



## Ιωάννης Φατούρος

Είδος	Αριθμός
Βιβλία	1
Κεφάλαια σε βιβλία	4
Άρθρα σε Διεθνή Περιοδικά με Σύστημα Κριτών Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων (Π.Χ. SPORTDISCUS)	86
Άρθρα σε Περιοδικά μη Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων	
Παρουσιάσεις σε Διεθνή Συνέδρια με Κριτές	67
Διαλέξεις-Παρουσιάσεις μετά από Πρόσκληση	
Δείκτης Αναφορών Google Scholar (συμπεριλαμβανομένων των αυτοαναφορών)	~3,200
Δείκτης Απήχησης Harzing's PorP/Scopus (h-index)	30
Επιτυχείς Διεκδικήσεις Χρηματοδοτήσεων	4 (~1,000,000€)

### 1 ΣΠΟΥΔΕΣ

- Πτυχίο Καθηγητού φυσικής αγωγής (βαθμός: 7,711). Απονεμήθηκε από το Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού (Τ.Ε.Φ.Α.Α.) του Δημοκριτείου Πανεπιστημίου Θράκης, 7<sup>ο</sup> χλμ. Εθν. Οδού Κομοτηνής-Ξάνθης, Κομοτηνή 69100.
- Μεταπτυχιακός τίτλος (Masters of Science, M.Sc.) στην Επιστήμη της Φυσικής Αγωγής (με βαθμό πτυχίου Άριστα ή GPA 3.76). Απονεμήθηκε το 1993 από το Πανεπιστήμιο Syracuse University, Syracuse, 43210, NY, U.S.A.
- Διδακτορικός τίτλος (Doctorate of Philosophy, Ph.D.) στην επιστήμη της Εργοφυσιολογίας – Βιοχημείας της Άσκησης (με βαθμό πτυχίου Άριστα ή GPA 3.9). Απονεμήθηκε τον Δεκέμβριο του 1994 από το Πανεπιστήμιο The University of North Carolina at Greensboro, Greensboro, NC 27412, U.S.A.

### 2 ΕΠΑΓΓΕΛΜΑΤΙΚΟ ΙΣΤΟΡΙΚΟ

- Αναπληρωτής Καθηγητής Βιοχημείας της Άσκησης, Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Δημοκριτείου Πανεπιστημίου Θράκης, Κομοτηνή (2002-2015).
- Αναπληρωτής Καθηγητής Βιοχημείας της Άσκησης, Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας, Τρίκαλα (Οκτώβριος 2015 - σήμερα)

### **3 ΑΚΑΔΗΜΑΪΚΗ & ΕΠΙΣΤΗΜΟΝΙΚΗ ΕΜΠΕΙΡΙΑ**

#### **3.1 Διδασκαλία σε Προπτυχιακά Προγράμματα Σπουδών**

1. Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Δημοκρίτειου Πανεπιστήμιου Θράκης, Κομοτηνή, μαθήματα «Βιοχημείας της Άσκησης», "Προπονητική", Άσκηση με Αντιστάσεις", "Εξατομικευμένη άσκηση" (1996-2015).
2. Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Δημοκρίτειου Πανεπιστήμιου Θεσσαλίας, Τρίκαλα, μαθήματα «Βιοχημείας της Άσκησης», "Αθλητική Διατροφή" (Οκτώβριος 2015 - σήμερα).

#### **3.2 Διδασκαλία σε Μεταπτυχιακά Προγράμματα Σπουδών**

1. ΠΜΣ «Άσκηση και Ποιότητας Ζωής», Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Δημοκρίτειου Πανεπιστήμιου Θράκης, Κομοτηνή, υπεύθυνος μαθήματος «Σχεδιασμός και καθοδήγησης της προπόνησης στα ατομικά και ομαδικά αθλήματα» και "Οργάνωση Γυμναστηρίων και η Αξιοποίησή τους με Νέες Τεχνολογίες" και συνδιδάσκων στα μαθήματα "Διατροφή και Υγεία", "Βιοχημεία και Διατροφικές Αρχές στην Άσκηση", "Μεγιστοποίηση της απόδοσης" (2006-σήμερα)
2. ΠΜΣ «Άσκηση και Υγεία», Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Δημοκρίτειου Πανεπιστήμιου Θεσσαλίας, Τρίκαλα, συνδιδάσκων στα μαθήματα «Βιοχημεία της άσκησης και μεταβολικές ασθένειες και άσκηση» και "Βιοχημεία της Άσκησης"(2010-σήμερα).
3. Συνεπικούρος διδάσκων στο Μεταπτυχιακό Πρόγραμμα Σπουδών της Ιατρικής Σχολής του Ε.Κ.Π.Α. και του Τμήματος Μαιευτικής του ΤΕΙ Αθηνών «Έρευνα στην Γυναικεία Αναπαραγωγή» του μαθήματος «Μεθοδολογία και πρακτικές εφαρμογές της έρευνας στη σχέση μεταβολικών διαταραχών, άσκησης, διατροφής και αναπαραγωγής».

#### **3.3 Επίβλεψη/Συνεπίβλεψη Διδακτορικών Διατριβών**

##### **3.3.1 Επιβλέψεις που Ολοκληρώθηκαν**

1. Γ. Μιχαηλίδης (2014) - κύριος επιβλέπων.
2. Γ. Παλτόγλου (2015) - μέλος τριμελούς.
3. C Castagna (2013) - μέλος τριμελούς.
4. Α. Ζαλαβράς (2015) - μέλος τριμελούς.
5. Κ. Γεωργακούλη (2015) - μέλος τριμελούς.
6. Α. Χατζηνικολάου (2008) - μέλος τριμελούς.
7. Α. Θεοδώρου (2012) - μέλος τριμελούς.

##### **3.3.2 Επιβλέψεις εν Εξελίξει**

1. Χ. Τσακωνίτης - κύριος επιβλέπων.
2. Κ. Πατερόπουλος - κύριος επιβλέπων.
3. I Ataei - κύριος επιβλέπων.
4. Δ. Δραγανίδης - κύριος επιβλέπων.
5. Θ. Σταμπουλής - μέλος τριμελούς.
6. Δ. Τσούκας - μέλος τριμελούς.
7. Α. Βανταράκης - μέλος τριμελούς.
8. Μ. Κατικαδέλης - μέλος τριμελούς.

