



Γιάννης Κουτεντάκης

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1 ΣΠΟΥΔΕΣ

- Birmingham University; Department of Sports Sciences, UK (**Διδακτορικό - 1991**).
- Birmingham University; Department of Phys. Education, UK (**Μάστερ - 1984**).
- Εθνική Ακαδημία Σωματικής Αγωγής Θεσ/νικης (**Πτυχίο Σωματικής Αγωγής - 1974**)

2 ΕΠΑΓΓΕΛΜΑΤΙΚΟ ΙΣΤΟΡΙΚΟ

- **Κοσμήτορας**, Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού, Παν/μιο Θεσσαλίας (2014 -).
- **Πρόεδρος** ΤΕΦΑΑ, Πανεπιστήμιο Θεσσαλίας (2010 - 2014).
- **Καθηγητής** (Εργοφυσιολογία), ΤΕΦΑΑ, Πανεπιστήμιο Θεσσαλίας (2007 -).
- **Διευθυντής & Ιδρυτής**, Ερευνητικό Ινστιτούτο Σωματικής Απόδοσης και Αποκατάστασης, Υπουργείο Ανάπτυξης (2006 - 2009).
- **Αναπληρωτής Καθηγητής**, (Εργοφυσιολογία) ΤΕΦΑΑ, Πανεπιστήμιο Θεσσαλίας (2002 - 2007).
- **Επισκέπτης Καθηγητής**, (Εφαρμοσμένη Φυσιολογία) Παν/μιο Wolverhampton, Αγγλία (2000 -).
- **Επίκουρος Καθηγητής** (Εργοφυσιολογία) ΤΕΦΑΑ, Πανεπιστήμιο Θεσσαλίας (1998-2002).
- **Αναπληρωτής Καθηγητής**, Τμήμα Επιστημών Υγείας, Παν/μιο Wolverhampton, Αγγλία (1991-98).
- **Επισκέπτης Καθηγητής**, Σχολές Μοντέρνου & Κλασσικού Χορού, Λονδίνο (1992-98).
- **Διευθύνων - Ανώτερος Φυσιολόγος**, Βρετανικό Ολυμπιακό Ιατρικό Κέντρο, Βρετανική Ολυμπιακή Επιτροπή, Νοσοκομείο Northwick Park, Λονδίνο (1987-91).
- **Εθνικός Προπονητής Κωπηλασίας**, Βρετανική Κωπηλατική Ομοσπονδία (1985-87).
- **Καθηγητής Φυσικής Αγωγής**, ΥΠΕΠΘ (1975-85).
- **Εθνικός Προπονητής Κωπηλασίας**, Ελληνική Κωπηλατική Ομοσπονδία (1977-80).
- **Προπονητής Κολύμβησης/Κωπηλασίας**, Ναυτικός Όμιλος Βόλου (1975-82).

3 ΑΚΑΔΗΜΑΪΚΗ & ΕΠΙΣΤΗΜΟΝΙΚΗ ΕΜΠΕΙΡΙΑ

3.1 Διδασκαλία σε Προπτυχιακά Προγράμματα Σπουδών

1. ΤΕΦΑΑ, Πανεπιστήμιο Θεσσαλίας: δίδαξε αυτοδύναμα τα μαθήματα *Εργοφυσιολογίας, Εργοφυσιολογίας στον Αγωνιστικό Αθλητισμό I & II* και *Εργομετρικής Αξιολόγησης Αθλητών* (1998 -).
2. Τμήμα Βιοϊατρικής του Πανεπιστημίου του Wolverhampton, Αγγλία: δίδαξε αυτοδύναμα μαθήματα *Εργοφυσιολογίας, Εργομετρικής Αξιολόγησης Αθλητών* και *Άσκησης και Υγείας* (1991 – 1998).

3.2 Διδασκαλία σε Μεταπτυχιακά Προγράμματα Σπουδών

1. *Άσκηση, Εργοσπιρομετρία και Αποκατάσταση*, Πανεπιστήμιο Θεσσαλίας (2015 - σήμερα).
2. *Εφαρμοσμένη Κινησιολογία στις Ένοπλες Δυνάμεις*, Παν/μιο Θεσσαλίας (2014 – σήμερα).
3. *Άσκηση & Υγεία*, Πανεπιστήμιο Θεσσαλίας (2005 - σήμερα).
4. *Dance Science*, Wolverhampton University, UK, (2002 - σήμερα).

