
CURRICULUM VITAE

IOANNIS G. FATOUROS, Ph.D.

A. Personal Information

Current Occupation Assistant Professor,
Department of Physical Education & Sport
Sciences, Democritus University of Thrace,
Komotini 69100, Greece

Date of birth April 15th, 1965

Nationality Hellenic

Marital status Married, one child

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Greece
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Γλώσσες Greek (native), English (fluent, taught in
U.S. Universities)

Activities/Hobbies Sports, music, theater, book reading

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B. Education

Doctor of Philosophy (Ph.D.)

(1991 - 1994)

Institution: The University of North Carolina at Greensboro, Greensboro, NC, U.S.A.

Department: Department of Kinesiology

Advisor: Allan H. Goldfarb

Major: Exercise Physiology and Biochemistry

Minor: Nutrient Metabolism

Dissertation title: The effects of beta-endorphin infusion on glucose homeostasis and hormonal responses during exercise

GPA: 3.9

Masters of Sciences (M.S.)

(1990 - 1991)

Institution: Syracuse University

Department: Exercise Science

Advisor: Phillip Buckenmeyer

Are of concentration: Exercise Physiology

Thesis title: The effects of three types of training: plyometrics, weight training and their combination on various parameters of vertical jumping performance

GPA: 3.8

Bachelors (B.S.)

(1985 - 1989)

Institution: Democritus University of Thrace

Department: Physical Education and Sport Sciences

C. Other Certifications

Certified as a Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA), USA, 1994.

D. Professional Experience/Background

Academic appointments	2007 - present	Assistant Professor, Exercise Biochemistry and Physiology. Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.
	2002 - 2007	Lecturer, Exercise Biochemistry and Physiology. Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.
	1997 - 2001	Adjunct Professor, Exercise Biochemistry and Physiology. Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.
	1991 - 1994	Teaching and Research Assistant, Exercise Biochemistry and Physiology. Dept. of Exercise Sciences, The University of North Carolina at Greensboro Taught exercise physiology/Biochemistry labs, wellness (personal training, physical conditioning) and activities courses (i.e. weight training, basketball, team handball, etc.), assisted in research projects performed in the exercise physiology/Biochemistry laboratory.
	1990 - 1991	Teaching and Research Assistant, Exercise Physiology. Dept. of Exercise Sciences, Syracuse University. Taught exercise physiology labs and activities courses (i.e. weight training, basketball, etc.), assisted in research projects performed in the exercise physiology laboratory.
Other employment	2003 - 2004	Fitness consultant for fitness facility development programming. Athens Olympic Games 2004, Athens, Greece. Responsible for organizing and operating the fitness facilities of the Olympic Village in Athens.
	2001 - 2004	Consultant for the development of a corporate fitness

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- program, Hellenic Parliament, Athens, Greece.
- Responsible for developing the fitness facility of the Hellenic Parliament, organizing a corporate fitness program and staff training.
- 2001 - 2002 Exercise physiologist for exercise testing in Dais Sport Center, Athens, Greece.
- Responsible for exercise testing and evaluation of elite athletes.
- 2000 - 2002 Exercise physiologist/coordinator of a rehabilitation program, Henry Dynant Hospital, Athens, Greece.
- Responsible for exercise testing and prescription of patients with cardiovascular disease, diabetes, obesity and other metabolic diseases, and respiratory disorders.
- 1998 - 2002 Scientific consultant for the Hellenic edition of the magazine “Muscular Development”, Athens, Greece.
- Responsible for editing translated articles, counseling on topics covered by the magazine, writing lay articles, and answering public’s questions on fitness-associated topics.
- 1997 - 2003 Fitness coordinator for the “Hercules” Fitness Club, Athens Greece.
- Responsible for organizing exercise programming, exercise testing and evaluation, exercise prescription, and staff training.
- 1995 - 1996 Military service in the Greek Army.

E. Teaching Experience

Graduate Courses	1998 - present	<i>Democritus University of Thrace, Dept. of Physical Education and Sport Sciences.</i> Biochemistry of exercise (1998 – present) Sports nutrition (2005 – present) Exercise Metabolism (2005 – present) Physical conditioning for elite athletes (1998 – present) Training methodology (2005 – present) Fitness management (2005 – present)
	2006 - present	<i>University of Thessaly, Dept. of Physical Education and Sport Sciences.</i> Myopathies and exercise biochemistry (2006 – present) Exercise biochemistry and physiology (2006 – present)
	2008 - present	<i>University of Athens, Medical School, Graduate program in Reproduction.</i> Exercise physiology (2008 – present)
Doctoral student supervision	2002 - present	I have supervised 9 completed Ph.D. dissertations, currently responsible for 4 more.
Master student supervision	2002 - present	I have supervised 11 Master theses, currently responsible for 5 more.
Undergraduate Courses	1996 – present	<i>Democritus University of Thrace, Dept. of Physical Education and Sport Sciences.</i> Biochemistry of exercise (1996 – present) Exercise testing and evaluation (2000 – present) Physical conditioning for elite athletes (2004 – present) Training periodization (2005 – present) Weight training (1999 – present) Team Handball (2004 – 2006) Personal training (2006 – present)
	2000 - present	Undergraduate theses supervision (8 completed and 3 underway)
	1991 - 1994	<i>The University of North Carolina at Greensboro, Dept. of Exercise Sciences.</i> Exercise physiology (1993 – 1994) Exercise physiology laboratories (1991 – 1994) Fitness for life (1993 – 1994) Weight training (1991 – 1994) Team handball (1992 – 1994)
	1990 - 1991	<i>Syracuse University, Dept. of Exercise Sciences.</i> Exercise Physiology laboratories, Weight training Basketball

