
ALEXIOS BATRAKOULIS, M.S.

Education

University: Aristotle University of Thessaloniki
Degree: Bachelor of Science
Field of Study: Physical Education and Sport Science
Emphasis: Fitness Indoor Activities
Grade: 7.4/10
Dates attended: 1993–2000
Thesis: "Obesity among members of fitness clubs in Greece"

University: University of Thessaly
Degree: Master of Science
Field of Study: Exercise and Health
Emphasis: Exercise and Obesity
Grade: 9.7/10
Dates attended: 2014–2017
Thesis: "The effects of a novel hybrid exercise training program on body composition, body weight and energy balance in sedentary overweight/obese women"

University: University of Thessaly
Degree: Doctor of Philosophy
Field of Study: Exercise Physiology
Emphasis: Exercise and Obesity
Grade:
Dates attended and expected graduation: 2018–2021
Thesis: "The dose-response effects of high-intensity interval neuromuscular training on health, performance and quality of life in overweight/obese adults"

Certifications

He has also earned numerous professional credentials through the:

- American Council on Exercise (ACE-CMES, CHC, CPT, YFS, SFS, WMS, TES, FNS)
- American College of Sports Medicine (ACSM-EP, CPT, EIM II)
- National Academy of Sports Medicine (NASM-CES, PES, WMS)
- National Strength and Conditioning Association (CSCS, CSPS, NSCA-CPT)
- EuropeActive/EREPS:
 - EQF L3 – Fitness Instructor, Group Fitness Instructor
 - EQF L4 – Personal Trainer, Youth Fitness Instructor, Active Ageing Trainer
 - EQF L5 – Exercise for Health Specialist, Weight Management Exercise Specialist
 - EQF L6 – Advanced Health and Exercise Specialist

Professional Experience/Background

Batrakoulis is a world-renowned and award-winning fitness expert involving in the health/fitness and strength conditioning industries since 1995. He has been working as a Personal Trainer focusing on exercise for health and athletic development and as a Tutor in courses related to the fields of fitness and personal training at Vocational Education and Training (VET) level nationwide since 1995. He has also worked as an Instructor for Adults at a Private Institute of Vocational Training in Larisa, Greece teaching strength and conditioning, program design, motor learning, exercise physiology and performance assessments for sports in the Diploma of Vocational Training in the specialization of Sports Coach. Batrakoulis is an International Master Trainer at the American Council on Exercise (ACE) and also is a Subject Matter Expert at EuropeActive, located in Brussels, which is the leading not-for-profit organization representing the European health and fitness sector. More specifically, he has respectively led and contributed to the Technical Experts Groups that developed standards for the occupational roles of Weight Management Exercise Specialist and Pre/Diabetes Exercise Specialist in Europe. Lastly, he is the founder and education director of the International Obesity Exercise Training Institute (IOETI) delivering internationally approved live workshops on exercise and obesity as continuing education courses for fitness and allied health professionals in over 40 different countries across four continents.

Research Interests

His research interests focus on exercise and obesity, noncommunicable diseases, and strength and conditioning.

Articles in Refereed Scientific Journals

1. Tzatzakis T, Papanikolaou K, Draganidis D, Tsimeas P, Kritikos S, Poullos A, Laschou VC, Deli CK, Chatzinikolaou A, **Batrakoulis A**, Basdekis G, Mohr M, Krstrup P, Jamurtas AZ, Fatouros IG. (2020). Recovery Kinetics After Speed-Endurance Training in Male Soccer Players. *International Journal of Sports Physiology and Performance*, 15(3): 395-408.

Impact Factor: 3.979

2. **Batrakoulis A**. (2019). European Fitness Trends for 2020. *ACSM's Health & Fitness Journal*, 23(6), 28-35.

Impact Factor: 1.000

3. **Batrakoulis A**, Loules G, Georgakouli K, Tsimeas P, Draganidis D, Chatzinikolaou A, Papanikolaou K, Deli, Syrou N, Comoutos N, Theodorakis Y, Jamurtas AZ, Fatouros IG. (2019). High-Intensity Interval Neuromuscular Training Promotes Exercise Behavioral Regulation, Adherence and Weight Loss in Inactive Obese Women. *European Journal of Sport Science*, doi: 10.1080/17461391.2019.1663270

Impact Factor: 2.376

4. Poullos A, Georgakouli K, Draganidis D, Deli CK, Tsimeas, P, Chatzinikolaou A, Papanikolaou K, **Batrakoulis A**, Mohr M, Jamurtas AZ, Fatouros IG. (2019). Protein-Based

Supplementation to Enhance Recovery in Team Sports: What is the Evidence? *Journal of Sports Science and Medicine*, 18: 523-536.

