

# Thanasis Jamurtas - CV

Items	Number
Books	3
Book Chapters	4
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	153
Articles in Journals not Indexed in Bibliographical Databases	34
Refereed International Conference Presentations	255
Invited Presentations	58
Harzing's PorP/Scopus Citation Index (including self-citations)	7368/4262
Harzing's PorP/Scopus h-index	47/39
Involved in Successful Grant Applications	23 (~3.500.000€)

## 1 EDUCATION

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

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

- **Professor:** 2016 -
- **Associate Professor:** 2011- 2016
- **Assistant Professor:** 2006-2011
- **Lecturer:** 2001-2006.
- **Adjunct Associate Professor (Department of Biochemistry & Biotechnology, University of Thessaly):** 2003-.
- **Assistant Lecturer:** 1999- 2001
- **Assistant Lecturer (Department of Medicine, University of Thessaly):** 2001- 2003.

- **Teaching and Research Assistant:** 1993- 1997. The University of North Carolina at Greensboro, Greensboro, NC.
- **Teaching and Research Assistant:** 1992. Syracuse University, Syracuse, NY.

## **ACADEMIC & SCIENTIFIC EXPERIENCE**

### **Undergraduate Teaching**

1. Biochemistry
2. Biochemistry of Sports
3. Biochemical Evaluation in Sports
4. Clinical Biochemistry and nutrition
5. Clinical Nutrition
6. Exercise Physiology & evaluation in Sports
7. Exercise Biochemistry

### **Postgraduate Teaching**

1. Biochemistry of Exercise
2. Exercise & Metabolic Diseases
3. Exercise & Nutrition in Disease Prevention
4. Biochemistry & Nutritional aspects of Exercise
5. Nutrition & Health
6. Nutrition

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

#### **Completed**

1. C. Deli (2016)
2. A. Valente (2015)
3. A. Zalavras (2015)
4. K. Georgakouli (2015)
5. M. Kalafati (2015)
6. A. Theodorou (2011)
7. A Christodoulos
8. Y. Koutsioras
9. K. Margonis

10. Y Michailidis
11. I Douroudos
12. V Paschalis
13. S Tsalouchidou
14. T Tsatalas
15. P Fotinakis
16. K Chanou
17. A Chatzinikolaou
18. A Stavropoulos-Kalinoglou
19. E Varamenti
20. A Veskoukis
21. E Germanou
22. A Kabasakalis

### **In Progress**

1. T. Tofas
2. E Katsianidou
3. A Pappas
4. E Rafailakis

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

#### **Completed**

1. S Aggelousi
2. V Alexiou
3. E Alexiou
4. D Antoniou
5. A Garyfallopoulou
6. K Georgakouli
7. M Gianni
8. G Grivas
9. C Deli
10. I Diamanti
11. A Theodorou
12. A Theochari
13. V Theocharis
14. I Liakos
15. N Magoutis
16. I Michailidis
17. A Boutou
18. D Oikonomou
19. L Petridis
20. K Poulianiti
21. A Poulis
22. E Roditi
23. G Sakellariou

24. S Souliou
25. A Sotiropoulos
26. T Tofas
27. V Tranakas
28. I Tsiokanos
29. C Tsitsimpikou
30. D Tsounis
31. C Yfanti
32. V Psifos
33. P Dinas
34. Gilyana Marilyn
35. M Argyriou
36. M Vantarakis
37. V Varlami
38. A Vlahavas
39. S Georgiou
40. I Gianoulis
41. E Gioti
42. G Ganouris
43. N Goutzourelas
44. M Dimopoulou
45. S Zagavierou
46. A Zalavras
47. I Karanikas
48. G Manolas
49. P Megalooikonomos
50. S Methenitis
51. M Misailidi
52. K Misailidis
53. G Mpakosis
54. E Mpeazidou
55. Z Mpourokosta
56. A Pappas
57. G Saroglakis
58. C Sinana
59. D Stavrakis
60. D Tzika
61. T Tsaras
62. A Tsarouchas
63. E Tsimitrea
64. V Tsirevelou
65. V Christodoulou
66. S Gousopoulos
67. F Egglezou
68. M Kaltsatou

69. T Kotsailidou
70. P Malavazou
71. A Mpourganis
72. C Panagoulis
73. G Papageorgiou

### **In Progress**

1. M Selemekou
2. T Stratis
3. E Kourkouni

### **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 glyceimic 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. 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.