### 3.4 Επίβλεψη/Συνεπίβλεψη Μεταπτυχιακών Διατριβών

#### 3.4.1 Επιβλέψεις που Ολοκληρώθηκαν

1. Κ. Καλίνης (2015) - κύριος επιβλέπων.
2. Δ. Δραγανίδης (2014) - κύριος επιβλέπων.
3. Ι. Γκαράνης (2013) - κύριος επιβλέπων.
4. Φ. Δημόπουλος (2012) - κύριος επιβλέπων.
5. Σ. Μεθενίτης (2010) - κύριος επιβλέπων.
6. Γ. Γκανούρης (2010) κύριος επιβλέπων.
7. Μ. Αργυρίου (2007) - κύριος επιβλέπων.
8. Α. Βανταράκης (2007) - κύριος επιβλέπων.
9. Ε. Καλπίας (2006) - κύριος επιβλέπων.
10. Ι. Ντουρουντός (2004) - κύριος επιβλέπων.
11. Α. Χατζηνικολάου (2003) - κύριος επιβλέπων.
12. Γ. Ερμίδης (2015) - μέλος τριμελούς.
13. Α. Διαμαντής (2015) - μέλος τριμελούς.
14. Α. Σωτηρόπουλος (2014) - Σοτήριου Α. μέλος τριμελούς.
15. Β. Τσιρεβέλου (2014) - μέλος τριμελούς.
16. Θ. Σταμπουλής (2014) - μέλος τριμελούς.
17. Γ. Γρίβας (2010) - μέλος τριμελούς.
18. Β. Ξεθάλη (2010) - μέλος τριμελούς.
19. Ν. Οικονόμου (2010) - μέλος τριμελούς.
20. Λ. Πετρίδης (2009) - μέλος τριμελούς.
21. Κ. Σταυρινού (2009) - μέλος τριμελούς.
22. Σ. Αθανασίου (2009) - μέλος τριμελούς.
23. Σ. Τσιριγκάκης (2009) - μέλος τριμελούς.
24. Ι. Σακελλαρίου (2008) - μέλος τριμελούς.
25. Ε. Αγγελάκης (2008) - μέλος τριμελούς, μέλος τριμελούς.
26. Α. Θεοδώρου (2008) - μέλος τριμελούς.
27. Α. Μάλλιου (2008) - μέλος τριμελούς.
28. Δ. Γιαννακίδου (2008) - μέλος τριμελούς.
29. Π. Τέρση (2008) - μέλος τριμελούς.
30. Α. Θεοχάρη (2008) - μέλος τριμελούς.
31. Γ. Μιχαηλίδης (2007) - μέλος τριμελούς.
32. Δ. Παπαδόπουλος (2007) - μέλος τριμελούς.
33. Ε. Δαδούκη (2006) - μέλος τριμελούς.
34. Π. Ζαφειρίου (2006) - μέλος τριμελούς.
35. Π. Γκιουζελιάν (2006) - μέλος τριμελούς.
36. Α. Παππάς (2006) - μέλος τριμελούς.
37. Ν. Λεμονίδης (2005) - μέλος τριμελούς.
38. Π. Σπανός (2005) - μέλος τριμελούς.
39. Τ. Τόφας (2005) - μέλος τριμελούς.
40. Χ. Υφαντή (2005) - μέλος τριμελούς.
41. Β. Αλεξίου (2004) - μέλος τριμελούς.

#### 3.4.2 Επιβλέψεις εν Εξελίξει

1. Μ. Πρωτόπαππα - κύριος επιβλέπων.

2. Ι. Μαντζουρίδης - κύριος επιβλέπων.
3. Ι. Καραφέζη - μέλος τριμελούς.
4. Κ. Σκούρτη - μέλος τριμελούς.
5. Κ. Λεχούδης - μέλος τριμελούς.
6. Κ. Λογγιζίδου - μέλος τριμελούς.
7. Β. Τρανάκας - μέλος τριμελούς.
8. Δ. Τσαπέκου - μέλος τριμελούς.
9. Γ. Γουνελάς - μέλος τριμελούς.
10. Σ. Γουσόπουλος - μέλος τριμελούς.
11. Α. Μπατρακούλης - μέλος τριμελούς.
12. Χ. Παναγούλης - μέλος τριμελούς.

### **3.5 Επιτυχείς Διεκδικήσεις Χρηματοδοτούμενων Προγραμμάτων**

#### **3.5.1 Ανταγωνιστική Διεθνής Χρηματοδότηση**

#### **3.5.2 Ανταγωνιστική Εθνική Χρηματοδότηση**

1. Ερευνητικό Πρόγραμμα “Θαλής”. Κάπνισμα, αλκοόλ και άσκηση: διερεύνηση μηχανισμών, τεχνικές παρεμβάσεις για διακοπή και ευαισθητοποίηση γενικού πληθυσμού (525.000 - 2010).
2. ΠΕΠ Ανατολικής Μακεδονίας και Θράκης: «Διεθνής συνεργασία στη βιομηχανική έρευνα και δραστηριότητες ανάπτυξης σε προ-ανταγωνιστικό στάδιο», Μέτρο 2.1 – Δράση 2.1.3. (444.000 - 2007).

#### **3.5.3 Άλλη Χρηματοδότηση**

1. Ερευνητική χορηγία από το Ίδρυμα Μποδοσάκη για αγορά εξοπλισμού (28,000 - 2009).
2. Χρηματοδότηση έρευνας από ιδιωτική εταιρία (Π & Γ Τζελαλης ΟΕ Sports Medicine) (12.000 - 2010).

### **3.6 Συμμετοχή σε Διεθνείς Επιστημονικές και Διοικητικές Επιτροπές**

### **3.7 Συμμετοχή ως Μέλος σε Διεθνείς Επαγγελματικούς Οργανισμούς**

1. National Strength and Conditioning Association
2. European College of Sports Sciences
3. Society for Exercise Immunology

## **4 ΔΗΜΟΣΙΕΥΣΕΙΣ**

### **4.1 Βιβλία**

1. Φατούρος ΙΓ, Χατζηνικολάου Α. Προπόνηση με Βάρη: Εκτέλεση, Διδασκαλία, Ασφάλεια και Οργάνωση των Ασκήσεων (696 σελ. – ISBN 978-960-8410-97-8). Εκδόσεις «Τελέθριον», Αθήνα, 2011.

## 4.2 Κεφάλαια σε Βιβλία

1. Fatouros IG, Mitrakou A. Obesity and Diabetes (Book, ISBN 978-1-4398-3671-2). In JM. Rippe, TJ. Angelopoulos (Eds.), Obesity: Prevention and Treatment (pp. 250-313). Boca Raton, FL, USA: CRS Press Taylor & Francis Group, LLC, 2012.
2. Jamurtas AZ, Fatouros IG. Eccentric Exercise, Muscle Damage and Oxidative Stress (Book, ISBN 978-953-51-0005-8). In KR. Zaslav (Ed.), An International Perspective on Topics in Sports Medicine and Sports Injury (pp. 113-130), InTech Publications, 2012.
3. Μητράκου Α, Φατούρος ΙΓ. Άσκηση και Σαχαρώδης Διαβήτης. Καραμάνος Β, Μυγδάλης Η, Σωτηρόπουλος Α, Χριστακόπουλος Π (Συντακτική Επιτροπή), Κατευθυντήριες Οδηγίες για τη Διαχείριση του Διαβητικού Ασθενούς (σελ. 19-22), Ελληνική Διαβητολογική Εταιρεία, 2011.
4. Fatouros IG, Kouretas D. Exercise, Oxidative Stress, and Inflammation (Book, ISBN: 978-1-60750-496-2). In P. Connes, O. Hue, S. Perrey (Eds.), Exercise Physiology: from a Cellular to an Integrative Approach (pp. 245-258). Amsterdam, Netherlands: IOS Press B.V., 2010.....

## 4.3 Άρθρα σε Διεθνή Περιοδικά με Σύστημα Κριτών Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων (Π.Χ. SPORTDISCUS)

1. 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*, accepted, 2015. PMID: 26377004.
2. 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*, accepted for publication, 2015.
3. Jamurtas AZ, Zourbanos N, Georgakouli K, Georgoulis P, Manthou E, et al. (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
4. 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.
5. 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*. 2015 Jul 13:1-12. [Epub ahead of print]. PMID: 26168312.
6. 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.
7. Zalavras A, Fatouros, IG, Theodorou AA, Koutedakis Y, Jamurtas AZ. The effects of a training season on redox status in young and adult track and field athletes. *Oxidative Medicine and Cellular Longevity*, Volume 2015: article ID 283921, 2015.
8. Jamurtas AZ, Stavropoulos-Kalinoglou A, Koutsias S, Koutedakis Y, Fatouros IG. Adiponectin, resistin and visfatin in childhood obesity and exercise. *Pediatric Exercise Science*, accepted for publication, 2015. PMID: 25902558.
9. 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. *78(2):158-64*, 2015.

