



Curriculum vitae

Chariklia (Chara) K. Deli

Assistant Professor  
University of Thessaly

## Chariklia (Chara) K. Deli

Items	Number
Books	
Book Chapters	2
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Data Bases (e.g. Sport Discus)	37
Articles in Journals not Indexed in Bibliographical Data Bases	
Refereed International Conference Presentations	30
Google Scholar Citation Index (including self-citations)	301
Google Scholar h-Index	10
Involved in Successful Grant Applications	1

### *Personal Information*

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Date of birth: November 18th, 1969

Nationality: Hellenic

Mailing address: 1 Perraivou str., Trikala 42131, Greece

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### *Current Positions*

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2018 – present: Assistant Professor at University of Thessaly, Department of Physical Education and Sport Science

2011 – present: Coordinator (and head lab manager) for the measurements, and one of the main evaluators of physical performance at the Center for Research and Evaluation of Human Performance, University of Thessaly, Trikala 42100, Greece

2014 – present: Lecturer at Hellenic Army General Staff, Non Commissioned Officer Army Academy

2006 – present: Track and Field Coach at Athletic Club G.E.A.T.

### *Previous Positions*

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2011 – 2016: Assistant Lecturer (PD 407/80), University of Thessaly, School of Physical Education and Sport Science, Greece.

2009: Physical Education Teacher in Departments of Athletic Facilitation, 2nd General High School of Trikala, Greece.

2008 – 2009: Physical Education Teacher in Athletic Departments of Greek General Secretariat of Athletics.

2003 – 2005: Physical Education Teacher in Primary Schools of Trikala, Greece

1995 – 2010: Instructor of aerobics and power yoga in fitness centers

### ***Education***

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2016: Doctor of Philosophy (Ph.D.) in Physiology and Biochemistry of Exercise

Institution: University of Thessaly, Greece

Department: Physical Education and Sport Science

Advisor: Athanasios Z. Jamurtas

**Dissertation title:** The effect of eccentric exercise and iron supplementation on blood redox status and muscle performance in adults and children

2009: Masters of Sciences (M.Sc.) in Exercise Biomechanics

Institution: University of Thessaly, Greece

Department: Physical Education and Sport Science

Advisor: Athanasios Z. Jamurtas

**Thesis title:** Isokinetic knee joint evaluation in track and field athletes

1995: Bachelors (B.Sc.)

Institution: National & Kapodistrian University of Athens, Greece

Department: Physical Education and Sport Sciences

### ***Languages***

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English (fluent), Italian (medial level), Greek (native)

### ***Scholarships***

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2011 – 2016: Scholarship for the completion of PhD studies, 20000 €.

University of Thessaly, Greece, School of Physical Education and Sport Science

2016 – 2018: Academic Scholar, within the framework of the Action of the Operational Program "Education and Lifelong Learning", Project: "Gaining Academic Teaching Experience to Young Scientists at the University of Thessaly (MIS 5001189; MIS 5001189).

### ***Teaching Experience***

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#### *Postgraduate level*

October 2019 – present: Postgraduate Program "Exercise & Health", University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

- ) Exercise evaluation and prescription in healthy population (main instructor)
- ) Exercise and obesity

2016 – present: Postgraduate Program “Exercise, Ergo-spirometry and Rehabilitation”, University of Thessaly, Departments of Medicine and Physical Education and Sport Science

Teaching the courses:

- ) Exercise Physiology
- ) Exercise in Special population groups

2016 – present: Postgraduate Program “Military Fitness & Wellbeing”, University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

- ) Exercise Physiology and Coaching

#### *Undergraduate level*

2019 – present: University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

- ) Ergometry – Ergospirometry (main instructor)
- ) Strength training techniques
- ) Strength and Conditioning Specialist

2016 – 2018: University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

- ) Exercise Physiology: Athletic performance and survival in extreme conditions

2019: University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

- ) Laboratory assessment of athletic performance
- ) Teaching of Track and Field

