

# Caio Sousa

**Assistant Professor of Health and Human Sciences at Loyola Marymount University**

Los Angeles, CA, US

Seaver College of Science and Engineering

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## Biography

Contact: Phone: (310) 258-4684 Email: CaioVictor.de.SousaSilva@lmu.edu Office: FEA 185 Assistant Professor of Health and Human Sciences, Eduardo Fontes joined the LMU community in 2022. He has established an academic and professional trajectory within the field of exercise physiology and sports science. His passion for sports led him to earn a B.S. in Physical Education from the University Center of Brasilia, Brazil. Subsequently, he completed his M.S. and Ph.D. degrees in Physical Education/Exercise Science at the Catholic University of Brasilia, Brazil. There, he conducted research on metabolic responses to resistance exercise on people with type 2 diabetes. Then, another major project investigating the biological markers of aging in master athletes and non-athletic populations. During a year-long research experience at the Miller School of Medicine, University of Miami, Florida, he studied the role of a community-based exercise program on depression scores in people living with HIV. Next, Dr. Sousa joined the Health Technology Lab at Northeastern University, Boston, as Post-doctorate Research Associate. There, he applied his exercise science expertise investigating the effect of active video games and virtual reality software on physical activity and other health-related parameters. In addition, Dr. Sousa also has an extensive research contribution to the field of endurance sports, exploring publicly available data to investigate performance trends and impact of demographics on marathons, triathlons, open-water swimming, and other endurance events. As an instructor of record for Maua Institute of Research and Education (Brazil), Northeastern University, and Loyola Marymount University, he actively engaged with students through different exercise and health sciences courses and mentored many students. During this time, he has taught many different courses through the field of Health and Human Sciences, including Anatomy and Physiology, Exercise Physiology, Research Methods, Athletic Training, Physiology of Aging, and others. Most recently, he is interested in investigating the effect of discrimination and socio-economical parameters on autonomic and cardiovascular reactivity to stress. Throughout his career, he has published more than 100 peer-reviewed publications and accumulated over 1,600 citations.

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## Areas of Expertise

Exercise Sciences, Aerobic Exercise, Aging and Chronic Disease, Exercise Physiology, Endurance Sports, Exercise and Aging

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## Education

**Catholic University of Brasilia**

Masters Physical Education / Exercise Physiology

**Catholic University of Brasilia**  
Doctorate Physical Education / Exercise Physiology

**University of Miami**  
Doctorate Psychiatry and Behavioral Medicine

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