

Draganidis Dimitrios

Assistant Professor

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University of Thessaly, Department of Physical Education and Sport Science, Karyes, 42100, Trikala, Greece

Qualifications

- 2015 - 2018 **PhD.** University of Thessaly, School of Physical Education and Sports Sciences.
Project Title. Effect of chronic, low-grade systemic inflammation (*inflammaging*) on muscle protein synthesis and breakdown in the aged, human skeletal muscle.
- 2014 (*January - June*) **Research Assistant**, Physical & Cognitive Performance Group, **Nestle Research Center**, Lausanne, Switzerland
- 2013 (*June - November*) **Trainee**, Physical & Cognitive Performance Group, **Nestle Research Center**, Lausanne, Switzerland.
- 2010 - 2013 **Masters of Sciences (M.Sc.).** Democritus University of Thrace, Department of Physical education and Sport Sciences.
Thesis Title: The effects of three consecutive soccer games and NAC supplementation on performance and inflammatory responses, in elite soccer players.
- 2006 - 2010 **Bachelors (B.S.).** Democritus University of Thrace, Department of Physical education and Sport Sciences.
Thesis Title: The time-frame of acute resistance exercise effects on football skill performance: The impact of exercise intensity.

Research interests

- **Exercise-Induced inflammation and immunometabolism.**
- **Exercise and aging**
- **Exercise and obesity**
- **Sports nutrition.**
- **Strength and Conditioning.**

ResearchGate: [Dimitrios Draganidis \(researchgate.net\)](https://www.researchgate.net/profile/Dimitrios-Draganidis)

Google Scholar: [Dimitrios Draganidis - Μελετητής Google](https://scholar.google.gr/citations?user=...)

Teaching

Undergraduate

ME1117	Nutrition and Exercise
MK0917	Techniques of muscle-strengthening exercises
KE2001	Strength and Conditioning Coach

Postgraduate

505	Exercise and Obesity (MSc Exercise & Health)
615	Exercise physiology and Training (MSc Military Fitness & Wellbeing)
MB02	Exercise in special populations (MSc Exercise, Ergo-Spirometry and Rehabilitation)

Peer-Reviewed Publications

1. Mohr M, Ermidis G, Jamurtas AZ, Vigh-Larsen JF, Poullos A, **Draganidis D**, Papanikolaou K, Tsimeas P, Batsilas D, Loules G, Batrakoulis A, Sovatzidis A, Nielsen JL, Tzatzakis T, Deli CK, Nybo L, Krstrup P, Fatouros IG. Extended Match Time Exacerbates Fatigue and Impacts Physiological Responses in Male Soccer Players. *Med Sci Sports Exerc.* 2023 Jan 1;55(1):80-92.
2. Georgakouli K, Siamata F, **Draganidis D**, Tsimeas P, Papanikolaou K, Batrakoulis A, Gatsas A, Poullos A, Syrou N, Deli CK, Fatouros IG, Jamurtas AZ. The Effects of Greek Orthodox Christian Fasting during Holy Week on Body Composition and Cardiometabolic Parameters in Overweight Adults. *Diseases.* 2022 Dec 5;10(4):120.
3. Batrakoulis A, Jamurtas AZ, Metsios GS, Perivoliotis K, Liguori G, Feito Y, Riebe D, Thompson WR, Angelopoulos TJ, Krstrup P, Mohr M, **Draganidis D**, Poullos A, Fatouros IG. Comparative Efficacy of 5 Exercise Types on Cardiometabolic Health in Overweight and Obese Adults: A Systematic Review and Network Meta-Analysis of 81 Randomized Controlled Trials. *Circ Cardiovasc Qual Outcomes.* 2022 Jun;15(6):e008243.
4. Mohr M, Fatouros IG, Jamurtas AZ, **Draganidis D**, Thomassen M, Ørntoft C, Ermidis G, Loules G, Batsilas D, Poullos A, Papanikolaou K, Randers MB, Krstrup P, Nybo L. Skeletal muscle phenotype and game performance in elite women football players. *Scand J Med Sci Sports.* 2022 Apr;32 Suppl

1:39-53.