2011 – 2016: University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

- ) Ergophysiological assessment of athletes
- ) Biochemical assessment of athletes
- ) Laboratory assessment of physical performance
- ) Practical exercise in Track and field

2014 – present: Hellenic Army General Staff, Non Commissioned Officer Army

Academy

Teaching the courses:

) Track and field

2015 – 2018: Assistant teaching, University of Thessaly, Department of Physical Education and Sport Science

Teaching the courses:

) Laboratory assessment of physical performance

) Physical assessment in special populations, Exercise and Health I

2010: Substitute teacher of Physical Education in High School, Sections of Athletic Facilitation, Ministry of Education and Religious Affairs, Secondary Education Directorate of Trikala, Greece

2008 – 2009: Physical Education Teacher in Athletic Departments of Greek General Secretariat of Athletics

2003 – 2005: Physical Education Teacher in Primary Schools of Trikala, Primary Education Directorate of Trikala, Greece

#### ***Membership of Professional bodies/Associations***

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) European College of Sport Science

) Hellenic Society of Biochemistry and Physiology of Exercise

#### ***Reviewer for Scientific Journals***

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) Journal of Sport Sciences

) Journal of Sports Science and Medicine

) Antioxidants

) Journal of Strength and Conditioning Research

) Nutrients

) European Journal of Applied Physiology

) European Review of Aging and Physical Activity

) International Journal of Sports and Exercise Medicine

) Oxidative Stress and Cellular Longevity

) Plos One

) Sports

#### ***Reviewer for Scientific Journals***

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) **Center for Research and Evaluation of Human Performance, University of Thessaly, Trikala 42100, Greece: 2009 – present:** Researcher, data collection and analysis, writing and publishing of research results in international journals.

- ) **Innovative products from natural compounds that exist in plants of the Greek flora to reduce inflammation and increase athletic performance.** EPAnEK 2014-2020, OPERATIONAL PROGRAM "COMPETITIVENESS - ENTREPRENEURSHIP - INNOVATION", NATIONAL ACTION: "RESEARCH - CREATE - INNOVATE" Project Code: T1EΔK-00862: Member of the research team.
- ) **Rheumatoid arthritis – Reducing oxidative stress in chronic inflammation: Design and testing of mechanisms based interventions.** Κωδ. LS6 (3896). ESPA 2007-2013, ACTION: Enforcement of PostDoc Researchers, Project Code: 4438: Data acquisition and analysis of biochemical indices.

### ***Book Chapters***

1. **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.
2. 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.

### ***Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases***

1. 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 (2019). High-intensity interval neuromuscular training promotes exercise behavioral regulation, adherence and weight loss in inactive obese women. *European Journal of Sport Science*, 2019, <https://doi.org/10.1080/17461391.2019.1663270>.
2. Athanasios Poullos, Kalliopi Georgakouli, Dimitrios Draganidis, Chariklia K. Deli, Panagiotis D. Tsimeas, Athanasios Chatzinikolaou, Konstantinos Papanikolaou, Alexios Batrakoulis, Magni Mohr, Athanasios Z. Jamurtas and Ioannis G. Fatouros (2019). Protein-Based Supplementation to Enhance Recovery in Team Sports: What is the Evidence? *Journal of Sports Science and Medicine* (2019) 18, 523-536.
3. Konstantinos Papanikolaou, Athanasios Z. Jamurtas, Dimitrios Draganidis, Athanasios Chatzinikolaou, Vassiliki C. Laschou, **Chariklia K. Deli**, Kalliopi Georgakouli, Panagiotis Tsimeas, Alexios Batrakoulis, Ioannis G. Fatouros (2018). Design and Rationale for a Clinical Trial to Investigate the Redox-Dependent Regulation of Satellite Cells Following Aseptic Muscle Trauma. *Trials*. (Accepted).
4. Konstantinos Papanikolaou, Athanasios Chatzinikolaou, **Chariklia K. Deli**, Theodoros Pontidis, Alexandra Avloniti, Diamanda Leontsini, Dimitrios Draganidis, Panagiotis D. Tsimeas, Lefteris Rafailakis, Athanasios Z. Jamurtas, Peter Krstrup, Magni Mohr, Ioannis G. Fatouros (2018). The Yo-Yo intermittent endurance level 2 test: reliability of performance scores, physiological responses and overload

characteristics in competitive football, basketball and volleyball players. *Journal of Human Kinetics*, 67/2019, 223-233, DOI: 10.2478/hukin-2018-0091.

