion in different canoeing disciplines (sprint, marathon and 5 km race).
- Twenty-three medals in International competitions, including World marathon champion in 2009.
- Participated in the 2012 London Olympics, where she achieved two Olympic diplomas, and in Beijing Olympic 2008.
- Athlete of the Portuguese Olympic Project: Rio 2016, London 2012 and Beijing 2008.
- Athlete registered as a high level athlete, in the Portuguese Sports Institute, since 1995. - Canoeing athlete since 1989, joining the National canoeing team since 1994.
- Swimming and basketball athlete basketball between 1989 and 1993.

9.1 Best International canoeing results

2016

- Flatwater World Cup II: 3rd in K4 200m, 5th in K4 500m, 5th in K2 200m.
- Flatwater World Cup I: 1st in K2 200m.

2015

- World Flatwater Championships: 15th in K2 500m; 17th in K4 500m. - European Games Baku: 6th in K2 500m; 11th in K4 500m.
- Flatwater World Cup I: 1st in K4 200m; 3rd in K4 500m; 6th in K2 500m.

2014

- World Flatwater Championships: 12th in K4 500m.
- European Flatwater Championships: 9th in K4 500m; 8th in K2 200m.

2012

- Olympic Games London: 6th in K4 500m; 6th in K2 500m.
- European Flatwater Championships: 3rd in K2 200m; 5th in K4 500m. - Flatwater World Cup I: 3rd in K4 500m; 10th in K2 500m.

2011

- World Flatwater Championships: 7th in K4 500m; 10th in K2 500m; 7th in K1 5000m;
- European Flatwater Championships: 4th in K4 500m; 7th in K2 200m;
- Flatwater World Cup II: 3rd in K4 500m; 11th in K2 500m.
- Flatwater World Cup I: 2nd in K4 500m; 5th in K2 500m.

2010

- World Flatwater Championships: 4th in K1 Relay 200m; 5th in K2 200m; 6th in K4 500m.
- European Flatwater Championships: 5th in K2 200m; 6th in K4 500m; 7th in K1 5000m; 8th in K2 200m.
- Flatwater World Cup II: 1st in K2 200m; 3rd in K4 500m.
- Flatwater World Cup I: 3rd in K4 500m.

2009

- World Marathon Championships: 1st in K1; 3rd in K2.
- World Flatwater Championships: 3rd in K4 200m; 6th in K4 500m; 11th in K2 500m.
- European Flatwater Championships: 4th in K4 200m; 6th in K4 500m; 8th in K2 200m.
- Flatwater World Cup II: 4th in K4 500m; 9th in K2 1000m; 11th in K2 500m.

2008

- Beijing Olympic Games: 11th in K2 500m.
- European Flatwater Championships: 5th in K4 500m.
- Flatwater World Cup III: 1st in K2 200m; 3rd in K4 500m; 6th in K2 500m.
- Flatwater World Cup I: 4th in K4 500m; 2nd in K4 1000m.

2007

- World Flatwater Championships: 4th in K4 200m; 8th in K4 500m.

- European Flatwater Championships: 4th in K4 200m; 5th in K4 1000m; 6th in K4 500m.
- Flatwater World Cup II: 3rd in K4 200m.
- Flatwater World Cup I: 3rd in K4 200m.

2006

- World Marathon Championships: 3rd in K1.

2005

- European Marathon Championships: 3rd in K1.

2004

- World Marathon Championships: 2nd in K1; Position in the Marathon World Ranking: 2nd.

2003

- World Marathon Championships: 5th in K1.

2002

- World Marathon Championships: 4th in K1.

2001

- World Marathon Championships: 7th in K1.

9.2 Best National canoeing results

- National K1 5000m champion from 1991 to 2006 and 2009 to 2010.
- National Marathon champion from 1996 to 1998, 2000 to 2002 and 2004 to 2006.
- National Sprint champion in 1992 and 1993, from 1995 to 2001, 2003 (1000m), 2005 (500 and 1000m), 2007 (500m) and 2009 (200m).

10. OTHER RELEVANT ACTIVITIES IN CANOEING

- Organizer of seven editions of the Canoeing Coaches Forum - Portugal, from 2017 to 2023.
- President of the General Assembly of the Canoeing Coaches Portuguese Association, since 2022.
- Member representing High Performance Athletes at the General Assembly of the Portuguese Canoeing Federation, since 2016.