10. 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.
11. 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.
12. Avloniti A1, 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*. 2015 Apr 7:1-7. [Epub ahead of print]. PMID: 25849415.
13. Avloniti A, Chatzinikolaou A, Fatouros IG, Avloniti C, Protopapa M, Draganidis D, Stampoulis T, Leontsini D, Mavropalias G, Gounelas G, Kambas A. The Acute Effects of Static Stretching on Speed and Agility Performance Depend on Stretch Duration and Conditioning Level. *J Strength Cond Res*. 2014 Jun 17. [Epub ahead of print]. PMID: 24942171.
14. 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.
15. 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, 2013.
16. 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, 2013.
17. 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.
18. 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.
19. Jamurtas AZ, Garyfallopoulou A, Theodorou AA, Zalavras A, Paschalis V, Deli CK, Nikolaidis MG, Fatouros IG, Koutedakis Y. Downhill running decreases insulin sensitivity without altering adipokine responses in adult women. *European Journal of Applied Physiology*, 113: 2925-2932, 2013.
20. Panayiotou G, Paschalis V, Nikolaidis MG, Theodorou AA, Deli CK, Fotopoulou N, Fatouros IG, Koutedakis Y, Sampanis A, Jamurtas AZ.. No adverse effects of statins on muscle function and health-related parameters in the elderly: an exercise study. *Scandinavian Journal of Sports Medicine and Science*, 23(5):556-67, 2013.
21. 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.
22. 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.
23. 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.
  24. Draganidis D, Chatzinikolaou A, Jamurtas AZ, Barbero JC, Tsoukas D, Theodorou AS, Margonis K, Michailidis Y, Avloniti A, Theodorou A, Kambas A, Fatouros IG\*. The Time-frame of acute resistance exercise effects on football skill performance: the impact of exercise intensity. *Journal of Sport Sciences*, 31(7): 714-722, 2013.
  25. Beneka A, Malliou P, Misailidou V, Chatzinikolaou A, Fatouros I, Gourgoulis V, Georgiadis E. Muscle performance following an acute bout of plyometric training combined with low or high intensity weight. *Journal of Sport Sciences*, 31(3):335-43, 2013.
  26. 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.
  27. 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.
  28. Michailidis Y, Fatouros IG,\* Primpa E, Michailidis C, Avloniti A, Chatzinikolaou A, Barbero-Álvarez JC, Tsoukas D, Douroudos II, Draganidis D, Leontsini D, Margonis K, Berberidou F, Kambas A. Plyometrics' trainability in pre-adolescent soccer athletes. *The Journal of Strength and Conditioning Research*, 27(1): 38-49, 2012.
  29. Bori Z, Zhao Z, Koltai E, Fatouros IG, Jamurtas AZ, Douroudos II, Terzis G, Chatzinikolaou A, Sovatzidis A, Draganidis D, Boldogh I, Radak Z. The effects of aging, physical training, and a single bout of exercise on mitochondrial protein expression in human skeletal muscle. *Experimental Gerontology*, 47(6): 417-424, 2012.
  30. Aggeloussi S, Theodorou AA, Paschalis V, Nikolaidis MG, Fatouros IG, Kouretas D, Koutedakis Y, Jamurtas AZ. Exercise training reduces visfatin levels in obese children. *Pediatric Exercise Science*, 24(3):461-71, 2012.
  31. 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.
  32. Kambas A, Michalopoulou M, Fatouros IG, Christoforidis C, Manthou E, Giannakidou D, Venetsanou F, Haberer E, Chatzinikolaou A, Gourgoulis V, Zimmer R. The relationship between motor proficiency and pedometer-determined physical activity in young children. *Pediatric Exercise Science*, 24: 34-44, 2012.
  33. Theodorou A, Nikolaidis MG, Paschalis V, Koutsias S, Panayiotou G, Fatouros IG, Koutedakis Y, Jamurtas AZ. No effect of antioxidant supplementation on muscle performance and blood redox status adaptations to eccentric training. *American Journal of Clinical Nutrition*, 93(6): 1373-1383, 2011.
  34. Barbas I, Fatouros IG\*, Douroudos II, Chatzinikolaou A, Michailidis Y, Jamurtas AZ, Draganidis D, Nikolaidis MG, Parotsidis C, Theodorou AT, Katrabasas I, Papassotiriou I, Taxildaris K. Physiological and performance adaptations of elite Greco-Roman wrestlers during a one-day tournament. *European Journal of Applied Physiology*, 111(7): 1421-1436, 2011.

35. Radak Z, Bori Z, Koltai E, Fatouros IG, Jamurtas AZ, Douroudos II, Terzis G, Nikolaidis MG, Chatzinikolaou A, Sovatzidis A, Kumagai S, Naito H, Boldogh I. Age-dependent changes in 8-oxoguanine-DNA-glycosylase activity are modulated by adaptive responses to physical exercise in human skeletal muscle. *Free Radical Biology and Medicine*, 51(2): 417-423, 2011.
36. Paschalis V, Nikolaidis MG, Theodorou AA, Panayiotou G, Fatouros IG, Koutedakis Y, Jamurtas AZ. A weekly bout of eccentric exercise is sufficient to induce health-promoting effects. *Medicine and Science in Sports and Exercise*, 43(1): 64-73, 2011.
37. Terzis G, Dimopoulos F, Papadimas GK, Papadopoulos C, Spengos K, Fatouros I, Kavouras S, Manta P. Effect of aerobic and resistance exercise training on late-onset Pompe disease patients receiving enzyme replacement therapy. *Molecular Genetics and Metabolism*, 104(3): 279-83, 2011.
38. Jamurtas AZ, Tofas T, Fatouros I, Nikolaidis MG, Paschalis V, Yfanti C, Raptis S, Koutedakis Y. Glycemic index does not affect exercise performance and beta-endorphin responses. *Journal of the International Society of Sports Nutrition*, 8: 15, 2011.
39. Giannakidou DM, Kambas A, Ageloussis N, Fatouros I, Christoforidis C, Venetsanou F, Douroudos I, Taxildaris K. The validity of two Omron pedometers during treadmill walking is speed-dependent. *European Journal of Applied Physiology*, 112(1): 49-57, 2011.
40. Fatouros IG\*, Laparidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Douroudos II, Christoforidis C, Tsoukas D, Leontsini D, Gourgoulis V, Katrabasas I, Kelis S, Taxildaris K. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. *The Journal of Sports Medicine and Physical Fitness*, 51: 33-41, 2011.
41. Venetsanou F, Kambas A, Ellinoudis T, Fatouros I, Giannakidou D. Can the Movement Assessment Battery for Children - Test be the "gold standard" for the motor assessment of children with Developmental Coordination Disorder? *Research in Developmental Disabilities*, 32: 1-10, 2011.
42. 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.
43. Tournis S, Michopoulou E, Fatouros IG, Michalopoulou M, Paspati, Raptou P, Leontsini D, Avlonitou A, Krekoukia M, Zouvelou V, Galanos A, Douroudos I, Lyritis GP, Taxildaris K, Pappaioannou N. Effect of rhythmic gymnastics on volumetric bone mineral density and bone geometry in premenarcheal female athletes and controls. *Journal of Clinical Endocrinology and Metabolism*, 95: 2755-2762, 2010.
44. Fatouros IG\*, Douroudos II, Chatzinikolaou A, Panagoutsos S, Pasadakis P, Mourvati E, Sovatzidis A, Michailidis Y, Jamurtas AZ, Nikolaidis MG, Taxildaris K, Vargemezis V. L-carnitine ingestion may improve functional status and attenuate oxidative stress responses in renal hemodialysis patients, *Medicine and Science in Sports and Exercise*, 42(10): 1809-1818, 2010.
45. Theodorou AA, Nikolaidis MG, Paschalis V, Sakellariou GK, Fatouros IG, Koutedakis Y, Jamurtas AZ. Comparison between G6PD-deficient and normal individuals after eccentric exercise. *Medicine and Science in Sports and Exercise*, 42(6): 1113-1121, 2010.
46. Fatouros IG, Chatzinikolaou A, Paltoglou G, Petridou A, Avloniti A, Jamurtas A, Goussetis E, Mitrakou A, Mougios V, Lazaropoulou C, Margeli A, Papassotiriou I, Mastorakos G. Stress of acute resistance exercise results in catecholaminergic 1 rather than hypothalamic-pituitary-adrenal axis stimulation. *Stress*, 13(6): 461-468, 2010.
47. Fatouros IG\*, Jamurtas AZ, Nikolaidis MG, Destouni A, Michailidis Y, Vrettou C, Douroudos II, Avloniti A, Chatzinikolaou A, Taxildaris K, Kanavakis E, Papassotiriou I, Kouretas D. Time of sampling is crucial for measurement of cell-free plasma DNA following acute aseptic inflammation induced by exercise. *Clinical Biochemistry*, 43: 1368-1370, 2010.