Impact Factor: 1.774

5. Papanikolaou K, Draganidis D, Chatzinikolaou A, Laschou VC, Georgakouli K, Tsimeas P, **Batrakoulis A**, Deli CK, Jamurtas AZ, Fatouros IG. (2019). The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): study protocol for a randomized controlled trial. *Trials*, 20: 469.

Impact Factor: 1.975

6. **Batrakoulis A**, Fatouros IG, Jamurtas AZ, Chatzinikolaou A, Draganidis D, Papanikolaou K, et al. (2019). Dose-response effects of high-intensity interval neuromuscular exercise training on weight loss, performance, health and quality of life in inactive obese adults: Study rationale, design and methods of the DoIT trial. *Contemp Clin Trials Commun* 2019; 15: 100386.

Impact Factor: –

7. **Batrakoulis A**, Jamurtas AZ, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Bouglas V, Michalopoulou M, Fatouros IG. (2018). High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS ONE*, 13(8): e0202390.

Impact Factor: 2.776

8. **Batrakoulis A**. (2016). The interaction between metabolic disorders and professional credentials. *Personal Training Quarterly*, 3(1), 18-20.

Impact Factor: –

9. Petridis L, **Batrakoulis A**. (2013). The running movement in Greece: Investigating the profile of the modern marathon runners. *Hellenic Journal of Sport & Recreation Management*, 10(2), 43-54.

Impact Factor: –

Abstracts in Refereed Scientific Journals

1. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Jamurtas A, Fatouros I. (2021). A 5-month high-intensity interval neuromuscular interval training program attenuates oxidative stress and improves redox status in obese women. *Journal of Strength & Conditioning Research*, 35(1) Supplement (in press).

2. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Syrou N, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Fatouros IG. (2020). A 5-month high-intensity interval neuromuscular training program improves cardiometabolic health in obese women. *Medicine and Science in Sports and Exercise*, 52(5) S506.

3. **Batrakoulis A**, Draganidis D, Papanikolaou K, Deli CK, Tsimeas P, Chatzinikolaou A, Laschou V, Georgakouli K, Jamurtas A, Fatouros I. (2020). A 10-month high-intensity interval

neuromuscular interval training program improves fundamental movement patterns in previously inactive obese women. *Journal of Strength & Conditioning Research*, 34(1), e50-e51.

4. **Batrakoulis A**, Georgakouli K, Papanikolaou K, Zourbanos N, Draganidis D, Deli CK, Michalopoulou M, Avloniti A, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. (2017). An 8-month small-group circuit functional training program improves body composition and performance of overweight/obese women. *Medicine and Science in Sports and Exercise*, 49(5) Supplement, S243.

5. **Batrakoulis A**, Georgakouli K, Zourbanos N, Papanikolaou K, Draganidis D, Chatzinikolaou A, Deli CK, Michalopoulou M, Jamurtas AZ, Fatouros AZ. (2016). A 4-month circuit functional high-intensity training program improves body composition and performance of overweight women. *Journal of Strength & Conditioning Research*, 30(1), S91.

Conference Abstracts (Oral and Poster Presentations)

1. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Jamurtas A, Fatouros I. (2020). A 5-month high-intensity interval neuromuscular interval training program attenuates oxidative stress and improves redox status in obese women. In: *Proceedings of the 432nd NSCA National Conference*; 2020 Jul 8-11: Las Vegas, NV (USA). National Strength and Conditioning Association; 2020.

2. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Syrou N, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Fatouros IG. (2020). A 5-month high-intensity interval neuromuscular training program improves cardiometabolic health in obese women. In: *Proceedings of the 67th ACSM Annual Meeting*; 2020 May 26-30: San Francisco, CA (USA). American College of Sports Medicine; 2020.

3. **Batrakoulis A**, Draganidis D, Papanikolaou K, Deli CK, Tsimeas P, Chatzinikolaou A, Laschou V, Georgakouli K, Jamurtas A, Fatouros I. A 10-month high-intensity interval neuromuscular interval training program improves fundamental movement patterns in previously inactive obese women. In: *Proceedings of the 42nd NSCA National Conference*; 2019 Jul 10-13: Washington, DC (USA). National Strength and Conditioning Association; 2019.

