



NÚCLEO DE ALTO
RENDIMENTO
ESPORTIVO
DE SÃO PAULO

2022



Destaques de 2022

Atendimento Equipes Nacionais

- Base das seleções nacionais de Rugby , Atletismo, Boxe e taekwondo;
- Mais de 1000 avaliações realizadas em atletas de dezenas seleções nacionais, olímpicas e paralímpicas;
- Preparação específica visando Paris 2024.



Destaques de 2022

Projetos Incentivados

- Primeiros campeões brasileiros – jovens dos projetos de atletismo
- Primeiros campeões internacionais – Projeto TKD
- Atletas dos projetos conseguem bolsas internacionais de estudo.



Projetos incentivados NAR - 2022

Avaliação Física e Treinamento em Atletas de Alto Rendimento – Ano 3 (IR)



Avaliação Física e Treinamento em Atletas de Base – Ano 4 (ICMS)



Escola de Atletismo de Jovens Talentos – Ano 2 (IR)



Escola de Taekwondo de Alto Rendimento – Ano 2 (IR)



Destques de 2022

Congresso Internacional

- Parceria com a *Strength & Conditioning Society* e com novos patrocinadores;
- 16 palestrantes e 250 participantes de todo país;
- Recorde de trabalhos científicos submetidos entre todas as edições do congresso;
- Prêmios para os melhores trabalhos científicos e para os treinadores de maior destaque (estímulo acadêmico e profissional).



Destques de 2022

Produção científica, mérito acadêmico, e formação.

- 19 trabalhos científicos publicados, 5121 citações em revistas científicas, 303.463 downloads; primeiro *book* de trabalhos científicos publicado na revista científica suíça *Sports*;
- Equipe Técnica do NAR na lista de maiores pesquisadores do mundo publicada pela Universidade de Stanford na grande área de ciências biológicas (sub-área *sport science*; 7 pesquisadores brasileiros entre 576 no mundo todo);
- Diretor Técnico do NAR no *Editorial Board* de duas revistas científicas "top-5" na área de *sport science* (único brasileiro; *International Journal of Sports Physiology and Performance* e *Biology of Sport*).
- 45 alunos de pós graduação, 1 doutor, 2 mestres formados.



Irineu Loturco [Edit](#)

PhD - Managing Director at Nucleus of High Performance in Sport - NAR, São Paulo, Brazil
Brazil | [Website](#)

Research Interest Score 8,366
Citations 5,121
h-index 42
Citations over time

Current activity



September 2022 data-update for "Updated science-wide author databases of standardized citation indicators"

Published: 10 October 2022 | Version 4 | DOI: 10.17632/btchxktyzw.4

Institutions

Stanford University

Silva, Diego Augusto Santos	Universidade Federal de Santa Catarina	bra	Sport Sciences
Franchini, Emerson	Universidade de São Paulo	bra	Sport Sciences
Chiviakowsky, Suzete	Universidade Federal de Pelotas	bra	Sport Sciences
Cadore, Eduardo L.	Universidade Federal do Rio Grande do Sul	bra	Sport Sciences
Gualano, Bruno	Universidade de São Paulo	bra	Sport Sciences
Loturco, Irineu	Universidade Federal de São Paulo	bra	Sport Sciences
Cadegiani, Flavio Adsuara	Corpometria Institute	bra	Sport Sciences

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Area of interest: Athletic performance

Biology of Sport A QUARTERLY JOURNAL OF SPORT AND EXERCISE SCIENCES

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Nucleus of High Performance in Sport, Brazil
Area of interest: Athletic performance

PRODUÇÃO CIENTÍFICA CONSOLIDADA



>170 Estudos científicos publicados

**Parcerias internacionais com
Universidades Brasileiras, Norte-
Americanas e Europeias**

**Centro esportivo que mais publica
estudos com atletas de alto
rendimento no mundo**

Artigos Científicos

STRENGTH AND CONDITIONING PRACTICES OF BRAZILIAN OLYMPIC SPRINT AND JUMP COACHES [Veja +](#)

Loturco, I., Haugen, T., Freitas, T. T., Bishop, C., Moura, T. B. M. A., Mercer, V. P., Alcaraz, P. E., Pereira, L. A., Weldon, A.
Journal of Human Kinetics, 86: 175-194, 2023.

