

# Thanasis Jamurtas - CV

Items	Number
Books	4
Book Chapters	5
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SCOPUS)	195
Articles in Journals not Indexed in Bibliographical Databases	27
Refereed International Conference Presentations	185
Invited Presentations	58
Scopus Citation Index (including self-citations)	6588
Scopus h-index	46
Involved in Successful Grant Applications	23 (~3.500.000€)

## EDUCATION

1. Doctorate of Philosophy in Exercise Physiology/Biochemistry (1997) - The University of North Carolina at Greensboro, Greensboro, NC 27412, U.S.A.
  - Major: Exercise Physiology/Biochemistry
  - Minor: Nutrition; Exercise & Health
2. Masters of Science (M.Sc.) in Exercise Physiology (1993) - Syracuse University, Syracuse, 43210, NY, U.S.A.
  - Major: Exercise Physiology
  - Minor: Nutrition; Exercise & Health
3. Bachelor of Science in Physical Education and Sport Science– Aristotle University of Thessaloniki (1988).

## EMPLOYMENT HISTORY

- 2016 – Present     **Professor:** University of Thessaly, School of Physical Education, Sports Science and Dietetics
- 2011- 2016        **Associate Professor:** University of Thessaly, School of Physical Education, Sports Science.
- 2006-2011        **Assistant Professor:** University of Thessaly, School of Physical Education, Sports Science.
- 2001-2006        **Lecturer:** University of Thessaly, School of Physical Education, Sports Science.

- 2003- Present     **Adjunct Associate Professor.** University of Thessaly, Department of Biochemistry & Biotechnology.
- 1999- 2001.       **Assistant Lecturer:** University of Thessaly, School of Physical Education, Sports Science.
- 2001- 2003       **Assistant Lecturer:** University of Thessaly, Department of Medicine.
- 1993- 1997.       **Teaching and Research Assistant:** The University of North Carolina at Greensboro, Greensboro, NC.
- 1992               **Teaching and Research Assistant:** Syracuse University, Syracuse, NY.

## **ACADEMIC & SCIENTIFIC EXPERIENCE**

### **Undergraduate Teaching**

Biochemistry of Sports, Biochemical Evaluation in Sports, Clinical Biochemistry and nutrition, Clinical Nutrition, Exercise Physiology & evaluation in Sports, Exercise Biochemistry.

### **Postgraduate Teaching**

Biochemistry of Exercise, Exercise & Metabolic Diseases, Exercise & Nutrition in Disease Prevention, Nutrition & Health, Nutrition.

### **Supervision/Co-supervision of Doctoral Dissertations**

Completed - 9 supervised – 25 co-supervised – 8 in progress

### **Supervision/Co-supervision of Master's Dissertations**

Completed - 52 supervised – 53 co-supervised – 8 in progress

## **FUNDING**

### **Competitive International**

1. Cyprus Research Promotion Foundation. "An exercising device for elderly and physically disabled people". 160.850 euros. (2008, Partner)
2. Seventh Framework Programme (FP7). Marie Curie Intra-European Fellowships. "The effect of physical activity on muscle biology and health in statin-treated older individuals". 150.000 ευρώ. (2008, Partner)

3. Cyprus Research Promotion Foundation. The rehabilitative response of resistance, aerobic and combined training on low risk cardiac patients. (Establishment of a Sports and Rehabilitation Research Center in Cyprus). 563.923 euros. (2006, Partner)
4. Cyprus Research Promotion Foundation. The effect of different glycemic carbohydrate index supplementation on  $\beta$ -endorphin blood levels and on physical performance). 38,773 euros. (2006, Partner)
5. University of North Carolina at Greensboro. Full teaching and research scholarship. 40.000 US Dollars (1993-1997).
6. University of North Carolina at Greensboro. Distinguished Graduate Student Award. 800 US Dollars. (1996, PI)
7. Syracuse University. Teaching and research scholarship. 4.000 US Dollars (1991-1992).