2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. Democriton University of Thrace. The effects of eccentric exercise on inflammation and muscle damage. (€12.500). Collaborative partner.
8. Larisa Prefecture – Innovative production of biofunctional foods based on plant extracts of Kissavos area (€59.500). Collaborative partner.
9. General Secretariat of Research and Technology – Human network on biofunctional foods training (€200.000). Collaborative partner.
10. General Secretariat of Research and Technology – Education and Technology Week (€29.000). Collaborative partner.
11. General Secretariat of Research and Technology – Education and Technology Festival (€32.900). Collaborative partner.
12. Ministry of Education – Postgraduate Studies in Health and Exercise. (€70.000).
13. University of Thessaly – Doping control in football games in 2004 Olympic Games. (€4.238). Principal Investigator.
14. University of Thessaly – Research activities in Physical Education and Sport Science. (€2.000). Principal Investigator.
15. University of Thessaly – Genotyping the surfactant cells proteins  $\alpha$  and  $\beta$  in elite middle distance runners. (€8.800). Collaborative partner.
16. University of Thessaly – The effects of carbohydrate of different glycemic index on opioids, rate of perceived exertion and performance (€2.930). Principal Investigator.

## Miscellaneous

### Participation in International Scientific and Administrative Committees

### 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.
2. Taxildaris K., Fatouros I., Jamurtas A. ACSM's Guidelines for Exercise Testing and Prescription. Athlotypo Publications, Athens, 2006

### 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.
3. 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.
4. 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. 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.
2. 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.
3. 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.
4. 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.
5. 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;
6. Chachopoulos V, Dinas PC, Chasioti M, **Jamurtas AZ**, Koutedakis Y, Flouris AD (2017). A Technique for Subcutaneous Abdominal Adipose Tissue Biopsy via a Non-diathermy Method. *J Vis Exp.* Sep 30;(127).
7. Yfanti C, Tsiokanos A, Fatouros IG, Theodorou AA, Deli CK, Koutedakis Y, **Jamurtas AZ** (2017). Chronic Eccentric Exercise and Antioxidant Supplementation: Effects on Lipid Profile and Insulin Sensitivity. *J Sports Sci Med.* Aug 8;16(3):375-382.
8. Draganidis D, Chondrogianni N, Chatzinikolaou A, Terzis G, Karagounis LG, Sovatzidis A, Avloniti A, Lefaki M, Protopapa M, Deli CK, Papanikolaou K, **Jamurtas AZ**, Fatouros IG (2017). Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *Br J Nutr.* Aug;118(3):189-200.
9. Manthou E, Georgakouli K, Deli CK, Sotiropoulos A, Fatouros IG, Kouretas D, Haroutounian S, Matthaïou C, Koutedakis Y, **Jamurtas AZ** (2017). Effect of



pomegranate juice consumption on biochemical parameters and complete blood count. *Exp Ther Med.* Aug;14(2):1756-1762.

10. Dinas PC, Valente A, Granzotto M, Rossato M, Vettor R, Zacharopoulou A, Carrillo AE, Davies NA, Gkiata P, **Jamurtas AZ**, Koutedakis Y, Metsios GS, Flouris AD (2017). Browning formation markers of subcutaneous adipose tissue in relation to resting energy expenditure, physical activity and diet in humans. *Horm Mol Biol Clin Investig.* Jul 5;31(1).
11. Petridou A, Chatzinikolaou A, Avloniti A, **Jamurtas A**, Loules G, Papassotiriou I, Fatouros I, Mougios V (2017). Increased Triacylglycerol Lipase Activity in Adipose Tissue of Lean and Obese Men During Endurance Exercise. *J Clin Endocrinol Metab.* Nov 1;102(11):3945-3952. doi: 10.1210/jc.2017-00168.
12. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, Draganidis D, **Jamurtas AZ**, Tournis S, Fatouros IG (2017). Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during preadolescence. *J Bone Miner Metab.* Nov;35(6):598-607.
13. 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. Evidence of a Redox-dependent Regulation of Immune Responses to Aseptic Inflammation Induced by Exercise. *Oxidative Medicine and Cellular Longevity* 2016:2840643, PMID: 27974950, 2016;
14. Fatouros IG, **Jamurtas AZ**. Insights into the molecular etiology of exercise-induced inflammation: opportunities for optimizing performance. *J Inflamm Res.* 9:175-186, 2016.
15. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, Draganidis D, **Jamurtas AZ**, Tournis S, Fatouros IG. Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during preadolescence. *J Bone Miner Metab.* 2016 Nov 12. [Epub ahead of print]
16. Draganidis D, Karagounis LG, Athanailidis I, Chatzinikolaou A, **Jamurtas AZ**, Fatouros IG. Inflammaging and Skeletal Muscle: Can Protein Intake Make a Difference? *J Nutr.* 2016 Aug 31
17. Poulianiti KP, Kaltsatou A, Mitrou GI, **Jamurtas AZ**, Koutedakis Y, Maridaki M, Stefanidis I, Sakkas GK, Karatzaferi C. Systemic Redox Imbalance in Chronic Kidney Disease: A Systematic Review. *Oxid Med Cell Longev.* 2016;2016:8598253. doi: 10.1155/2016/8598253. Epub 2016 Aug
18. 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. *J Strength Cond Res.* 2016 Aug 18. [Epub ahead of print]
19. Poulianiti K, Karatzaferi C, Flouris AD, Fatouros IG, Koutedakis Y, **Jamurtas AZ**. Antioxidant responses following active and passive smoking of tobacco and electronic cigarettes. *Toxicol Mech Methods.* 2016 Jul;26(6):455-61. doi: 10.1080/15376516.2016.1196281. Epub 2016 Jul 27.