F. Research Interests

Past Research Interests

• Study of exercise-induced muscle damage, inflammation and oxidative stress

During my doctoral studies, I was introduced to the idea of studying muscle microtrauma and its associated inflammatory responses as a means to investigate muscle tissue adaptations during aseptic inflammation which is associated not only with a number of pathophysiological conditions but also with exercise training itself. During the last decade, our research group looked into various aspects of exercise-induced inflammation such as the immune response, oxidative stress responses, muscle damage manifestations, adhesion molecules and cytokine responses as well as apoptotic markers. We studied these biological processes in response to:

- Eccentric exercise which we use as a tool to induce aseptic inflammation.
- various types of exercise modes and sports (eccentric exercise, plyometrics, resistance exercise, cardiovascular exercise, intermittent-type sports). Our goal here is to determine the adaptational window (how many hours or days needed for athletes to recover following an acute bout of exercise, sport event, and sport tournament) for each activity. We have recently followed the time-frame of changes in exercise-induced inflammation, immune system and performance in basketball and handball during a microcycle (six days) following an athletic event (we have already concluded three studies that determined the weekly manifestation of exercise-induced muscle damage and inflammation following a basketball and a handball game). I am planning to characterize these inflammatory responses in a few more sports in an attempt to develop strategies (nutritional etc.) to shorten the time-frame of the inflammation and performance decrements during the in-season microcycle period.
- conditions such training and overtraining
- Aging. Exercise is considered as one of the best approaches to delay sarcopenia. My colleagues and I performed a series of studies to determine the effects of various exercise parameters (e.g. intensity, training) on performance and functional status of the aged. However, aging is characterized by an increased inflammation and oxidative stress. Recently, we have looked at the molecular control of aging and more specifically at the molecular regulators of apoptosis and oxidative stress development in the aged in an attempt to develop exercise and nutritional strategies to offset sarcopenia. Our research group has submitted two manuscripts on the study of mitochondrial biogenesis markers (such as SIRT proteins, PGC-1 α , Ku70, NAMPT, OGG1, UCP, proteolytic enzymes, etc.) and intracellular signaling pathway molecules (i.e. AKT, mTOR, ERK1/2, AMPK, p70S6k) at the mRNA and protein expression level in the aging human muscle tissues in response to various types of exercise and aging levels. This work represents a collaboration with Prof. Radak from Summelweis University (Budapest, Hungary) and others.
- diseases (arthritis, obesity, renal haemodialysis, G6PD-deficiency, arthritis).

These observational studies provided us with adequate information regarding the clinical manifestation of exercise-induced inflammation in response to various stresses. In the near future, I will attempt to investigate how redox status alterations (by diet and/or pharmacological agents) influence skeletal muscle's redox-sensitive signaling pathways that are closely related to its response to trauma as well as its regeneration potential. In this context, we are now measuring the responses of various redox-sensitive intracellular signaling

pathways (Nf-KB, akt/mTOR, MAPK) in skeletal muscle as well the metabolomic profile of muscle and blood following muscle-damaging exercise with or without antioxidant supplementation.

- ***Exercise effects on obesity in relation to adipose tissue lipolysis, adipokine adaptations and basal metabolic rate as well as energy metabolism during exercise.***

One of my research interests include the study of adipose tissue lipolysis during resistance and cardiovascular exercise in my effort to understand the mechanisms through which exercise reduces fatness. Using a relatively new needle biopsy methodology, we are able to collect fat tissue from the gluteal and abdominal regions and measure hormone-sensitive lipase activity as well as other molecules involved in the lipolytic process (such as adrenal receptors, perilipins, AMPK, protein kinases, FABP, caveolin 1, adipose triglyceride lipase, monoacylglycerol lipase, adipokines) at mRNA and protein level. In addition, we are working on peripheral adipokine adaptations in the obese model at various ages. In collaboration with the University hospital of our Institution, we will attempt to determine how various nutritional and pharmacological approaches (i.e. statins/incretins) influence the lipolytic pathway in adipose tissue.

