

IOANNIS G. FATOUROS, Ph.D.

Ioannis G. Fatouros is a Professor in Exercise Biochemistry in the Department of Physical Education and Sport Sciences of the University of Thessaly (based in Trikala, Greece) since October 2015. He was born and raised in Athens (Greece). He studied (1985-1989) Exercise Science in the Department of Physical Education and Sport Sciences of the Democritus University of Thrace (Komotini, Greece) where he was specialized in basketball and team handball coaching. He received his Masters of Science (1990-1991) in Exercise Science from Syracuse University (Syracuse, USA) where he completed a thesis on plyometric training. He received his Doctor of Philosophy (1991-1994) from the University of North Carolina at Greensboro (Greensboro, USA) in Exercise Science. His Ph.D. Dissertation was on exercise biochemistry, physiology and endocrinology (the effects of β -endorphin on glucose regulation during cardiovascular exercise). During his studies, he received full scholarships for teaching and research. Thereafter, he joined the Hellenic Army and completed his duty in the summer of 1996.

He has been working in the Hellenic University system since 1996. He started as a guest lecturer (1996-2002) in the Department of Physical Education and Sport Sciences of the Democritus University of Thrace (Komotini, Greece) teaching Exercise Biochemistry. He became a lecturer in the same department in 2002 and he remained there until 2015 (Associate Professor). During his years in the Democritus University of Thrace he taught courses on Exercise Biochemistry, Sport Nutrition, Conditioning, Personal Training and Resistance Training and he developed one of the most active laboratories in Greece. In the Department of Physical Education and Sport Sciences of the University of Thessaly, he teaches courses in Exercise Biochemistry, Exercise Physiology, Sports Nutrition, Football for Health, Resistance Exercise Training and he is the head of the Strength and Conditioning Specialization. During his academic years, he has taught courses in four Masters Programs and he has guided more than 50 students to complete their undergraduate, Master's and doctoral dissertations. His research has attracted funds of approximately 2,000,000 euros.

Prof. Fatouros is an academic editor for the highly esteem journals *Oxidative Medicine and Cellular Longevity* and *PLOS ONE* and a reviewer for more than 60 international academic journals. He has also worked extensively in the private sector as a performance exercise physiologist, clinical exercise physiologist and a fitness director for health clubs.

Research Interests

Professors Fatouros and Jamurtas run the Laboratory of Exercise Biochemistry, Physiology and Sport Nutrition (also known as SmArT Lab) which is part of the Center OF Evaluation of Physical Performance in the Department of Physical Education and Sport Sciences of the University of Thessaly. The main research interests of Prof. Fatouros are:

- **Exercise-Induced inflammation.** We are studying the events characterizing skeletal muscle damage and healing following various sports and exercise training modalities in an attempt to understand the molecular mechanisms regulating recovery in athletes and non-athletes. We use molecular, histochemical, biochemical and functional methods to understand how the muscle copes with the exercise stress and recovers. As such, the immune system, skeletal muscle redox status, inflammatory markers, adaptations at DNA/RNA level, signaling pathways in muscle, hormones and satellite cell regulation are targets of our research.
- **Sports nutrition.** We study how administration of various antioxidants affect the process of exercise-induced inflammation and recovery in sports and training. We also investigate how various nutrients affect the anabolic response of skeletal muscle as well as the health of adults with non-communicable diseases.
- **Strength and Conditioning.** We are studying the recovery kinetics of various sports and exercise modalities in order to better design a training microcycle. We also conduct training studies. We are one of the most active research groups in football science worldwide and have collaborations with the European (UEFA) and the Hellenic Football Federation.
- **Exercise and aging.** We are studying the short- and long-term effects of exercise on the health of the aged (e.g. sarcopenia, low-grade systemic inflammation) both at molecular and functional level.
- **Exercise and obesity.** We have a long-term record in studies in adults and children with obesity. We are using various exercise modalities to investigate their effects not only on body mass and body composition but also on their cardiometabolic risk at molecular and functional level.
- **Pediatric exercise science.** We study metabolic, performance and skeletal growth adaptations of pre-adolescents to reduced or increased physical activity and/or sports participation.
- **Non-communicable diseases.** We investigate how exercise training affects the health of adults with non-communicable diseases.

Our research is based on extensive collaborations with various esteem research groups from abroad and Greece (as seen in our publications). Our international colleagues come from USA, Australia, Spain, UK, Denmark, Hungary, Italy, Switzerland,