### **Competitive National**

1. General Secretariat of research and Technology: Development of innovative cream pharmaceutical products based on Greek herbal substances to combat exercise induce inflammation and increase athletic performance. 255038.70. Principal Investigator.
2. University of Thessaly – An assessment of the antioxidant properties of a yoghurt fortified with olive polyphenols in humans. Code #: 5070 (€15.000). Collaborative partner.
3. Greek Ministry of National Education and Religious Affairs, National Strategic Reference Framework (NSRF) 2012-2015. Call Supporting Postdoctoral Researchers (RHEUMATOID.ARTHITIS - Reducing oxidative stress in chronic inflammation: Design and testing of mechanisms based interventions (LS6 (3896). (€150.000). Principal Investigator.
4. Greek Ministry of National Education and Religious Affairs, National Strategic Reference Framework (NSRF) 2007-2013. Call Hraklitos II – Supporting Doctoral Researchers (€45.000). Principal Investigator.
5. Greek Ministry of Health and Social Solidarity. Alliance for Health and Exercise. Exercise program development for prevention and rehabilitation of chronic diseases. Intervention Programs. (€526.300). Collaborative partner.
6. Greek Ministry of National Education and Religious Affairs, National Strategic Reference Framework (NSRF) 2007-2013. Muscle Function Mechanisms: Fatigue and oxidative stress (€525.000). Collaborative partner.

7. Greek Ministry of National Education and Religious Affairs, National Strategic Reference Framework (NSRF) 2007-2013. Exercise, Smoking and Alcohol: Assessing mechanisms and interventions to prevent relapse. (€525.000). Collaborative partner.
8. General Secretariat for Research and Technology-Programme "Synergasia", "Remedial and Rehabilitation Tourism in Thessaly"; a collaboration between the Institute of Human Performance and Rehabilitation & Thessaly University, Trikala, Greece (€639.000). Collaborative partner.
9. Democriton University of Thrace. The effects of eccentric exercise on inflammation and muscle damage. (€12.500). Collaborative partner.
10. Larisa Prefecture – Innovative production of biofunctional foods based on plant extracts of Kissavos area (€59.500). Collaborative partner.
11. General Secretariat of Research and Technology – Human network on biofunctional foods training (€200.000). Collaborative partner.
12. General Secretariat of Research and Technology – Education and Technology Week (€29.000). Collaborative partner.
13. General Secretariat of Research and Technology – Education and Technology Festival (€32.900). Collaborative partner.
14. Ministry of Education – Postgraduate Studies in Health and Exercise. (€70.000).
15. University of Thessaly – Doping control in football games in 2004 Olympic Games. (€4.238). Principal Investigator.
16. University of Thessaly – Research activities in Physical Education and Sport Science. (€2.000). Principal Investigator.
17. University of Thessaly – Genotyping the surfactant cells proteins  $\alpha$  and  $\beta$  in elite middle-distance runners. (€8.800). Collaborative partner.
18. University of Thessaly – The effects of carbohydrate of different glycemic index on opioids, rate of perceived exertion and performance (€2.930). Principal Investigator.

## **MEMBERSHIP IN INTERNATIONAL PROFESSIONAL ORGANIZATIONS**

1. American College of Sports Medicine
2. European College of Sports Science

## **PUBLICATIONS**

### **Books**

1. Theodorakis I., Jamurtas A., Natsis P., Kosmidou E. Physical Education Book for Junior High School, Athens, 2006. (In Greek).
2. Taxildaris K., Fatouros I., Jamurtas A. ACSM's Guidelines for Exercise Testing and Prescription. Athlotypo Publications, Athens, 2006. (In Greek).
3. Vrabas Ioannis, Geladas Nikolaos, Fatouros I., Jamurtas A. ACSM's Guidelines for Exercise Testing and Prescription. Broken Hill Publications 2015. (In Greek).
4. Jamurtas A., Fatouros I. Laboratory of Exercise Physiology. Konstadaras Publications, Athens, 2020. (In Greek).