G. Research Skills

I have worked as a research assistant in the Exercise Physiology and Biochemistry laboratories of the Dept. of Exercise Sciences in Syracuse University and the University of North Carolina at Greensboro. The analytical and applied physiology skills that I acquired there as well as my ongoing training in physiological, biochemical, and molecular biology techniques helped me to develop an exercise biochemistry laboratory in the Dept. of Physical Education and Sport Sciences of the Democritus University of Thrace (State University) in Northern Greece. My research skills include:

Biochemical studies skills

1. Experimentation with both animals and humans.
2. Spectofotometric analysis of various biomolecules concentration, enzymatic activities, and nucleic acid purity.
3. Work with an ELISA photometer for hormonal and protein analysis.
4. Hormonal measurement by RIA (not licensed for radioisotope use).
5. Western blotting analysis.
6. RT-PCR.
7. Microarrays.
8. Muscle histochemistry.
9. Use of automated blood analyzer.
10. Use of ultrasound technology to study muscle architecture.
11. Use of pumps for infusion of biological agents.
12. Organize muscle and fat biopsies (performed by a physician) and perform tissue processing (homogenization and lyophilization).
13. Blood (capillary and venous, not arterialized) and urine collection.
14. Peripheral blood mononuclear cell separation.
15. Biochemical bench work (pipetting, fluid transfusions, solutions, pH measurement, etc.).
16. Currently learning how to perform analyses on High Performance Liquid Chromatography (HPLC) and flow cytometry.

Applied physiology skills

1. Measurement of maximal oxygen consumption with a gas-exchange analyzer (portable and non-portable).
2. Heart rate and blood pressure monitoring during exercise and at rest.
3. Muscle dynamometry (isokinetic, isometric, isotonic dynamometers as well as measurement of maximal strength with resistance training equipment).
4. Anthropometry (measurement of body composition with skinfold calipers, bioelectrical impedance, hydrostatic weighing, DEXA, anthropometric tapes; measurement of body segments with somatometers, somatotype assessment).
5. Flexibility assessment with goniometry, sit & reach testing, inclinometers, flexometers.
6. Respiratory assessment of lung volumes and capacities.
7. Measurement of basal metabolic rate (canopy method).
8. Time-motion analysis of sport activity.
9. Field testing of endurance, speed, agility, power, muscle endurance, reaction time.
10. Electromyography (EMG).
11. Diet analysis (diet recalls and use of nutritional analysis software).

H. Research Collaborations

I am currently collaborating with various scientists from numerous academic Institutions in Greece and elsewhere. These collaborations are mainly shown on our published manuscripts. More specifically, I am currently collaborating with:

1. RMIT University, School of Medical Sciences, Department of Exercise Sciences, Exercise Metabolism Research Group, Melbourne, Australia (Prof. J. Hawley).
2. Semmelweis University, Department of Physical Education and Sport Science, Laboratory of Exercise Biochemistry, Nagykanizsa, Budapest, Hungary (Prof. Z. Radak).
3. The University of North Carolina at Greensboro, Department of Kinesiology, Laboratory of Exercise Biochemistry, Greensboro, NC, USA (Prof. A.H. Goldfarb).
4. Democritus University of Thrace, Medical School, Unit of Nephrology, Alexandroupolis, Greece (Prof. V. Vargemezis).
5. Aristotle University of Salonika, Department of Chemistry, Laboratory of Clinical Chemistry, Thessaloniki, Greece (As. Professor G. Theodoridis).
6. Aristotle University of Salonika, Department of Physical Education and Sport Sciences, Laboratory of Exercise Biochemistry, Thessaloniki, Greece (As. Professor V. Mougios).
7. University of Thessaly, Department of Physical Education and Sport Sciences, Laboratory of Exercise Biochemistry, Trikala, Greece (As. Professor AZ. Jamurtas).
8. University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Biochemistry, Larisa, Greece (Professor D. Kouretas).
9. University of Athens, Medical School, Athens, Greece. (As. Professor G. Mastorakos, As. Professor A. Mitrakou, Dr. Papassotiriou).
10. University of Athens, Department of Physical Education and Sport Sciences, Athens, Greece. (Prof. Athanasopoulos, As. Professor G. Terzis).

