

27th INTERNATIONAL TEACHING WEEK



Faculty of Physical
Culture
Palacky University
Olomouc

13th – 17th April 2026



Catarina Matias

Universidade Lusófona,
PORTUGAL

Catarina N. Matias holds a PhD in Human Motricity (Summa cum Laude) and a background in biochemistry. She is an assistant professor and researcher at CIDEFES, focusing on sports and exercise biochemistry, hydration, sports physiology and nutrition. Her academic path includes extensive teaching at undergraduate and postgraduate levels and the supervision of master's and doctoral students. She has coordinated and collaborated on multiple research projects, received several scientific awards, and published widely in international journals, alongside more than 100 conference presentations. Catarina also develops outreach activities, translating scientific knowledge into podcasts, workshops and community initiatives.

Catarina's Topics for the 27th International Teaching Week:

- **From Food Ingestion to Muscle Expenditure in Sports and Exercise Training**
- **Body Composition and Hydration Methods Applied to Health, Wellbeing and Sports**