5. Alexios Batrakoulis, Ioannis G. Fatouros, Athanasios Chatzinikolaou, Dimitrios Draganidis, Kalliopi Georgakouli, Konstantinos Papanikolaou, **Chariklia K. Deli**, Panagiotis Tsimeas, Alexandra Avloniti, Niki Syrou, Athanasios Z. Jamurtas (2019). 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. *Contemporary Clinical Trials Communications*, 15, September 2019, 100386.
6. Kalliopi Georgakouli, Ioannis G. Fatouros, Dimitrios Draganidis, Konstantinos Papanikolaou, Panagiotis Tsimeas, **Chariklia K. Deli**, Athanasios Z. Jamurtas (2019). Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? A Narrative Review. *Oxidative Medicine and Cellular Longevity*, Volume 2019, Article ID 8060193, 7 pages, [doi.org/10.1155/2019/8060193](https://doi.org/10.1155/2019/8060193).
7. Christina Yfanti, **Chariklia K. Deli**, Kalliopi Georgakouli, Ioannis Fatouros, Athanasios Z. Jamurtas (2019). Sport nutrition, redox homeostasis and toxicity in sport performance. *Current Opinion in Toxicology*, 13, 45-67.
8. Kalliopi Georgakouli, Ioannis G. Fatouros, Apostolos Fragkos, Theofanis Tzatzakis, **Chariklia K. Deli**, Konstantinos Papanikolaou, Yiannis Koutedakis, Athanasios Z. Jamurtas (2018). Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. *Antioxidants*, 7, 162; doi:10.3390/antiox7110162w.
9. Ypatios Spanidis, Aristidis S. Veskoukis, Christina Papanikolaou, Dimitrios Stagos, Alexandros Priftis, **Chariklia K. Deli**, Athanasios Z. Jamurtas, and Demetrios Kouretas (2018). Exercise-Induced Reductive Stress Is a Protective Mechanism against Oxidative Stress in Peripheral Blood Mononuclear Cells. *Oxidative Medicine and Cellular Longevity*, 2018 Oct 11;2018:3053704. doi: 10.1155/2018/3053704. eCollection 2018.
10. Athanasios Z. Jamurtas, Ioannis G. Fatouros, **Chariklia K. Deli**, Kalliopi Georgakouli, Athanasios Poullos, Dimitrios Draganidis, Konstantinos Papanikolaou, Panagiotis Tsimeas, Athanasios Chatzinikolaou, Alexandra Avloniti, Athanasios Tsiokanos, Yiannis Koutedakis (2018). The effects of acute low-volume HIIT and aerobic exercise on leukocyte count and redox status. *Journal of Sports Science and Medicine*, 17, 501-508.
11. Alexios Batrakoulis, Athanasios Z. Jamurtas, Kalliopi Georgakouli, Dimitrios Draganidis, **Chariklia K. Deli**, Konstantinos Papanikolaou, Alexandra Avloniti, Athanasios Chatzinikolaou, Panagiotis Tsimeas, Nikolaos Comoutos, Maria Michalopoulou, Ioannis G. Fatouros (2018). 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*, 13(8): e0202390. <https://doi.org/10.1371/journal.pone.0202390>.