### **Book Chapters**

1. Athanasios Z. Jamurtas, Chariklia K. Deli, Kalliopi Georgakouli, Ioannis G. Fatouros. (2018). Glycemic Index, Food Exchange Values and Exercise Performance, In: Debasis Bagchi, Sreejayan Nair, Chandan K. Sen (Eds), *Nutrition and Enhanced Performance: Muscle Building, Endurance & Strength (2<sup>nd</sup> Edition)*, Elsevier, USA, pp: 11-29.
2. Chariklia K. Deli, Ioannis G. Fatouros, Yiannis Koutedakis and Athanasios Z. Jamurtas. (2013). Iron Supplementation and Physical Performance, In: Michael Hamlin (Ed.), *Current-issues-in-sports-and-exercise-medicine*, InTech, Rijeka, Croatia; pp: 141-168.
3. Athanasios Z. Jamurtas, Chariklia K. Deli, Kalliopi Georgakouli, Ioannis G. Fatouros. (2013). Glycemic Index, Food Exchange Values and Exercise Performance, In: Debasis Bagchi, Sreejayan Nair, Chandan K. Sen (Eds), *Nutrition and Enhanced Performance: Muscle Building, Endurance & Strength*, Elsevier, USA, pp: 9-27.
4. Stavropoulos-Kalinoglou A., Jamurtas A., Koutedakis Y., Kitas G.D. (2012). 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.
5. Athanasios Z. Jamurtas & Ioannis G. Fatouros. (2011). Eccentric Exercise, Muscle Damage and Oxidative Stress". In: Kenneth R. Zaslav (Ed.), *An International Perspective on Topics in Sports Medicine and Sports Injury*, In Tech, Rijeka, Croatia; pp: 113-130.

## ARTICLES IN INTERNATIONAL PEER-REVIEWED JOURNALS INDEXED IN BIBLIOGRAPHICAL DATABASES (E.G. PUBMED, SCOPUS)

1. Tryfonas Tofas, Ioannis G Fatouros, Dimitrios Draganidis, Chariklia K Deli, Athanasios Chatzinikolaou, Charalambos Tziortzis, George Panayiotou, Yiannis Koutedakis, **Athanasios Z Jamurtas**. Effects of Cardiovascular, Resistance and Combined Exercise Training on Cardiovascular, Performance and Blood Redox Parameters in Coronary Artery Disease Patients: An 8-Month Training-Detraining Randomized Intervention. *Antioxidants* 10 (3), 409, 2021.
2. Savvas Kritikos, Konstantinos Papanikolaou, Dimitrios Draganidis, Athanasios Poullos, Kalliopi Georgakouli, Panagiotis Tsimeas, Theofanis Tzatzakis, Dimitrios Batsilas, Alexios Batrakoulis, Chariklia K Deli, Athanasios Chatzinikolaou, Magni Mohr, **Athanasios Z Jamurtas**, Ioannis G Fatouros. Effect of whey vs. soy protein supplementation on recovery kinetics following speed endurance training in competitive male soccer players: a randomized controlled trial. *Journal of the International Society of Sports Nutrition*, 18: 1-15, 2021.
3. Konstantinos Papanikolaou, Panagiotis Tsimeas, Angeliki Anagnostou, Alexandros Varypatis, Christos Mourikis, Theofanis Tzatzakis, Dimitrios Draganidis, Dimitrios Batsilas, Theodoros Mersinias, Georgios Loules, Athanasios Poullos, Chariklia K Deli, Alexios Batrakoulis, Athanasios Chatzinikolaou, Magni Mohr, **Athanasios Z Jamurtas**, Ioannis G Fatouros. *International Journal of Sports Physiology and Performance*, 1: 1-11, 2021.
4. Themistoklis Tsatalas, Evangeli Karampina, Minas A Mina, Dimitrios A Patikas, Vasiliki C Laschou, Aggelos Pappas, **Athanasios Z Jamurtas**, Yiannis Koutedakis, Giannis Giakas. *Sports*, 9(2):24, 2021.
5. Kalliopi Georgakouli, Eirini Manthou, Panagiotis Georgoulis, Anastasia Ziaka, Chariklia K Deli, Dimitrios Draganidis, Alexios Batrakoulis, Konstantinos Papanikolaou, Panagiotis Tsimeas, Georgios Mastorakos, Ioannis G Fatouros, Yiannis Koutedakis, Yannis Theodorakis, **Athanasios Z Jamurtas**. HPA axis responses to acute exercise differ in smokers and non-smokers. *Physiology & Behavior*, 229:113258. doi: 10.1016/j.physbeh.2020.113258, 2021.
6. Alexios Batrakoulis, Panagiotis Tsimeas, Chariklia K Deli, Dimitrios Vlachopoulos, Esther Ubago-Guisado, Athanasios Poullos, Athanasios Chatzinikolaou, Dimitrios Draganidis, Konstantinos Papanikolaou, Kalliopi Georgakouli, Dimitrios Batsilas, Luis Gracia-Marco, **Athanasios Z Jamurtas**, Ioannis Fatouros. Hybrid neuromuscular training promotes musculoskeletal adaptations in inactive overweight and obese women: A training-detraining randomized controlled trial. *Journal of Sports Sciences*, 1-10, 2020.
7. Alexios Batrakoulis, **Athanasios Z Jamurtas**, Kalliopi Georgakouli, Dimitrios Draganidis, Chariklia K Deli, Konstantinos Papanikolaou, Alexandra Avloniti, Athanasios Chatzinikolaou, Diamanda Leontsini, Panagiotis Tsimeas, Nikolaos Comoutos, Vassilios Bouglas, Maria Michalopoulou, Ioannis G Fatouros. Correction: High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *Plos One*, Oct. 13, 2020.
8. Konstantinos Papanikolaou, Aristidis S Veskoukis, Dimitrios Draganidis, Ioannis Baloyiannis, Chariklia K Deli, Athanasios Poullos, **Athanasios Z Jamurtas**, Ioannis G

