



# INTERNSHIP OFFER

## BR-2025-239-BAU

Bauru - SP, Brazil

ON-SITE

### INTERNSHIP HOST

Name of Company  
UNESP - Bauru  
Faculdade de Ciências

Website  
<http://www.fc.unesp.br/>

Address of Company  
Bauru  
Brazil

Number of Employees  
1000

Business or Product  
University

### STUDENT REQUIRED

General Discipline  
Biomedical Sciences

Field of Study

Sports Science; Kinesiology; Exercise  
Physiology and Performance

Completed Years of Study  
1

Language Required  
English Good (B1, B2)

Required Qualifications and Skills  
Communication

Student Status Requirements  
Required during the whole period of the  
internship

Other Requirements/Information

### INTERNSHIP OFFER

8 - 8  
weeks

1400 BRL  
per Month

900 BRL  
per Month

Latest Possible Start Date

Within Months  
Apr-2025 - Nov-2025

Company Closed Within  
-

Deductions Expected  
0

Payment Method

Arranged by  
IAESTE Brazil

Estimated Cost of Living including Lodging  
1400 BRL / Month

Working Environment: Field work

Working Hours / Week: 25.0

Central fatigue can impair neuromuscular function and functional performance, which can be induced by environmental conditions like heat and altitude as well as long-term exercise. In this way is so relevant to investigate therapy that can counterattack the impaired effects. Caffeine is used to attenuate the neuromuscular fatigue in several sports. However, the literature is still ambiguous about the benefits of caffeine on neuromuscular fatigue and few studies have investigated how in a stressful situation that causes central fatigue caffeine acts on the behavior of neuromuscular function kinetics recovery. The research study aims to investigate whether, after the inducted state of central fatigue by hypoxia and heat exercise, acute caffeine supplementation can accelerate the neuromuscular fatigue kinetics recovery during and after constant work rate exercise (CWR). Physically active individuals 18 and 35 years old and of both sexes will be submitted to central fatigue induction by exercise under conditions of normoxia and high hypoxia + heat exercise conditions. Then, they will be supplemented with caffeine or placebo, and after 60 minutes they will perform a CWR on a cycle ergometer for 40 minutes. Before and after the induction of central fatigue, immediately post-exercise, 15min, 30min, and each hour until 3h post-exercise cessation to assess the neuromuscular function kinetics recovery, the neuromuscular function will be assessed, rating of perceived exertion. In addition, oxygen saturation will be measured in the vastus lateralis muscular and frontal cortex.

### ADDITIONAL INFORMATION

Dear student,  
Send in your application the below information, it is mandatory:

a) ABOUT YOUR UNIVERSITY, WE NEED:

Name:

Address:

Zip Code: City: State/Province:

Telephone:

Contact person: (Name and position)

E-mail of contact person:

b) YOUR PARENTS NAME

Parent 1:

Parent 2:

Thank you very much!

Deadline for Nomination - 31-Mar-2025