



Ioannis G. Fatouros

Items	Number
Books	1
Book Chapters	4
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	116
Articles in Journals not Indexed in Bibliographical Databases	
Refereed International Conference Presentations	110
Invited Presentations	21
Google Scholar Citation Index (including self-citations)	~5,400
Google Scholar h-index	39
Involved in Successful Grant Applications	12(~1,800,000€)

1 EDUCATION

- Bachelor of Science: Physical Education & Sports Science, Dept. of Physical Education & Sports Science, Democritus University of Thrace, 1989.
- Master of Sciences (M.S.), Exercise and Sport Science, Syracuse University, Syracuse, 43210, NY, U.S.A., 1991.
- Doctor of Philosophy (Ph.D.) Exercise and Sports Science, The University of North Carolina at Greensboro, Greensboro, NC 27412, U.S.A., 1994.

2 EMPLOYMENT HISTORY

- Faculty member of the School of Physical Education and Sports Sciences of the Democritus University of Thrace from 1996 until 2015 (Associate Professor in Exercise Biochemistry).
- Currently, faculty member (Associate Professor in Exercise Biochemistry) of the School of Physical Education and Sports Sciences of the University of Thessaly from October of 2015.

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. Exercise Biochemistry
2. Sports Nutrition
3. Strength and Conditioning
4. Resistance exercise training

3.2 Postgraduate Teaching

1. Exercise biochemistry
2. Exercise physiology

3. Strength and conditioning
4. Exercise programming
5. Management of fitness clubs

4. Student Supervision

1. Undergraduate Theses: 41
2. Masters Theses: 17
3. Doctoral dissertations: 21

5. Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

1. Poullos A, Fatouros IG, Mohr M, Draganidis D, Deli CK, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou V, Georgakouli K, Koulouris A, Tsimeas P, Chatzinikolaou A, Batsilas D, Karagounis L, Krstrup P, Jamurtas AZ. Protein supplementation improved recovery of football-specific performance in response to repeated matches: Results from the PRO-FOOTBALL study. *Nutrients*, 2018, 10: 494.
2. 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***. The trainability of adolescent soccer players to brief periodized complex training. *International Journal of Sport Physiology and Performance*, accepted, 2018.
3. Georgakouli K, Manthou E, **Fatouros I**, Georgoulis P, Deli C, Koutedakis Y, Theodorakis Y, Jamurtas AZ. Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. *Alcohol*, accepted, 2017.
4. Deli CK, Poullos A, Georgakouli K, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, Draganidis D, Tsiokanos A, Koutedakis Y, **Fatouros IG**, Jamurtas AZ. The Effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. *Journal of Sport Sciences*, accepted, 2018.
5. Fransson D, Vigh-Larsen JF, **Fatouros IG**, Krstrup P, Mohr M. Performance responses in various muscle groups in well-trained competitive male players after a simulated soccer game. *Journal of Human Kinetics*, accepted, 61/2018: 85-97, DOI: 10.1515/hukin-2017-0129, 2018.
6. Fransson D, Nielsen TS, Olsson K, Christensson T, **Fatouros IG**, Nordsborg NB, Krstrup P, Mohr M. Skeletal muscle and performance adaptations to high-intensity training in elite male soccer players: speed endurance runs versus small-sided game training. *European Journal of Applied Physiology*, 118(1):111-121, 2018.
7. **Fatouros IG**. Is irisin the new player in exercise energy metabolism or not? A 2017 update. *Clinical Chemistry and Laboratory Medicine*, 56(4): 525-548.
8. Georgakouli K, Manthou E, Georgoulis P, Ziaka A, **Fatouros IG**, Mastorakos G, Koutedakis Y, Theodorakis Y, Jamurtas AZ. Exercise training reduces alcohol consumption but does not affect HPA-axis activity in heavy drinkers. *Physiol Behav.* 179:276-283, 2017.
9. Vlachopoulos D, Barker AR, Ubago-Guisado E, **Fatouros IG**, Knapp KM, Williams CA, Gracia-Marco L. Longitudinal adaptations of bone mass, geometry and metabolism in adolescent male athletes. the pro-bone study. *Journal of Bone and Mineral Research*, 32(11):2269-2277, 2017.
10. Draganidis D, Chondrogianni N, Chatzinikolaou A, Terzis G, Karagounis L, Sovatzidis A, Avloniti A, Lefaki M, Protopappa M, Deli CK, Papanikolaou K, Jamurtas AZ, **Fatouros IG**. Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *British Journal of Nutrition*, 118(3): 189-200, 2017.
11. Yfanti C, Tsiokanos A, **Fatouros IG**, Theodorou AA, Deli CK, Koutedakis Y, Jamurtas AZ. Chronic eccentric exercise and antioxidant supplementation: effects on metabolic profile. *Journal of Sports Science and Medicine*, 16, 375-382, 2017.

