

YANESKO FERNANDES BELLA

PHYSICAL EDUCATOR - CREF126702G/SP

PHYSIOTHERAPIST - CREFITO3/305206-F

NUTRITIONIST - CRN3/63821

PHYSICIAN - CRM/SP 253.130



+55 11 96060-7269



yanesko@hotmail.com



www.dryanesko.com

ABOUT ME

Full Degree in Physical Education from Mackenzie Presbyterian University, in 2014, Nutritionist from United Metropolitan University - FMU, in 2018, Physiotherapist from Santo Amaro University - UNISA, in 2018, and Medicine from University of Américas, in 2023.

I have a Master's Degree in Sciences of Human Movement and Rehabilitation from Federal University of São Paulo - UNIFESP, Specialization in Sports Nutrition from the Faculty of Medicine Santa Casa de São Paulo. I also have several courses and specializations in health and performance. I have participated in international congresses presenting scientific papers. and also have published articles in indexed international journals.

DEGREES



MEDICINE

University Of Americas - FAM 2023

PHYSIOTHERAPY

Santo Amaro University - UNISA 2018

NUTRITION

United Metropolitan University - FMU 2018

PHYSICAL EDUCATION

Mackenzie Presbyterian University - 2014

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COMPLEMENTARY TRAINING

- Master's Degree in Sciences of Human Movement and Rehabilitation - Federal University of São Paulo.
- Specialization in Sports Nutrition - School of Medicine of Santa Casa de São Paulo .
- Master Certification in Sports Physical Therapy - Sports Doctor Canadian
- Specialization in Sports and Exercise Medicine - University of São Caetano do Sul.
- Specialization in Phytotherapy - School of Medicine Santa Casa de São Paulo
- Specialization in Sports Nutrology - ABRAN/BWS
- International Certification - Diploma in Football Medicine - FIFA.
- International Certification - Functional Movement Screenms - FMS.
- ADEL - WADA for Medical Professionals at Major Games.
- International Society for the Advancement of Kinanthropometry (ISAK) - Professional Anthropometrist level 1.
- International Certification in Personal Training - World Top Trainers Certification - WTTC
- International Certification - Sports Myofascial Release - Skola Sverige Bergqvist Massage & Träning
- Advanced Bowel Modulation Certification
- Course Of English Football Association - Sudden Cardiac Arrest
- Course Of English Football Association - Concussion Guidelines
- Sports First Aid Course - American Heart Association
- Football| Socer Medicine Advanced Course - Diploma issued by a FIFA, ISAKOS, ESSKA and ICRS accredited centre
- Diploma in Medicine in Team Sports - F.C Barcelona

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PROFESSIONAL EXPERIENCE

- Co-founder of the Department of Performance and Sports Sciences of the football team FCSKA BRASIL (Mar/21 -Fev/24)
- SAF SÃO JOSÉ E.C - Structuring of the High Performance Department - Professional (Oct/22 - Mar/23)
- JUVENTUS ATHLETIC CLUB - Structuring of the High Performance Department - Youth development (Mar/23 - Jan/23)
- OESTE F.C Football Club - Responsible Doctor (Fev/24- Now)
- Scientific consultant in product development matters at the dietary supplement company Black Skull - USA (Oct/13 - Now)
- Sports Performance Consultant for professional and amateur athletes

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SKILLS

Development of methodologies and protocols based on the areas of Training, Nutrition, Physiotherapy, Medicine and Sports Sciences applied in Football:

- Training Periodization – Physical assessment protocols based on studies of the teams: Real Madrid, Barcelona and Paris Sain-Germain
- Nutritional Periodization – RED-S screening and prevention tool
- Application of the FIFA competitive pre-sport medical clearance protocol
- Sports physiotherapy protocols
- Innovative and pioneering protocol for intervals from the first to the second half (Half-time protocol)
- Development methodology for young talents – Elite Player Performance Plan (EPPP) – Premier League Protocol
- Advanced protocol on biomarkers in football
- Ultrasound-guided viscosupplementation
- Protocols and tools for Sports Dentistry and Sleep
- Languages: Portuguese (Native), Spanish (intermediate), English (intermediate)

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ARTICLES PUBLISHED IN INDEXED JOURNALS

2024

- Pires DA, Brandão-Rangel MAR, Silva-Reis A, Olímpio FRS, Aimbare F, Oliveira CR, Mateus-Silva JR, Zamarioli LS, Bachi ALL, **Bella YF**, Santos JMB, Bincoletto C, Lancha AH Jr, Vieira RP. Vitamin C Inhibits Lipopolysaccharide-Induced Hyperinflammatory State of Chronic Myeloid Leukemia Cells through Purinergic Signaling and Autophagy. **Nutrients**. 2024 Jan 29;16(3):383. doi: 10.3390/nut16030383. PMID: 38337668; PMCID: PMC10857061.
- Minelli MCS, Galante F, **Bella YF**, Gonella CB, Martinelli Junior CE, Tourinho Filho H. Effect of a 12-hour mission on GH, IGF-I, testosterone and cortisol in elite soldiers. **Comparative Exercise Physiology** (2024) DOI:10.1163/17552559-00001054.

2023

- Bella YF**, Oliveira CR, Mateus-Silva JR, Brandao-Rangel MAR, Silva-Reis A, Santos JMB, Albertini R, Lopes-Martins RAB, de Oliveira LVF, Vieira RP. A phytotherapeutic blend immunity-6™ inhibits myeloid leukemic cells 2 activation involving purinergic signaling. **Biomed Pharmacother**. 2023 Mar;159:114263. doi: 10.1016/j.biopha.2023.114263. Epub 2023 Jan 16. PMID: 36652732.