12. Charalampos Panagoulis, Alexandra Avloniti, Diamanda Leontsini, **Chariklia K. Deli**, Dimitrios Draganidis, Theodoros Stampoulis, Triantafyllos Oikonomou, Antonios Kambas, Athanasios Z. Jamurtas, Ioannis G. Fatouros, Athanasios Chatzinikolaou (2018). In-Season Integrative Neuromuscular Strength Training Improves Performance of Early-Adolescent Soccer Athletes. *Journal of Strength and Conditioning Research*. 2018 Nov 13. doi: 10.1519/JSC.0000000000002938. [Epub ahead of print].
13. Ypatios Spanidis, Dimitrios Stagos, Christina Papanikolaou, Konstantina Karatza, Andria Theodosi, Aristidis S. Veskoukis, **Chariklia K. Deli**, Athanasios Poullos, Sofia D. Koulocheri, Athanasios Z. Jamurtas, Serkos A. Haroutounian, Demetrios Kouretas (2018). Resistance-Trained Individuals Are Less Susceptible to Oxidative Damage after Eccentric Exercise. *Oxidative Medicine and Cellular Longevity*. 2018 Jul 17;2018:6857190. doi: 10.1155/2018/6857190. eCollection 2018.
14. Esther Ubago-Guisado, Dimitris Vlachopoulos, Ioannis G. Fatouros, **Chariklia K. Deli**, Diamanda Leontsini, Luis A. Moreno, Daniel Courteix, Luis Gracia-Marco (2018). Longitudinal determinants of 12-month changes on bone health in adolescent male athletes. *Archives of Osteoporosis*, 13: 106.
15. Dimitrios Draganidis, Athanasios Z. Jamurtas, Theodoros Stampoulis, Leonidas G. Karagounis, Vasiliki Laschou, **Chariklia K. Deli**, Georgakouli Kalliopi, Konstantinos Papanikolaou, Athanasios Chatzinikolaou, Maria Michalopoulou, Constantinos Papadopoulos, Niki Chondrogianni, Ioannis G. Fatouros (2018). Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients* 2018, 10, 566; doi:10.3390/nu10050566.
16. Athanasios Poullos, Ioannis G. Fatouros, Magni Mohr, Dimitrios Draganidis, **Chariklia K. Deli**, Konstantinos Papanikolaou, Apostolos Sovatzidis, Theofano Nakopoulou, Georgios Ermidis, Theofanis Tzatzakis, Vasiliki C. Laschou, Kalliopi Georgakouli, Agisilaos Koulouris, Panagiotis Tsimeas, Athanasios Chatzinikolaou, Leonidas G. Karagounis, Dimitrios Batsilas, Peter Krstrup, Athanasios Z. Jamurtas (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.
17. **Chariklia K. Deli**, Athanasios Poullos, Kalliopi Georgakouli, Konstantinos Papanikolaou, Alexandros Papoutsis, Maria Selemekou, Vaios T. Karathanos, Dimitris Draganidis, Athanasios Tsiokanos, Yiannis Koutedakis, Ioannis G. Fatouros, Athanasios Z. Jamurtas (2018). The effect of pre-exercise ingestion of Corinthian currant on endurance performance and blood redox status. *Journal of Sports Sciences*. Feb 22:1-9. doi: 10.1080/02640414.2018.1442781. [Epub ahead of print].
18. Athanasios Chatzinikolaou, Konstantinos Michaloglou, Alexandra Avloniti, Diamanda Leontsini, **Chariklia K. Deli**, Dimitris Vlachopoulos, Luis Gracia-Marco, Sotirios Arsenis, Ioannis Athanailidis, Dimitrios Draganidis, Athanasios Z. Jamurtas, Craig A. Williams, Ioannis G. Fatouros (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. [Epub ahead of print].