12. Petridou A, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Loules G, Papassotiriou I, **Fatouros IG**, Mougios V. Triacylglycerol lipase activity in adipose tissue of lean and obese men during exercise. *Journal of Clinical Endocrinology and Metabolism*, 102(11): 3945–3952, 2017.
13. Katsikadelis, Pilianidis, **Fatouros IG**, Angelousis N. The influence of 10 weeks high-intensity interval Multiball training on aerobic fitness in adolescent table tennis players. *Journal of Biology of Exercise*, 13(1): 2-13, 2017. DOI: 10.4127/jbe.2017.0112.
14. Vlachopoulos D, Ubago-Guisado E, Barker AR, Metcalf BS, **Fatouros IG**, Avloniti A, Ortega FB, Knapp KM, Moreno LA, Williams CA, Gracia-Marco L. Determinants of bone outcomes in adolescent athletes at baseline: The PRO-BONE study. *Medicine and Science in Sports and Exercise*, 49(7):1389-1396, 2017.
15. Avloniti A, Chatzinikolaou A, Delli C, Vlachopoulos D, Gracia-Marco L, Leontsini D, Mastorakos G, Jamurtas A, **Fatouros IG**. Exercise-induced oxidative stress responses in the pediatric population. *Antioxidants*, 6(1) 6, 2017.
16. Paltoglou G, Schoina M, Valsamakis G, Salakos N, Avloniti A, Chatzinikolaou A, Margeli A, Skevaki C, Papagianni M, Kanaka-Gantenbein C, Papassotiriou I, Chrousos GP, **Fatouros IG**, Mastorakos G. Interrelations among the adipocytokines leptin and adiponectin, oxidative stress and aseptic inflammation markers in pre- and early- pubertal normal-weight and obese boys. *Endocrine*, 55: 925–933, 2017.
17. Theodorou A, Paradisis G, Sbokos E, Chatzinikolaou A, **Fatouros IG**, King RFG, Cooke C. The effect of carbohydrate augmented creatine supplementation on anaerobic performance. *Biology of Sport*, 34:169-175 2017.
18. Deli CK, **Fatouros IG**, Paschalis V, Georgakouli K, Zalavras A, Avloniti A, Koutedakis Y, Jamurtas AZ. A comparison of exercise-induced muscle damage following maximal eccentric contractions in men and boys. *Pediatric Exercise Science*, 29(3): 316-325, 2017.
19. Deli CK, **Fatouros IG**, Paschalis V, Tsiokanos A, Georgakouli K, Zalavras A, Avloniti A, Koutedakis Y, Jamurtas AZ. Iron supplementation effects on redox status following aseptic skeletal muscle trauma in adults and children. *Oxidative Medicine and Cellular Longevity*, 2017;2017:4120421, 2017.
20. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, Draganidis D, Jamurtas AZ, Michalopoulou M, Tournis S, **Fatouros IG**. Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during pre-adolescence. *Journal of Bone Mineral and Metabolism*, 35(6), 598-607, 2017.
21. Vantarakis A, Chatzinikolaou A, Avloniti A, Vezos N, Douroudos II, Draganidis D, Jamurtas AZ, Kambas A, Kalligeros S, **Fatouros IG**. A two-month linear periodized resistance exercise training improved musculoskeletal fitness and specific conditioning of navy cadets. *Journal of Strength and Conditioning Research*, 31(5): 1362–1370, 2017.
22. Vlachopoulos D, Barker AR, Williams CA, Arngrimsson SA, Knapp KM, Metcalf BS, **Fatouros IG**, Moreno LA, Gracia-Marco L. The impact of sport participation on bone mass and geometry in adolescent males. *Medicine and Science in Sports and Exercise*, accepted, *Med Sci Sports Exerc*. 2017;49(2):317-326 2017.
23. Manthou E, Georgakouli K, Deli CK, Sotiropoulos A, **Fatouros I**, Kouretas D, Matthaïou C, Koutedakis Y, Jamurtas AZ. effects of pomegranate juice consumption on biochemical parameters and complete blood count. *Experimental and Therapeutic Medicine*, 14(2): 1756-1762, 2017.
24. Sakelliou A, **Fatouros I**, Athanailidis I, Tsoukas D, Chatzinikolaou A, Draganidis D, Liacos C, Papassotiriou I, Mandalidis D, Jamurtas AZ, Stamatelopoulos K, Dimopoulos MA, Mitrakou A. Evidence of a redox-dependent regulation of immune responses to aseptic inflammation induced by exercise. *Oxidative Medicine and Cellular Longevity*, 2016:2840643, 2016.
25. **Fatouros IG**, Jamurtas AZ. Insights into the molecular etiology of exercise-induced inflammation: opportunities for optimizing sport performance. *Journal of Inflammation Research*, 9:175-186, 2016.