- Fatouros. Free Radical Biology and Medicine. Redox-Dependent Regulation of Satellite Cells Following Aseptic Muscle Trauma: Implications for Sports Performance and Nutrition. Free Radical Biology and Medicine, Dec;161:125-138, 2020.
9. Vasileios Drouzas, Christos Katsikas, Andreas Zafeiridis, **Athanasios Z Jamurtas**, Gregory C Bogdanis. Unilateral Plyometric Training is Superior to Volume-Matched Bilateral Training for Improving Strength, Speed and Power of Lower Limbs in Preadolescent Soccer Athletes. Journal of Human Kinetics, 74: 161-176, 2020.
  10. Alexios Batrakoulis, Georgios Loules, Kalliopi Georgakouli, Panagiotis Tsimeas, Dimitrios Draganidis, Athanasios Chatzinikolaou, Konstantinos Papanikolaou, Chariklia K Deli, Niki Syrou, Nikolaos Comoutos, Yiannis Theodorakis, **Athanasios Z Jamurtas**, Ioannis G Fatouros. High-intensity interval neuromuscular training promotes exercise behavioral regulation, adherence and weight loss in inactive obese women. European journal of sport science, 20(783-792), 2020.
  11. Petros C Dinas, Argyro Krase, Eleni Nintou, Alexandros Georgakopoulos, Marnie Granzotto, Marinos Metaxas, Elena Karachaliou, Marco Rossato, Roberto Vettor, Panagiotis Georgoulis, Tiago S. Mayor, John Koutsikos, Konstantinos Athanasiou, Leonidas G Ioannou, Paraskevi Gkiata, Andres E Carrillo, Yiannis Koutedakis, George S Metsios, **Athanasios Z Jamurtas**, Sofia Chatziioannou, Andreas D Flouris. Human white-fat thermogenesis: Experimental and meta-analytic findings. Temperature, 1-14, 2020.
  12. Kalliopi Georgakouli, Alexandra Stamperna, Chariklia K Deli, Niki Syrou, Dimitrios Draganidis, Ioannis G Fatouros, **Athanasios Z Jamurtas**. The Effects of Postprandial Resistance Exercise on Blood Glucose and Lipids in Prediabetic, Beta-Thalassemia Major Patients. Sports, 8(5): 57, 2020.
  13. Theofanis Tzatzakis, Konstantinos Papanikolaou, Dimitrios Draganidis, Panagiotis Tsimeas, Savvas Kritikos, Athanasios Poulis, Vasiliki C Laschou, Chariklia K Deli, Athanasios Chatzinikolaou, Alexios Batrakoulis, Georgios Basdekis, Magni Mohr, Peter Krstrup, **Athanasios Z Jamurtas**, Ioannis G Fatouros. Recovery kinetics after speed-endurance training in male soccer players. International journal of sports physiology and performance 15(3): 395-408, 2020.
  14. Charalampos Panagoulis, Athanasios Chatzinikolaou, Alexandra Avloniti, Diamanda Leontsini, Chariklia K Deli, Dimitrios Draganidis, Theodoros Stampoulis, Triantafyllos Oikonomou, Konstantinos Papanikolaou, Lefteris Rafailakis, Antonios Kambas, **Athanasios Z Jamurtas**, Ioannis G Fatouros. The Journal of Strength & Conditioning Research, 34(2): 516-526, 2020.
  15. Tryfonas Tofas, Dimitrios Draganidis, Chariklia K Deli, Kalliopi Georgakouli, Ioannis G Fatouros, **Athanasios Z Jamurtas**. Exercise-induced regulation of redox status in cardiovascular diseases: the role of exercise training and detraining. Antioxidants 9(1): 13, 2020.
  16. Christina Yfanti, Chariklia K. Deli, Kalliopi Georgakouli, Ioannis Fatouros, **Athanasios Z. Jamurtas**. Sport nutrition, redox homeostasis and toxicity in sport performance. Current Opinion in Toxicology, 13:45-67, 2019.
  17. Batrakoulis A, Fatouros IG, Chatzinikolaou A, Draganidis D, Georgakouli K, Papanikolaou K, Deli CK, Tsimeas P, Avloniti A, Syrou N, **Jamurtas AZ**. Dose-response effects of high-intensity interval neuromuscular exercise training on weight loss, performance, health and quality of life in inactive obese adults: Study rationale, design and methods of the DoIT trial. Contemp Clin Trials Commun. 2019 May 23;15:100386. doi: 10.1016/j.conctc.2019.100386. eCollection 2019 Sep.
  18. Batrakoulis A, Loules G, Georgakouli K, Tsimeas P, Draganidis D, Chatzinikolaou A, Papanikolaou K, Deli CK, Syrou N, Comoutos N, Theodorakis Y, **Jamurtas AZ**,