VARIATIONS IN POWER PERFORMANCE AND PERCEPTUAL RESPONSES TO TRAINING IN OLYMPIC BOXERS OVER A SEVEN-MONTH TRAINING PERIOD. [Veja +](#)

Pereira, L. A., Romano, F., Alves, M., Mercer, V. P., Bishop, C., Franchini, E., Loturco, I.
International Journal of Sports Physiology and Performance, in press, 2022.

EFFECTS OF A SHORT-TERM DETRAINING PERIOD ON THE STRENGTH DEFICIT AND FUNCTIONAL PERFORMANCE OF HIGHLY TRAINED SOCCER PLAYERS. [Veja +](#)

Loturco, I., Grazioli, R., Veeck, F., Nakamura, F. Y., Inácio, M., Schons, P., Preissler, A., Pinto, R. S., Pereira, L. A., McGuigan, M. R., Cadore, E. L.
Journal of Strength and Conditioning Research, in press, 2022.

INTERRELATIONSHIPS BETWEEN MULTIPLE SPEED TESTS IN YOUTH SOCCER: ARE PLAYERS EQUALLY EFFICIENT AT PERFORMING DIFFERENT SPRINT AND COD TASKS? [Veja +](#)

Freitas, T. T., Pereira, L. A., Alcaraz, P. E., Cadore, E. L., Grazioli, R., Azevedo, P. H. S. M., Jeffreys, I., Loturco, I.
Journal of Strength and Conditioning Research, in press, 2022.

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Irineu Loturco

Director of Sport Science and Research Leader at Nucleus of High Performance in Sport - NAR

E-mail confirmado em narsp.com.br - [Página inicial](#)

Sport Science

4500 citações em artigos científicos nos últimos 3 anos



Trabalhos acessados por pesquisadores de diferentes partes do mundo



ResearchGate



Irineu Loturco

Nucleus of High Performance in Sport - NAR, São Paulo, Brazil

Profile

Research (257)

Stats

8,873

Research Interest Score

323,178

Reads ⓘ

Compared to all ResearchGate members

Irineu's Research Interest Score is higher than 99% of ResearchGate members.

Pesquisadores do NAR como destaques mundiais



Expertise in Team Sports: Worldwide

HELP

Based on 825 eligible articles published since 2013

In each column, black bars show the relative amount of expertise for each place or person. Longer is better. For example, [Ben Jones](#) equates to the top-rated expert in [Team Sports](#) in the world during the years 2013-2023.

Country

Includes continents

- Worldwide
- Europe
- United Kingdom
- Australia
- Spain
- USA
- Portugal
- Latin America
- Unspecified
- Africa
- Asia
- Canada
- Brazil

Region

Includes US states, etc.

- England
- US Eastern Zone
- West Yorkshire
- US Central Zone
- Somerset
- New England
- Tyne and Wear
- US Pacific Zone
- Wales
- New York
- Maine
- Alberta
- Michigan

City

Includes metro areas

- Melbourne
- Sydney
- London, EN
- Leeds
- Madrid
- Cape Town
- Miscellaneous cities in United Kingdom
- Brisbane
- Bath
- Miscellaneous cities in Portugal
- Vila Real

Institution

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- University of Bath
- University of Cape Town
- Universidade de Tras-os-Montes e Alto Douro
- Universidade do Porto
- Victoria University
- Rugby Football Union London
- Miscellaneous institutions in London, EN [C](#)
- University of the Basque Country [C](#)
- Australian Catholic University [C](#)
- University of Southern Denmark

Expert

Add your [Consult me](#) button • Details

- Jones, Ben
- Clemente, Filipe M
- Krustrup, Peter
- Ramirez-Campillo, Rodrigo
- Stokes, Keith
- Loturco, Irineu
- Gabbett, Tim
- Pereira, Lucas
- Woods, C
- Duthie, Grant
- Conte, D
- Scott, Tannath J
- Freitas, Tomás T

Pesquisadores do NAR como destaques mundiais



HELP

Expertise in Track and Field: Worldwide

Based on [529](#) eligible articles published since 2013

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Country

Includes continents



Region

Includes US states, etc.