26. Draganidis D, Karagounis LG, Athanailidis I, Chatzinikolaou A, Jamurtas AZ, **Fatouros IG**. Inflammaging and skeletal muscle - Can protein intake make a difference? *Journal of Nutrition*, 146(10):1940-1952, 2016.
27. Liakou C, Mastorakos G, Makris K, **Fatouros IG**, Avloniti A, Marketos H, Antoniou J, Dontas I, Rizos D, Tournis S. Variability of serum sclerostin and Dickkopf-1 levels during the menstrual cycle. *Endocrine*, 54:543–551, 2016.
28. Poulianiti K, Karatzaferi C, Flouris AD, **Fatouros IG**, Koutedakis Y, Jamurtas AZ. Antioxidant responses following active and passive smoking of tobacco and electronic cigarettes. *Toxicology Mechanisms and Methods*, 26(6): 446–452, 2016.
29. Manthou E, Georgakouli K, **Fatouros IG**, Gianoulakis C, Theodorakis Y, Jamurtas AZ. Role of exercise in the treatment of alcohol use disorders (Review). *Biomedical Reports*, 4: 535-545, 2016.
30. Mohr M, Draganidis D, Chatzinikolaou A, Barbero J, Castagna C, Douroudos II, Avloniti A, Margeli A, Papassotiriou I, Flouris A, Jamurtas AZ, Krstrup P, **Fatouros IG**. Muscle damage, inflammatory, immune and performance responses to three football games in one week in competitive male players. *European Journal of Applied Physiology*, 116(1): 179-193, 2016.
31. Avloniti A, Chatzinikolaou A, Karypidis A, Protopapa M, Pontidis T, **Fatouros IG**, Leontsini D, Kambas A. The effects of static stretching on speed and agility: one or multiple repetition protocols? *European Journal of Sports Sciences*, 16(4):402-8, 2016.
32. Avloniti A, Chatzinikolaou A, **Fatouros IG**, Avloniti C, Protopapa M, Gounelas G, Stampoulis T, Leontsini D, Draganidis D, Mavropalias G, Kambas A. The effects of static stretching on speed and agility performance depend on stretch duration and conditioning level. *Journal of Strength and Conditioning Research*, 30(10):2767-73, 2016.
33. Georgakouli K, Manthou E, **Fatouros I**, Deli C, Spandidos DA, Tsatsakis AM, Kouretas D, Koutedakis Y, Theodorakis Y, Jamurtas AZ. The effects of acute exercise on liver function and blood redox status in heavy drinkers. *Experimental and Therapeutic Medicine*, 10(6):2015-2022, 2015.
34. Draganidis D, Chatzinikolaou A, Avloniti A, Barbero-Álvarez JC, Mohr M, Malliou P, Gourgoulis V, Deli CK, Douroudos II, Margonis K, Gioftsidou A, Jamurtas AZ, Koutedakis Y, **Fatouros IG**. Flexor and extensor strength after a football match. *PLoS ONE* 10(6): e0128072, 2015.
35. 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**. Iron status markers are only transiently affected by a football game. *J Sports Sci*, 33(20): 2088-2099, 2015.
36. Wright CR, Della-Gatta PA, **Fatouros IG**, Karagounis LG, Terzis G, Mastorakos G, Michailidis Y, Mandalidis D, Spengos K, Chatzinikolaou A, Methenitis S, Draganidis D, Brown EL, Jamurtas AZ, Russell AP. The role and regulation of G-CSF and its receptor in skeletal muscle inflammation. *Journal of Interferon and Cytokine Research*, 35(9):710-9. 2015.
37. Zalavras A, **Fatouros IG**, Deli CK, Draganidis D, Theodorou AA, Soulas D, Koutsioras Y, Koutedakis Y, Jamurtas AZ. Age-related responses in circulating markers of redox status in healthy adolescents and adults during the course of a training macrocycle. *Oxidative Medicine and Cellular Longevity*, Volume 2015: article ID 283921, 2015.
38. Jamurtas AZ, Stavropoulos-Kalinoglou A, Koutsias S, Koutedakis Y, **Fatouros IG**. Adiponectin, resistin and visfatin in childhood obesity and exercise. *Pediatric Exercise Science*, 27(4):454-62, 2015.
39. Paltoglou G, **Fatouros IG**, Valsamakis G, Schoina M, Avloniti A, Chatzinikolaou A, Kambas A, Draganidis D, Mantzou A, Papagianni M, Kanaka-Gantenbein C, Chrousos PG, Mastorakos G. Anti-oxidation improves in early puberty in normal weight and obese boys, in positive association with exercise stimulated growth hormone secretion. *Pediatric Research*, 78(2):158-164, 2015.
40. Kambas A, Venetsanou F, Avloniti A, Giannakidou D, Draganidis D, Chatzinikolaou A, Michalopoulou M, Gourgoulis V, **Fatouros I**. Pedometer determined physical activity and obesity prevalence of Greek children aged 4-6 years. *Annals of Human Biology*, 42(3): 231-6, 2015.