3.3 Επίβλεψη/Συνεπίβλεψη Διδακτορικών Διατριβών

3.3.1 Επιβλέψεις που Ολοκληρώθηκαν

Fenton SA (1997)	Mitchell M (1999)	Stecyk BA (2000)
Volianitis S (2000)	Bouziotas C (2002)	Paschalis V (2003)
Tsimeas P (2005)	Hukam H (2005)	Jones G (2006)
Metsios G (2007)	Stavropoulos-Kalinoglou A (2008)	Tsiotra G (2010)
Twitchett E (2010)	Angioi M (2010)	Russell J (2010)
Giannaki CD (2010)	Tsatalas T (2011)	Theodorou T (2011)
Krasnow D (2012)	Varamenti E (2012)	Lahart I (2013)
Kalafati M (2014)		

3.3.2 Επιβλέψεις εν Εξελίξει

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3.4 Επίβλεψη/Συνεπίβλεψη Μεταπτυχιακών Διατριβών

3.4.1 Επιβλέψεις που Ολοκληρώθηκαν

Περίπου 80

3.4.2 Επιβλέψεις εν Εξελίξει

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3.5 Επιτυχείς Διεκδικήσεις Χρηματοδοτούμενων Προγραμμάτων

3.5.1 Ανταγωνιστική Διεθνής Χρηματοδότηση (επιλεγμένες αναφορές)

- **FP7-PEOPLE-2012-IAPP** (€850.000); "Impact of colostrum-based nutraceuticals on functional gastrointestinal disorders" 324476 GI-Neu (2012)
- **FP7-PEOPLE-2012-IRSES** (€406.000); "Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms" 319010 U-GENE (2012)
- **MRC, UK** (£400.000); in collaboration with Dudley Group of Hospitals, Birmingham & Wolverhampton Unis for research on exercise in rheumatoid arthritis (2009)
- **Arts & Humanities Research Council, UK** (£150.000); for research on injury and fitness in dancers (2005)

3.5.2 Ανταγωνιστική Εθνική Χρηματοδότηση (επιλεγμένες αναφορές)

- **Programme "ESPA/PEGA", Ministry of Education, Greece** (€150.000); "Innovative actions in sport and tourism"; a collaboration between 4 Greek universities, including Thessaly University, Trikala, Greece (2014)
- **Programme "Kripis", General Secretariat for Research and Technology, Greece** (€250.000); "Smart specialisation and innovation in Thessaly"; a collaboration between the Institute of Human Performance and Rehabilitation & Thessaly University, Trikala, Greece (2012)
- **Programme "Synergasia", General Secretariat for Research and Technology, Greece** (€639.000); "Remedial and Rehabilitation Tourism in Thessaly"; a collaboration between the Institute of Human Performance and Rehabilitation & Thessaly University, Trikala, Greece (2012)
- **Programme "Thalis", General Secretariat for Research and Technology, Greece** (€1.200.000); in collaboration with the Institute of Human Performance and Rehabilitation & Thessaly University, Trikala, Greece for two projects on a) muscle function in renal patients, and b) stopping smoking (2011)

4 ΔΗΜΟΣΙΕΥΣΕΙΣ

4.1 Βιβλία

1. **Y. Koutedakis**, N.C.C. Sharp. "The Fit and Healthy Dancer". Chichester, UK: Willey & Sons Ltd, 1999.