- Fatouros IG. High-intensity interval neuromuscular training promotes exercise behavioral regulation, adherence and weight loss in inactive obese women. *Eur J Sport Sci.* 2019 Sep 16:1-10. doi: 10.1080/17461391.2019.1663270. [Epub ahead of print]
19. Papanikolaou K, Chatzinikolaou A, Pontidis T, Avloniti A, Deli CK, Leontsini D, Draganidis D, Tsimeas PD, Rafailakis L, **Jamurtas AZ**, Krstrup P, Mohr M, Fatouros IG. The Yo-Yo Intermittent Endurance Level 2 Test: Reliability of Performance Scores, Physiological Responses and Overload Characteristics in Competitive Soccer, Basketball and Volleyball Players. *J Hum Kinet.* 2019 Jul 5;67:223-233. doi: 10.2478/hukin-2018-0091. eCollection 2019 Jun.
  20. Papanikolaou K, Draganidis D, Chatzinikolaou A, Laschou VC, Georgakouli K, Tsimeas P, Batrakoulis A, Deli CK, **Jamurtas AZ**, Fatouros IG. The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): study protocol for a randomized controlled trial. *Trials.* 2019 Jul 31;20(1):469. doi: 10.1186/s13063-019-3557-3.
  21. Poullos A, Georgakouli K, Draganidis D, Deli CK, Tsimeas PD, Chatzinikolaou A, Papanikolaou K, Batrakoulis A, Mohr M, **Jamurtas AZ**, Fatouros IG. Protein-Based Supplementation to Enhance Recovery in Team Sports: What is the Evidence? *J Sports Sci Med.* 2019 Aug 1;18(3):523-536. eCollection 2019 Sep.
  22. Varamenti E, Cherif A, Nikolovski Z, Tabben M, **Jamurtas AZ**, Cardinale M. Exploring possible relationships between 25(OH)D deficiency and variables related to inflammation, endothelial function, and enzymatic antioxidants in adolescent athletes: a prospective study. *Biol Sport.* 2019 Jun;36(2):113-118. doi: 10.5114/biol sport.2019.81112. Epub 2019 Jan 11.
  23. Amorim T, Metsios GS, Flouris AD, Nevill A, Gomes TN, Wyon M, Marques F, Nogueira L, Adubeiro N, **Jamurtas AZ**, Maia J, Koutedakis Y. Endocrine parameters in association with bone mineral accrual in young female vocational ballet dancers. *Arch Osteoporos.* 14(1):46, 2019.
  24. Freitas L, Amorim T, Humbert L, Fonollá R, Flouris AD, Metsios GS, **Jamurtas AZ**, Koutedakis Y. Cortical and trabecular bone analysis of professional dancers using 3D-DXA: a case-control study. *J Sports Sci.* 37(1): 82-89, 2019.
  25. Kalliopi Georgakouli, Ioannis G Fatouros, Dimitrios Draganidis, Konstantinos Papanikolaou, Panagiotis Tsimeas, Chariklia K Deli, **Athanasios Z Jamurtas**. Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? A Narrative Review. *Oxidative Medicine and Cellular Longevity* 2019. Apr 4;2019:8060193. doi: 10.1155/2019/8060193
  26. Evdokia Varamenti, Anissa Cherif, Zoran Nikolovski, Montassar Tabben, **Athanasios Z Jamurtas**, Marco Cardinale. Exploring possible relationships between 25(OH)D deficiency and variables related to inflammation, endothelial function, and enzymatic antioxidants in adolescent athletes: a prospective study. *Biology of Sport* 36 (1), 113-118, 2019.
  27. Konstantina P Poulianiti, Aggeliki Karioti, Antonia Kaltsatou, Georgia I Mitrou, Yiannis Koutedakis, Konstantinos Tepetes, Grigoris Christodoulidis, Giannis Giakas, Maria D Maridaki, Ioannis Stefanidis, **Athanasios Z Jamurtas**, Giorgos K Sakkas, Christina Karatzaferi. Evidence of Blood and Muscle Redox Status Imbalance in Experimentally Induced Renal Insufficiency in a Rabbit Model. *Oxidative Medicine and Cellular Longevity* 2019. Apr 4;2019:8219283. doi: 10.1155/2019/8219283.