I. Peer-Reviewed Scientific Publications

• Submitted Manuscripts

1. Aggeloussi S, Theodorou AA, Paschalis V, Nikolaidis MG, **Fatouros** IG, Kouretas D, Koutedakis Y, Jamurtas AZ. Exercise training reduces visfatin levels in obese children. *European Journal of Applied Physiology*, under review, 2011.
2. Jamurtas AZ, Tofas T, **Fatouros** I, Nikolaidis MG, Paschalis V, Yfanti C, Raptis S, Koutedakis Y. Glycemic index does not affect exercise performance and beta-endorphin responses. *Journal of the International Society of Sports Nutrition* (revisions), 2011.
3. Stavropoulos-Kalinoglou A, Jamurtas A, **Fatouros** I, Koutedakis Y. Acute effects of a single-bout aerobic exercise on resting energy expenditure in sedentary pre- and post-menopausal women. *Journal of Women's Health* (revisions), 2011.
4. Kambas A, Michalopoulou M, Giannakidou D, Christoforidis C, Venetsanou F, Haberer E, **Fatouros** IG, Chatzinikolaou A, Gourgoulis V, Zimmer R. The relationship between motor proficiency and pedometer-determined physical activity in young children. *Pediatric Exercise Science* (revisions), 2011.
5. Mastorakos G, Paltoglou G, Greene M, Ilias I, Papamichalopoulos A, Samakovli A, Pouliou E, **Fatouros** I, Nanas S. Inappropriately “normal” cortisol levels in face of increased interleukin 6 levels in response to acute treadmill exercise in patients with sarcoidosis, *European Journal of Endocrinology*, under review, 2011.
6. Beneka A, Malliou P, Misailidou V, Chatzinikolaou A, **Fatouros** I, Gourgoulis V, Georgiadis E. Muscle performance following an acute bout of plyometric training combined with low or high intensity weight. *Exercise Scandinavian Journal of Sport Sciences*, under review, 2011.
7. Panayiotou G, Paschalis V, Nikolaidis MG, Theodorou AA, Deli CK, Fotopoulou N, **Fatouros** IG, Koutedakis Y, Jamurtas AZ. No adverse effects of statins on muscle function and health-related parameters in the elderly: an exercise study. *Age* (under review), 2011.
8. Bori Z, Zhao Z, Koltai E, **Fatouros** IG, Jamurtas AZ, Douroudos II, Terzis G, Chatzinikolaou A, Sovatzidis A, Draganidis D, Radak Z. Changes in mitochondrial protein expression in human skeletal muscle as a result of aging, physical activity and a single bout of exercise, *Age* (under review), 2011.

• Published, In-Press and Accepted Manuscripts

1. Terzis G, Dimopoulos F, Papadimas GK, Papadopoulos C, Spengos K, **Fatouros** I, Kavouras S, Manta P. Effect of aerobic and resistance exercise training on late-onset Pompe disease patients receiving enzyme replacement therapy. *Molecular Genetics and Metabolism* (accepted for publication, epub), 2011.
2. Michopoulou E, Avloniti A, Kambas A, Leontsini D, Michalopoulou M, Tournis S, **Fatouros** IG. Elite premenarcheal rhythmic gymnasts demonstrate energy and dietary intake deficiencies during periods of intense training. *Pediatric Exercise Science* (accepted for publication), 2011.
3. Bori Z, Boldogh I, Koltai E, **Fatouros** I, Jamurtas, Douroudos I, Terzis G, Nikolaidis M, Chatzinikolaou A, Sovatzidis A, Zhao Z, Naito H, Radak Z. Age-dependent changes in 8-

oxoguanine-DNA-glycosylase activity is modulated by adaptive responses to physical exercise in human skeletal muscle. *Free Radical Biology in Medicine* (accepted for publication, epub), 2011.

4. Theodorou A, Nikolaidis MG, Paschalis V, Koutsias S, Panayiotou G, **Fatouros** IG, Koutedakis Y, Jamurtas AZ. No effect of antioxidant supplementation on muscle performance and blood redox status adaptations to eccentric training. *American Journal of Clinical Nutrition* (accepted for publication, epub), 2011.
5. Giannakidou DM, Kambas A, Ageloussis N, **Fatouros** I, Christoforidis C, Venetsanou F, Douroudos I, Taxildaris K. The validity of two Omron pedometers during treadmill walking is speed-dependent. *European Journal of Applied Physiology* (accepted for publication, epub), 2011.
6. Barbas I, Fatouros IG, Douroudos II, Chatzinikolaou A, Michailidis Y, Jamurtas AZ, Draganidis D, Nikolaidis MG, Parotsidis C, Theodorou AT, Katrabasas I, Papassotiriou I, Taxildaris K. Physiological and performance adaptations of elite greco-roman wrestlers during a one-day tournament. *European Journal of Applied Physiology* (accepted for publication, epub), 2011.
7. Venetsanou F, Kambas A, Ellinoudis T, **Fatouros** I, Giannakidou D. Can the Movement Assessment Battery for Children - Test be the “gold standard” for the motor assessment of children with Developmental Coordination Disorder? *Research in Developmental Disabilities*, 32(1): 1-10, 2011.

Citations: 2

8. **Fatouros** IG, Lapidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Douroudos II, Christoforidis C, Tsoukas D, Leontsini D, Gourgoulis V, Katrabasas I, Kelis S, Taxildaris K. Validity and Reliability of the Single-Trial Line Drill Test of Anaerobic Power in Basketball Players. *The Journal of Sports Medicine and Physical Fitness*, 51: 33-42, 2011.
9. **Fatouros** IG, Chatzinikolaou A, Douroudos II, Nikolaidis MG, Kyparos A, Margonis K, Michailidis Y, Vantarakis A, Taxildaris K, Katrabasas I, Kouretas D, Jamurtas AZ. Time-course of Changes in Oxidative Stress and Antioxidant Status Responses Following a Soccer Game. *Journal of Strength and Conditioning Research*, 24(12): 3278-3286, 2010.

