



Georgia I. Mitrou MSc
PhD candidate in Muscle Physiology

Georgia Mitrou was born at the city of Kalamata, Greece in 1985. In 2010, Mrs. Mitrou received her BSc in Physical Education and Sport Science of the University of Thessaly (UTh) with a major specialization in “Exercise and Health”. Her 4th year placements involved implementing an exercise training program in hemodialysis patients during the dialysis session. A part of her studies was done at the Universidade de Tras os Montes e Alto Duro (UTAD) of Portugal with a six-month mobility fellowship (Socrates/Erasmus).

Then in 2011 she was enrolled at the “Exercise and Health” MSc course of the UTh and she started her MSc thesis working under the supervision of Dr Sakkas, assessing how muscle fatigue interferes with sleep quality. Georgia was awarded her MSc degree with distinction in June of 2012. Mrs. Mitrou has published many abstracts as first author and she is preparing 2 peer reviewed scientific papers for publication (one from her MSc thesis).

Since 2007, Mrs. Mitrou is also a Research Assistant at the department of Kinesiology in CERETETH at the Clin lab working under the supervision of Dr Sakkas and at the Muscle Physiology lab under the supervision of Dr Karatzaferi.

Currently she is a PhD candidate at the UTh working under the supervision of Dr C. Karatzaferi. Her research interests include mainly the muscle function, muscle fatigue and exercise rehabilitation in Renal Disease.