5. Krstrup P, Mohr M, Nybo L, **Draganidis D**, Randers MB, Ermidis G, Ørntoft C, Røddik L, Batsilas D, Poullos A, Ørtenblad N, Loules G, Deli CK, Batrakoulis A, Nielsen JL, Jamurtas AZ, Fatouros IG. Muscle metabolism and impaired sprint performance in an elite women's football game. *Scand J Med Sci Sports*. 2022 Apr;32 Suppl 1:27-38.
6. Batrakoulis A, Jamurtas AZ, Tsimeas P, Poullos A, Perivoliotis K, Syrou N, Papanikolaou K, **Draganidis D**, Deli CK, Metsios GS, Angelopoulos TJ, Feito Y, Fatouros IG. Hybrid-type, multicomponent interval training upregulates musculoskeletal fitness of adults with overweight and obesity in a volume-dependent manner: A 1-year dose-response randomised controlled trial. *Eur J Sport Sci*. 2022 Jan 31:1-12.
7. **Draganidis D**, Jamurtas AZ, Chondrogianni N, Mastorakos G, Jung T, Grune T, Papadopoulos C, Papanikolaou K, Papassotiriou I, Papaevgeniou N, Poullos A, Batrakoulis A, Deli CK, Georgakouli K, Chatzinikolaou A, Karagounis LG, Fatouros IG. Low-Grade Systemic Inflammation Interferes with Anabolic and Catabolic Characteristics of the Aged Human Skeletal Muscle. *Oxid Med Cell Longev*. 2021 Dec 7;2021:8376915.
8. Batrakoulis A, Jamurtas AZ, **Draganidis D**, Georgakouli K, Tsimeas P, Poullos A, Syrou N, Deli CK, Papanikolaou K, Tournis S, Fatouros IG. Hybrid Neuromuscular Training Improves Cardiometabolic Health and Alters Redox Status in Inactive Overweight and Obese Women: A Randomized Controlled Trial. *Antioxidants (Basel)*. 2021 Oct 12;10(10):1601.
9. Papanikolaou K, Tsimeas P, Anagnostou A, Varypatis A, Mourikis C, Tzatzakis T, **Draganidis D**, Batsilas D, Mersinias T, Loules G, Poullos A, Deli CK, Batrakoulis A, Chatzinikolaou A, Mohr M, Jamurtas AZ, Fatouros IG. Recovery Kinetics Following Small-Sided Games in Competitive Soccer Players: Does Player Density Size Matter? *Int J Sports Physiol Perform*. 2021 Sep 1;16(9):1270-1280.
10. Kritikos S, Papanikolaou K, **Draganidis D**, Poullos A, Georgakouli K, Tsimeas P, Tzatzakis T, Batsilas D, Batrakoulis A, Deli CK, Chatzinikolaou A, Mohr M, Jamurtas AZ, Fatouros IG. Effect of whey vs. soy protein supplementation on recovery kinetics following speed endurance training in competitive male soccer players: a randomized controlled trial. *J Int Soc Sports Nutr*. 2021 Mar 16;18(1):23.
11. Tofas T, Fatouros IG, **Draganidis D**, Deli CK, Chatzinikolaou A, Tziortzis C, Panayiotou G, Koutedakis Y, Jamurtas AZ. 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 (Basel)*. 2021 Mar 9;10(3):409.
12. Batrakoulis A, Tsimeas P, Deli CK, Vlachopoulos D, Ubago-Guisado E, Poullos A, Chatzinikolaou A, **Draganidis D**, Papanikolaou K, Georgakouli K, Batsilas D, Gracia-Marco L, Jamurtas AZ, Fatouros I. Hybrid neuromuscular training promotes musculoskeletal adaptations in inactive overweight and obese women: A training-detraining randomized controlled trial. *J Sports Sci*. 2021 Mar;39(5):503-512.
13. Georgakouli K, Manthou E, Georgoulas P, Ziaka A, Deli CK, **Draganidis D**, Batrakoulis A, Papanikolaou K, Tsimeas P, Mastorakos G, Fatouros IG, Koutedakis Y, Theodorakis Y, Jamurtas AZ. HPA axis responses to acute exercise differ in smokers and non-smokers. *Physiol Behav*. 2021 Feb 1;229:113258. doi: 10.1016/j.physbeh.2020.113258.
14. Papanikolaou K, Veskoukis AS, **Draganidis D**, Baloyiannis I, Deli CK, Poullos A, Jamurtas AZ, Fatouros IG. Redox-dependent regulation of satellite cells following aseptic muscle trauma: Implications for sports performance and nutrition. *Free Radic Biol Med*. 2020 Dec;161:125-138.