20. Sakellariou P, Valente A, Carrillo AE, Metsios GS, Nadolnik L, **Jamurtas AZ**, Koutedakis Y, Boguszewski C, Andrade CM, Svensson PA, Kawashita NH, Flouris AD. Chronic l-menthol-induced browning of white adipose tissue hypothesis: A putative therapeutic regime for combating obesity and improving metabolic health. *Med Hypotheses*. 2016 Aug;93:21-6. doi: 10.1016/j.mehy.2016.05.006. Epub 2016 May 11.
21. Georgakouli K, Mpesios A, Kouretas D, Petrotos K, Mitsagga C, Giavasis I, **Jamurtas AZ**. The Effects of an Olive Fruit Polyphenol-Enriched Yogurt on Body Composition, Blood Redox Status, Physiological and Metabolic Parameters and Yogurt Microflora. *Nutrients*. 2016 Jun 3;8(6). pii: E344. doi: 10.3390/nu8060344.
22. Manthou E, Georgakouli K, Fatouros IG, Gianoulakis C, Theodorakis Y, **Jamurtas AZ**. Role of exercise in the treatment of alcohol use disorders. *Biomed Rep*. 2016 May;4(5):535-545. Epub 2016 Mar 7.
23. Nikos Zourbanos, Antonis Hatzigeorgiadis, Anastasia Tsiami, Theodora Tzatzaki, Kalliopi Georgakouli, Eirini Manthou, Marios Goudas, **Athanasios Jamurtas**, Chrysa Hatzoglou, Nikos Chatzisarantis, Maria Hassandra & Yannis Theodorakis. An initial investigation of smokers' urges to smoke and their exercise intensity preference: A mixed-methods approach. *Cogent Medicine*, 2016. **DOI:** <http://dx.doi.org/10.1080/2331205X.2016.1149043>
24. Mohr M, Draganidis D, Chatzinikolaou A, Barbero-Álvarez JC, Castagna C, Douroudos I, Avloniti A, Margeli A, Papassotiropoulos I, Flouris AD, **Jamurtas AZ**, Krusturup P, Fatouros IG. Muscle damage, inflammatory, immune and performance responses to three football games in 1 week in competitive male players. *Eur J Appl Physiol*. 116(1): 179-193, 2016.
25. Avloniti A, Chatzinikolaou A, Fatouros IG, Protopapa M, Athanailidis I, Avloniti C, Leontsini D, Mavropalias G, **Jamurtas AZ**. The effects of static stretching on speed and agility: One or multiple repetition protocols? *Eur J Sport Sci*.16(4):402-8, 2016.
26. Georgakouli K, Manthou E, Fatouros IG, Deli CK, Spandidos DA, Tsatsakis AM, Kouretas D, Koutedakis Y, Theodorakis Y, **Jamurtas AZ**. Effects of acute exercise on liver function and blood redox status in heavy drinkers. *Exp Ther Med*. 10(6):2015-2022, 2015.
27. Wright CR, Brown EL, Della Gatta PA, Fatouros IG, Karagounis LG, Terzis G, Mastorakos G, Michailidis Y, Mandalidis D, Spengos K, Chatzinikolaou A, Methenitis S, Draganidis D, **Jamurtas AZ**, Russell AP. Regulation of Granulocyte Colony-Stimulating Factor and Its Receptor in Skeletal Muscle is Dependent Upon the Type of Inflammatory Stimulus. *J Interferon Cytokine Res*. 35(9):710-9, 2015.
28. Valente A, Carrillo AE, Tzatzarakis MN, Vakonaki E, Tsatsakis AM, Kenny GP, Koutedakis Y, **Jamurtas AZ**, Flouris AD. The absorption and metabolism of a single l-menthol oral versus skin administration: Effects on thermogenesis and metabolic rate. *Food Chem Toxicol*. 86:262-273, 2015.