48. Fatouros IG\*, Chatzinikolaou A, Douroudos II, Nikolaidis MG, Kyparos A, Margonis K, Michailidis Y, Vantarakis A, Taxildaris K, Katrabasas I, Kouretas D, Jamurtas AZ. Time-course of changes in oxidative stress and antioxidant status responses following a soccer game. *Journal of Strength and Conditioning Research*, 24(12): 3278-3286, 2010.
49. Paschalis V, Nikolaidis MG, Giakas G, Theodorou AA, Sakellariou GK, Koutedakis Y, Fatouros IG, Jamurtas AZ. Beneficial changes in energy expenditure and lipid profile after eccentric exercise in overweight and lean women. *Scandinavian Journal of Science and Medicine in Sports*, 20(1): e269-e277, 2010.
50. Chatzinikolaou A, Fatouros IG\*, Gourgoulis V, Avloniti A, Jamurtas AZ, Nikolaidis MG, Douroudos II, Michailidis Y, Beneka A, Malliou P, Tofas T, Georgiadis I, Taxildaris K. Time course of responses in performance and inflammatory responses following acute plyometric exercise. *The Journal of Strength and Conditioning Research*, 24(5): 1389-1398, 2010.
51. Fatouros IG\*, Chatzinikolaou A, Tournis S, Jamurtas AZ, Douroudos II, Nikolaidis MG, Papassotiriou I, Thomakos PM, Taxildaris K, Mastorakos G, Mitrakou A. The intensity of resistance exercise determines adipokine and resting energy expenditure responses in overweight elderly. *Diabetes Care*, 32: 2161-2167, 2009.
52. Venetsanou F, Kambas A, Aggeloussis N, Fatouros I, Taxildaris K. Motor assessment of preschool aged children: A preliminary investigation of the validity of the Bruininks–Oseretsky test of motor proficiency – Short form. *Human Movement Science*, 28: 543-550, 2009.
53. Xethali V, Christoforidis C, Kambas A, Aggelousis N, Fatouros I. Test-retest reliability of the NPPS safety report card. *International Journal of Injury Control and Safety Promotion*, 16(4): 249-251, 2009.
54. Ispirlidis I, Fatouros IG\*, Jamurtas AZ, Michailidis I, Douroudos I, Margonis K, Chatzinikolaou A, Nikolaidis MG, Kalistratos E, Katrabasas I, Alexiou V, Taxildaris K. Time-course of changes in performance and inflammatory responses following a football game. *Clinical Journal of Sports Medicine*, 18(5): 423-431, 2008.
55. Nikolaidis MG, Jamurtas AZ, Paschalis V, Fatouros IG, Kouretas D. The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. *Sports Medicine*, 38(7):579-606, 2008.
56. Tofas T, Jamurtas AZ, Fatouros I, Koutedakis Y, Sinouris EA, Papageorgakopoulou N, Theocharis DA. The effects of plyometric exercise on muscle performance, muscle damage and collagen breakdown. *Journal of Strength and Conditioning Research*, 22(2):490-496, 2008.
57. Nikolaidis MG, Paschalis V, Giakas G, Fatouros IG, Sakellariou G, Theodorou A, Koutedakis Y, Jamurtas AZ. Favourable and prolonged changes in blood lipid profile after muscle-damaging exercise. *Medicine and Science in Sports and Exercise*, 40(8): 1483-1489, 2008.
58. Chatzinikolaou A, Fatouros I, Petridou A, Jamourtas A, Avloniti A, Douroudos I, Mastorakos G, Lazaropoulou C, Papassotiriou I, Tournis S, Mitrakou A, Mougios V. Adipose tissue lipolysis is upregulated in lean and obese men during acute resistance exercise. *Diabetes Care*, 31:1397-1399, 2008.
59. Fatouros IG\*, Pasadakis P, Sovatzidis A, Chatzinikolaou A, Panagoutsos S, Sivridis D, Michailidis I, Douroudos I, Taxildaris K, Vargemezis V. Acute exercise may exacerbate oxidative stress responses in renal hemodialysis patients. *Nephron Clinical Practice*, 109(2):55-64, 2008.
60. Tsitsimpikou C, Jamurtas AZ, Tsiokanos A, Fatouros IG, Tsarouhas K, Karachaliou E, Schamasch P, Valasiadis D. The First Blood Collection Attempt for Doping Control in an Olympic Tournament: Data on the Procedure applied in Athens 2004 Olympic Games. *Open Forensic Science Journal*, 1, 27-33, 2008.