15. Sovatzidis A, Chatzinikolaou A, Fatouros IG, Panagoutsos S, **Draganidis D**, Nikolaidou E, Avloniti A, Michailidis Y, Mantzouridis I, Batrakoulis A, Pasadakis P, Vargemezis V. Intradialytic Cardiovascular Exercise Training Alters Redox Status, Reduces Inflammation and Improves Physical Performance in Patients with Chronic Kidney Disease. *Antioxidants (Basel)*. 2020 Sep 15;9(9):868.
16. Georgakouli K, Stamperna A, Deli CK, Syrou N, **Draganidis D**, Fatouros IG, et al. The effects of postprandial resistance exercise on blood glucose and lipids in prediabetic, beta-thalassemia major patients. *Sports (Basel)*. 2020.
17. Tofas T, **Draganidis D**, Deli CK, Georgakouli K, Fatouros IG, Jamurtas AZ. Exercise-Induced Regulation of Redox Status in Cardiovascular Diseases: The Role of Exercise Training and Detraining. *Antioxidants (Basel)*. 2019.
18. Karagounis LG, Beaumont M, Donato-Capel L, Godin JP, Kapp AF, **Draganidis D**, et al. Ingestion of a pre-bedtime protein containing beverage prevents overnight induced negative whole body protein balance in healthy middle-aged men: a randomized trial. *Front Nutr*. 2019.
19. Tzatzakis T, Papanikolaou K, **Draganidis D**, Tsimeas P, Kritikos S, Poullos A, et al. Recovery kinetics after speed-endurance training in male soccer players. *Int J Sports Physiol Perform*. 2019.
20. Batrakoulis A, Loules G, Georgakouli K, Tsimeas P, **Draganidis D**, Chatzinikolaou A, et al. High-intensity interval neuromuscular training promotes exercise behavioral regulation, adherence and weight loss in inactive obese women. *Eur J Sport Sci*. 2019.
21. Poullos A, Georgakouli K, **Draganidis D**, Deli CK, Tsimeas PD, Chatzinikolaou A, et al. Protein-based supplementation to enhance recovery in team sports: what is the evidence? *J Sports Sci Med*. 2019.
22. Papanikolaou K, Chatzinikolaou A, Pontidis T, Avloniti A, Deli CK, Leontsini D, **Draganidis D**, et al. 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.
23. Papanikolaou K, **Draganidis D**, Chatzinikolaou A, Laschou VC, Georgakouli K, Tsimeas P, et al. The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): study protocol for a randomized controlled trial. *Trials*. 2019.
24. Batrakoulis A, Fatouros IG, Chatzinikolaou A, **Draganidis D**, Georgakouli K, Papanikolaou K, et al. 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.
25. Georgakouli K, Fatouros IG, **Draganidis D**, Papanikolaou K, Tsimeas P, Deli CK, Jamurtas AZ. Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? A Narrative Review. *Oxid Med Cell Longev*. 2019.
26. Panagoulis C, Chatzinikolaou A, Avloniti A, Leontsini D, Deli CK, **Draganidis D**, et al. In-Season integrative neuromuscular strength training improves performance of early-adolescent soccer athletes. *J Strength Cond Res*. 2019.
27. Perakakis N, Mougios V, Fatouros IG, Siopi A, **Draganidis D**, Peradze N, Ghaly W, Mantzoros CS. Physiology of Activins /Follistatins: Associations with metabolic and anthropometric variables and response to exercise. *J Clin Endocrinol Metab*. 2018.
28. Deli CK, Poullos A, Georgakouli K, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, **Draganidis D**, et al. The effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. *J Sports Sci*. 2018.
29. Batrakoulis A, Jamurtas AZ, Georgakouli K, **Draganidis D**, Deli CK, Papanikolaou K et al. 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.