29. Boutou AK, Zoumot Z, Nair A, Davey C, Hansell DM, **Jamurtas A**, Polkey MI, Hopkinson NS. The Impact of Homogeneous Versus Heterogeneous Emphysema on Dynamic Hyperinflation in Patients With Severe COPD Assessed for Lung Volume Reduction. *COPD*. Sep 23:1-8, 2015.
30. **Jamurtas A**, Stavropoulos-Kalinoglou A, Koutsias S, Koutedakis Y, Fatouros I., Adiponectin, Resistin and Visfatin in Childhood Obesity and Exercise. *Pediatr Exerc Sci*. 27(4):454 – 462, 2015.
31. **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.
32. Theodorou A., Gerodimos V., Karatrantou K., Paschalis V., Chanou K., **Jamurtas AZ**, Nikolaidis MG. Acute and Chronic Whole-Body Vibration Exercise does not Induce Health-Promoting Effects on the Blood Profile. *Journal of Human Kinetics* 46: 127-135, 2015.
33. Draganidis D, Chatzinikolaou A, Avloniti A, Barbero-Álvarez JC, Mohr M, Malliou P, Gourgoulis V, Deli CK, Douroudos II, Margonis K, Gioftsidou A, Flouris AD, **Jamurtas AZ**, Koutedakis Y, Fatouros IG. Recovery kinetics of knee flexor and extensor strength after a football match. *PLoS One*. doi:10.1371/journal.pone.0133459, 2015.
34. Zalavras A, Fatouros, IG, Theodorou AA, 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* doi: 10.1155/2015/283921, 2015
35. Stagos D, Goutzourelas N, Ntontou AM, Kafantaris I, Deli CK, Poulios A, **Jamurtas A**, Bar-Or D and Kouretas D. Assessment of eccentric exercise-induced oxidative stress using oxidation-reduction potential markers. *Oxidative Medicine and Cellular Longevity* doi: 10.1155/2015/204615, 2015.
36. Valente A, **Jamurtas AZ**, Koutedakis Y and Flouris AD. Molecular pathways linking non-shivering thermogenesis and obesity: focusing on brown adipose tissue development. *Biol Rev Camb Philos Soc*. 90(1):77-88, 2015.
37. Dinas PC, Nikaki A, **Jamurtas AZ**, Prassopoulos V, Efthymiadou R, Koutedakis Y, Georgoulis P and Flouris AD. Association between habitual physical activity and brown adipose tissue activity in individuals undergoing PET-CT scan. *Clinical Endocrinology* 82(1):147-54, 2015.
38. **Jamurtas, AZ.**, Zourbanos, N., Georgakouli, K., Georgoulis P., Manthou, E., Fatouros, IG., Goudas M., Koutedakis, Y. and Theodorakis Y. Beta endorphin and alcohol urge responses in alcoholic patients following an acute bout of exercise. *Journal of Addiction Research & Therapy* 5:3, 2014.

