
Ermidis Georgios

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Place and date of birth: Athens, Greece – January 16th, 1990

Languages spoken: Greek (native), English, Italian



Academic background

PhD in Sports Science and Health**University of Naples “Parthenope”**

Thesis: “Effects of sport training on the skeletal muscle and plasma expression of molecular markers related to performance and health longevity” supervised by Pasqualina Buono, Peter Krstrup and Magni Mohr

Nov. 2016 – Oct. 2019, Napoli, Italy

Guest PhD student**PhD in Sports Science and Health****University of Southern Denmark**

Activities: Elite football and football for health research

Programme founded by *University of Parthenope, Naples*

Nov. 2017 – Oct. 2019, Odense, Denmark

Erasmus Placement-Life Learning Programme**University of Exeter**

Activities: Muscle analysis and Match analysis (GPS)

Programme founded by *Democritus University of Thrace and University of Exeter*

Mar. 2012 – December. 2012, Exeter, UK

M.Sc. Physical Education and Sports Science**Democritus University of Thrace**

Thesis: “The effects of repetitive football matches within one microcycle on the isokinetic torque ratio of knee flexors and extensors” supervised by Athanasios Chatzinikolaou and Ioannis Fatouros.

Sep. 2011 – Jul. 2013, Komotini, Greece

B.Sc. Physical Education and Sports Science**Democritus University of Thrace**

Thesis: “The development of inflammation after eccentric exercise” supervised by Ioannis Fatouros and Athanasios Chatzinikolaou

Sep. 2007 – Sep. 2011, Komotini, Greece

Professional background

Sports Scientist, F.C. Midtjylland (1st Danish tier, elite)

November. 2019-present, Herning, Denmark

Fitness coach-Performance analyst, F.C. Keravnos Petroupolis (5th Greek tier, amateur)

Aug. 2016-Feb. 2017, Athens, Greece

Youth football coach (Academy), F.C. Keravnos Petroupolis

Sep. 2016-Feb. 2017, Athens, Greece

Fitness coach, F.C. APE Agia Eleousa (4th Greek tier, amateur)

Jan. 2016-May 2016, Athens, Greece

Exercise physiologist of company ‘www.alterlife.gr’, Fitness Testing Sports (elite-sub elite-amateur)

Nov. 2015-Feb. 2017, Athens, Greece

Youth football coach (Academy), F.C. Eleftheroupoli

Sep. 2015-Dec. 2015, Athens, Greece

Fitness coach-Performance analyst, F.C. Eleftheroupoli (5th Greek tier, amateur)

Aug. 2015-Dec. 2015, Athens, Greece

Head Performance analyst, F.C. Atromitos U20-U17-U15 (1st Greek tier, elite)

July. 2015-May 2016, Athens, Greece

Exercise physiologist of company ‘www.douroudos.gr’, Fitness Testing Sports (elite-sub elite-amateur)

Dec. 2014 –Nov. 2015, Athens, Greece

Youth football coach (Academy), F.C. Galaxias Peristeriou

Sep. 2014-Jun. 2015, Athens, Greece

Fitness coach-Performance analyst, F.C. Aris Petropolis (4th Greek tier, amateur)

Aug. 2014-May 2015, Athens, Greece

Research assistant of Professor Peter Krstrup and Senior Research Fellow Magni Mohr

University of Exeter, Apr. 2012-Dec. 2012, Exeter, UK

Youth football coach (Academy), F.C. Messouni Komotinis

Sep.2011-Apr. 2012, Komotini, Greece

Research assistant of Professor Ioannis G. Fatouros

Human Performance laboratory, Democritus University of Thrace, Apr. 2010-Jun. 2013, Komotini, Greece

Youth football coach (Academy), F.C. Panathinaikos Komotinis

Sep. 2009-May 2011, Komotini, Greece

Complementary training

Using Catapult GPS devices - BASES endorsed workshop- Courses Level 1&2

2019, Hull, UK

PhD Course, Muscle metabolism and E-C coupling – role in exercise, training and disease

University of Southern Denmark, Department of Sports Science and Clinical Biomechanics, SDU Sport and Health Sciences Cluster (SHSC), Nov. 2018, Odense, Denmark

