



Γεώργιος Κ. Σακκάς

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1 ΣΠΟΥΔΕΣ

- PhD στη Κλινική Εργοφυσιολογία Επιβλέπων Καθηγητής : Professor Anthony J Sargeant. Manchester Metropolitan University, Centre for Biophysical & Clinical Research into Human Movement, UK (1997-2001)
- Παρακολούθηση Μεταπτυχιακού Προγράμματος στη Μοριακή Παθολογία και Τοξικολογία University of Leicester, Department of Pathology, UK (1998-2000)
- Πτυχίο Επιστήμης Φυσικής Αγωγής και Αθλητισμού (BSc) Ειδικότητα : Κολύμβηση Επιβλέπων Καθηγητής : Καθηγητής Βασίλης Κλεισούρας. Εθνικό Καποδιστριακό Πανεπιστήμιο Αθηνών, Ελλάδα (1991-1995)

2 ΕΠΑΓΓΕΛΜΑΤΙΚΟ ΙΣΤΟΡΙΚΟ

- Λέκτορας Άσκηση σε Κλινικούς Πληθυσμούς, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας (Δεκ 2013 – Σήμερα)
- Διδακτικό Προσωπικό (Π.Δ. 407/1980) στο μάθημα της Κολύμβησης, της Εργοφυσιολογικής Αξιολόγησης και συνδιδασκαλία στα μαθήματα της Άσκηση και Υγεία I, II, III, IV στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας (Σεπτ 2007-Σήμερα)
- Διδακτικό Προσωπικό (Π.Δ. 407/1980) στο μάθημα της Κλινικής Βιοχημείας στο τμήμα Βιοχημείας και Βιοτεχνολογίας του Πανεπιστημίου Θεσσαλίας (Φεβ 2006- Ιουν 2007)
- Ανάπτυξη διαλέξεων και διδασκαλία στα μαθήματα του ΠΜΣ Άσκηση και Υγεία: Α' Εξαμήνου «Μεθοδολογία Παρουσίασης Δεδομένων και Συγγραφής της Διατριβής» (Υπεύθυνος, Γ. Κουτεντάκης), «Άσκηση και Παχυσαρκία» (Υπεύθυνος, Γ. Κουτεντάκης) και Β' Εξαμήνου «Φυσιολογία του Μυός» (Υπεύθυνος, Γ. Κουτεντάκης), «Μεταβολικές Ασθένειες και Άσκηση» (Υπεύθυνος Α. Τζιαμούρτας) και «Άσκηση και διατροφή στην πρόληψη και αντιμετώπιση ασθενειών» (Υπεύθυνος Α. Τζιαμούρτας). (2006 – Σήμερα)

- Ειδικό Διδακτικό Προσωπικό (Teaching Instructor) στο Πανεπιστήμιο της Καλιφόρνιας, Μπέρκλεϊ, ΗΠΑ (University of California, Berkeley). Μάθημα: Φυσιολογία του Ανθρώπου Ι. (Σεπτ 2003-Δεκ 2003)
- Επιβλέπων καθηγητής (Supervisor of the independent study) σε διδακτορική υποψήφια (Joanne Krasnoff) στο Πανεπιστήμιο της Καλιφόρνιας, Σαν Φρανσίσκο, ΗΠΑ με θέμα « Η χρήση μη παρεμβατικών μεθόδων για την μελέτη των μυϊκών προσαρμογών μετά από μυϊκή επιβάρυνση». (Σεπτ 2003-Φεβ 2004)
- Ειδικό Διδακτικό Προσωπικό (Teaching Instructor) στο Πανεπιστήμιο του Μάντσεστερ Μετροπόλιταν, Ηνωμένο Βασίλειο (Manchester Metropolitan University). Μάθημα : Εργομετρία (Exercise Testing) (Σεπτ 1997-Δεκ 2000)
- Μέλος του εργαστηρίου της Εργοφυσιολογίας στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Εθνικού Καποδιστριακού Πανεπιστημίου Αθηνών.
- Μάθημα : Εργαστήρια Εργομετρίας & Εργοφυσιολογίας (Σεπτ 1996-Ιουν 1997)