19. Kalliopi Georgakouli, Eirini Manthou, Ioannis G. Fatouros, Panagiotis Georgoulas, **Chariklia K. Deli**, Yiannis Koutedakis, Yannis Theodorakis, Athanasios Z. Jamurtas (2017). Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. *Alcohol*. Dec 2;69:57-62. doi: 10.1016/j.alcohol.2017.11.035. [Epub ahead of print].
  20. Christina Yfanti, Athanasios Tsiokanos, Ioannis G. Fatouros, Anastasios A. Theodorou, **Chariklia K. Deli**, Yiannis Koutedakis and Athanasios Z. Jamurtas (2017). Chronic Eccentric Exercise and Antioxidant Supplementation: Effects on Lipid Profile and Insulin Sensitivity. *Journal of Sports Science and Medicine*. 16, 375-382.
  21. Dimitrios Draganidis, Niki Chondrogianni, Athanasios Chatzinikolaou, Gerasimos Terzis, Leonidas G. Karagounis, Apostolos Sovatzidis, Alexandra Avloniti, Maria Lefaki, Maria Protopappa, **Chariklia K. Deli**, Konstantinos Papanikolaou, Athanasios Z. Jamurtas, Ioannis G. Fatouros (2017). Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *British Journal of Nutrition*. Aug;118(3):189-200. doi: 10.1017/S0007114517001829..
  22. Eirini Manthou, Kalliopi Georgakouli, **Chariklia K. Deli**, Aggelos Sotiropoulos, Ioannis G. Fatouros, Dimitrios Kouretas, Chrysoula Matthaiou, Yiannis Koutedakis, Athanasios Z. Jamurtas (2017). Effects of Pomegranate Juice consumption on Biochemical Parameters and Complete Blood Count. *Experimental and Therapeutic Medicine*. Aug;14(2):1756-1762. doi: 10.3892/etm.2017.4690.
  23. **Chariklia K. Deli**, Ioannis G. Fatouros, Vassilis Paschalis, Athanasios Tsiokanos, Kalliopi Georgakouli, Athanasios Zalavras, Alexandra Avloniti, Yiannis Koutedakis, and Athanasios Z. Jamurtas (2017). Iron supplementation effects on redox status following aseptic skeletal muscle trauma in adults and children. *Oxidative medicine and cellular longevity*. 2017:4120421. doi: 10.1155/2017/4120421.
  24. **Chariklia K. Deli**, Ioannis G. Fatouros, Vassilis Paschalis, Kalliopi Georgakouli, Athanasios Zalavras, Alexandra Avloniti, Yiannis Koutedakis, Athanasios Z. Jamurtas (2017). A Comparison of Exercise-Induced Muscle Damage Following Maximal Eccentric Contractions in Men and Boys. *Pediatric Exercise Science*. Aug;29(3):316-325. doi: 10.1123/pes.2016-0185.
  25. Alexandra Avloniti, Athanasios Chatzinikolaou, **Chariklia K. Deli**, Dimitris Vlachopoulos, Luis Gracia-Marco, Dimitrios Draganidis, George Mastorakos, Athanasios Z. Jamurtas, Ioannis G. Fatouros (2017). Exercise-Induced Oxidative Stress Responses in the Pediatric Population: An Update. *Antioxidants*. Aug;29(3):316-325. doi: 10.1123/pes.2016-0185.
  26. Georgakouli, K., Manthou, E., Fatouros, I.G., **Deli, C.K.**, Spandidos, D.A., Tsatsakis, A.M. ... Jamurtas, A.Z. (2015). Effects of acute exercise on liver function and blood redox status in heavy drinkers. *Experimental and Therapeutic Medicine*, 10, 2015-