NSCA Certificate- Workload Monitor/Athlete Management

2018, On-line

FIFA 11for health Certificate

2018, Odense, Denmark

Prozone Performance Analysis Courses Level 1-2-3

2015, Liverpool, UK

PhD Course, Team Sports and Health: Physiological Perspectives

University of Copenhagen, Department of Nutrition, Exercise and Sports, Copenhagen Centre for Team Sport and Health, Nov. 2014, Copenhagen, Denmark

Military Service Greek Army

Sep. 2013-June 2014, Komotini, Greece

TRX Suspension Trainer Level 1

2013, Komotini, Greece

ECDL Base Profile

2009, Komotini, Greece

UEFA B' Coaching License

2009-2011, Komotini, Greece

Main interest-Main research area

Performance adaptations of exercise training, fitness testing and match and training load (GPS) in elite team sports and elite football. Skeletal muscle fatigue during high intensity intermittent exercise using manipulations such as fitness training, drug and nutritional supplementation, exercise intensity, exercise mode, exercise duration, recovery, heat stress, hypoxia etc.

Scientifically has large experience in invasive studies using novel techniques in skeletal muscle, muscle and blood metabolite analysis as well as single fibre measurements, muscle protein analysis (Western Blot), and research techniques with high experience in laboratory and field testing as well as match analysis and field studies in football. Additionally, has interest in health effects of exercise training with main emphasis on team sports participation. Exercise as prevention and treatment of lifestyle diseases - Exercise as Medicine concept. Has performed intervention studies (randomized control trials) on subject group of both genders, across the life span ranging from young children to elderly, as well as subject groups of different health and fitness status ranging from elite top-class athletes to patient groups.

Fundings

20.000 € from UEFA (2019) for research “Performance and Physiological Analysis of Overtime: implications for recovery and training“- co-applicant and principal investigator.

Publications in peer-reviewed journals

Hofgaard, J., **Ermidis, G.** & Mohr, M. (2019). Effects of a 6-week Faroese chain dance programme on postural balance, physical function, and health profile in elderly subjects: A Pilot Study. *BioMed Research International*, 5392970. DOI: 10.1155/2019/5392970.1155/2016/3574258

- Ermidis, G.,** Randers, M. B., Krstrup, P., & Mohr, M. (2019). Technical demands across playing positions of the Asian Cup in male football. *International Journal of Performance Analysis in Sport*, 1-13. DOI:10.1080/24748668.2019.1632571
- Madsen, M., **Ermidis, G.,** Rago, V., Surov, K., Vigh-Larsen, J.F., Randers, M.B., Krstrup, P. & Larsen, M.N. (2019). Activity Profile, Heart Rate, Technical Involvement, and Perceived Intensity and Fun in U13 Male and Female Team Handball Players: Effect of Game Format. *Sports*, 7(4), 90. DOI: 10.3390/sports7040090
- Rago, V., Brito, J., Figueiredo, P., **Ermidis, G.,** Barreira, D., & Rebelo, A. (2019). The Arrowhead Agility Test: Reliability, Minimum Detectable Change, and Practical Applications in Soccer Players. *Journal of strength and conditioning research*. (ahead of print). DOI: 10.1519/jsc.0000000000002987
- Poulios, A., Fatouros, I. G., Mohr, M., Draganidis, D. K., Deli, C., Papanikolaou, K., Sovatzidis, A., Nakopoulou, T., **Ermidis, G.,** Tzatzakis, T., Laschou, V. C., Georgakouli, K., Koulouris, A., Tsimeas, P., Chatzinikolaou, A., Karagounis, L. G., Batsilas, D., Krstrup, P., & Jamurtas, A. Z. (2018). Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. *Nutrients*, 10(4). DOI: 10.3390/nu10040494
- Bowtell, J. L., Mohr, M., Fulford, J., Jackman, S. R., **Ermidis, G.,** Krstrup, P., & Mileva, K. N. (2018). Improved Exercise Tolerance with Caffeine Is Associated with Modulation of both Peripheral and Central Neural Processes in Human Participants. *Front Nutr*, 5, 6. DOI: 10.3389/fnut.2018.00006
- Bowtell, J. L., Jackman, S. R., Scott, S., Connolly, L. J., Mohr, M., **Ermidis, G.,** Julian, R., Yousefian, F., Helge, E. W., Jorgensen, N. R., Fulford, J., Knapp, K. M., & Krstrup, P. (2016). Short Duration Small Sided Football and to a Lesser Extent Whole Body Vibration Exercise Induce Acute Changes in Markers of Bone Turnover. *BioMed Research International*, 2016, 3574258. DOI: 10.1155/2016/3574258
- Krstrup, P., **Ermidis, G.,** & Mohr, M. (2015). Sodium bicarbonate intake improves high-intensity intermittent exercise performance in trained young men. *Journal of the international society of sports nutrition*, 12, 25. DOI: 10.1186/s12970-015-0087-6
- Chatzinikolaou, A., Christoforidis, C., Avloniti, A., Draganidis, D., Jamurtas, A. Z., Stampoulis, T., **Ermidis, G.,** Sovatzidis, A., Papassotiropoulos, I., Kambas, A., & Fatouros, I. G. (2014). A microcycle of inflammation following a team handball game. *Journal of strength and conditioning research*, 28(7), 1981-1994. DOI: 10.1519/jsc.0000000000000330
- Connolly, L., Scott, S., Mohr, M., **Ermidis, G.,** Julian, R., Bangsbo, J., Jackman, S., Bowtell, J., Davies, R., Hopkins, S., Seymour, R., Knapp, K., Krstrup, P., & Fulford, J. (2014). Effects of small-volume soccer and vibration training on body composition, aerobic fitness, and muscular PCr kinetics for inactive women aged 20-45. *Journal of Sport and Health Science*, 3(4):284-292. DOI: 10.1016/j.jshs.2014.07.003
- Wylie, L., Mohr, M., Krstrup, P., Jackman, S., **Ermidis, G.,** Kelly, J., Black, M., Bailey, S., Vanhatalo, A., & Jones, A. (2013). Dietary nitrate supplementation improves team sport-specific intense intermittent exercise performance. *European Journal of Applied Physiology*, 113(7):1673-84. DOI: 10.1007/s00421-013-2589-8
- Bogdanis, G. C., Stavrinou, P., Fatouros, I. G., Philippou, A., Chatzinikolaou, A., Draganidis, D., **Ermidis, G.,** & Maridaki, M. (2013). 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. DOI: 10.1016/j.fct.2013.05.046