61. Michailidis Y, Jamurtas AZ, Nikolaidis MG, Fatouros IG, Koutedakis Y, Papassotiriou I, Kouretas D. Sampling time is crucial for measurement of exercise-induced oxidative stress markers. *Medicine and Science in Sports and Exercise*, 39(7):1107-1113, 2007.
62. Paschalis V, Nikolaidis MG, Fatouros IG, Giakas G, Koutedakis Y, Kouretas D, Jamurtas AZ. Uniform and prolonged changes in blood oxidative stress after muscle-damaging exercise. *In Vivo*, 21:877-884, 2007.
63. Margonis K, Fatouros IG\*, Jamourtas AZ, Nikolaidis MG, Douroudos I, Chatzinikolaou A, Mitrakou A, Mastorakos G, Papassotiriou I, Taxildaris K, Kouretas D. Oxidative stress biomarkers responses to physical overtraining: implications for diagnosis. *Free Radical Biology and Medicine*, 43:901-910, 2007.
64. Nikolaidis MG, Paschalis V, Giakas G, Fatouros IG, Koutedakis Y, Kouretas D, Jamurtas AZ. Decreased blood oxidative stress after repeated eccentric exercise. *Medicine and Science in Sports and Exercise*, 39(7):1080-1089, 2007.
65. Petridou A, Chatzinikolaou A, Fatouros IG, Mastorakos G, Mitrakou A, Papassotiriou I, Mougios V. Resistance exercise does not affect the serum concentrations of cell adhesion molecules. *British Journal of Sports Medicine*, 41:76-79, 2007.
66. Fatouros IG, Destouni A, Margonis K, Jamourtas AZ, Vrettou C, Kouretas D, Mastorakos G, Mitrakou A, Taxildaris K, Kanavakis E, Papassotiriou I. Cell-free plasma DNA as a novel marker of aseptic inflammation severity: the exercise over-training model. *Clinical Chemistry*, 52:1820-1824, 2006.
67. Douroudos II, Fatouros IG\*, Gourgoulis V, Jamurtas AZ, Tsitsios T, Chatzinikolaou A, Margonis K, Mavromatidis M, Taxildaris K. Dose-related effects of prolonged nahco3 ingestion during high-intensity exercise. *Medicine and Science in Sports and Exercise*, 38(10):1746-1753, 2006.
68. Jamurtas AZ, Theocharis V, Koukoulis G, Stakias N, Fatouros IG, Kouretas D, Koutedakis Y. The effects of acute exercise on serum adiponectin and resistin levels and their relation to insulin sensitivity in overweight males. *European Journal of Applied Physiology*, 2006, 97(1):122-126, 2006.
69. Jamurtas AZ, Fatouros IG, Koukostas N, Manthou E, Tofas T, Yfanti C, Nikolaidis MG, Koutedakis Y. Effect of moderate exercise on oxidative stress in individuals with glucose-6-phosphate dehydrogenase deficiency. *In Vivo*, 20:875-880, 2006.
70. Fatouros IG\*, Tournis S, Leontsini D, Jamurtas AZ, Sxina M, Thomakos P, Manousaki M, Douroudos I, Taxildaris K, Mitrakou A. Leptin and adiponectin responses in overweight inactive elderly following resistance training and detraining are intensity-related. *Journal of Clinical Endocrinology and Metabolism*, 90(11):5970-5977, 2005.
71. Fatouros IG\*, Kambas A, Katrabasas I, Nikolaidis K, Chatzinikolaou A, Leontsini D, Taxildaris K. Strength training and detraining effects on muscular strength, mobility, and joint range of motion of inactive older men are intensity-dependent. *British Journal of Sports Medicine*, 39:776-780, 2005.
72. Fatouros IG\*, Kambas A, Katrabasas I, Chatzinikolaou A, Jamurtas AZ, Douroudos I, Taxildaris K. Resistance training and detraining effects on joint range of motion of inactive older adults are intensity-dependent. *Journal of Strength and Conditioning Research*, 20(3):634-642, 2005.
73. Beneka A, Malliou P, Fatouros I, Jamurtas A, Gioftsidou A, Godolias G, Taxildaris K. Resistance training effects on muscular strength of elderly are related to intensity and gender. *Journal for Science and Medicine in Sport*, 8:274-283, 2005.
74. Fatouros IG\*, Jamurtas AZ, Viliotou V, Pouliopoulou S, Fotinakis P, Taxildaris K, Deliconstantinos G. Oxidative stress responses in older men during endurance training and detraining. *Medicine and Science in Sports and Exercise*, 36:2065-2072, 2004.

75. Kostopoulos N, Fatouros IG, Siatitsas I, Baltopoulos P, Kambas A, Jamurtas AZ, Malliou P. Intense basketball-simulated exercise induces muscle damage in men with elevated anterior compartment pressure. *Journal of Strength & Conditioning Research*, 18(3):451-8, 2004.
76. Malliou P, Fatouros I, Beneka A, Gioftsidou A, Zisi V, Godolias G, Fotinakis P. Different training programs for improving muscular performance in healthy inactive elderly. *Isokinetics and Exercise Science*, 8:1-7, 2004.
77. Jamurtas AZ, Fatouros IG, Alexiou VS, Chung SC, Goldfarb AH. Exercise-induced oxidative damage in a person with glucose-6-phosphate dehydrogenase deficiency. *Journal of Human Movement Studies*, 47:393-403, 2004.
78. Fatouros IG\*, Taxildaris K, Tokmakidis SP, Kalapotharakos V, Aggelousis N, Athanasopoulos S, Zeeris I, Katrabasas I. The effects of strength training, cardiovascular training and their combination on flexibility of inactive older adults. *International Journal of Sports Medicine*, 23: 1-8, 2002.
79. Jamurtas AZ, Goldfarb AH, Chung SC, Hegde S, Marino C, Fatouros IG. Beta-endorphin infusion during exercise in rats does not alter hepatic and muscle glycogen. *Journal of Sports Sciences*, 19:1-5, 2001.
80. Taxildaris K, Papadimitriou K, Alexopoulos P, Fatouros IG, Karipidis A, Kambas A, Aggeloussis N, Barbas I. Factors characterizing the offensive game at the playmaker position in basketball. *Journal of Human Movement Studies*, 40:405-421, 2001.
81. Karipidis A, Fotinakis P, Taxildaris K, Fatouros J. Factors characterizing a successful performance in basketball. *Journal of Human Movement Studies*, 41:385-397, 2001.
82. Fatouros IG\*, Jamurtas AZ, Taxildaris K, Leontsini D, Marinos S, Kostopoulos N, Buckenmeyer PJ. Evaluation of plyometric exercise training, weight training and their combination on vertical jumping performance and leg strength. *Journal of Strength and Conditioning Research*, 14(4):470-476, 2000.
83. Jamurtas AZ, Fatouros IG\*, Buckenmeyer PJ, Kokkinidis E, Taxildaris K, Kambas A, Kyriazis G. Effects of plyometric exercise on muscle soreness and creatine kinase levels and its comparison to eccentric and concentric exercise. *Journal of Strength and Conditioning Research*, 14(1):68-74, 2000.
84. Fatouros IG, Goldfarb AH, Jamurtas AZ, Angelopoulos TJ, Gao J. Beta-endorphin infusion alters pancreatic hormone and glucose levels during exercise in rats. *European Journal of Applied Physiology*, 76:203-208, 1997.
85. Fatouros J\*, Goldfarb AH, Jamurtas AZ. Low carbohydrate diet induces changes in central and peripheral beta-endorphins. *Nutrition Research*, 15(11):1683-1694, 1995.
86. Goldfarb AH, McIntosh MK, Boyer BT, Fatouros IG. Vitamin E effects on indices of lipid peroxidation in muscle from DHEA-treated and exercised rats. *Journal of Applied Physiology*, 76(4): 1630-1635, 1994.

#### 4.4 Άρθρα σε Περιοδικά μη Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων

### 5 ΠΑΡΟΥΣΙΑΣΕΙΣ ΣΕ ΔΙΕΘΝΗ ΣΥΝΕΔΡΙΑ ΜΕ ΚΡΙΤΕΣ

1. Kambas, A., Aivazidis, D., Giannakidou D., Venetsanou F., Avloniti, A., Chatzinikolaou A., **Fatouros, Y.** The "WALK-PROJECT". Poster Presentation, *The Global Forum for Physical Education Pedagogy, Velen-Germany, 9-11 May, 2012.*
2. Kambas A., Michalopoulou, M., Giannakidou, D., Avloniti, A., Haberer, E., Venetsanou, F., **Fatouros, I.**, Zimmer, R. Pedometer determined physical activity, bmi, and tv-watching behavior in preschoolers. *16th Annual Congress of the ECSS, Liverpool/England, 6th-9th July, 2011.*