41. Huh JY, Mougios V, Kabasakalis A, **Fatouros I**, Siopi R, Douroudos I, Filippaios A, Panagiotou G, Park KH, Choi KM, Mantzoros CS. Irisin in subjects with or without metabolic syndrome: physiology in vivo and the autocrine role of irisin in human skeletal muscle metabolism via AMPK in vitro. *Journal of Clinical Endocrinology and Metabolism*, 99(11), E2154-E2161, 2014.
42. Chatzinikolaou A, Draganidis D, Avloniti A, Karypidis A, Jamurtas A, Skevaki CL, Tsoukas D, Sovatzidis A, Theodorou A, Kambas A, Papassotiriou I, Taxildaris K, **Fatouros IG**. The microcycle of inflammation and performance changes after a basketball match. *Journal of Sports Sciences*, 32(9): 870-882, 2014.
43. Chatzinikolaou A, Christoforidis C, Avloniti A, Draganidis D, Jamurtas AZ, Stampoulis T, Ermidis G, Sovatzidis A, Papassotiriou I, Kambas A, **Fatouros IG**. A microcycle of inflammation following a team-handball game. *Journal of Strength and Conditioning Research*, 28(7): 1981-1994, 2014.
44. Jamurtas AZ, Zourbanos N, Georgakouli K, Georgoulas P, Manthou E, **Fatouros I**, Goudas M, Koutedakis Y, Theodorakis Y. (2014) Beta endorphin and alcohol urge responses in alcoholic patients following an acute bout of exercise. *J Addict Res Ther* 5:194. doi: 10.4172/2155-6105.1000194
45. Michailidis Y, Michailidis C, Primpa E, **Fatouros IG**, Margonis K, Chatzinikolaou A, Douroudos I, Draganidis D, Methenitis S. Intraseasonal change of body composition in professional soccer players and differences according to playing positions. *Serbian Journal of Sports Sciences*, 7(1): 39-44, 2013.
46. Jamurtas AZ, Garyfallopoulou A, Theodorou AA, Zalavras A, Paschalis 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. *European Journal of Applied Physiology*, 113: 2925-2932, 2013.
47. Michalopoulou M, Kambas A, Leontsini D, Chatzinikolaou A, Draganidis D, Avloniti A, Tsoukas D, Michopoulou E, Lyritis GP, Pappaioannou N, Tournis S, **Fatouros IG**. Physical activity affects bone geometry of premenarcheal girls in a dose-dependent manner. *Metabolism*, 62(12): 1811-1818, 2013.
48. Bogdanis GC, Stavrinou P, **Fatouros IG**, Philippou A, Draganidis D, Chatzinikolaou A, Ermidis G, Maridaki M. Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans. *Food and Chemical Toxicology*, 61: 171-177, 2013.