3 ΑΚΑΔΗΜΑΪΚΗ & ΕΠΙΣΤΗΜΟΝΙΚΗ ΕΜΠΕΙΡΙΑ

3.1 Διδασκαλία σε Προπτυχιακά Προγράμματα Σπουδών

- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Υπεύθυνος μαθήματος Προχωρημένης κλινικής Εργοφυσιολογίας και διδάσκουσα μαθήματος (2013-present)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Υπεύθυνος μαθήματος Πρακτική εξάσκηση στο νοσοκομείο (2007- σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Υπεύθυνος μαθήματος Προχωρημένης κλινικής Εργοφυσιολογίας και διδάσκουσα μαθήματος (2013-σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Υπεύθυνος μαθήματος Άσκηση σε Ειδικούς Πληθυσμούς Προχωρημένης (2013 - σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Συν-διδάσκον μαθήματος Κολύμβησης (2007 - σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Υπεύθυνος μαθήματος Σχεδιασμός προγραμμάτων άσκησης (2013 - σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας Υπεύθυνος μαθήματος Κλινικής Εργοφυσιολογίας (2013- σήμερα)
- Τμήμα Βιοχημείας και Βιοτεχνολογίας, Πανεπιστήμιο Θεσσαλίας, Λάρισα Διδάσκον Κλινικής Βιοχημείας (Γεν 2006-2007)

3.2 Διδασκαλία σε Μεταπτυχιακά Προγράμματα Σπουδών

- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού & Τμήμα Ιατρικής, Πανεπιστήμιο Θεσσαλίας, Μεταπτυχιακό πρόγραμμα Άσκησης, Εργοσπιρομετρία και Αποκατάσταση Υπεύθυνος μαθήματος MB02 Άσκηση στα χρόνια νοσήματα (Σεπ 2014-σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, ΠΜΣ Εφαρμοσμένη Κινησιολογία στις Ένοπλες Δυνάμεις. Υπεύθυνος μαθήματος MB611 Υπερχρηση Κακώσεις μυοσκελετικού συστήματος (Σεπ 2014- σήμερα)
- Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας ΠΜΣ Άσκηση και Υγεία Υπεύθυνος μαθήματος MB515 Άσκηση, πρόληψη και αποκατάσταση καρδιοπαθών (Δεκ 2013-σήμερα)

3.3 Επίβλεψη/Συνεπίβλεψη Διδακτορικών Διατριβών

3.3.1 Επιβλέψεις που Ολοκληρώθηκαν

1. Π. Ζυγούλης (2013) – επιβλέπων
2. Α. Βαΐνας (2013) - επιβλέπων
3. Χ. Γιαννάκη (2010) – επιβλέπων
4. J. Krasnoff (2005) – επιβλέπων

3.3.2 Επιβλέψεις εν Εξελίξει

1. Δ. Βαρβέρη - επιβλέπων
2. Σ. Γρηγορίου – επιβλέπων
3. Γ. Μήτρου – επιβλέπων
4. Ν. Σαμπάνη – επιβλέπων
5. Β. Γκιζλής – επιβλέπων
6. Σ. Τσεκούρα – επιβλέπων
7. Σ Τσιριγκάκης - επιβλέπων
8. Α. Κρασέ- επιβλέπων