3. Zalavras, A., Theodorou, A.A., Nikolaidis, M.G., Paschalis, V., Oikonomou, D., Soulas, D., **Fatouros, I.G.**, Koutedakis, Y., Jamurtas. The effects of a training season on oxidative stress in young track and field athletes. A.Z. 16<sup>th</sup> Annual Congress of the *European College of Sport Science, Liverpool/UK, 6-9 July, 2011*.
4. Theodorou, A.A., Paschalis, V., Nikolaidis, M.G., Panayiotou, G., **Fatouros, I.G.**, Koutedakis, Y., Jamurtas, A.Z. Eccentric exercise as a tool to combat obesity in overweight individuals. 16<sup>th</sup> Annual Congress of the *European College of Sport Science, Liverpool/UK, 6-9 July, 2011*.
5. Jamurtas, A.Z., Aggeloussi, S., Theodorou, A.A., Paschalis, V., Nikolaidis, M.G., **Fatouros, I.G.**, Kouretas, D., Koutedakis, Y. Exercise training reduces visfatin levels in obese children. 16<sup>th</sup> Annual Congress of the *European College of Sport Science, Liverpool/UK, 6-9 July, 2011*.
6. Panayiotou, G., Paschalis, V., Nikolaidis, M.G., Theodorou, A.A., Fotopoulou, N., **Fatouros, I.G.**, Koutedakis, Y., Jamurtas, A.Z. No adverse effects of statins on muscle function and health-related parameters in the elderly: an exercise study. 16<sup>th</sup> Annual Congress of the *European College of Sport Science, Liverpool/UK, 6-9 July, 2011*.
7. Draganidis, D., Chatzinikolaou, A., Ermeidis, G., Jamurtas, A.Z., Kambas, A., Tsoukas, D., Douroudos, I., Michailidis, Y., Katrabasas, I., Margonis, K., Theodorou, A., **Fatouros, I.** (2011). The time-course of changes in skill performance of elite football players following resistance Exercise is intensity-dependent. *16th Annual Congress of the ECSS, 6th-9th July Liverpool, 2011*.
8. **Fatouros, I.**, Michailidis, Y., Terzis, G., Karagounis, L., Jamurtas, A.Z., Spengos, K., Chatzinikolaou, A., Sakeliou, A., Mandalidis, D., Athanasopoulos, S., Manta, P., Methenitis, S., Russell. Redox status regulation of intracellular signalling pathways following exercise-induced muscle damage. A.P. 16<sup>th</sup> Annual Congress of the *European College of Sport Science, Liverpool/UK, 6-9 July, 2011*.
9. Jamurtas, A.Z., Garufallopoulou, A., Theodorou, A.A., Zalavras, A., Paschalis, V., Nikolaidis, M.G., **Fatouros, I.G.**, Koutedakis, Y. The effects of exercise induced muscle damage on inflammation, insulin sensitivity and adipocytokines. *15<sup>th</sup> Annual Congress of the European College of Sport Science, Antalya/Turkey, 23-26 June, 2010*.
10. Panayiotou, G., Paschalis, V., Nikolaidis, M.G., Theodorou, A.A., **Fatouros, I.G.**, Koutedakis, Y., Jamurtas, A.Z. A weekly bout of eccentric exercise is sufficient to induce health-promoting effects. *15<sup>th</sup> Annual Congress of the European College of Sport Science, Antalya/Turkey, 23-26 June, 2010*.
11. Petridou, A., Chatzinikolaou, A., Michailidis, I., **Fatouros, I.**, Jamurtas, A., Mougios V. Adipose Tissue Triacylglycerol Lipase Activity in Lean and Obese Men During Aerobic Exercise. *Proceedings: 14<sup>th</sup> annual Congress of the European College of Sports Science, pp. 144 - 145 Abstract Book, 2009*.
12. Leontsini, D., Michalopoulou, M., Michopoulou E., Katrabasas, I., Sxina M., Krekoukia, M., Sovatzidis, A., Taxildaris, K., Tournis, S., Lyritis, G., **Fatouros, I.** Physical activity level may affect volumetric bone density and bone geometry of prepubertal girls. *14<sup>th</sup> annual Congress of the European College of Sports Science, pp. 550, Abstract Book, 2009*.
13. Jamurtas, A.Z., **Fatouros, I.**, Katrabasas, I., Chatzinikolaou, A., Kambas, A., Texlikidou, E., Aggelousis, N., Leontsini, D., Sotiropoulos, A., Gourgoulis, V., Kelis, S., Taxildaris, K.. Validity, and Reliability of the Single-Trial Line Drill Test of Anaerobic Power in Basketball Players. *Proceedings: 14<sup>th</sup> annual Congress of the European College of Sports Science, pp. 607 Abstract Book, 2009*.
14. Paltoglou G, Mastorakos G, Chatzinikolaou A, Petridou A, Avloniti A, Douroudos I, Jamurtas A, Tsoukas D, Mitrakou A, Mougios V, Papassotiriou I, Fatouros IG, Taxildaris K. 30 Minutes of Resistance Exercise Result in Catecholaminergic, but Not HPA Stimulation. *91<sup>ST</sup> Annual Meeting of the Endocrine Society, Washington, DC, USA, June 2009*.
15. **Fatouros I.**, Barbas, I., Rossoglou, C., Parotsidis, C., Jamurtas, A., Michailidis, I., Douroudos, I., Chatzinikolaou, A., Nikolaidis, M., Taxildaris, K. Inflammatory and performance responses during a wrestling tournament. *Proceedings: 13<sup>th</sup> annual Congress of the European College of Sports Science, pp. 386 – Abstract Book, Estoril, 2008*.
16. **Fatouros I.**, Jamurtas, A., Nikolaidis, M., Michailidis, I., Douroudos, I., Chatzinikolaou, A., Destouni, A., Vrettou, C., Kanavakis, E., Papassotiriou, I., Taxildaris, k., Kouretas, D. Cell-free plasma dna responses following an acute bout of cardiovascular exercise to exhaustion: effects of sampling time. *Proceedings: 13<sup>th</sup> annual Congress of the European College of Sports Science, pp. 386 – Abstract Book, Estoril, 2008*.