30. Jamurtas AZ, Fatouros IG, Deli CK, Georgakouli K, Poullos A, **Draganidis D**, et al. The effects of acute low-volume HIIT and aerobic exercise on leukocyte count and redox status. *J Sports Sci Med*, 2018.
31. **Draganidis D**, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, et al. Disparate habitual physical activity and dietary intake profiles of elderly men with low and elevated systemic inflammation. *Nutrients*, 2018.
32. Chatzinikolaou A, Michaloglou K, Avloniti A, Leontsini D, Deli CK, Vlachopoulos D, Gracia-Marco L, Arsenis S, Athanailidis I, **Draganidis D**, et al. The trainability of adolescent soccer players to brief periodized complex training. *Int J Sports Physiol Perform*, 2018.
33. Poullos A, Fatouros IG, Mohr M, **Draganidis D**, Deli CK, Papanikolaou K, et al. Post-game high protein intake may improve recovery of football-specific performance during a congested game fixture: Results from the PRO-FOOTBALL study. *Nutrients*, 2018.
34. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, **Draganidis D**, et al. Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during pre-adolescence. *J Bone Miner Metab*, 2017.
35. **Draganidis D**, Chondrogianni N, Chatzinikolaou A, Terzis G, Karagounis LG, Sovatzidis A, et al. Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *Br J Nutr*, 2017.
36. Vantarakis A, Chatzinikolaou A, Avloniti A, Vezos N, Douroudos II, **Draganidis D**, et al. A two-month linear periodized resistance exercise training improved musculoskeletal fitness and specific conditioning of navy cadets. *J Strength Cond Res*, 2017.
37. Avloniti A, Chatzinikolaou A, Deli CK, Vlachopoulos D, Gracia-Marco L, Leontsini D, **Draganidis D**, et al. Exercise-induced oxidative stress responses in the pediatric population. *Antioxidants* (Basel), 2017.
38. **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.
39. Avloniti A, Chatzinikolaou A, Fatouros IG, Avloniti C, Protopapa M, **Draganidis D**, et al. The acute effects of static stretching on speed and agility performance depend on stretch duration and conditioning level. *J Strength Cond Res*, 2016
40. Mohr M, **Draganidis D**, Chatzinikolaou A, Barbero-Alvarez JC, Castagna C, Douroudos I, et al. Muscle damage, inflammatory, immune and performance responses to three football games in 1 week in competitive male players. *Eur J Appl Physiol*, 2016.
41. Sakelliou A, Fatouros IG, Athanailidis I, Tsoukas D, Chatzinikolaou A, **Draganidis D**, et al. Evidence of a Redox-dependent regulation of immune responses to exercise-induced inflammation. *Oxid Med Cell Longev*, 2016.
42. 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 dependent upon the type of inflammatory stimulus. *J Interferon Cytokine Res*, 2015.
43. Paltoglou G, Fatouros IG, Valsamakis G, Schonia M, Avloniti A, Chatzinikolaou A, Kambas A, **Draganidis D**, et al. Antioxidation improves in puberty in normal weight and obese boys, in positive association with exercise-stimulated growth hormone secretion. *Pediatr Res*, 2015.
44. **Draganidis D**, Chatzinikolaou A, Avloniti A, Barbero-Alvarez JC, Mohr M, Malliou P, et al. Recovery kinetics of knee flexor and extensor strength after a football match. *PLoS One*, 2015.
45. Kambas A, Venetsanou F, Avloniti A, Giannakidou D, Gourgoulis V, **Draganidis D**, et al. Pedometer determined physical activity and obesity prevalence of Greek children aged 4-6 years. *Ann Hum Biol*, 2015.
46. Jamurtas AZ, Douroudos II, Deli CK, **Draganidis D**, Chatzinikolaou A, Mohr M, et al. Iron status markers are only transiently affected by a football game. *J Sports Sci*, 2015.
47. Zalavras A, Fatouros IG, Deli CK, **Draganidis D**, Theodorou AA, Soulas D, et al. 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.
48. Chatzinikolaou A, Christoforidis C, Avloniti A, **Draganidis D**, Jamurtas A, Stampoulis T, et al. A Microcycle of Inflammation Following a Team-handball Game. *J Strength Cond Res*, 2014
49. Chatzinikolaou A, **Draganidis D**, Avloniti A, Karipidis A, Jamurtas A, Skevaki C, et al. The Microcycle of Inflammation and Performance Changes after a Basketball match. *J Sports Sci*, 2014
50. Michalopoulou M, Kambas A, Leontsini D, Chatzinikolaou A, **Draganidis D**, Avloniti A, et al. Physical activity is associated with bone geometry of premenarcheal girls in a dose-dependent manner. *Metabolism*, 2013.
51. Bogdanis GC, Stavrinou P, Fatouros IG, Philippou A, Chatzinikolaou A, **Draganidis D**, et al. Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans. *Food Chem Toxicol*, 2013.
52. **Draganidis D**, Chatzinikolaou A, Jamurtas AZ, Barbero JC, Tsoukas D, Theodorou AS, et al. The Time-frame of acute resistance exercise effects on football skill performance: the impact of exercise intensity. *J Sports Sci*, 2013.
53. Michailidis Y, Fatouros IG, Primpa E, Michailidis C, Avloniti A, Chatzinikolaou A, Barbero-Álvarez JC, Tsoukas D, Douroudos II, **Draganidis D**, et al. Plyometrics' trainability in pre-adolescent soccer athletes. *J Strength Cond Res*, 2013.
54. 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. *Res Dev Disabil*, 2012.
55. Bori Z, Zhao Z, Koltai E, Fatouros IG, Jamurtas AZ, Douroudos II, Terzis G, Chatzinikolaou A, Sovatzidis A, **Draganidis D**, et al. The effects of aging, physical training, and a single bout of exercise on mitochondrial protein expression in human skeletal muscle. *Exp Gerontol*, 2012.
56. Barbas I, Fatouros IG, Douroudos II, Chatzinikolaou A, Michailidis Y, Jamurtas AZ, **Draganidis D**, et al. Physiological and performance adaptations of elite Greco-Roman wrestlers during a one-day tournament. *Eur J Appl Physiol*, 2011.
57. Fatouros IG, Lapidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Katrabasas I, Douroudos II, Leontsini D, Berberidou F, **Draganidis D**, et al. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. *J Sports Med Phys Fitness*, 2011.