3.4 Επίβλεψη/Συνεπίβλεψη Μεταπτυχιακών Διατριβών

3.4.1 Επιβλέψεις που Ολοκληρώθηκαν

1. Π. Μπούργλιος (2009) - επιβλέπων
2. Κ. Τσαρούχας (2009) - επιβλέπων
3. Β. Γκίζλης (2009) – κύριος επιβλέπων
4. Β. Ανδριανόπουλος (2010) - επιβλέπων
5. Ε. Τσακνάκη (2011) – κύριος επιβλέπων
6. Γ. Μήτρου (2011) – κύριος επιβλέπων
7. Ν. Ρίζος (2011) – κύριος επιβλέπων
8. Ι. Ντεντέ (2012) – επιβλέπων
9. Δημητριάδου Ε (2013) – επιβλέπων
10. Κωνσταντινίδου Ε (2014) – επιβλέπων
11. Πλατσά Γ (2014) – επιβλέπων
12. Ουσταμπασίδου Ν (2014) – επιβλέπων
13. Βιτάλης Π (2014) – επιβλέπων
14. Χιδειριώτη Ρ (2013) – επιβλέπων
15. Μιτσιοκάπας Β (2014) – επιβλέπων

3.4.2 Επιβλέψεις εν Εξελίξει

1. Αλέκου Ε
2. Κάραλη Ε
3. Μπούγα Ε
4. Ντελέζος Β
5. Κατσούρη Β
6. Πόππη Ε
7. Ζόρζ Κ

3.5 Επιτυχείς Διεκδικήσεις Χρηματοδοτούμενων Προγραμμάτων

3.5.1 Ανταγωνιστική Διεθνής Χρηματοδότηση

- **FUEGO:** Global network of excellence for research on adipose tissue plasticity and human thermogenesis. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2013-IRSES (grant no. 612547). **Total funding: €404,400.**
- **U-GENE:** Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2012-IRSES (grant no. 319010). **Total funding: €410,400.**
- **SCAFFY:** Bio-scaffold engineered device for brown adipose tissue regeneration (Grant Agreement no: 645640). Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €864.000**
- **Muscle Stress Relief:** An integrated research program linking together basic research on secondary myopathies in stress states to innovative translation in applied myology. (Grant agreement no: 645648) Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €1.458.000**
- Χρηματοδότηση συνεδριακών και οδοιπορικών εξόδων από τον «Διεθνή Οργανισμό για την αντιμετώπιση των φαρμακευτικών παρενεργειών και λιπο-δυστροφίας στο HIV» (7th International Workshop on Adverse Drug Reaction and Lipodystrophy in HIV, Dublin, Ireland) για την παρουσίαση ερευνητικής εργασίας **(1550€)**. (2005)
- Χρηματοδότηση συνεδριακών και οδοιπορικών εξόδων από τον «Διεθνή Οργανισμό Μαγνητικής Τομογραφίας και Φασματογραφίας στην Ιατρική» (11th International Society of Magnetic Resonance in Medicine, Toronto, Canada) για την παρουσίαση ερευνητικής εργασίας **(1.000\$)**. (2003)
- Χρηματοδότηση συνεδριακών και οδοιπορικών εξόδων από τον «Διεθνή Οργανισμό για την αντιμετώπιση των Φαρμακευτικών Παρενεργειών και Λιποδυστροφίας στο HIV» (4th International Workshop on Adverse Drug Reaction and Lipodystrophy in HIV, San Diego, USA) για την παρουσίαση ερευνητικής εργασίας **(750\$)**. (2002)
- Χρηματοδότηση συνεδριακών και οδοιπορικών εξόδων από τον «Διεθνή Οργανισμό Μαγνητικής τομογραφίας και φασματογραφίας στην Ιατρική» (10th International Society of Magnetic Resonance in Medicine, Hawaii, USA) για την παρουσίαση ερευνητικής εργασίας **(1.000\$)**. (2002)
- Χρηματοδότηση συνεδριακών και οδοιπορικών εξόδων από τον «Διεθνή Οργανισμό για την Μη-Παρεμβατική Μελέτη της Μυϊκής Λειτουργίας» (1st International Workshop in Non-Invasive Investigation of Muscle Function, Marceille, France) για την παρουσίαση ερευνητικής εργασίας **(1.000\$)**. (2001)