Citations: 3

10. Paschalis V, Nikolaidis MG, Theodorou AA, Panayiotou G, **Fatouros** IG, Koutedakis Y, Jamurtas AZ. A weekly bout of eccentric exercise is sufficient to induce health-promoting effects. *Medicine and Science in Sports and Exercise*, 43(1): 64-73, 2011.

Citations: 2

11. **Fatouros** IG, Jamurtas AZ, Nikolaidis MG, Destouni A, Michailidis Y, Vrettou C, Douroudos II, Avloniti A, Chatzinikolaou A, Taxildaris K, Kanavakis E, Papassotiriou I, Kouretas D. Time of sampling is crucial for measurement of cell-free plasma DNA following acute aseptic inflammation induced by exercise. *Clinical Biochemistry*, 43: 1368-1370, 2010.

Citations: 1

12. **Fatouros** IG, Chatzinikolaou A, Paltoglou G, Petridou A, Avloniti A, Jamurtas A, Goussetis E, Mitrakou A, Mougios V, Lazaropoulou C, Margeli A, Papassotiriou I, Mastorakos G. Stress of acute resistance exercise results in catecholaminergic 1 rather than hypothalamic-pituitary-adrenal axis stimulation. *Stress*, 13(6): 461-468, 2010.

13. **Fatouros IG**, Chatzinikolaou A, Panagoutsos S, Pasadakis P, Mourvati E, Sovatzidis A, Douroudos II, Michailidis Y, Jamurtas AZ, Nikolaidis MG, Taxildaris K, Vargemezis V. L-carnitine ingestion may improve functional status and attenuate oxidative stress responses in renal hemodialysis patients, *Medicine and Science in Sports and Exercise*, 42(10): 1809-1818, 2010.

Citations: 1

14. Tournis S, Michopoulou E, **Fatouros IG**, Michalopoulou M, Paspatis, Raptou P, Leontsini D, Avlonitou A, Krekoukia M, Zouvelou V, Galanos A, Douroudos I, Lyritis GP, Taxildaris K, Pappaioannou N. Effect of rhythmic gymnastics on volumetric bone mineral density and bone geometry in premenarcheal female athletes and controls. *Journal of Clinical Endocrinology and Metabolism*, 95: 2755-2762, 2010.

Citations: 4

15. Theodorou AA, Nikolaidis MG, Paschalis V, Sakellariou GK, **Fatouros IG**, Koutedakis Y, Jamurtas AZ. Comparison between G6PD-deficient and normal individuals after eccentric exercise. *Medicine and Science in Sports and Exercise*, 42(6): 1113-1121, 2010.

Citations: 1

16. Chatzinikolaou A, **Fatouros IG**, Gourgoulis V, Avloniti A, Jamurtas AZ, Nikolaidis MG, Douroudos II, Michailidis Y, Beneka A, Malliou P, Tofas T, Georgiadis I, Taxildaris K. Time course of responses in performance and inflammatory responses following acute plyometric exercise. *The Journal of Strength and Conditioning Research*, 24(5): 1389-1398, 2010.

Citations: 3

17. Paschalis V, Nikolaidis MG, Giakas G, Theodorou AA, Sakellariou GK, Koutedakis Y, **Fatouros IG**, Jamurtas AZ. Beneficial changes in energy expenditure and lipid profile after eccentric exercise in overweight and lean women. *Scandinavian Journal of Science and Medicine in Sports*, 20(1): e269-e277, 2010.

Citations: 2

18. **Fatouros IG**, Chatzinikolaou A, Tournis S, Jamurtas AZ, Douroudos II, Nikolaidis MG, Papassotiriou I, Thomakos PM, Taxildaris K, Mastorakos G, Mitrakou A. The Intensity of Resistance Exercise Determines Adipokine and Resting Energy Expenditure Responses in Overweight Elderly. *Diabetes Care*, 32: 2161-2167, 2009.

Citations: 4

19. Xethali V, Christoforidis C, Kambas A, Aggelousis N, **Fatouros I**. Test-retest reliability of the NPPS safety report card. *International Journal of Injury Control and Safety Promotion*, 16(4): 249-251, 2009.
20. Venetsanou F, Kambas A, Aggeloussis N, **Fatouros I**, Taxildaris K. Motor assessment of preschool aged children: A preliminary investigation of the validity of the Bruininks–Oseretsky test of motor proficiency – Short form. *Human Movement Science*, 28: 543-550, 2009.

Citations: 3

21. Tsitsimpikou C, Jamurtas AZ, Tsiokanos A, **Fatouros IG**, Tsarouhas K, Karachaliou E, Schamasch P, Valasiadis D. The First Blood Collection Attempt for Doping Control in an Olympic Tournament: Data on the Procedure applied in Athens 2004 Olympic Games. *Open Forensic Science Journal*, 1, 27-33, 2008.