Indicative Conference Presentations (Total = 93)

1. **Draganidis D**, Chondrogianni N, Grune T, Mastorakos G, Deli CK, Georgakouli K et al. Inflammaging is associated with elevated oxidation and proteasomic activity in non-obese elderly men. 8th Congress of the Hellenic Society of Biochemistry and Physiology of Exercise, 19-21 October 2018, Thessaloniki, Greece.
2. **Draganidis D**, Lefaki M, Chatzinikolaou A, Terzis G, Sovatzidis A, Protopappa M, Avloniti A, Chondrogianni N, Jamurtas AZ, Fatouros IG. Alterations in

redox-sensitive signaling pathways and proteasome activity following eccentric exercise-induced skeletal muscle microtrauma. FEBS Advanced Lecture Course, Spetses, 2016.

3. Fatouros IG, **Draganidis D**, Chondrogianni N, Jamurtas AZ, Chatzinikolaou A, Terzis G, Sovatzidis A, Protopappa M, Papanikolaou K, Avloniti A. Protein supplementation alters redox-status and proteasomic activity following aseptic inflammation induced by exercise. Annual Meeting of Society of Free Radical Research, Budapest 2016.
4. Fatouros I, **Draganidis D**, Barbero JC, Chatzinikolaou A, Mohr M, Stampoulis T, Ermidis G, Douroudos I, Jamurtas AZ, Avloniti A, Giannakidou D. The effects of n-acetylcysteine supplementation on inflammatory and performance responses following repeated football matches during a simulated microcycle. e-Poster presentation, 18th Annual Congress of the European College of Sport Science, Barcelona, 26-29 June, 2013.
5. **Draganidis D**, Ladikos S, Stampoulis T, Avloniti A, Ermidis G, Gounelas G, Margonis K, Berberidou F, Chatzinikolaou A, Kampas A, Fatouros I. The effect of two consecutive soccer games on anaerobic performance of soccer players. Poster presentation, 20th International Congress on *Physical Education and Sport*, Komotini, 18-20 May, 2012.
6. **Draganidis D**, Chatzinikolaou A, Ermeidis G, Jamurtas AZ, Kambas A, Tsoukas D, Douroudos I.1, Michailidis Y, Katrabasas I, Margonis K, Theodorou A, Fatouros I. The time-course of changes in skill performance of elite football players following resistance exercise is intensity-dependent. Poster presentation, 16th Annual Congress of the *European College of Sport Science*, Liverpool, 6-9 July, 2011.
7. **Draganidis D**, Stampoulis T, Vlachopoulos D, Michailidis Y, Katrabasas I, Douroudos I, Margonis K, Chatzinikolaou A, Taxildaris K, Fatouros I. Effects of strength training and detraining on walking economy and maximal endurance performance capacity in inactive older men are intensity-dependent. Poster presentation, 18th International Congress on *Physical Education and Sport*, Komotini, 21-23 May, 2010.

Funding – Scholarships

1. **Trainee Grant**, COST Action BM1307 for attending the Federation of European Biochemical Societies (FEBS) Advanced Lecture Course on Redox Regulation of Metabolic Processes training school, 2016, Spetses, Greece.
2. **PhD Scholarship**, from the General Secretariat for Research and Technology (GSRT) and the Hellenic Foundation for Research and Innovation (HFRI) – total duration: 3 years.