3.5.2 Ανταγωνιστική Εθνική Χρηματοδότηση

- **The effect of Restless Legs Syndrome in the functional capacity and quality of life in hemodialysis patients (PI)** In this project the prevalence of RLS in Greek dialysis units is being assessed. Moreover, the possible effects of RLS on the quality of life and functionality are being investigated. Project funded through the Greek State Scholarship Foundation [paper 17, 30].
- **Establishing the Institute for Human Performance and Rehabilitation (PerfoTech) within the Center for Research Technology Thessaly in Greece (working team member and founding member of PerfoTech)** In this application, a team of academics and researchers won competitive funding of 5-year duration to establish PerfoTech within the Center for Research and Technology -

Thessaly (CE.RE.TE.TH). Funded by the General Secretariat for Research and Technology, Directorate for the support of Research Programmes of the European Commission

- **The effect of a dopamine agonist in the quality of life of hemodialysis patients suffering from the restless legs syndrome (PI)** In this study we are examining whether there is a synergy between dopamine agonists and the beneficial effects of exercise in promoting fitness in hemodialysis patients Project funded by the General Secretariat for Research and Technology, Directorate for the support of Research Programmes of the European Commission - European Social Fund (ESF) [paper 24,26,32,33, 36, 37, 38].
- **Long Term Exercise Training in End Stage Renal Diseases Patients (PI)** This study will start in Sept 2011 and it will investigate the chronic effect (12 mo) of exercise training in parameters related to patients survival. This project is funded after a successful private fund raising event that took place in Feb of 2011.
- **Mechanisms of muscle function: fatigue and oxidative stress (Muscle Fun) (Co-PI). (Total Funding €600K, NSRF/Thales /712) 2011.** The aims of the study is to reveal critical factors and mechanisms regulating function in ureamic skeletal muscle, being directly or indirectly responsible for the extreme fatigue and weakness in renal diseases patients.
- **Exercise, smoking, & alcohol: investigation of mechanisms, & interventions for prevention, cessation & awareness (Co-PI) (Total Funding €600K, NSRF/Thales/730) 2012.** The aim is to develop a theoretical and applied framework of support and self-regulation of smokers and alcoholics. To investigate the effects of different intensity of exercise (low, medium and high) on the psychological, physiological and biochemical factors for smokers and alcoholics, and to design effective programs of prevention and cessation for smoking and alcohol consumption, both for adolescents and adults.
- **Alliance for Health – Exercise (Co-PI) (MIS 374077, PI: V. Gerodimos, Hellenic Ministry of Health, Total Funding €526K, 2012).** Alliance for Health – Exercise: development of exercise programmes as a means for the prevention and rehabilitation of chronic diseases – interventional programmes. Externally funded programme - Support for the development of human resources and Consolidation of the reform of Mental Health, Primary Health Care and the Protection of Public Health of the population in the 8 regions of convergence, Greece.

3.6 Συμμετοχή σε Διεθνείς Επιστημονικές και Διοικητικές Επιτροπές

- Μέλος Επιτροπών με απόφαση του ΔΣ του ΚΕΤΕΑΘ
- Επιτροπή Παραλαβής Εξοπλισμού ΙΣΑΑ-ΚΕΤΕΑΘ
- Επιτροπή Επιστημονικού Συμβουλίου ΙΣΑΑ-ΚΕΤΕΑΘ
- Μέλος οργανωτικής και επιστημονικής επιτροπής για τη διεξαγωγή της συνάντησης του Muscle Research Group στην Λάρισα στις 19-21 Φεβρουαρίου του 2009, υπό την αιγίδα του Πανεπιστημίου Θεσσαλίας και του Ινστιτούτου Σωματικής Απόδοσης και Αποκατάστασης του ΚΕΤΕΑΘ
- Γεώργιος Χατζηγεωργίου, Ιωάννης Στεφανίδης και **Γεώργιος Σακκάς**: Muscle Research Group Cost Action meeting, 19-21 February, 2009, Larissa, Greece
- Χριστίνα Καρατζαφέρη και **Γεώργιος Σακκάς**: Organizers of the 41st European Muscle Conference, 1-5 September, 2012 in Rhodes, Greece (<http://www.esmr.org/>)
- **Γεώργιος Σακκάς** και Ιωάννης Βογιατζής: Organizers of the 1st Clinical Exercise Physiology Workshop of the Hellenic Society of Exercise Biochemistry and Physiology, October 11th 2012, University Respiratory Clinic “Sotiria”, Athens, Greece