Presentations in international conferences

- Ermidis, G.,** Mohr, M., Randers, M.B., Nybo, L., Ørtenblad, N., Ørntoft, C., Draganidis, D., Jamurtas, A., Fatouros, I., Krstrup, P. Muscle metabolites after a soccer game in female athletes: implications for sprint performance. Oral presentation, *24th Annual Congress of the European College of Sport Science, Prague, 3-6 July, 2019.*
- Vigh-Larsen J., **Ermidis G.,** Rago V., Randers M.B., Fransson D., Hybholt G.L., De Paoli V. F., Overgaard K., Andersen B.T., Nybo L., Krstrup K., Mohr M. Muscle, Blood and Performance Responses to Ice Hockey Match-play in Elite Male Players. Poster presentation, *66th American College of Sports Medicine, Orlando, 28 May-1 June, 2019.*
- Rago, V., Brito, J., **Ermidis, G.,** Bagatin, R., Figueiredo P., Rebelo, A. A novel soccer-specific agility test: validity, reliability and practical applications. Oral presentation, *International Congress on Team Sports, Seville, June, 2018.*
- Rago, V., Brito, J., Barreira, D., **Ermidis, G.,** Bagatin, R., Figueiredo P., Rebelo, A. A novel football-specific agility test: validity, reliability and practical applications. Oral presentation, *23th Annual Congress of the European College of Sport Science, Dublin, 4-7 July, 2018.*
- Mancini, A., Turco, A., **Ermidis, G.,** Russomando, L., Martone, D., Cozzolino, F., Orrù, S., Tocchetti, C., Parrella, P., Campi, G., Mainolfi, C., Cuocolo, A., Bonaduce, D., Salvatore, F., Capaldo, B., Buono, P. Recreational football Small Sided Games in the management of subjects with type 2 diabetes: a pilot study. Oral presentation, *1st Football is Medicine, Lisbon, 25-26 January, 2018.*

Fatouros, I., Kritikos, S., Chatzinikolaou, A., Jamurtas, A., Papanikolaou, K., Draganidis, D., Poullos, A., **Ermidis, G.**, Mohr, M., Krstrup, P. Factors affecting recovery kinetics after a match. Oral presentation, *World Conference on Science and Soccer, Rennes, 31May-2 June, 2017*.

