

	Rita Ferreira PhD in Biochemistry Associate Professor with habilitation in Biochemistry Universidade de Aveiro 3810-193 Aveiro Portugal ritaferreira@ua.pt
Rita Ferreira (RF) has a degree and a PhD in Biochemistry. RF is Associate Professor with habilitation at the Department of Chemistry-UA where she has been teaching courses related to biochemistry and molecular biomedicine to both undergraduate and graduate students. RF develops research in the field of skeletal muscle plasticity under pathophysiological conditions, with a particular focus on the mechanisms through which exercise training mitigates muscle wasting. Her work integrates advanced omics approaches to investigate the molecular networks underlying muscle adaptation and dysfunction, with special emphasis on the remodeling of mitochondrial during disease and exercise interventions. By integrating omics-based profiling with physiological and functional assessments, RF's research aims to elucidate how exercise restores mitochondrial homeostasis and enhances cellular energy metabolism. This work seeks to inform the development of mechanistically grounded exercise interventions that may support personalized therapeutic strategies to prevent or attenuate muscle wasting conditions. RF has participated in more than 25 scientific research projects, the majority in the field of Health Sciences. She has authored over 280 scientific publications in international peer-reviewed journals, primarily in Life and Health Sciences (h-index 42 according to Scopus, 02.2026). In addition, RF has published 6 articles in national journals, authored 3 books (one international and two national editions), and contributed 20 book chapters.	

RF has extensive experience in advanced training and mentorship, having supervised or co-supervised 3 postdoctoral researchers, 16 PhD students, 65 master's students, and 28 undergraduate students. She is also actively involved in scientific dissemination and capacity-building activities, including participation in outreach initiatives, specialized courses, and hands-on training workshops aimed at promoting knowledge transfer and fostering research skills among students and early-career researchers.