City

Includes metro areas



Institution

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Expertise in Sports: @ Wales

Based on [1,143 eligible articles](#) published [since 2013](#)

HELP



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Country

Includes continents

- Worldwide
- Europe
- United Kingdom

Region

Includes US states, etc.

- Wales

City

Includes metro areas

- Cardiff
- Swansea
- Miscellaneous cities in Wales
- Bangor, UK
- Aberystwyth
- Merthyr Tydfil

Institution

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- Miscellaneous institutions in Cardiff
- Swansea University
- Cardiff University
- Bangor University
- University of Wales College of Medicine
- University Hospital of Wales
- Aberystwyth University
- Singleton Hospital
- Cwm Taf Morgannwg University Health Board
- Public Health Wales
- Miscellaneous institutions in Swansea
- Morrison Hospital
- University of Wales Swansea

Expert

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- Loturco, I
- Kilduff, L P
- Cook, C J
- Lloyd, Rhodri
- Oliver, Jon L
- Gill, N D
- De Ste Croix, M
- Waldron, M
- Russell, Mark
- Read, P J
- Turner, Anthony
- Tod, D
- Shave, R

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Expertise in Team Sports: @ Brazil

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Pesquisadores do NAR como destaques mundiais



Expertise in Track and Field: @ Brazil

Based on [21 eligible articles](#) published since 2013

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Country

Includes continents

- Worldwide
- Latin America
- Brazil

Region

Includes US states, etc.

City

Includes metro areas

- Sao Paulo
- Miscellaneous cities in Brazil
- Londrina
- Lavras
- Belo Horizonte
- Brasilia
- Campinas
- Curitiba
- Sao Luis
- Pelotas
- Goiania
- Recife
- Sao Cristovao
- Natal

Institution

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- University of Sao Paulo
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- Universidade Federal de Sao Paulo
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- Universidade Estadual de Campinas
- Universidade Estadual Paulista
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- Universidade Federal do Parana
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- Universidade Catolica de Brasilia
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- Universidade Estadual de Minas Gerais
- Universidade Federal de Goias
- Universidade Federal de Pernambuco
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Expert

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- Loturco, I
- Pereira, Lucas
- Freitas, Tomás T
- Kobal, R
- Winckler, Ciro
- Boullosa, Daniel
- Fernandes, Victor
- Gil, S
- Cal Abad, Cesar C
- Kitamura, Katia
- Siqueira, Felipe
- Abad, C C C
- Moura, Neilton
- Manoel, Francisco de A
- Agostinete, Ricardo Ribeiro
- Magno E Silva, Marilia Passos
- Fernandes, Romulo Araújo
- Peserico, Cecilia S
- Reis, Valter P
- Machado, Fabiana A
- Narciso, Pedro Henrique

Pesquisadores do NAR como destaques mundiais



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Expertise in Team Sports: @ Spain

Based on [187 eligible articles published since 2013](#)

In each column, black bars show the relative amount of expertise for each place or person. Longer is better. For example, [Tomás T Freitas](#) equates to the top-rated expert in [Team Sports](#) in Spain during the years 2013-2023.

Country

Includes continents

- Worldwide
- Europe
- Spain

Region

Includes US states, etc.

City

Includes metro areas

- Madrid
- Murcia
- Bilbao
- Valencia
- Miscellaneous cities in Spain
- Vitoria-Gasteiz
- Badajoz
- Barcelona
- Granada
- Almeria
- Alicante
- Vigo
- Toledo, ES
- Burgos
- Zaragoza
- Las Palmas de Gran Canaria
- Huelva
- Valladolid