Poullos, A., Kritikos, S., Jamurtas, A., Papanikolaou, K., Draganidis, D., **Ermidis, G.**, Mohr, M., Krstrup, P., Chatzinikolaou, A., Fatouros, I. Protein supplementation facilitates recovery between football matches performed 3 days apart. Poster presentation, *World Conference on Science and Soccer, Rennes, 31May-2 June, 2017*.

Chatzinikolaou, A., Draganidis, D., Avloniti, Ch., Avloniti, A., Tsoukas, D., **Ermidis, G.**, Protopapa, M., Smilios, I., Fatouros, I. The effect of static stretching duration on speed and agility performance. Poster presentation, *18th Annual Congress of the European College of Sport Science, Barcelona, 26-29 June, 2013*.

Bogdanis, G.C., Stavrinou, P., Fatouros, I.G., Philippou, A., Draganidis, D., Chatzinikolaou, A., **Ermidis, G.**, Maridaki, M. Effects of short-term high-intensity interval training on oxidative stress responses and antioxidant status in healthy humans. Poster presentation, *18th Annual Congress of the European College of Sport Science, Barcelona, 26-29 June, 2013*.

Fatouros, I., Draganidis, D., Barbero, J.C., Chatzinikolaou, A., Mohr, M., Stampoulis, T., **Ermidis, G.**, Douroudos, I.I., Jamurtas, A.Z., 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*.

Ermidis, G., Chatzinikolaou, A., Draganidis, D., Barbero, J.C., Mohr, M., Tsoukas, D., Mandalidis, D., Athanasopoulos, S., Douroudos, I.I., Jamurtas, A., Fatouros, I.G. Changes in strength of knee extensors and flexors following repeated football matches during a weekly microcycle. e-Poster presentation, *18th Annual Congress of the European College of Sport Science, Barcelona, 26-29 June, 2013*.

Bowtell, J.L., Mohr, M., Jackman, S.J., Fulford, J., **Ermidis, G.**, Krstrup, P., Mileva, K.N. Prior fatiguing arm exercise alters peripheral excitability and voluntary drive to the knee extensors. Oral presentation, *18th Annual Congress of the European College of Sport Science, Barcelona, 26-29 June, 2013*.

Ermidis, G., Pontidis, T., Gounelas, G., Draganidis, D., Giannakidou, D., Avloniti, A., Stampoulis, T., Margonis, K., Chatzinikolaou, A., Kambas, A., Fatouros, I. The effect of a soccer game on muscle soreness responses. Poster presentation, *21st International Congress of Physical Education & Sport, Greece, Komotini, 17-19 May, 2013*.


Kallinis, K., Ioannidou, T., Mavropalias, G., Christoforidis, C., Gounelas, G., **Ermidis, G.**, Draganidis, D., Stampoulis, T., Margonis, K., Berberidou, F., Chatzinikolaou, A., Avloniti, A., Kampas, A., Fatouros, I. The effect of a handball game on stretch shortening cycle of lower limb up to 72h through recovery. Poster presentation, *20th International Congress of Physical Education & Sport, Greece, Komotini, 19-20 May, 2012*.

Draganidis, D., Chatzinikolaou, A., **Ermidis, G.**, Jamurtas, A.Z., Kambas, A., Tsoukas, D., Douroudos, I., 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*.

Fatouros, I., Michailidis, Y., **Ermidis, G.**, Terzis, G., Karagounis, L., Jamurtas, A., Tsoukas, D., Douroudos, I., Chatzinikolaou, A., Mandalidis, D., Athanasopoulos, S., Manta, P., Methenitis, S., Russell, A., Hawley, J. Time-dependent changes of muscle's intracellular signalling pathway activation following exercise-induced muscle damage. Oral presentation, *1st Congress of Biochemistry & Physiology of exercise, Greece, 20-22 May, 2011*.

Ermidis, G., P. Konomaras, S.Kile, Chatzinikolaou, A., I.Katrabassas, D.Tsoukas, I.Douroudos, K.Margonis, C.Christoforidis, D.Draganidis, A.Kambas, I.Fatouros, K.Taxildaris .Time course changes in muscle damage indices responses following a basketball game. Poster presentation, *19th International Congress of Physical Education & Sport, Greece, Komotini, 20-22 May, 2011*.

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