39. Antonios Stavropoulos-Kalinoglou, Charikleia Deli, George D Kitas, **Athanasios Z Jamurtas**. Muscle wasting in rheumatoid arthritis: The role of oxidative stress. *World Journal of Rheumatology*, 4(3): 44-53, 2014.
40. Matthaïou CM, Goutzourelas N, Stagos D, Sarafoglou E, **Jamurtas A**, Koulocheri SD, Haroutounian SA, Tsatsakis AM, Kouretas D. Pomegranate juice consumption increases GSH levels and reduces lipid and protein oxidation in human blood. *Food Chem Toxicology*, 73:1-6, 2014.
41. Manthou E, Kanaki M, Georgakouli K, Deli CK, Kouretas D, Koutedakis Y, **Jamurtas AZ**. Glycemic response of a carbohydrate-protein bar with ewe-goat whey. *Nutrients* 6(6):2240-2250, 2014.
42. Chatzinikolaou A, Draganidis D, Avloniti A, Karipidis A, **Jamurtas AZ**, Skevaki CL, Tsoukas D, Sovatzidis A, Theodorou A, Kambas A, Papassotiriou I, Taxildaris K, Fatouros I. The microcycle of inflammation and performance changes after a basketball match. *J Sports Sci.* 32(9):870-82, 2014.
43. Moreira A, Nosaka K, Nunes JA, Viveiros L, Jamurtas AZ, Aoki MS. Changes in muscle damage markers in female basketball players. *Biology of Sport*, 31(1): 3-7, 2014.
44. Flouris AD, Dinas PC, Tzatzarakis MN, Metsios GS, Kostikas K, **Jamurtas AZ**, Tsatsakis AM, Koutedakis Y. Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia. *International Journal of Environmental Health Research*, 24(3): 189-194, 2014.
45. Dinas PC, Metsios GS, **Jamurtas AZ**, Tzatzarakis MN, Wallace Hayes A, Koutedakis Y, Tsatsakis AM, and Flouris AD. Acute Effects of Secondhand Smoke on Complete Blood Count. *International Journal of Environmental Health Research*, 24(1):56-62, 2014.
46. 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.
47. Petridis L., **Jamurtas AZ**, Veskoukis A, Kouretas D. The effects of a water polo game on the blood redox status of male water polo players. *Journal of Sports Medicine and Physical Fitness*, 53(5):551-558, 2013.
48. **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(12):2925-32, 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(1):233-45, 2013.
50. Kerasiotti E, Stagos D, **Jamurtas A**, Kiskini A, Koutedakis Y, Goutzourelas N, Pournaras S, Tsatsakis AM, Kouretas D. Anti-inflammatory effects of a special carbohydrate-whey protein cake after exhaustive cycling in humans. *Food and Chemical Toxicology*, 61:42-46, 2013.
51. Flouris AD, Chorti MS, Poulianiti KP, **Jamurtas AZ**, Kostikas K, Tzatzarakis MN, Wallace Hayes A, Tsatsakis AM, Koutedakis Y. Acute impact of active and passive electronic cigarette smoking on serum cotinine and lung function. *Inhalation Toxicology*, 25(2): 91-101, 2013.
52. Georgakouli K, Deli CK, Zalavras A, Fatouros IG, Kouretas D, Koutedakis Y, **Jamurtas AZ**.  $\alpha$ -Lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency. *Food and Chemical Toxicology*, 61:69-73, 2013.
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## REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

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2. Protein Supplementation Facilitates Recovery Between Football Matches Performed 3 days Apart. Athanasios Poullos, Savvas, Kritikos, **Athanasios Z. Jamurtas**, Konstantinos Papanikolaou, Dimitrios Draganidis, Georgios Ermidis, Magni Mohr, Peter Krstrup, Athanasios Chatzinikolaou, Ioannis G. Fatouros. *World Conference on Science and Soccer, 31<sup>st</sup> May-2<sup>nd</sup> June, Rennes, France, 2017.*
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## **INVITED PRESENTATIONS (Selected)**

1. Chair in the 7<sup>th</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, 20/22-10-2017, Athens, Greece, 2017.
2. Invited Speaker in the 17<sup>th</sup> Congress of Female Endocrinology, 27<sup>th</sup> May, Athens, Greece, 2017.
3. Invited Speaker in the 1st<sup>th</sup> Daily Congress of Military Fitness & Wellbeing, 24<sup>th</sup> November, Larisa, Greece, 2016.
4. Invited Speaker in the 1st<sup>th</sup> Daily Congress of Nutritional Habits and Pediatric Obesity, 22<sup>nd</sup> October, Karditsa, Greece, 2016.
5. Chair in the 5<sup>th</sup> Annual Conference of the Greek Society of Biochemistry & Physiology, 6/8-11-2015, Athens, Greece, 2015.

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

## **MISCELLANEOUS**

- **Editorial Board Member**
  - i. Journal of Sports Science & Medicine
  - ii. Frontiers in Nutrition
  - iii. Inquiries in Sport and Physical Education
  - iv. Hellenic Journal of Physical Education & Sport Sciences
- **Reviewer in Scientific Journals**
  - i. Annals of Nutrition and Metabolism
  - ii. Asian Journal of Sports Medicine
  - iii. BMC Endocrine Disorders
  - iv. British Journal of Sports Medicine
  - v. Cell Biochemistry & Function
  - vi. Clinical Endocrinology
  - vii. European Journal of Psychomotricity

- viii. European Journal Sports Science
- ix. Food and Chemical Toxicology
- x. Frontiers in Striated Muscle Physiology
- xi. International Journal of Obesity
- xii. International Journal of Sports Medicine
- xiii. International SportMedicine Journal
- xiv. Journal of Sports Sciences
- xv. Journal of Sports Science & Medicine
- xvi. Journal of Strength & Conditioning Research
- xvii. Medicine & Science in Sports & Exercise
- xviii. Metabolism
- xix. Wilderness & Environmental Medicine
- xx. Exercise & Society: Journal of Sport Science Physical Education and Sport

- **Grant Reviewer**

- I. Health and Medical Research Fund, the Hong Kong SAR Government
- II. Health Research Board, Ireland
- III. French National Research Agency

- **Conference Organizing Committee**

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