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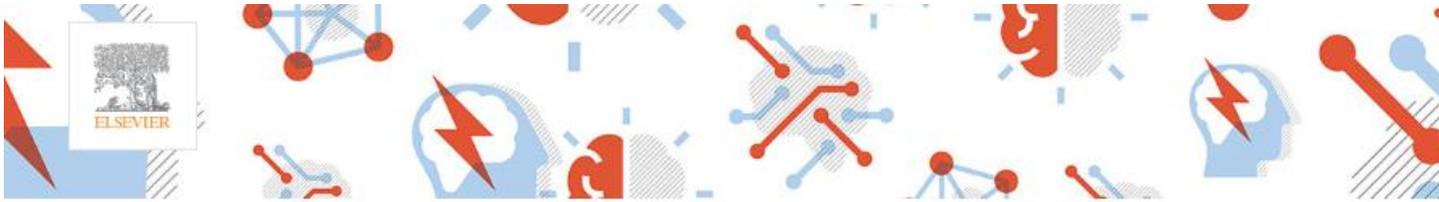
- University of the Basque Country
- Miscellaneous institutions in Murcia C
- Universidad Europea de Madrid
- Universidad Politecnica de Madrid
- Universitat Politecnica de Valencia
- Universidad Catolica San Antonio de Murcia
- Miscellaneous institutions in Madrid C
- Universidad de Extremadura
- Universidad de Almeria
- Miscellaneous institutions in Barcelona C
- Universidad de Granada
- Miscellaneous institutions in Vigo C
- Universitat de Valencia
- Miscellaneous institutions in Toledo, ES C
- Miscellaneous institutions in Burgos C
- Miscellaneous institutions in Zaragoza C
- Miscellaneous institutions in Las Palmas de Gran Canaria C
- University of Huelva

Expert

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- Freitas, Tomás T
- Pino-Ortega, Jose
- Nakamura, Fabio Y
- Calleja-González, Julio
- Sanchez-Sanchez, Javier
- Rico-González, Markel
- García-de-Alcaraz, Antonio
- Castillo, Daniel
- Gomez-Carmona, Carlos
- Raya-González, Javier
- Del Coso, J
- Gómez, M
- Yanci, Javier
- Felipe, Jose Luis
- Oliva-Lozano, José M
- Alcaraz, Pedro E
- Ibáñez, Sergio J
- Moreno-Pérez, Víctor

Destaque Internacional



Elsevier Data Repository

September 2022 data-update for "Updated science-wide author databases of standardized citation indicators"

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Contributor: John P.A. Ioannidis

Diretor técnico do NAR - um dos 7 brasileiros na lista dos 150 **pesquisadores mais influentes do mundo na área de Ciências Biológicas/Sport Science (c-score, Stanford University).**

Silva, Diego Augusto Santos	Universidade Federal de Santa Catarina	bra	Sport Sciences
Franchini, Emerson	Universidade de São Paulo	bra	Sport Sciences
Chiviakowsky, Suzete	Universidade Federal de Pelotas	bra	Sport Sciences
Cadore, Eduardo L.	Universidade Federal do Rio Grande do Sul	bra	Sport Sciences
Gualano, Bruno	Universidade de São Paulo	bra	Sport Sciences
Loturco, Irineu	Universidade Federal de São Paulo	bra	Sport Sciences
Cadegiani, Flavio Adsuara	Corpometria Institute	bra	Sport Sciences



Biology of Sport

A QUARTERLY JOURNAL
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Diretor técnico do NAR - único brasileiro como editor associado de duas das revistas científicas mais importantes na área de *Sport Science*

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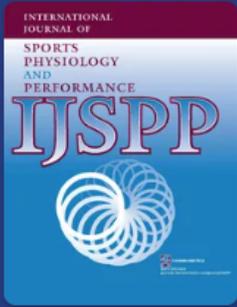
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Area of interest: Exercise biochemistry



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Primeira conferência anual fora do hemisfério norte - > 200 participantes e > 60 trabalhos científicos apresentados (recorde em relação as edições anteriores)



Estágio de doutorado internacional



Middlesex
University
London

Parceria em estudos científicos
Coorientação de estudantes



Estágio internacional de pesquisa
Estágio de doutorado internacional

CARROLL
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Parceria em estudos científicos
Coorientação de estudantes

University
of South
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Orientação de estudantes

instituto
península



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