22. Ispirlidis I, **Fatouros IG**, Jamurtas AZ, Michailidis Y, Douroudos I, Margonis K, Chatzinikolaou A, Nikolaidis MG, Kalistratos E, Katrabasas I, Alexiou V, Taxildaris K. Time-course of Changes in Performance and Inflammatory Responses Following a Football Game. *Clinical Journal of Sports Medicine*, 18(5): 423-431, 2008.
Citations: 27
23. Nikolaidis MG, Paschalis V, Giakas G, **Fatouros IG**, Sakelariou G, Theodorou A, Koutedakis Y, Jamurtas AZ. Favourable and prolonged changes in blood lipid profile after muscle-damaging exercise. *Medicine and Science in Sports and Exercise*, 40(8): 1483-1489, 2008.
Citations: 6
24. Chatzinikolaou A, **Fatouros IG**, Petridou A, Jamourtas A, Avloniti A, Douroudos I, Mastorakos G, Lazaropoulou C, Papassotiriou I, Tournis S, Mitrakou A, Mougios V. Adipose Tissue Lipolysis is Upregulated in Lean and Obese Men During Acute Resistance Exercise. *Diabetes Care*, 31:1397-1399, 2008.
Citations: 7
25. **Fatouros IG**, Pasadakis P, Sovatzidis A, Chatzinikolaou A, Panagoutsos S, Sivridis D, Michailidis Y, Douroudos I, Taxildaris K, Vargemezis V. Acute Exercise May Exacerbate Oxidative Stress Responses in Renal Hemodialysis Patients. *Nephrology Clinical Practice*, 109(2): 55-64, 2008.
Citations: 2
26. Nikolaidis MG, Jamurtas AZ, Paschalis V, **Fatouros IG**, Kouretas D. The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. *Sports Medicine*, 38(7): 579-606, 2008.
Citations: 29
27. Tofas T, Jamurtas AZ, **Fatouros IG**, Koutedakis Y, Sinouris EA, Papageorgakopoulou N, Theocharis DA. The effects of plyometric exercise on muscle performance, muscle damage and collagen breakdown. *Journal of Strength and Conditioning Research*, 22(2): 490-496, 2008.
Citations: 2
28. Paschalis V, Nikolaidis MG, **Fatouros IG**, Giakas G, Koutedakis Y, Kouretas D, Jamurtas AZ. Uniform and prolonged changes in blood oxidative stress after muscle-damaging exercise. *In Vivo*, 21: 877-884, 2007.
Citations: 10
29. Margonis K, **Fatouros IG**, Jamourtas AZ, Nikolaidis MG, Douroudos I, Chatzinikolaou A, Mitrakou A, Mastorakos G, Papassotiriou I, Taxildaris K, Kouretas D. The role of blood/urine oxidative stress biomarkers in diagnosis of athletic overtraining. *Free Radical Biology and Medicine*, 43:901-910, 2007.
Citations: 40
30. Michailidis Y, Jamurtas AZ, Nikolaidis MG, **Fatouros IG**, Koutedakis Y, Papassotiriou I, Kouretas D. Sampling time is crucial for measurement of exercise-induced oxidative stress markers. *Medicine and Science in Sports and Exercise*, 39(7): 1107-1113, 2007.
Citations: 34
31. Nikolaidis MG, Paschalis V, Giakas G, **Fatouros IG**, Koutedakis Y, Kouretas D, Jamurtas AZ. Decreased blood oxidative stress after repeated eccentric exercise. *Medicine and Science in Sports and Exercise*, 39(7): 1080-1089, 2007.
Citations: 21