49. Michailidis Y, Karagounis LG, Terzis G, Jamurtas AZ, Spengos K, Tsoukas D, Chatzinikolaou A, Mandalidis D, Stefanetti RJ, Papassotiriou I, Athanasopoulos S, Hawley JA, Russell AP, **Fatouros IG**. Evidence of potential redox-sensitive regulation of human skeletal muscle's performance and intracellular signaling following aseptic inflammation induced by damaging Exercise. *American Journal of Clinical Nutrition*, 98: 233-245, 2013.
50. 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*, 61:69-73, 2013.
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52. Germanou EI, Chatzinikolaou A, Malliou P, Beneka A, Jamurtas AZ, Bikos C, Tsoukas D, Theodorou A, Katrabasas I, Margonis K, Douroudos I, Gioftsidou A, **Fatouros IG**. Oxidative stress and inflammatory responses following an acute bout of isokinetic exercise in obese women with knee osteoarthritis. *The Knee*, 20: 581-590, 2013.
53. Agrotou S, Karatzi K, Papamichael C, **Fatouros I**, Mitrakou A, Zakopoulos N, Dimopoulos A, Stamatelopoulos K. Effects of chronic anaerobic training on markers of subclinical atherosclerosis. *The Hellenic Journal of Cardiology*, 54: 178-185, 2013.

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55. Mastorakos G, Paltoglou G, Greene M, Ilias I, Papamichalopoulos A, Dimopoulos S, Pouliou E, **Fatouros I**, Nanas S. Inappropriately "normal" ACTH and cortisol concentrations in the face of increased circulating interleukin-6 concentration in patients with sarcoidosis, *Stress*, 16(2):202-10, 2013.
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57. Kambas A, Venetsanou F, Giannakidou D, **Fatouros IG**, Avloniti A, Chatzinikolaou A, Draganidis D, Zimmer R. The "Motor-proficiency-Test for children between 4-6 years of age (MOT 4-6): an investigation of its suitability in Greece. *Research in Developmental Disabilities*, 33(5):1626-32, 2012.
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64. Michopoulou E, Avloniti A, Kambas A, Leontsini D, Michalopoulou M, Tournis S, **Fatouros IG**. Elite premenarcheal rhythmic gymnasts demonstrate energy and dietary intake deficiencies during periods of intense training. *Pediatric Exercise Science*, 23(4): 560-572, 2011.
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