3.7 Συμμετοχή ως Μέλος σε Διεθνείς Επαγγελματικούς Οργανισμούς

- Μέλος του European Society for Muscle Research (ESRM)
- Μέλος του European Muscle Study Group
- Μέλος του European Renal Association
- Ιδρυτικό μέλος της Ελληνικής Εταιρείας Βιοχημείας και Φυσιολογίας της Άσκησης

4 ΔΗΜΟΣΙΕΥΣΕΙΣ

4.1 Βιβλία

1. **Giorgos K. Sakkas**. Translation and Scientific Editing in Greek. Manual of Freediving – Underwater on a single breath by Umberto Pelizzari and Stefano Tovaglieri. APNEA publisher, ISBN 978-618-80050-0-6, May 2012

4.2 Κεφάλαια σε Βιβλία

1. **Giorgos K. Sakkas** and Ioannis Stefanidis. Chapter entitled “Emergent issues in Sleep related to renal disease and management” in “Acute and Emergent events in Sleep” by Sudhansu Chokroverty & Pradeep Sahota MD, Oxford University Press, ISBN: 978-0-19-537783-5, January 2011
2. Stefania S. Grigoriou Christina Karatzaferi and Giorgos **K. Sakkas**. Assessing Health - Related Quality of Life in Chronic Kidney Disease Patients: The Use of General and Specific Instruments , Pp. 25-46 (22) in “Outcomes Assessment in End-Stage Kidney Disease - Measurements and Applications in Clinical Practice” published by BENTHAM SCIENCE PUBLISHERS in 2013 DOI: 10.2174/97816080573511130101; eISBN: 978-1-60805-735-1, 2013; ISBN: 978-1-60805-736-8.
3. **Giorgos K. Sakkas** and Christoforos D. Giannaki. Chapter 42. Sleep in Other Medical Disorders Including Medication-Related Sleep Dysfunction. Sleep in Chronic Renal Insufficiency. Book Title: Sleep and its disorders by Sudhansu Chokroverty And Luigi Ferini-Strambi. In Press by Oxford University Press 2015

4.3 Άρθρα σε Διεθνή Περιοδικά με Σύστημα Κριτών Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων (Π.Χ. SPORTDISCUS)

1. K.L. Johansen, T. Shubert, J. Doyle, B. Soher, **G. K. Sakkas**, J.A. Kent Braun. “Muscle atrophy in patients receiving hemodialysis: Effect on muscle strength, muscle quality, and physical function”. *Kidney Int.* **2003 Jan**;63(1):291-297. [ImpFact: 6.105]
2. K.L. Johansen, **G. K. Sakkas**, J. Doyle, T. Shubert, and R.A. Dudley. “Exercise Counseling Practices among Specialists Caring for Patients with Chronic Disease: The Example of Nephrologists”. *Am J Kidney Dis.* **2003 Jan**;41(1):171-8. [ImpFact: 5.242]
3. **G. K. Sakkas**, D. Ball, T.H. Mercer and P.F. Naish. “An alternative histochemical method to simultaneously demonstrate muscle nuclei and muscle fibre type”. *Eur J Appl Physiol.* **2003 Jun**;89(5):503-5. [ImpFact: 2.214]
4. **G. K. Sakkas**, A.J. Sargeant, D. Ball, T. Mercer, P. Koufaki, C. Karatzaferi and P.F. Naish. “Changes in muscle morphology in dialysis patients after 6 months of aerobic exercise training”. *Nephrology Dialysis Transplantation* **2003 18**:1854-1861 [ImpFact:3.56]
5. **G. K. Sakkas**, D. Ball, T. Mercer, K.Tolfrey, A.J. Sargeant and P.F. Naish. “Atrophy of Non-locomotory muscle in patients with end stage renal failure”. *In Nephrology Dialysis Transplantation* **2003 18(10)**:2074-81. [ImpFact:3.56]
6. K.S. Topp, P.L. Painter, S. Walcott, J.B. Krasnoff, D. Adey, **G.K. Sakkas**, J. Taylor, K. McCormick, M. teNyenhuis, M. Iofina, S. Tomlanovich, P. Stock. “Alterations in Skeletal Muscle Structure are