32. Petridou A, Chatzinikolaou A, **Fatouros IG**, Mastorakos G, Mitrakou A, Papassotiriou I, Mougios V. Resistance exercise does not affect the serum concentrations of cell adhesion molecules. *British Journal of Sports Medicine*, 41: 76-79, 2007.
Citations: 5
33. Jamurtas AZ, **Fatouros IG**, Koukostas N, Manthou E, Tofas T, Yfanti C, Nikolaidis MG, Koutedakis Y. Effect of moderate exercise on oxidative stress in individuals with glucose-6-phosphate dehydrogenase deficiency. *In Vivo*, 20: 875-880, 2006.
Citations: 6
34. **Fatouros IG**, Destouni A, Margonis K, Jamourtas AZ, Vrettou C, Kouretas D, Mastorakos G, Mitrakou A, Taxildaris K, Kanavakis E, Papassotiriou I. Cell-free plasma dna as a novel marker of aseptic inflammation severity: the exercise over-training model. *Clinical Chemistry*, 52: 1820-1824, 2006.
Citations: 34
35. Douroudos II, **Fatouros IG**, Gourgoulis V, Jamurtas AZ, Tsitsios T, Chatzinikolaou A, Margonis K, Mavromatidis K, Taxildaris K. Dose-related Effects of Prolonged NaHCO₃ Ingestion During High-Intensity Exercise. *Medicine and Science in Sports and Exercise*, 38(10): 1746-1753, 2006.
Citations: 22
36. Jamurtas AZ, Theocharis V, Koukoulis G, Stakias N, **Fatouros IG**, Kouretas D, Koutedakis Y. The effects of acute exercise on serum adiponectin and resistin levels and their relation to insulin sensitivity in overweight males. *European Journal of Applied Physiology*, 2006, 97(1): 122-126, 2006.
Citations: 24
37. **Fatouros IG**, Kambas A, Katrabasas I, Chatzinikolaou A, Jamurtas AZ, Douroudos I, Taxildaris K. Resistance training and detraining effects on joint range of motion of inactive older adults are intensity-dependent. *Journal of Strength and Conditioning Research*, 20(3): 634-642, 2005.
Citations: 15
38. Beneka A, Malliou P, **Fatouros IG**, Jamurtas A, Gioftsidou A, Godolias G, Taxildaris K. Resistance training effects on muscular strength of elderly are related to intensity and gender. *Journal for Science and Medicine in Sport*, 8: 274-283, 2005.
Citations: 12
39. **Fatouros IG**, Tournis S, Leontsini D, Jamurtas AZ, Sxina M, Thomakos P, Manousaki M, Douroudos I, Taxildaris K, Mitrakou A. leptin and adiponectin responses in overweight inactive elderly following resistance training and detraining are intensity-related. *Journal of Clinical Endocrinology and Metabolism*, 90(11): 5970-5977, 2005.
Citations: 51
40. **Fatouros IG**, Kambas A, Katrabasas I, Nikolaidis K, Chatzinikolaou A, Leontsini D, Taxildaris K. Strength training and detraining effects on muscular strength, mobility, and joint range of motion of inactive older men are intensity-dependent. *British Journal of Sports Medicine*, 39: 776-780, 2005.
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J. Chapters Published

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K. Books Published

1. Fatouros IG, Jamurtas AZ, Taxildaris K. Editors of the Greek translation of the "ACSM's Guidelines for Exercise Testing and Prescription", 7th Edition. Athlotype Publications, Athens, 2007.
2. Fatouros IG, Kosta G, Trigonis I. Editors of the Greek translation of the "ACSM's Resources for the Personal Trainer", 1st Edition, Athlotype Publications, Athens, 2007.
3. Fatouros IG, Chatzinikolaou A. Resistance Training. Telethron Publications, Athens, 2011.

L. Scientific Presentations (until 2011)

1. **Fatouros I**, Michailidis Y, Terzis G, Karagounis L, Jamurtas AZ, Spengos K, Chatzinikolaou A, Sakeliou A, Mandalidis D, Athanasopoulos S, Manta, P, Methenitis S, Russell AP, Hawley JA. Redox status regulation of intracellular signalling pathways following exercise-induced muscle damage. Oral presentation, 16th Annual Congress of the *European College of Sport Science, Liverpool, 6-9 July, 2011*.
2. Theodorou AA, Paschalis V, Nikolaidis MG, Panayiotou G, **Fatouros IG**, Koutedakis Y, Jamurtas AZ. Eccentric exercise as a tool to combat obesity in overweight individuals. Poster presentation, 16th Annual Congress of the *European College of Sport Science, Liverpool, 6-9 July, 2011*.
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35. Tofas T, Jamurtas AZ, **Fatouros I** , Sinouris EA, Papageorgakopoulou N , Theocharis DA. The effects of plyometric exercise on indices of muscle and connective tissue damage. *Proceedings: 9th Annual Congress of the European College of Sports Science, 2004.*
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46. Jamurtas A.Z., Goldfarb A.H., Tsiokanos A., **Fatouros I.G.**. The effects of beta-endorphin infusion during exercise on pancreatic hormones. (Προφορική παρουσίαση) *Proceedings 5th Annual Congress of the European College of Sports Science, p.352, Φινλανδία, Ιούλιος 2000.*
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50. **J. Fatouros**, A.H. Goldfarb, A.Z. Jamurtas, J. Gao. Beta-Endorphin infusion effects on glucose and hormonal homeostasis during exercise (Προφορική παρουσίαση). *Medicine and Science in Sports and Exercise, 28(5), S76, 1996. ACSM National Conference, Milwaukee, WI, Ιούνιος 1996.*
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M. Grants and Funding

Grants submitted

1. **Grant type:** **Thalis Research Grant**
 Funding Agencies: European Community and Hellenic Ministry of Education.
 Role: Co-investigator
 Title: Exercise, alcohol consumption and smoking: Investigation of the mechanisms and treatment strategies for cessation.
 Funding requested: 600,000 €
 Percent Effort: 20%
 Date submitted: February 2010

2. **Grant type:** **JOINT RESEARCH AND TECHNOLOGY PROGRAMMES**
 Funding Agencies: Hellenic and Hungarian Ministries for Research and Development.
 Role: Co-principal investigator
 Title: Sirtuins: critical regulators at the crossroads between exercise and aging
 Funding requested: 15,000 €
 Percent Effort: 50%
 Date submitted: October 2009