4.2 Κεφάλαια σε Βιβλία

1. M. Parry-Billings, V.J. Mathews, E.A. Newsholme, R. Budgett, **Y. Koutedakis**. "The Overtraining Syndrome: Some Biochemical Aspects". In: D.A.D. Maclead, R.J. Maughan, C. Williams, C.R. Madeley, J.C.M. Sharp, R.W. Nutton (Eds.). *Intermittent High Intensity Exercise: Preparation, Stress and Damage Limitation*; E. & F.N. Spon, London, pp: 215-225, 1993.
2. **Y. Koutedakis**. "The physiology of Fitness". In: *The Runner's Guide*; Harper Collins Publishers, London, pp: 115-130, 1994.
3. R. Frischknecht, **Y. Koutedakis**. "Le desequilibre entre les muscles quadriceps et ischio-jambiers: une cause de lombalgies chez les sportifs". (Article in French, Summary in English). In: L. Simon, J Rodineau, G. Saillant, C. Benezis (Eds.), *Rachis et Sport*; Masson, Paris; pp: 202-207, 1995.
4. **Y. Koutedakis**, P.J. Pacy. "Resting energy expenditure and the effects of body weight control in elite lightweight oarswomen". In: J.J. Strain (Ed), *Nutrition and Sport*; Society of Chemical Industry, London; pp: 48-58, 1995.

5. N.C.C. Sharp, **Y. Koutedakis**. "Training for endurance and for strength and speed (power)". In: R.J. Maughan (ed), *Basic & Applied Sciences for Sports Medicine*, Butterworth-Heinemann, Oxford, UK, pp: 290-311, 1999.
6. **Y. Koutedakis**. "Physiological aspects of dance". In: Maffulli et al., (Eds.), *Sports Medicine for Specific Ages and Abilities*, Churchill Livingstone & Harcourt Publishers Ltd, Edinburgh, UK; pp: 187-194, 2001.
7. **Y. Koutedakis**, G. Metsios, A. Stavropoulos. "Periodisation of Exercise Training in Sport". In: G. Whyte (Ed.), *The Physiology of Training*, Elsevier Ltd, Edinburgh, UK; pp: 1-22, 2006.
8. A. Stavropoulos-Kalinoglou, A. Jamurtas, **Y. Koutedakis**, G.D. Kitas. "Obesity and Arthritis". In: J.M. Rippe and T.J. Angelopoulos (Eds), *Obesity: Prevention and Treatment*, CRC Press, Taylor and Francis Group, Boca Raton, FL, USA; pp: 355-380, 2012.
9. CK Deli, IG Fatouros, **Y Koutedakis**, AZ Jamurtas. "Iron supplementation and Physical Performance". In: M Hamlin N Draper and Y Kathiravel (Eds). *Current Issues in Sports and Exercise Medicine*. Publisher: InTech, Chapters published May 15, 2013, DOI: 10.5772/56649; pp: 141-168, 2013.
10. GK Sakkas, CD Giannaki, P Zigoulis, C Karatzaferi, K Gourgoulis, **Y Koutedakis**, I Stefanidis. "The Restless Legs Syndrome as a CVD risk in hemodialysis patients." In: GM Hatzigeorgiou (Ed). *A Special Thessaly University Publication*, Medical Publications, Larissa, Greece; pp: 203-210, 2013.

4.3 Άρθρα σε Διεθνή Περιοδικά με Σύστημα Κριτών Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων (Π.Χ. SPORTDISCUS) - (μόνο για τα έτη 2011-2015)