17. Tofas T, **Fatouros I**, Raptis S, Yfanti C, Paschalis V, Nikolaidis M, Koutedakis Y, Jamurtas A. Effects of low- and high-glycemic index carbohydrates on performance and b-endorphin levels during exercise. *13<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 386 – *Abstract Book, Estoril*, 2008.
18. Kampas A., Aggeloussis N., Tersis P., **Fatouros I.**, Michalopoulou M., Avgerinos A. Physical activity and aerobic fitness of Greek preschool children. 2<sup>nd</sup> International Congress on Physical Activity and Public Health. Amsterdam, the Netherlands, April 13-16, 2008.
19. Paschalis V., Majuridis I., Siomos T., Vantarakis A., Margonis K., Nikolaidis MG., Kyparos A., Taxildaris K., Jamurtas AZ., **Fatouros IG.**, Kouretas D. Oxidative stress responses following a football game: the effect of playing time. *Proceedings: 12<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 588 – *Abstract Book*, 2007.
20. Nikolaidis MG, Michailidis Y, Jamurtas A, **Fatouros I**, Koutedakis Y, Papassotiriou I, Kouretas D. Sampling time is crucial for measurement of exercise-induced oxidative stress biomarkers. *Proceedings: 12th Annual Congress of the European College of Sport Science*, pp. 409 – *Abstract Book*, 2007.
21. Majuridis I, Siomos T, Argiriou M, Michailidis I, Margonis K, Douroudos I, Nikolaidis M, Taxildaris K, Chatzinikolaou A, Jamurtas A, Kouretas D, **Fatouros I**. Oxidative Stress Responses Following Acute Exercise: The Effect of Fatness Level. *Proceedings: 12th Annual Congress of the European College of Sport Science*, pp. 409 – *Abstract Book*, 2007.
22. Petridou A., Chatzinikolaou A., Papassotiriou I., **Fatouros I.**, Mougios V. Serum concentrations of adhesion molecules during resistance exercise. *11<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 611-612, *Abstract Book*, 2006.
23. Michopoulou, E., Leontsini, D., Tournis, S., Raptoy, P., Michalopoulou, M., Krekoukia, M., **Fatouros, I.**, Godolias, G., Taxildaris, K., Lyritis, G. Effects of elite rhythmic gymnastics training on volumetric bone density and bone geometry of prepubertal girls as assessed by peripheral QCT. *11<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 111, *Abstract Book*, 2006.
24. Chatzinikolaou, A., **Fatouros, I.**, Petridou, A., Papassotiriou, I., Mastorakos, G., Mitrakou, A., Jamurtas, A.Z., Lazaropoulou, C., Taxildaris, K., Mougios, V Adipose tissue triacylglycerol lipase activity in lean and obese men during resistance exercise. *Proceedings: 11<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 192 – *Abstract Book*, 2006.
25. Margonis, K., **Fatouros, I.**, Jamurtas, A.Z., Kouretas, D., Mastorakos, G., Mitrakou, A., Douroudos, I., Taxildaris, K., Papassotiriou, I. Oxidative stress responses to resistance exercise overtraining. *Proceedings: 11<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 193 – *Abstract Book*, 2006.
26. Margonis, K., **Fatouros, I.**, Destouni, A., Jamurtas, A.Z., Kouretas, D., Mastorakos, G., Vrettou, C., Kanavakis, E., Mitrakou, A., Taxildaris, K. Cell-free plasma DNA responses to resistance exercise overtraining: comparison with other inflammation markers. *Proceedings: 11<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 412 – *Abstract Book*, 2006.
27. **Fatouros, I.**, Douroudos, I., Gourgoulis, V., Jamurtas, A.Z., Tsitsios, T., Hatzinikolaou, A., Margonis, K., Mavromatidis, K., Taxildaris, K. Dose-related effects of prolonged NAHCO<sub>3</sub> ingestion during endurance exercise. *Proceedings: 11<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 413 – *Abstract Book*, 2006.
28. Petridou A., Chatzinikolaou A., **Fatouros I.**, Mitrakou A., Mastorakos G., Mougios V. Triacylglycerol lipase activity in human adipose tissue during cardiovascular and resistance exercise. *1st world congress on Controversies in Obesity, Diabetes and Hypertension (CODHy)*. 26-29 October 2006, Berlin, Germany, October 2006.
29. Mastorakos G, **Fatouros I**, Lazaropoulou C, Chatzinikolaou A, Mougios V, Mitrakou A, Papassotiriou I. Acute Resistance Exercise Effect on Selected Cytokines and Chemokines Responses. *88<sup>th</sup> Annual Meeting of the Endocrine Society, Boston, USA, June 2006*.
30. Tournis, S., **Fatouros, I.**, Leontsini, D., Jamurtas, A., Margonis, K., Manousaki, M., Douroudos, I., Taxildaris, K., Mastorakos, G., Mitrakou, A. Leptin and adiponectin responses following acute resistance training in aged males. *42nd Annual Meeting of the European Association for the Study of Diabetes, Copenhagen-Malmoe, Denmark-Sweden, May 2006*.

31. Tofas T., Jamurtas A.Z., Raptis S., Yfanti Ch., Theocharis, V., **Fatouros I.G.**, Koutedakis Y. The effects of high glycemic index carbohydrates on beta-endorphin levels during exercise. *Proceedings: 10<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 54 – Abstract Book, 2005.
32. Yfanti C., Jamurtas A, Manthou E, Koukosias N, Tofas T, Theocharis V, **Fatouros I**, Hatzigeorgiadis A. The effect of an acute bout of aerobic exercise on white and red blood cell count in individuals with G6PD deficiency. *Proceedings: 10<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 195 – Abstract Book, 2005.
33. Theocharis V., Jamurtas A.Z. Koukoulis G., Stakias N., **Fatouros I.G.** Koutedakis Y. The effects of an acute bout of exercise on plasma adiponectin levels and insulin sensitivity in healthy obese males. *Proceedings: 10<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 318 – Abstract Book, 2005.
34. Jamurtas AZ, Koukosias N, Manthou E, Tofas T, Yfanti CH, Theoxaris V, Fotinakis P, Fatouros IG, Kalamaras A. The effects of exercise and vitamin E supplementation on indices of oxidative stress in people with glucose-6-phosphate dehydrogenase deficiency. *10<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 194 – Abstract Book, 2005.
35. Koukosias N., Jamurtas A.Z., Manthou, E., Tofas, T., Yfanti Ch., Kalamaras, A., Balamitsa V., Theocharis, V., **Fatouros I.G.**, Fotinakis P., Koutedakis Y. Submaximal aerobic exercise does not induce oxidative stress in people with Glucose 6-Phosphate Dehydrogenase Deficiency. *Proceedings: 9th Annual Congress of the European College of Sports Science*, p.245, 2004.
36. Tofas T, Jamurtas AZ, **Fatouros I**, Sinouris EA, Papageorgakopoulou N, Theocharis DA. The effects of plyometric exercise on indices of muscle and connective tissue damage. *9<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 259-260, Abstract Book, 2004.
37. **I. Fatouros**, S. Tournis, P.Fotilakis, P.Thomakos, M..Manousaki, D. Leontsini, K.Taxildaris, A.Mitrakou. Effect of exercise training and detraining on leptin, adiponectin and resting metabolic rate in inactive elderly men. *European Association for the study of Diabeters, 40<sup>th</sup> EASD Annual Meeting, Munich, Germany, September 2004*.
38. Malliou P, Fatouros I, Beneka A, Zissi V, Gioftsidou A, Godolias G, Fotinakis P, Papavassiliou I. Different training programs for improving muscular performance in healthy inactive elderly. VII<sup>th</sup> IOC Olympic World Congress on Sport Sciences, Athens, Greece, October 2003.
39. Malliou P, **Fatouros I**, Beneka A, Zissi V, Gioftsidou A, Godolias G, Fotinakis P. Various Training Modes for Strengthening the Knee Extensors in Elderly People. *International Conference of the American Gerontological Society, San Diego, 2003*.
40. Beneka A, Malliou P, **Fatouros I**, Jamurtas A, Gioftsidou A, Godolias G, Fotinakis P. Differentiation in resistance training intensity causes speed- and gender-specific improvement in muscular strength of elderly. *International Conference of the American Gerontological Society, San Diego, 2003*.
41. **Fatouros I**, Beneka A, Malliou P, Fotinakis P, Kambas A, Jamurtas A, Taxildaris K. Testing-related effects of different resistance training intensities on muscular performance of elderly. *International Conference of the American Gerontological Society, San Diego, 2003*.
42. **Fatouros, I.G.**, Jamurtas, A.Z., Mastrotheodorou P, Tokmakidis, S., Viliotou, V., Aggelousis, N., Pouliopoulou, S., Nagiria, T., Fotinakis, P., Deliconstantinos, G. Chronic endurance and resistance exercise effects on oxidative stress and antioxidant markers of inactive older adults. *Proceedings: 7th Annual Congress of the European College of Sports Science*, p.192, 2002.
43. **I.G. Fatouros**, A.Z. Jamurtas, S. Tokmakidis, A. Kambas, K. Taxildaris, A. Mitrakou. Differential effects of resistance training and endurance training on adipose tissue size and basal metabolic rate of inactive older men. *Annual Meeting of The European Group for the Study of Insulin Resistance, Santorini, Greece, May 2002*.
44. **Fatouros I.**, Katrabasas I., Athanasopoulos S., Zeeris I., Kambas A., Jamurtas A.Z., Aggelousis N. The effects of resistance training, endurance training and their combination on muscular strength and size of inactive older adults. *Proceedings 6<sup>th</sup> Annual Congress of the European College of Sports Science*, p.1060, 2001.
45. K. Nikolaidis, D. Maclaren, **I.G. Fatouros**, A. Kambas. Metabolic effects of fat loading for well-trained long distance runners. *6<sup>th</sup> annual Congress of the European College of Sports Science*, pp. 980, Abstract Book, 2001.

