



## **Dulce Esteves**

Dulce Esteves is a Professor of Sport Science Department, Beira Interior University (UBI), Portugal and a researcher at the Research Centre in Sports Sciences, Health Sciences and Human Development (CIDESD).

Her teaching activities are mainly on Exercise and Health and comprehend undergraduate, master and doctoral students at the University of Beira Interior, Portugal. Dulce is Sport Sciences Ph.D. (UBI) and author of several publications, including national and international journals, book chapters and conference proceedings and she is reviewer in several international journals.

Her main Research interests include Exercise and Health, particularly evaluation the effects and potentialities of new information technologies on physical activity promotion and adherence, but she is also interested on creation and development of serious games, that combine physical activity and technology. When not working, Dulce enjoys travel and engage in adventures with her husband and kids.