1. Amorim T, Wyon M, Maia J, Machado JC, Franklim M, George SM, Flouris AD, **Koutedakis Y**. "Prevalence of Low Bone Mineral Density in Female Dancers." *Sports Med*, 45(2): 257-68, 2015.
2. Dinas PC, Nikaki A, Jamurtas AZ, Prassopoulos V, Efthymiadou R, **Koutedakis Y**, Georgoulis P, Flouris AD. "Association between habitual physical activity and brown adipose tissue activity in individuals undergoing PET-CT scan." *Clin Endocrinol (Oxf)*, 82(1):147-54, 2015.
3. Valente AN, Jamurtas AZ, **Koutedakis Y**, Flouris AD. "Molecular pathways linking non-shivering thermogenesis and obesity: Focusing on brown adipose tissue development" *Biol Rev Camb Philos Soc*, 90(1):77-88, 2015.
4. Dinas PC, Metsios GS, Jamurtas AZ, Tzatzarakis MN, Wallace Hayes A, **Koutedakis Y**, Tsatsakis AM, Flouris AD. "Acute effects of second-hand smoke on complete blood count." *Int J Environ Health Res*, 24(1):56-62, 2014.
5. Flouris AD, Dinas PC, Tzatzarakis MN, Metsios GS, Kostikas K, Jamurtas AZ, Tsatsakis AM, **Koutedakis Y**. "Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia." *Int J Environ Health Res*, 24(3):189-94, 2014.
6. Jamurtas AZ, Zourbanos N, Georgakouli K, Georgoulis P, Manthou E, Fatouros IG, Goudas M, **Koutedakis Y**, Theodorakis Y. "Beta endorphin and alcohol urge responses in alcoholic patients following an acute bout of exercise." *Journal of Addiction Research & Therapy*, 5(4),194; doi: 10.4172/2155-6105.1000194, 2014.
7. Manthou E, Kanaki M, Georgakouli K, Deli CK, Kouretas D, **Koutedakis Y**, Jamurtas AZ. "Glycemic response of a Carbohydrate-Protein Bar with Ewe-Goat Whey." *Nutrients*, 6(6): 2240-2250, 2014.
8. Metsios GS, Stavropoulos-Kalinoglou A, Veldhuijzen van Zanten JJ, Nightingale P, Sandoo A, Dimitroulas T, Kitas GD, **Koutedakis Y**. "Individualised exercise improves endothelial function in patients with rheumatoid arthritis." *Ann Rheum Dis*, 73(4):748-51, 2014.
9. Misailidi M, Tzatzarakis MN, Kavvalakis MP, **Koutedakis Y**, Tsatsakis AM, Flouris AD. "Instruments to assess secondhand smoke exposure in large cohorts of never smokers: the smoke scales." *PLoS One*, 21;9(1):e85809, 2014.