28. Varamenti E, Nikolovski Z, Elgingo MI, **Jamurtas AZ**, Cardinale M. Training-Induced Variations in Haematological and Biochemical Variables in Adolescent Athletes of Arab Origin Throughout an Entire Athletic Season. *J Hum Kinet.* 2018 Oct 15;64:123-135.
29. Georgakouli K, Fatouros IG, Fragkos A, Tzatzakis T, Deli CK, Papanikolaou K, Koutedakis Y, **Jamurtas AZ**. Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. *Antioxidants (Basel).* 2018 Nov 12;7(11).
30. Spanidis Y, Veskoukis AS, Papanikolaou C, Stagos D, Priftis A, Deli CK, **Jamurtas AZ**, Kouretas D. Exercise-Induced Reductive Stress Is a Protective Mechanism against Oxidative Stress in Peripheral Blood Mononuclear Cells. *Oxid Med Cell Longev.* 2018 Oct 11;2018:3053704. doi: 10.1155/2018/3053704. eCollection 2018.
31. Spanidis Y, Stagos D, Papanikolaou C, Karatza K, Theodosi A, Veskoukis AS, Deli CK, Poullos A, Koulocheri SD, **Jamurtas AZ**, Haroutounian SA, Kouretas D. Resistance-Trained Individuals Are Less Susceptible to Oxidative Damage after Eccentric Exercise. *Oxid Med Cell Longev.* 2018 Jul 17;2018:6857190. doi: 10.1155/2018/6857190. eCollection 2018.
32. **Jamurtas AZ**, Fatouros IG, Deli CK, Georgakouli K, Poullos A, Draganidis D, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Avloniti A, Tsiokanos A, Koutedakis Y. The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. *J Sports Sci Med.* 2018 Aug 14;17(3):501-508. eCollection 2018 Sep.
33. Dinas PC, Nintou E, Psychou D, Granzotto M, Rossato M, Vettor R, **Jamurtas AZ**, Koutedakis Y, Metsios GS, Flouris AD. Association of fat mass profile with natriuretic peptide receptor alpha in subcutaneous adipose tissue of medication-free healthy men: A cross-sectional study. Version 2. *F1000Res.* 2018 Mar 15 [revised 2018 Jan 1];7:327. doi: 10.12688/f1000research.14198.2. eCollection 2018.
34. Draganidis D, **Jamurtas AZ**, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, Tsimeas P, Chondrogianni N, Koutedakis Y, Karagounis LG, Fatouros IG. Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients.* 2018 May 4;10(5). pii: E566. doi: 10.3390/nu10050566.
35. Poullos A, Fatouros IG, Mohr M, Draganidis DK, Deli C, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou VC, Georgakouli K, Koulouris A, Tsimeas P, Chatzinikolaou A, Karagounis LG, Batsilas D, Krstrup P, **Jamurtas AZ** (2018). Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. *Nutrients.* Apr 16;10(4). pii: E494. doi: 10.3390/nu10040494.
36. Batrakoulis A, **Jamurtas AZ**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Bouglas V, Michalopoulou M, Fatouros IG. High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS One.* 2018 Aug 23;13(8):e0202390. doi: 10.1371/journal.pone.0202390. eCollection 2018.