PUBLISHED BOOK CHAPTERS

2022

- TALARICO NETO, THOMAZ ; HAHNS JÚNIOR, HIGINO CARLOS ; MINELLI, MARIA CLARA SANTOS ; MAGRANER PAIXÃO DOS SANTOS, JOSÉ MAURICIO ; CORRÊA JUNIOR, MARCOS ; BELLA, YANESKO FERNANDES ; GONELLA, CESAR BARALDI ; FERREIRA, LEANDRO ; GALANTE, FERNANDA ; MARTINELLI JUNIOR, CARLOS EDUARDO ; TOURINHO FILHO, HUGO . Prevalence of Dyslipidemia in Military Police Officers Operating in a Special Operations Group. **JOURNAL OF ARCHIVES IN MILITARY MEDICINE**, v. 10, p. 1, 2022.
- TALARICO NETO, THOMAZ ; HAHNS JÚNIOR, HIGINO CARLOS ; MINELLI, MARIA CLARA SANTOS ; MAGRANER PAIXÃO DOS SANTOS, JOSÉ MAURICIO ; CORRÊA JUNIOR, MARCOS ; BELLA, YANESKO FERNANDES ; GALANTE, FERNANDA ; GONELLA, CESAR BARALDI ; FERREIRA, LEANDRO ; MARTINELLI JUNIOR, CARLOS EDUARDO ; TOURINHO FILHO, HUGO. Profile of Steroid Hormones and sex Hormone-Binding Globulin of Elite Soldiers. **JOURNAL OF ARCHIVES IN MILITARY MEDICINE**, v. 8, p. 1, 2020.

PUBLISHED BOOK CHAPTERS

- Physical education and areas of study of human movement 3 [electronic resource] / Organizer Samuel Miranda Mattos. – Ponta Grossa, PR: Atena, 2020. Format: PDF. System requirements: Adobe Acrobat Reader. Access mode: World Wide Web. Includes bibliography. ISBN 978-65-5706-110-7. DOI 10.22533/at.ed.10720150
- Comparativa Analysis Between Quality of Life and level of physical activity in BOPE/RJ military personnel. Yanesko Fernandes Bella, Fernanda Galante, Bruno Horstmann, Cesar Baraldi, Gonella Marisangela Ferreira da Cunha. DOI 10.22533/at.ed.1072015062

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PUBLISHED BOOK CHAPTERS

- Physical education and areas of study of human movement 4 [electronic resource] / Organizer Samuel Miranda Mattos. - Ponta Grossa, PR: Atena, 2020. Format: PDF. System requirements: Adobe Acrobat Reader. Access mode: World Wide Web. Includes bibliography. ISBN 978-65-5706-104-6
DOI 10.22533/at.ed.046201506
- WEIGHT LOSS AND HEMATOLOGICAL ALTERATIONS IN MILITARY PERSONNEL DURING THE SPECIAL OPERATIONS COURSE (COESP) - BOPE-RJ Fernanda Galante Yanesko Fernandes Bella Bruno Horstmann Marisangela Ferreira da Cunha DOI 10.22533/at.ed.0462015063

ABSTRACTS PUBLISHED IN CONGRESS

2021

Immunity-6® Inhibits BEAS-2B and MRC-5 Cells Activation Induced by Sars-COV-2: Involvement with Purinergic Signaling
Yanesko F Bella, Carlos R Oliveira, Maysa A R Brandao-Rangel, Anamei Silva-Reis, Lucas S Zamarioli, Patricia Destefano, Edison L Durgion, Oliveira B L Oliveira, Rodolfo P Vieira European Respiratory Journal 2021 58: PA2323; DOI: 10.1183/13993003.congress-2021.PA2323

2017

P11 Effects of physical exercise in the subjective perception of paresthesia induced by β -alanine supplementation.
Journal of the International Society of Sports Nutrition 2017, 14(Suppl 1):8 DOI 10.1186/s12970-017-0164-
Elias de França, Diana Madureira, Yanesko Bella, Fabio Santos Lira, Jeferson O. Santana, Andre Fukushima, Alex Burton , Erico Chagas Caperuto.

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PARTICIPATION IN CONGRESSES, SYMPOSIUM AND EVENTS

2023

- V FSI Conference on High Performance in Football - Seville, Spain

2020

- 2º Brazilian Anti-Doping Seminar.
- 32º Brazilian Congress of Exercise and Sports Medicine.
- GANEPAO 2020.
- World Top Trainers Certification.

2019

- XVIII International Symposium on Physical Activities. Comparative analysis between the level of physical activity and quality of life in military personnel from BOPE/RJ.

2018

- Congress of Scientific Initiation. Comparative analysis of quality of life, level of physical activity and musculoskeletal pain in military personnel from BOPE/RJ.
- GANEPAO 2018.

2017

- Arnold Conference.
- CONIC SEMESP. Analysis of plasma creatine kinase (CK) levels in special operations soldiers: risk of rhabdomyolysis and phytotherapy, postural and nutritional interventions.

2016

- 2nd Annual ISSN Brasil Meeting. Effects of physical exercise on the subjective perception of paresthesia induced by B-alanine supplementation.
- Pre-Congress Course NEXSA.
- GANEPAO 2016.