Articles in Refereed Scientific Journals

Publications in Strength and Conditioning

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*. Recovery kinetics after speed-endurance training in male soccer players. **Int J Sports Physiol Perform**, 15(3): 395-408, 2020. Impact factor: 3.979
2. Panagoulis, C, Chatzinikolaou, A, Avloniti, A, Leontsini, D, Deli, CK, Draganidis, D, Stampoulis, T, Oikonomou, T, Papanikolaou, K, Rafailakis, L, Kambas, A, Jamurtas, AZ, Fatouros, IG*. In-season integrative neuromuscular strength training improves performance of early-adolescent soccer athletes. **J Strength Cond Res**, 34(2): 516–526, 2020. Impact factor: 3.017
3. Papanikolaou K, Jamurtas AZ, Draganidis D, Chatzinikolaou A, Laschou V, Deli CK, Georgakouli K, Tsimeas P, Batrakoulis A, Fatouros IG*. Design and rationale for a clinical trial to investigate the redox-dependent regulation of satellite cells following aseptic muscle trauma. **Trials**, 20(1): 469, 2019. Impact factor: 1.975
4. Hornbuckle LM, Guiselini M, Liu Y, Fatouros IG, Peeke PM, Soares W, Berriman J, Chen P. International commentary of the worldwide survey of fitness trends. **ACSM Health and Fitness Journal**, 23(6): 49-51, 2019. Impact factor: 1.000
5. Papanikolaou KD, Chatzinikolaou A, Deli CK, Pontidis T, Avloniti A, Leontsini D, Draganidis D, Tsimeas P, Jamurtas AZ, Krstrup P, Mohr M, Fatouros*. IG. Yo-Yo intermittent endurance level 2 test: reliability of performance scores, physiological responses and overload characteristics in competitive football, basketball and volleyball players. **J Hum Kinet**, 67: 223-233, 2019. Impact factor: 1.414
6. Zaras, N., Stasinaki, A. N., Methenitis, S., Karampatsos, G., Fatouros, I., Hadjicharalambous, M., Terzis, G. Track and field throwing performance prediction: training intervention, muscle architecture adaptations and field tests explosiveness ability. **J Phys Education Sport**, 19, 436-443, 2019. Impact factor: -
7. Jamurtas AZ, Fatouros IG, Deli CK, Georgakouli K, Poullos A, Draganidis D, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Avloniti A, Tsiokanos A, Koutedakis Y. The effects of acute low-volume HIIT and aerobic exercise on leukocyte count and redox status. **J Sports Sci Med**, 17(3):501-508, 2018. Impact factor: 1.774
8. Chatzinikolaou A, Michaloglou K, Avloniti A, Leontsini D, Deli CK, Vlachopoulos D, Gracia-Marco L, Arsenis S, Athanailidis I, Draganidis D, Jamurtas AZ, Williams CA, Fatouros IG*. The trainability of adolescent soccer players to brief periodized complex

- training. **Int J Sport Physiol Perform**, 13(5): 645-655, 2018.
9. Fransson D, Nielsen TS, Olsson K, Christensson T, Fatouros IG, Nordsborg NB, Krstrup P, Mohr M. Skeletal muscle and performance adaptations to high-intensity training in elite male soccer players: speed endurance runs versus small-sided game training. **European Journal of Applied Physiology**, 118(1):111-121, 2018. Impact factor: 3.055
 10. Fransson D, Vigh-Larsen JF, Fatouros IG, Krstrup P, Mohr M. Performance responses in various muscle groups in well-trained competitive male players after a simulated soccer game. **J Hum Kinet**, 61: 85-97, 2018. Impact factor: 1.414
 11. Vantarakis A, Chatzinikolaou A, Avloniti A, Vezos N, Douroudos II, Draganidis D, Jamurtas AZ, Kambas A, Kalligeros S, Fatouros IG*. A two-month linear periodized resistance exercise training improved musculoskeletal fitness and specific conditioning of navy cadets. **J Strength Cond Res**, 31(5): 1362-1370, 2017. Impact factor: 3.017
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 13. Fatouros IG, Jamurtas AZ. Insights into the molecular etiology of exercise-induced inflammation: opportunities for optimizing sport performance. **J Inflamm Res**, 9:175-186, 2016. Impact factor: -
 14. Mohr M, Draganidis D, Chatzinikolaou A, Barbero J, Castagna C, Douroudos II, Avloniti A, Margeli A, Papassotiriou I, Flouris A, Jamurtas AZ, Krstrup P, Fatouros IG*. Muscle damage, inflammatory, immune and performance responses to three football games in one week in competitive male players. **European Journal of Applied Physiology**, 116(1): 179-193, 2016. Impact factor: 3.055
 15. Avloniti A, Chatzinikolaou A, Fatouros IG, Avloniti C, Protopapa M, Gounelas G, Stampoulis T, Leontsini D, Draganidis D, Mavropalias G, Kambas A. The effects of static stretching on speed and agility performance depend on stretch duration and conditioning level. **J Strength Cond Res**, 30(10):2767-73, 2016. Impact factor: 3.017
 16. Avloniti A, Chatzinikolaou A, Karypidis A, Protopapa M, Pontidis T, Fatouros IG, Leontsini D, Kambas A. The effects of static stretching on speed and agility: one or multiple repetition protocols? **Eur J Sports Sci**, 16(4):402-8, 2016. Impact factor: 2.376
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 21. 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. **J Sport Sci**, 31(7): 714-722, 2013. Impact factor: 2.811
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Publications in Sports Nutrition

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Publications in Exercise for Non-Communicable diseases and Aging

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CUMULATIVE DATA ON SCIENTIFIC PUBLICATIONS

• Total number of publications (accepted and published manuscripts)	142
• Total impact factor	~462.87^a
Impact factor per publication	3.259
• Total citations	7,763^b
Citations per publication	~55
• H-index	46

^a most recent five-year impact factor assigned to journals by Thompson ISI Yearly Reports

^b Sources: Google Scholar (include book citations as well)

Book Chapters

1. Jamurtas AZ, Deli CK, Georgakouli K, **Fatouros IG**. Glycemic Index, Food Exchange Values and Exercise Performance (Book ISBN 978-0-12-396454-0). In B. Debasis, Sreejayan N, Sen CK. (Eds), Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (pp. 9-27), London, UK: Elsevier Inc., 2013.
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3. **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.
4. 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), Rijeka, Croatia: InTech Publications, 2012.
5. **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.

I. Books Published

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2. **Fatouros IG**, Kosta G, Trigonis I. Editors of the Greek translation of the “ACSM’s Resources for the Personal Trainer”, 1st Edition, Athlotypo Publications, Athens, 2007.
3. **Fatouros IG**, **Chatzinikolaou A**. Resistance Training: Exercise Technical Performance, Instruction, Safety, and Organization. Telethrion Publications, Athens, 2011 (in press).