37. Georgakouli K, Manthou E, Fatouros IG, Georgoulas P, Deli CK, Koutedakis Y, Theodorakis Y, **Jamurtas AZ** (2017). Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. *Alcohol*; 69:57-62. doi: 10.1016/j.alcohol.2017.11.035.
38. **Jamurtas AZ** (2018). Exercise-Induced Muscle Damage and Oxidative Stress. *Antioxidants (Basel)*. Mar 28;7(4). doi: 10.3390/antiox7040050.
39. Deli CK, Poulos A, Georgakouli K, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, Draganidis D, Tsiokanos A, Koutedakis Y, Fatouros IG, **Jamurtas AZ** (2018). The effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. *J Sports Sci*. Feb 22:1-9. doi: 10.1080/02640414.2018.1442781
40. Chatzinikolaou A, Michaloglou K, Avloniti A, Leontsini D, Deli CK, Vlachopoulos D, Gracia-Marco L, Arsenis S, Athanailidis I, Draganidis D, **Jamurtas AZ**, Williams CA, Fatouros IG (2018). The Trainability of Adolescent Soccer Players to Brief Periodized Complex Training. *Int J Sports Physiol Perform*. Feb 12:1-25. doi: 10.1123/ijsp.2017-0763.
41. Georgakouli K, Manthou E, Georgoulas P, Ziaka A, Fatouros IG, Mastorakos G, Koutedakis Y, Theodorakis Y, **Jamurtas AZ** (2017). Exercise training reduces alcohol consumption but does not affect HPA-axis activity in heavy drinkers. *Physiol Behav*. 179:276-283.
42. Avloniti A, Chatzinikolaou A, Deli CK, Vlachopoulos D, Gracia-Marco L, Leontsini D, Draganidis D, **Jamurtas AZ**, Mastorakos G, Fatouros IG (2017). Exercise-Induced Oxidative Stress Responses in the Pediatric Population. *Antioxidants (Basel)*. Jan 17;6(1). pii: E6. doi: 10.3390/antiox6010006.
43. Deli CK, Fatouros IG, Paschalis V, Georgakouli K, Zalavras A, Avloniti A, Koutedakis Y, **Jamurtas AZ** (2017). Comparison of Exercise-Induced Muscle Damage Following Maximal Eccentric Contractions in Men and Boys. *Pediatr Exerc Sci*. Feb 6:1-26. doi: 10.1123/pes.2016-0185.
44. Deli CK, Fatouros IG, Paschalis V, Tsiokanos A, Georgakouli K, Zalavras A, Avloniti A, Koutedakis Y, **Jamurtas AZ** (2017). Iron Supplementation Effects on Redox Status following Aseptic Skeletal Muscle Trauma in Adults and Children. *Oxid Med Cell Longev*.;2017:4120421. doi: 10.1155/2017/4120421.
45. Sakelliou A, Fatouros IG, Athanailidis I, Tsoukas D, Chatzinikolaou A, Draganidis D, **Jamurtas AZ**, Liacos C, Papassotiriou I, Mandalidis D, Stamatelopoulos K, Dimopoulos MA, Mitrakou A (2016). Evidence of a Redox-dependent Regulation of Immune Responses to Aseptic Inflammation Induced by Exercise. *Oxidative Medicine and Cellular Longevity*:2840643, PMID: 27974950, 2016;
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### **INVITED PRESENTATIONS (Selected)**