- Minimized with Steroid Withdrawal Following Renal Transplantation". *Transplantation* **2003**, 27;76(4):667-673. [ImpFact: 3.676]
7. J.S.M. Pringle, J.H. Doust, H. Carter, K. Tolfrey, I.T. Campbell, **G.K. Sakkas**, A.M. Jones. "Oxygen uptake kinetics during moderate, heavy and severe intensity submaximal exercise in humans: the influence of muscle fibre type and capillarisation. *Eur J Appl Physiol.* **2003**, 89:289-300. [ImpFact: 2.214]
 8. **G.K. Sakkas**, D. Ball, A.J. Sargeant, T.H. Mercer, P. Koufaki & P.F. Naish. "Skeletal muscle morphology and capillarisation of renal failure patients receiving different dialysis therapies". *Clinical Science* **2004**, 107, 617-623. [ImpFact: 4.613]
 9. **G.K.Sakkas**, Stefanidis I, Liakopoulos V, Johansen KL. "Male dialysis patients are subject to a higher rate of muscle wasting and weakness than female counterparts" *HIPPOKRATIA* **2004**, 8, 4:155-160
 10. K.L. Johansen, J. Doyle, **G.K. Sakkas**, J. Kent-Braun. "Neural and Metabolic Mechanisms of Excessive Muscle Fatigue in Maintenance Hemodialysis Patients". *American Journal of Physiology Regulatory, Integrative and Comparative Physiology* **2005**, 289:805-813. [ImpFact: 3.28]
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4.4 Άρθρα σε Περιοδικά μη Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων

Κανένα

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- Of Aerobic Exercise And Dopamine Agonists In Patients With Uremic Restless Legs Syndrome. 1st International Congress of Exercise Biochemistry and Physiology, 20-21 May, Komotini, Greece, 2011
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 51. Giorgos K. Sakkas: Uremic myopathy, metabolic acidosis and exercise training in CKD, in CME Morbidity and functional capacity in CKD: exercise training in theory and in practice course, 27 – 28 September, 2012, Lund, Sweden
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61. Giannaki CD, Sakkas GK, Karatzaferi C, Stefanidis I, Hadjigeorgiou GM. The effect of muscle fatigue in neuromuscular activity during sleep. European Restless Legs Syndrome Study Group Annual Meeting, Nov 2014 Munich, Germany
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63. Irene Karali, Christina Karatzaferi and Giorgos Sakkas. The impact of swift work in health indices, physical activity and quality of life. Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
64. Mitsiokapas V, Karatzaferi C, Sakkas GK. Levels of physical activity and quality of life in institutionalized mentally healthy elderly. Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
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66. Danae Varveri, Nikitas Smirnios, Andreas Flouris, Christina Karatzaferi, Giorgos K. Sakkas. Developing and testing an instrument to assess aquaticity in humans Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
67. Giorgos K. Sakkas, Christoforos D. Giannaki, Christina Karatzaferi, Georgios M. Hadjigeorgiou, Ioannis Stefanidis. Exercise training and dopamine agonists in hemodialysis patients with restless legs syndrome/willis-ekbom disease. A randomized double-blind placebo controlled study. 52nd ERA EDTA Congress, 28-31st May, London UK
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69. Kaltsatou AC, Grigoriou SS, Fotiou D, Karatzaferi C, Stefanidis I, Sakkas GK. Autonomic nervous system activity assessment using pupillometry and heart rate variability during intradialytic exercise training in hemodialysis patients. 52nd ERA EDTA Congress, 28-31st May, London UK
70. Giorgos K. Sakkas¹, Christoforos Giannaki², Christina Karatzaferi¹, Ioannis Stefanidis. A single physical functioning score predicts mortality in hemodialysis patients. A 10-year prospective study. 52nd ERA EDTA Congress, 28-31st May, London UK