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12. Allen N, Nevill A, Brooks J, **Koutedakis Y**, Wyon M. "The effect of a comprehensive injury audit program on injury incidence in ballet: a 3-year prospective study" *CJSM* 23(5):373-8, 2013.
13. Carrillo AE, **Koutedakis Y**, Flouris AD. "Exercise and exposure to heat following bovine colostrum supplementation: a review of gastrointestinal and immune function." *Cell Mol Biol*, 59(1): 84-88, 2013.
14. Dinas PC, **Koutedakis Y**, Flouris AD "Effects of active and passive tobacco cigarette smoking on heart rate variability." *Int J Cardiol*, 20: 163(2):109-15, 2013.
15. Flouris AD, Poulianiti KP, Chorti MS, Jamurtas AZ, Kostikas K, Tzatzarakis MN, Tsatsakis AM, **Koutedakis Y**. "Acute impact of active and passive electronic cigarette smoking on serum cotinine and lung function". *Inhal Toxicol*, 25(2):91-101, 2013.
16. Georgakouli K, Deli CK, Zalavras A, Fatouros IG, Kouretas D, **Koutedakis Y**, Jamurtas AZ. "α-Lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency." *Food and Chemical Toxicology*, 61(Nov): 69-73, 2013.
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20. Jamurtas AZ, Garifallopoulou A, Theodorou AA, Zalavras A, Pashalis V, Deli CK, Nikolaidis MG, Fatouros IG, **Koutedakis Y**. "A single bout of downhill running transiently increases HOMA-IR without altering adipokine response in healthy adult women." *EJAP*, 113: 2925-32, 2013.
21. Kerasioti E, Stagos D, Jamurtas AZ, Kiskini A, **Koutedakis Y**, Goutzourelas N, Pournaras S, Tsatsakis AM, Kouretas D. "Anti-inflammatory effects of a special carbohydrate-whey protein cake after exhaustive cycling in humans." *Food and Chemical Toxicology* 61 (Nov): 42-46, 2013.
22. Kostikas K, Minas M, Nikolaou E, Papaioannou AI, Liakos P, Gougoura S, Gourgoulisanis KI, Dinas PC, Metsios GS, Jamurtas AZ, Flouris AD, **Koutedakis Y**. "Secondhand smoke exposure induces acute airway acidification and oxidative stress." *Respir Med*, 107, 172-179, 2013.
23. Panayiotou G , Paschalis V, Nikolaidis MG, Theodorou AA, Deli CK, Fotopoulou N, Fatouros IG, **Koutedakis Y**, Sampanis M, Jamurtas AZ. "No adverse effects of statins on muscle function and health-related parameters in the elderly: an exercise study." *Scandinavian Journal of Medicine and Science in Sports* , 23(5): 556-567, 2013.
24. Paschalis V., Nikolaidis MG., Theodorou AA., Deli CK., Raso V., Jamurtas AZ., Giakas G., **Koutedakis Y**. "The effects of eccentric exercise on muscle function and proprioception of individuals being overweight and underweight". *J Strength Cond Res*, 27(9): 2542-2551, 2013.
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28. Varamenti EI, Kyparos A, Veskokouk AS, Bakou M, Kalaboka S, Jamurtas AZ, **Koutedakis Y**, Kouretas D. "Oxidative stress, inflammation and angiogenesis markers in elite female waterpolo athletes throughout a season." *Food and Chemical Toxicology* 61 (Nov): 3-8, 2013.
29. Wolman R, Wyon M, **Koutedakis Y**, Nevill AM, Eastell R, Allen N. "Vitamin D status in Professional Ballet Dancers: Winter vs. Summer." *J Sci Med Sport*, 16(5):388-391, 2013.
30. Wyon M, **Koutedakis Y**. "Muscular fatigue: considerations for dance." *J Dance Med Sci*, 17(2):63-9, 2013.
31. Wyon M, Smith A, **Koutedakis Y**. "A comparison of strength and stretch interventions on active and passive ranges of movement in dancers: a randomised controlled trial." *J Strength Cond Res*, 27(11): 3053-59, 2013.
32. Aggeloussi S, Theodorou AA, Paschalis V, Nikolaidis MG, Fatouros IG, Owolabi EO, Kouretas D, **Koutedakis Y**, Jamurtas AZ. "Exercise training and adipocytokine levels in obese children." *Pediatric Exercise Science*, 24: 461-471, 2012.
33. Allen N, Nevill A, Brooks J, **Koutedakis Y**, Wyon M. "Ballet Injuries: Injury incidence and severity over one year." *J Orthop Sports Phys Ther*, 42(9):781-90, 2012.
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35. Flouris AD, Metsios GS, Carrillo AE, Stivaktakis PD, Tsatsakis AM, Tzatzarakis MN, Jamurtas AZ, **Koutedakis Y**. "Respiratory and immune response to maximal physical exertion following exposure to secondhand smoking in healthy adults." *PLoS One*: e31880, 2012.
36. Flouris AD, Poulianiti KP, Chorti MS, Jamurtas AZ, Kouretas D, Owolabi E, Tzatzarakis MN, Tsatsakis AM, **Koutedakis Y**. "Acute effects of electronic and tobacco cigarette smoking on complete blood count." *Food Chem Toxicol*, 50(10):3600-3603, 2012.
37. Gkizlis V, Giannaki CD, Karatzaferi C, Hadjigeorgiou GM, Mihos C, **Koutedakis Y**, Stefanidis I, Sakkas GK. "Uremic versus Idiopathic Restless Legs Syndrome: Impact on Aspects Related to Quality of Life." *ASAIO Journal*, 58(6):607-611, 2012.
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39. Krasnow D, Wilmerding MV, Stecyk S, Wyon M, **Koutedakis Y**. "Examination of weight transfer strategies during the execution of grand battement devant at the barre, in the center, and traveling." *Med Probl Perform Art*, 27(2):74-84, 2012.
40. Krasnow D, Ambegaonkar JP, Wilmerding MV, Stecyk S, **Koutedakis Y**, Wyon M. "Electromyographic comparison of grand battement devant at the barre, in the center, and traveling". *Med Probl Perform Art*, 27(3): 143-155, 2012.
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43. Stavropoulos-Kalinoglou A, Metsios GS, Panoulas VF, Nightingale P, **Koutedakis Y**, Kitas GD. "Anti tumour necrosis factor alpha therapy improves insulin sensitivity in normal-weight but not in obese patients with rheumatoid arthritis." *Arthritis Res Ther*, 5;14(4):R160, 2012.
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45. Carrillo AE, **Koutedakis Y**, Flouris AD. "Early life mammalian biology and later life physical performance." *Br J Sports Med*, 45(12):1000-1, 2011.
46. Day H, **Koutedakis Y**, Wyon M. "Hypermobility and dance: a review" *Int J Sports Med*, 32: 485-9, 2011.
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