2022.

27. Dimitrios Draganidis, Athanasios Chatzinikolaou, Alexandra Avloniti, José C. Barbero-Álvarez, Magni Mohr, Paraskevi Malliou, Vassilios Gourgoulis, Georgios Ermidis, **Chariklia K. Deli**, Ioannis I. Douroudos, Konstantinos Margonis, Athanasios Z. Jamurtas, Yannis Koutedakis, Ioannis G. Fatouros (2015). Recovery kinetics of Knee Flexor and Extensor Strength after a Football Match. *PLOS ONE*. Jul 15;10(7):e0133459. doi: 10.1371/journal.pone.0133459.
28. Jamurtas AZ, Douroudos II, **Deli CK**, Draganidis D, Chatzinikolaou A, Mohr M, Avloniti A, Barbero-Álvarez JC, Margonis K, Mavropalias G, Stampoulis T, Giannakidou D, Flouris AD, Koutedakis Y, Fatouros IG. (2015). Iron status markers are only transiently affected by a football game. *J Sports Sci*. Dec;33(20):2088-99. doi: 10.1080/02640414.2015.1064154.
29. Stagos D, Goutzourelas N, Ntontou AM, Kafantaris I, **Deli CK**, Poullos A, Jamurtas AZ, Bar-Or D, Kouretas D. (2015). Assessment of eccentric exercise-induced oxidative stress using oxidation-reduction potential markers. *Oxid Med Cell Longev*. 2015:204615. doi: 10.1155/2015/204615.
30. Zalavras A, Fatouros IG, **Deli CK**, Draganidis D, Theodorou AA, Soulas D, Koutsioras Y, Koutedakis Y, Jamurtas AZ. (2015). Age-related responses in circulating markers of redox status in healthy adolescents and adults during the course of a training macrocycle. *Oxid Med Cell Longev*. 2015:283921. doi: 10.1155/2015/283921.
31. Antonios Stavropoulos-Kalinoglou, **Chariklia Deli**, George D Kitas, Athanasios Z Jamurtas (2014). Muscle wasting in rheumatoid arthritis: The role of oxidative stress. *World J Rheumatol*. 12; 4(3): 44-53. doi: 10.5499/wjr.v4.i3.44.
32. Manthou E, Kanaki M, Georgakouli K, **Deli CK**, Kouretas D, Koutedakis Y, Jamurtas AZ. (2014). Glycemic response of a carbohydrate-protein bar with ewe-goat whey. *Nutrients*. 6(6):2240-50. doi: 10.3390/nu6062240.
33. Jamurtas, AZ., Garyfallopoulou, A., Theodorou, AA., Zalavras A., Paschalis V., **Deli CK.**, Nikolidis, MG., Fatouros, IG., Koutedakis, Y. (2013). A single bout of downhill running transiently increases HOMA-IR without altering adipokine response in healthy adult women. *European Journal of Applied Physiology*. 113(12): 2925-32. doi: 10.1007/s00421-013-2717-5.
34. Georgakouli K, **Deli CK**, Zalavras A, Fatouros IG, Kouretas D, Koutedakis Y, Jamurtas AZ (2013).  $\alpha$ -Lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency. *Food Chem Toxicol*. 61: 69-73. doi: 10.1016/j.fct.2013.01.055.
35. Vassilis Paschalis, Michalis G. Nikolaidis, Anastasios A. Theodorou, **Chariklia K. Deli**, Athanasios Z. Jamurtas, Giannis Giakas, Yiannis Koutedakis (2013). The Effects of Eccentric Exercise on Muscle Function and Proprioception of Individuals Being Overweight and Underweight. *Journal of Strength and Conditioning Research*. Sep;27(9):2542-51. doi: 10.1519/JSC.0b013e31827fc9a6.
36. Panayiotou G., Paschalis V., Nikolaidis M.G., **Deli C.K.**, Theodorou A.A.,

Fotopoulou N., Fatouros I.G., Koutedakis Y. Jamurtas A.Z. (2012). No Adverse Effects of Statins on Muscle Function and Health-Related Parameters in the Elderly: an Exercise Study. *Scand J Med Sic Sports*. 23(5):556-567. doi: 10.1111/j.1600-0838.2011.01437.x.

37. **Deli C.K.**, Paschalis V., Theodorou A.A., Nikolaidis M.G., Jamurtas A.Z., Koutedakis Y (2011). Isokinetic Knee Joint Evaluation in Track and Field Events. *Journal of Strength and Conditioning Research*. Sep;25(9):2528-36. doi:10.1519/JSC.0b013e3182023a7a.