4. Fatouros I, **Batrakoulis A**, Jamurtas A, Georgakouli K, Draganidis D, Deli C, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Michalopoulou M. A functional high-intensity circuit training program improves functional movement screen scores in overweight/obese women. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2018 Oct 19-21: Thessaloniki (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2018. p. 91.

5. **Batrakoulis A**, Georgakouli K, Papanikolaou K, Zourbanos N, Draganidis D, Deli CK, Michalopoulou M, Avloniti A, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. An 8-month small-group circuit functional training program improves body composition and performance of overweight/obese women. In: *Proceedings of the 64th ACSM Annual Meeting*; 2017 May 30 - Jun 3: Denver, CO (USA). American College of Sports Medicine; 2017.

6. **Batrakoulis A**, Rieger T, Santos Rocha R. The relationship between special populations and credentials for the European fitness professionals. In: *Proceedings of the 28th Symposium of the International Council for Physical Activity and Fitness Research (ICPAFR)*; 2016 Aug 24-27: Kaunas (Lithuania). Lithuanian Sports University; 2016. p. 27.
7. **Batrakoulis A**, Georgakouli K, Zourbanos N, Papanikolaou K, Draganidis D, Chatzinikolaou A, Deli CK, Michalopoulou M, Jamurtas AZ, Fatouros AZ. A 4-month circuit functional high-intensity training program improves body composition and performance of overweight women. In: *Proceedings of the 39th NSCA National Conference*; 2016 Jul 6-9: New Orleans, LA (USA). National Strength and Conditioning Association; 2016.
8. **Batrakoulis A**, Chatzinikolaou A, Douroudos I, Draganidis D, Barbero JC, Mohr M, Leontsini A, Stampoulis T, Michailidis Y, Ermidis G, Avloniti A, Koutedakis Y, Jamurtas AZ, Fatouros IG. Inflammatory and performance responses during a simulated in-season football microcycle. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 13.
9. Gounelas G, **Batrakoulis A**, Chatzinikolaou A, Draganidis D, Stampoulis T, Douroudos I, Michailidis Y, Leontsini A, Tsoukas D, Barbero JC, Mohr M, Ermidis G, Avloniti A, Koutedakis Y, Jamurtas AZ, Fatouros IG. The effects of a football match on muscle architecture and performance. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 14.
10. Pontidis T, Chatzinikolaou A, **Batrakoulis A**, Avloniti A, Douroudos I, Draganidis D, Leontsini A, Barbero JC, Mohr M, Stampoulis T, Michailidis Y, Ermidis G, Koutedakis Y, Jamurtas AZ, Fatouros IG. Maximal oxygen consumption and you-yo IR2 may be associated with performance recovery following a football match. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 13.

Invited Lectures

- “Exercise and Obesity” Invited Speaker. *Educational Forum; 2020 Feb 21: General Sports Authority’s Leadership Institute, Riyadh, Saudi Arabia.*
- “Tackling Obesity Through Hybrid Interval Training” Invited Speaker. *2nd International Medical Fitness and Corrective Exercise Congress; 2019 Dec 13-15: Medical Exercise and Fitness Trainers Institution, Istanbul, Turkey.*
- “ACSM’s European Fitness Trends – Do We Know Our Future?” Invited Speaker. *10th International Standards Meeting; 2019 Nov 21-22: EuropeActive, Copenhagen, Denmark.*
- “Exercise and Health” Invited Speaker. *International Congress of Athletic Performance and Health in Sports; 2019 Oct 25-27: Nisantasi University, Istanbul, Turkey.*
- “Impacting Obesity Through Hybrid Interval Training” Invited Speaker. *ACSM’s International Health & Fitness Summit; 2019 Mar 21-24: Chicago, IL, USA.*

- “Growing the Fitness Sector through Advanced and Specialty Certification Programs” Invited Speaker. *8th International Standards Meeting; 2017 Nov 23-24: EuropeActive, Rome, Italy.*
- “Career Professional Development: What to Expect and What to Deliver?” Invited Speaker. *7th International Standards Meeting; 2016 Nov 17-18: EuropeActive, Athens, Greece.*
- “Evolutionary Personal Training and Weight Management: the New Era of the European Fitness Industry” Invited Speaker. *6th International Standards Meeting; 2015 Oct 28-29: EuropeActive, Lisbon, Portugal.*
- “EHFA’s Barometer on the Top Trends in Fitness Education & Training for 2013” Invited Speaker. *4th International Standards Meeting; 2013 Nov 21-22: EuropeActive, Budapest, Hungary.*
- “Standards for Exercise Professionals in the Prevention and Treatment of Chronic Conditions” Invited Speaker. *3rd International Standards Meeting; 2012 Nov 8-9: EuropeActive, Barcelona, Spain.*