46. A. Kambas, N. Aggelousis, E. Proviadaki, **I.G. Fatouros**, J Barbas. MATPC: Komotini-Motor Assessment Tool for Preschool Children. A preliminary study of a Greek version of the "Motorik Test für 4-6 jährige Kinder". *13<sup>ο</sup> Διεθνές Συμπόσιο και 5<sup>ο</sup> Πανευρωπαϊκό Συνέδριο Προσαρμοσμένης Φυσικής Δραστηριότητας, Βιέννη, p.p. 142, Abstract Book, 2001.*
47. K. Taxildaris, **I.G. Fatouros**, E. Toupogianni, S. Tokmakidis, A. Kambas, N. Aggelousis, P. Malliou, K. Nikolaidis. The effects of different levels of strength training intensity on muscular strength, endurance and functional characteristics of older individuals. *5<sup>th</sup> annual Congress of the European College of Sports Science, pp. 734, Abstract Book, 2000.*
48. Jamurtas A.Z., Goldfarb A.H., Tsiokanos A., **Fatouros I.G.**. The effects of beta-endorphin infusion during exercise on pancreatic hormones. (Προφορική παρουσίαση) *Proceedings 5<sup>th</sup> Annual Congress of the European College of Sports Science, p.352, Φινλανδία, Ιούλιος 2000*
49. K.Taxildaris, V. Kalapotharakos, **I. Fatouros**, A. Kambas, N. Aggelousis, D. Diamantopoulos, C. Christoforidis. Comparison of plyometric training, squat training and their combination on the improvement of jumping of male adolescents. *4<sup>th</sup> annual Congress of the European College of Sports Science, pp. 533, Abstract Book, 1999.*
50. Jamurtas, A.Z., **Fatouros, J.G.**, Buckenmeyer, P.J. Comparison of plyometric, eccentric and concentric exercise on muscle soreness and creatine kinase. *Proceedings of South East American College of Sports Medicine, Chatanooga, TN, USA, 1996.*
51. Goldfarb, A.H., Jamurtas, A.Z., **Fatouros, I.G.**, Chung, S.C., Rescino, M.H. Beta-endorphin infusion effects on liver glycogen during exercise. *Proceedings of South East American College of Sports Medicine, Lexington, KY, USA, 1995.*
52. **Fatouros, J.**, Goldfarb, A.H., Jamurtas, A.Z. Low carbohydrate diet induces changes in central and peripheral beta-endorphins. *Proceedings of South East American College of Sports Medicine, Lexington, KY, USA, 1995.*
53. L. Szmedra, **J. Fatouros**, J. Ming, P. Buckenmeyer. The effects of music on heart rate and RPE during an acute bout of exercise. *National Conference of American Alliance of Health, Physical Education, Recreation, and Dance San Francisco, CA, USA, Απρίλιος 1991.*
54. Fatouros IG, Chatzinikolaou A, Panagoutsos S, Pasadakis P, Mourvati E, Sovatzidis A, Douroudos II, Michailidis Y, Jamurtas AZ, Nikolaidis MG, Taxildaris K, Vargemezis V. L-carnitine supplementation improves performance and attenuates oxidative stress responses in renal hemodialysis patients. *56th Annual Congress of the American College of Sports Medicine, Med Sci Sports Exerc. 41(5 Suppl):S470, 2009.*
55. Fatouros IG, Chatzinikolaou A, Ispiridis I, Jamurtas AZ, Nikolaidis MG, Michailidis I, Douroudos I, Margonis K, Taxildaris K. Time-course of Changes in Inflammatory and Performance Responses Following a Soccer Game. *Med Sci Sports Exerc. 40(5 Suppl):S432, 2008.*
56. Jamurtas AZ, Nikolaidis MG, Paschalis V, Giakas G, Fatouros IG, Koutedakis Y, Kouretas D. Decreased Blood Oxidative Stress After Repeated Eccentric Exercise. *Med Sci Sports Exerc. 39(5 Suppl):S38, 2007.*
57. I. Fatouros, A. Chatzinikolaou, A. Jamurtas, I. Kalistratos, M. Balltzi, I. Douroudos, P. Fotinakis, K. Taxildaris, P. Vezyraki, A. Evangelou. The effects of self-selected music on physiological responses and performance during cardiovascular exercise. *Medicine and Science in Sports and Exercise, 37(5), S106, 2005.*
58. Fatouros I.G. Ioannis, Fotinakis F. Panagiotis, Athanasios Z. Jamurtas, Athanasios Hatzinikolaou, Ioannis Douroudos, Kiriakos Taxildaris. Dose-related Vitamin E Supplementation Effects on Oxidative Stress Status of Professional Basketball Players During Pre-Season. *Medicine and Science in Sports and Exercise, 36(5), S172, 2004.*
59. Douroudos I, Fatouros IG, Mavromatidis K, Tsitsios T, Fotinakis PF, Jamurtas AZ, Taxildaris K. Dose-related Effects of Sodium Bicarbonate Ingestion on Acid-base Balance During Exhausting Anaerobic Exercise. *Medicine and Science in Sports and Exercise, 36(5), S172, 2004.*
60. Jamurtas A.Z., Fatouros I.G., Deliconstantinos G., Viliotou V., Magiria Th., Fotinakis P., Tokmakidis S. Chronic endurance and resistance exercise effects on oxidative stress and antioxidant markers of inactive older adults. *Medicine and Science in Sports and Exercise, 35(5), S96, 2003.*

61. Fatouros I.G., Chatzinikolaou V., Gourgoulis V., Jamurtas A.Z., Beneka A., Georgiadis I., Tokmakidis S. Acute muscle soreness responses to plyometric and multijoint weight lifting exercises are related to intensity. *Medicine and Science in Sports and Exercise*, 35(5), S403, 2003.
62. Jamurtas A.Z., Goldfarb A.H., Chung S-C., Hegde S., Marino C., Fatouros I. Beta-Endorphin infusion effects on hepatic and muscle glycogen during exercise in rats. *Medicine and Science in Sports and Exercise*, 32(5), S224, 2000.
63. J. Fatouros, A.H. Goldfarb, A.Z. Jamurtas, J. Gao. Beta-Endorphin infusion effects on glucose and hormonal homeostasis during exercise. *Medicine and Science in Sports and Exercise*, 28(5), S76, 1996.
64. A.H Goldfarb, M.K. McIntosh, B.T. Boyer, J. Fatouros. Vitamin E and DHEA effects on exercise-induced oxidative stress in skeletal muscle *Medicine and Science in Sports and Exercise*, 24(5), S54, 1992.
65. J. Fatouros, A.Z. Jamurtas, P. Buckenmeyer. Plyometrics training and weight training effects on force-power parameters of vertical jumping. *Medicine and Science in Sports and Exercise*, 24(5), S174, 1992.
66. Szmedra L, Bacharach, D. Erich, L. Shipps, J. Meng, J. Fatouros, P. Buckenmeyer. Acute exercise and catecholamine response in patients with coronary disease and normal vs. low left ventricular function. *Medicine and Science in Sports and Exercise*, 23(4), S165, 1991.
67. L.M. LeMura, S.P. Von Duvillard, J. Fatouros, P. Buckenmeyer et al. Interrelationship between plasma potassium concentration, ventilation, and electrocardiographic change during and after highly intense exercise. *Medicine and Science in Sports and Exercise*, 23(4), S168, 1991.

## **6 ΠΑΡΟΥΣΙΑΣΕΙΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ**

## **7 ΔΙΑΦΟΡΑ**