1. Invited Speaker in the Annual Congress of the Hellenic Medical Association for Obesity, Athens, Greece, 2020.
2. Invited Speaker in the Annual Congress of Autoimmune, Autoinflammatory, Rheumatic, Musculoskeletal and Metabolic Diseases, Ioannina, Greece, 2020.
3. Invited Speaker in the Annual Congress of the Hellenic Medical Association, Athens, Greece, 2019.
4. Invited Speaker in the 3<sup>rd</sup> International Congress of Sports Sciences, Thessaloniki, Greece, 2019.
5. Invited Speaker in the 1st Sport Science Forum "The Research Profile of The Schools of Physical Education & Sport Science: University of Thessaly, 26th International Congress of Physical Education & Sport Science, Komotini, Greece 2018.
6. Invited speaker in the 8<sup>st</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, Thessaloniki, Greece, 2018.
7. Invited Speaker in the Annual Congress on Physical Education organized by the Hellenic Institute of Educational Policy, Volos, Greece, 2018.
8. Invited Speaker in the Annual Congress "Athenian Days on Lipidology, Atherosclerosis and Vascular Disease", Athens, Greece, 2018.
9. Invited Speaker in the 27<sup>th</sup> Armed Forces Medical Conference, Thessaloniki, Greece, 2018.
10. Invited Speaker in the Annual Congress "Autoimmune, Rheumatic, Musculoskeletal and Metabolic Diseases", Ioannina, Greece, 2018.
11. Chair in the 7<sup>th</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, 20/22-10-2017, Athens, Greece, 2017.
12. Invited Speaker in the 17<sup>th</sup> Congress of Female Endocrinology, 27<sup>th</sup> May, Athens, Greece, 2017.
13. Invited Speaker in the 1st<sup>th</sup> Daily Congress of Military Fitness & Wellbeing, 24<sup>th</sup> November, Larisa, Greece, 2016.
14. Invited Speaker in the 1st<sup>th</sup> Daily Congress of Nutritional Habits and Pediatric Obesity, 22<sup>nd</sup> October, Karditsa, Greece, 2016.
15. Chair in the 5<sup>th</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, 6/8-11-2015, Athens, Greece, 2015.

16. Invited Speaker in the 3<sup>rd</sup> Congress of Applied Nutrition and Dietetics, 27/28-3-2015, Athens, Greece, 2015.
17. Invited speaker in the Symposium of the Greek Society of Biochemistry & Physiology, Thessaloniki, Greece, 2014.
18. Chair in the 4<sup>th</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, 24/26-10-2014, Trikala, Greece, 2014.
19. Invited speaker in the 12<sup>th</sup> Hellenic Congress of Nutrition and Dietetics, December 2013.
20. Invited speaker in the 3<sup>rd</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, Athens, Greece, 2013.
21. Invited speaker in the 15<sup>th</sup> International Meeting on Fat Soluble Vitamins, Kalambaka, Greece, 2012.
22. Invited speaker in the 23<sup>rd</sup> seminar of the Greek Immunity Society, Athens, 2011.
23. Invited speaker in the 1<sup>st</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, Komotini, Greece, 2011.

## **MISCELLANEOUS**

- **Editorial Board Member**
  1. Journal of Sports Science & Medicine
  2. Frontiers in Nutrition
  3. Antioxidants
  4. Inquiries in Sport and Physical Education
  5. Hellenic Journal of Physical Education & Sport Sciences
  
- **Reviewer in Scientific Journals**
  1. Annals of Nutrition and Metabolism
  2. Antioxidants
  3. Asian Journal of Sports Medicine
  4. BMC Endocrine Disorders
  5. British Journal of Sports Medicine
  6. Cell Biochemistry & Function
  7. Clinical Endocrinology
  8. European Journal of Psychomotricity
  9. European Journal Sports Science
  10. Food and Chemical Toxicology
  11. Frontiers in Striated Muscle Physiology
  12. International Journal of Obesity
  13. International Journal of Sports Medicine
  14. International SportMedicine Journal
  15. Journal of Sports Sciences
  16. Journal of Sports Science & Medicine
  17. Journal of Strength & Conditioning Research
  18. Medicine & Science in Sports & Exercise
  19. Metabolism

20. Wilderness & Environmental Medicine
21. Exercise & Society: Journal of Sport Science Physical Education and Sport

- **Grant Reviewer**

1. Croatian Science Foundation
2. Hetzler Foundation Pilot Grant, Germany
3. Health and Medical Research Fund, the Hong Kong SAR Government
4. Health Research Board, Ireland
5. French National Research Agency
6. Austrian Science Fund

- **Conference Organizing Committee**

1. Chair of the Organizing Committee of the 4<sup>th</sup> Congress of the Hellenic Society of Exercise Biochemistry and Physiology, Trikala, Greece, 2014.
2. Member of the Organizing Committee of the 2<sup>nd</sup> Congress on Football Science, Trikala, Greece, 2007.
3. Member of the Organizing Committee of the 1st Congress on Football Science, Trikala, Greece, 2005.
4. Member of the Organizing Committee of the 4th Congress of the Hellenic Society of Free Radical and Oxidative Stress, Larisa, 2004.