Grants in Progress

1. **Grant type:** **Research award funding**
 Funding Agencies: Bodosakis Foundation
 Role: Principal investigator
 Title: Exercise-induced muscle damage and oxidative stress.
 Funding awarded: 26,000 €
 Percent Effort: 100%
 Duration: 2010-2011

2. **Grant type:** **Research award funding**
 Funding Agency: Tzelalis Sports Medicine Co.
 Role: Principal investigator
 Title: Effects of eccentric exercise on muscle and systemic inflammatory responses
 Funding awarded: 12,000 €
 Percent Effort: 100%
 Duration: 12 months

Grants completed

1. **Grant type:** **PEP Research Funding for Eastern Macedonia and Trace, Greece**
 Funding Agencies: European Community and Hellenic Ministry of Development (co-funding with enterprises of the private sector).
 Role: Co-principal investigator
 Title: Integration of antioxidant plant extracts in the production and accreditation of functional dairy products of high quality.

- Funding awarded: 444,075 €
 Percent Effort: 25%
 Duration: 2006 – 2009
- 2. Grant type: Funding for Research and Technological Advancement, Cyprus**
 Funding Agencies: National Research Institute of Cyprus
 Role: Member of the Scientific team (co-investigator)
 Title: The effects of the consumption of meals of various glycemic index values on β -endorphin responses and endurance performance.
 Funding awarded: 30,000 €
 Percent Effort: 10%
 Duration: 2006 – 2008
- 3. Grant type: Funding of Graduate programs**
 Funding Agencies: European Community and Hellenic Ministry of Education
 Role: Member of the Scientific team (co-investigator)
 Title: Development of the “Exercise and Health” program for graduate studies for the Department of Physical Education and Sport Sciences of the University of Thessaly, Greece.
 Funding awarded: 70,000 €
 Percent Effort: 5%
 Duration: 2004 – 2006
- 4. Grant type: Funding of Graduate programs**
 Funding Agencies: European Community and Hellenic Ministry of Education
 Role: Member of the Scientific team (co-investigator)
 Title: Development of the “Exercise and Quality of Life” program for graduate studies for the Department of Physical Education and Sport Sciences of the Democritus University of Thrace, Greece.
 Funding awarded: 75,000 €
 Percent Effort: 10%
 Duration: 2002 – 2003
- 5. Grant type: Funding for the Reconstruction of Undergraduate programs**
 Funding Agencies: European Community and Hellenic Ministry of Education
 Role: Member of the Scientific team
 Title: Reconstruction of the undergraduate program of the Department of Physical Education of the Democritus University of Thrace, Greece.
 Funding awarded: 120,000 €
 Percent Effort: 5%
 Duration: 2002 – 2004
- 6. Grant type: Research Funding for Young Scientists**
 Funding Agencies: Democritus University of Thrace, Greece

- Role: Young investigator
 Title: Study of the mechanisms responsible for exercise-induced effects on lipid metabolism in patients with type II diabetes.
- Funding awarded: 12,000 €
 Percent Effort: 50%
 Duration: 1996 – 1998
- 7. Grant type: Funding for Undergraduate Student Internships**
 Funding Agencies: European Community and Hellenic Ministry of Education
 Role: Co-investigator
 Title: Internship of undergraduate students in the private sector and rehabilitation settings.
- Funding awarded: 540,000 €
 Percent Effort: 5%
 Duration: 1998 – 2001
- 8. Grant type: Funding for Education**
 Funding Agencies: European Community and Hellenic Ministry of Education
 Role: Co-investigator
 Title: Implementation of physical activity programs for the enhancement of health, productivity, and quality of life.
- Funding awarded: 140,000 €
 Percent Effort: 5%
 Duration: 1997 – 1999
- 9. Grant type: Doctoral student research funding**
 Funding Agencies: The University of North Carolina at Greensboro
 Role: Doctoral student
 Title: The effects of β -endorphin on glucose homeostasis during exercise.
- Funding awarded: 1,500 €
 Percent Effort: 50%
 Duration: 1993-1994

N. Grant Reviewer

I have served as a reviewer for the “Irakleitos” research programs for doctoral studies funding posted by the Hellenic Ministry of Education and funded by both the European Community and the Hellenic government.

O. Peer-Reviewer for Scientific Journals

- Medicine and Science in Sports and Exercise
- Metabolism
- International Journal of Sports Medicine
- British Journal of Sports Medicine
- Clinical Physiology and Functional Imaging

- Strength and Conditioning
- Journal of Strength and Conditioning Research
- Aging Health, Biological Psychology
- Experimental Biology and Medicine
- European Journal of Applied Physiology
- Acta Diabetologica
- Free Radical Biology and Medicine

P. Membership of Professional Bodies/Associations

- American College of Sports Medicine (ACSM)
- European College of Sports Science (ECSS)
- Hellenic Association of Exercise Biochemistry and Physiology
- Hellenic Association of Physical Education Alumni
- Hellenic Diabetes Association
- Hellenic Free Radical Society
- National Strength and Conditioning Association (NSCA)
- The Gerontological Society of America (GSA)