6 ΠΑΡΟΥΣΙΑΣΕΙΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ

- **Γεώργιος Κ. Σακκάς.** Ιδιαιτερότητες ασκούμενων με χρόνιες παθήσεις.
- 8^ο Πανελλήνιο Συνέδριο Πτυχιούχων Φυσικής Αγωγής και Αθλητισμού. 7-9 Μαΐου, Αθήνα **2004**.
- **Γεώργιος Κ. Σακκάς.** Διαταραχές του ύπνου και άσκηση. 2^ο Διεθνές Επιστημονικό Συνέδριο Ποδοσφαίρου 4-6 Μαΐου, Τρίκαλα, **2007**
- **Γεώργιος Κ. Σακκάς.** Άσκηση στην χρόνια νεφρική ανεπάρκεια, 2^ο Συνέδριο Επιστημόνων Φροντίδας Χρόνιων Πασχόντων 8-11 Νοεμβρίου, Λάρισα, **2007**
- **Γεώργιος Κ. Σακκάς.** Σακχαρώδης Διαβήτης και Άσκηση, Περιφερικό Συμπόσιο Γενικής Ιατρικής, Θεσσαλίας και Στερεάς Ελλάδας, 18-20 Μαρτίου, Δελφοί, Ελλάδα, **2011**.
- **Γεώργιος Σακκάς και Ιωάννης Βογιατζής:** Chairpersons of the Clinical Exercise Physiology Session, 1st National Congress of Exercise Biochemistry and Physiology, 19-20 May, Komotini, Greece, **2011**

- **Γεώργιος Σακκάς:** Invited Talk: Sleep Disorders in End Stage Renal Diseases, CIN 2011, 6th Congress of Nephrology in Internet, November 15-30, 2011
- Kathy Myburgh **and Giorgos K. Sakkas:** Chairpersons in Striated muscle in health and disease I session in the 41st European Muscle Conference in Rhodes, 1-5 September 2012
- **Giorgos K. Sakkas:** Invited Talk: Muscle size and metabolism in end stage renal failure patients, 41st European Muscle Conference, 1-5 September 2012, Rhodes, Greece
- **Giorgos K. Sakkas:** Invited Talk: Uremic myopathy, metabolic acidosis and exercise training in CKD, in CME Morbidity and functional capacity in CKD: exercise training in theory and in practice course, 27 – 28 September, 2012, Lund, Sweden
- **Γεώργιος Σακκάς και Ιωάννης Βογιατζής:** Chairpersons of the Clinical Exercise Physiology Session, 2nd National Congress of Exercise Biochemistry and Physiology, 12-13 October, 2012, Athens, Greece
- **Giorgos K. Sakkas.** Invited Talk: Cardiometabolic syndrome, mortality and Exercise Therapy in patients with Chronic Kidney Disease. 4th International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Greece **2014**
- **Giorgos K. Sakkas.** Invited Talk: Under Pressure: How does our body function under water. 4th International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Greece **2014**
- **Giorgos K. Sakkas.** Invited Talk: Therapeutic Exercise Training in End Stage Renal Disease. Nephrological Symposium of Central Greece, 12-14 December, Larissa, Greece, **2014**

7 ΔΙΑΦΟΡΑ

- Προπονητής Κολύμβησης (National Swimming Federation)
- Εκπαιδευτής Ναβαγοσοστών (ΠΑΣΧΝΑ)
- Εκπαιδευτής Ελεύθερης Κατάδυσης (Arnea Academy)
- Προπονητής Βρεφικής Κολύμβησης (WABC)
- Μέλος της Εθνικής Ομάδας Ελεύθερης Κατάδυσης 2010-2014