Books Chapters Author

1. **Batrakoulis A.** Nervous System. In Rieger T, Jones B, Jimenez A. (Eds). *EuropeActive’s Essentials for Personal Trainers* (pp. 126-134), Champaign, IL: Human Kinetics, 2016.
2. Rieger T, **Batrakoulis A.** Innovations in Fitness Education: The European Approach of Standards Development for Specialist Occupations. In Middelkamp J, Rutgers H. (Eds). *Growing the fitness sector through Innovation* (PP. 149-164), Brussels, Belgium: EuropeActive & BlackBox Publishers, 2016.
3. **Batrakoulis A.** (in press). Comprehensive Program Design. In T.A. Hargens (Ed.), *ACSM’s Resources for the Personal Trainer* (6th edn.). Philadelphia, PA: Lippincott Williams & Wilkins.
4. Snarr R, **Batrakoulis A.** (in press). Resistance Training Exercise Techniques. In B. Schoenfeld, R. Snarr (Eds.), *NSCA’s Essentials of Personal Training* (3rd edn.). Champaign, IL: Human Kinetics.
5. Tsitskari E, Tzetzis G, **Batrakoulis A.** (in press). The Fitness Sector in Greece: Business Models and Marketing Perspectives. In J. García-Fernández, P. Gálvez-Ruiz (Eds), *The Global Private Health & Fitness Business: A Marketing Perspective*. Bingley, UK: Emerald Publishing.

Books Chapters Reviewer

1. Liguori G. (in press). Exercise Prescription for Individuals with Metabolic Diseases and Cardiovascular Disease Risk Factors. In G. Liguori (Ed.), *ACSM’s Guidelines for Exercise Testing and Prescription* (11th edn.). Philadelphia, PA: Lippincott Williams & Wilkins.
2. Naclerio F. & Moody J. (2015). Resistance Training. In R. Santos Rocha, T. Rieger, A. Jimenez (Ed.), *EuropeActive’s Essentials of Fitness Instructors*. Champaign, IL: Human Kinetics.

3. Andersen C. (2016). Cardiorespiratory System. In T. Rieger, B. Jones, A. Jimenez (Ed.), *EuropeActive's Essentials of Personal Trainers*. Champaign, IL: Human Kinetics.

Book Published

1. Santos Rocha R, Jimenez A, Rieger T. *EuropeActive's Essentials for Fitness Instructors* (P. Sidiropoulos, **Batrakoulis A.** editing for the Greek publication). Thessaloniki: SALTO (Original publication 2015), 2018.

Journals Reviewer

1. Personal Training Quarterly (online journal published by NSCA)
2. Strength and Conditioning Journal (online and printed journal published by NSCA)
3. ACSM's Health & Fitness Journal (online and printed journal published by ACSM)

Scholarships, Honors, and Awards

- Scholarship (National Higher Education Entrance Examination), BS in Physical Education and Sport Science, Aristotle University of Thessaloniki (1993)
- Scholarship (Higher GPA), MS in Exercise and Health, University of Thessaly (2014-2016)
- Scholarship (Proposal), PhD in Exercise Physiology, University of Thessaly (2019-2020)
- NSCA Certified Personal Trainer Emeritus (RCPT*E) (2016)
- IDEA Personal Trainer of the Year Award Finalist (2017)
- IDEA Personal Trainer of the Year Award Recipient (2018)
- IDEA Fitness Innovation Award Recipient (2019)
- NSCA Personal Trainer of the Year (2020)
- NSCA Education Recognition Program (ERP) Sponsor, University of Thessaly (2020–2023)

Professional Bodies/Associations

Membership

- American College of Sports Medicine (ACSM) (2011 – ...)
- National Strength and Conditioning Association (NSCA) (2014 – ...)
- Hellenic Society of Biochemistry and Physiology of Exercise (2014 – ...)

Committees

- ACSM Exercise is Medicine Credential Committee Member (2017–2021)
- ACSM Professional Education Committee Member (2018–2021)
- ACSM International Health & Fitness Summit Program Committee Member (2018–2021)
- NSCA Personal Training Quarterly Editorial Review Panel Member (2019 – ...)
- NSCA Personal Trainers Special Interest Executive Council Member (2019 – ...)
- EuropeActive Professional Standards Committee Deputy Director (2013 – ...)