Dimitrios Draganidis, Ph.D.

Dimitrios Draganidis is a postdoctoral researcher in the Department of Physical Education and Sport Sciences of the University of Thessaly (based in Trikala, Greece) since 2018. He studied Exercise and Sport Science (2006-2010) in the Department of Physical Education and Sport Sciences of the Democritus University of Thrace (Komotini, Greece) where he was specialized in soccer coaching. He completed the "*Exercise and quality of life*" MSc program, organized by the Departments of Physical Education and Sports Sciences of Democritus University of Thrace and the University of Thessaly, in 2013. The study of his thesis investigated the effects of redox status perturbations (induced by NAC administration) on inflammatory responses and performance recovery in elite football players during a simulated in-season microcycle with three matches. Upon graduating, he worked for a year at the Nestle Research Center in Lausanne, Switzerland, where he had been involved in internal clinical trials working with advanced metabolic and molecular methodologies. He was awarded his Doctor of Philosophy (2015-2018) in Exercise Biochemistry from the University of Thessaly (Department of Physical Education & Sport Sciences) in 2018, after conducting a clinical trial focusing on the effects of chronic low-grade systemic inflammation on muscle protein synthesis and breakdown in the aged human skeletal muscle. During his PhD studies, he received full scholarship (total duration 3 years) from the General Secretariat for Research and Technology (GSRT) and the Hellenic Foundation for Research and Innovation (HFRI) and a trainee grant (COST Action BM1307) for attending the Federation of European Biochemical Societies (FEBS) Advanced Lecture Course on Redox Regulation of Metabolic Processes training school (2016, Spetses, Greece).

During the last year (2019 – 2020) he received an appointment as a Lecturer in the Department of Physical Education and Sport Sciences of the University of Thessaly for teaching the undergraduate courses ″Sports Nutrition‟ and ″Resistance Exercise Training‟. He also teaches courses in two Masters Programs and is a reviewer for more than 10 international academic journals.

Research Interests

- ***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 cardiometabolik 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.

Articles in Refereed Scientific Journals

Publications in Strength and Conditioning

1. Tzatzakis T, Papanikolaou K, **Draganidis D**, Tsimeas P, Kritikos S, Poulios A, Laschou VC, Deli CK, Chatzinikolaou A, Batrakoulis A, Basdekis G, Mohr M, Krustrup 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. Papanikolaou KD, Chatzinikolaou A, Deli CK, Pontidis T, Avloniti A, Leontsini D, **Draganidis D**, Tsimeas P, Jamurtas AZ, Krustrup 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
5. Jamurtas AZ, Fatouros IG, Deli CK, Georgakouli K, Poulios 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
6. 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. Impact factor: 3.979
7. 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
8. Mohr M, **Draganidis D**, Chatzinikolaou A, Barbero J, Castagna C, Douroudos II, Avloniti A, Margeli A, Papassotiriou I, Flouris A, Jamurtas AZ, Krustrup P, Fatouros IG*. Muscle damage, inflammatory, immune and performance responses to three football Impact factor: 3.055

games in one week in competitive male players. **European Journal of Applied Physiology**, 116(1): 179-193, 2016.

9. 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
10. Sakelliou A, Fatouros I*, Athanailidis I, Tsoukas D, Chatzinikolaou A, **Draganidis D**, Liacos C, Papassotiriou I, Mandalidis D, Jamurtas AZ, Stamatelopoulos K, Dimopoulos MA, Mitrakou A. Evidence of a redox-dependent regulation of immune responses to aseptic inflammation induced by exercise. **Oxid Med Cell Longevity**, 2016:2840643, 2016. Impact factor: 4.868
11. **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*. Recovery kinetics of knee flexor and extensor strength after a football match. **PLoS ONE** 10(6): e0128072, 2015. Impact factor: 2.776
12. 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**. 33(20): 2088 – 2099, 2015 Impact factor: 2.811
13. 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. **J Strength Cond Res**, 28(7): 1981-94, 2014. Impact factor: 3.017
14. **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
15. 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. **J Sports Sci**, 32(9): 870-882, 2013. Impact factor: 2.811
16. 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 Chem Toxicol**, 61: 171–177, 2013. Impact factor: 3.775
17. 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 Impact factor: -

players and differences according to playing positions. **Serbian J Sports Sci**, 7(1): 39-44, 2013.

18. 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. **J Strength Cond Res**, 27(1): 38-49, 2012. Impact factor: 3.017
19. 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. **Eur J Appl Physiol**, 111(7): 1421-1436, 2011. Impact factor: 3.055
20. Fatouros IG*, Laparidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Katrabasas I, Douroudos II, Leontsini D, Berberidou F, **Draganidis D**, Christoforidis C, Tsoukas D, Kelis S, Taxildaris K. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. **J Sports Med Phys Fitness**, 51: 33-41, 2011 Impact factor: 1.302

Publications in Sports Nutrition

21. Karagounis LG, Beaumont M, Donato-Capel L, Godin JP, Kapp AF, **Draganidis D**, Pinaud S, Vuichoud J, Shevlyakova M, Rade-Kukic K, Breuille D. Ingestion of a Pre-bedtime protein containing beverage prevents overnight induced negative whole body protein balance in healthy middle-aged men: A randomized trial. **Front Nutr**, 6:181. doi: 10.3389/fnut.2019.00181. Impact factor: 2.176
22. Poulios AS, Georgakouli K, **Draganidis D**, Deli C, Tsimeas D, Chatzinikolaou A, Papanikolaou K, Batrakoulis A, Mohr M, Jamurtas AZ, Fatouros IG*. Protein-based supplementation to enhance recovery in team sports: what is the evidence? **Journal of Sports Sci Med**, 18(3): 523-536, 2019. Impact factor: 1.774
23. Poulios A, Fatouros IG, Mohr M, **Draganidis D**, Deli CK, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou V, Georgakouli K, Koulouris A, Tsimeas P, Chatzinikolaou A, Batsilas D, Karagounis L, Krustrup P, Jamurtas AZ. Protein supplementation improved recovery of football-specific performance in response to repeated matches: Results from the PRO-FOOTBALL study. **Nutrients**, 16;10(4). pii: E494, 2018. Impact factor: 4.171
24. Deli CK, Poulios A, Georgakouli K, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, **Draganidis D**, Tsiokanos A, Koutedakis Y, Fatouros IG, Jamurtas AZ. The Effect of pre-exercise ingestion of corinthian currant on endurance performance and blood Impact factor: 2.811

redox status. **J Sports Sci**, published on line, 36(19): 2172-80, 2018.

25. **Draganidis D**, Chondrogianni N, Chatzinikolaou A, Terzis G, Karagounis L, Sovatzidis A, Avloniti A, Lefaki M, Protopappa M, Deli CK, Papanikolaou K, Jamurtas AZ, Fatouros IG*. Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. **Br J Nutr**, 118(3): 189-200, 2017. Impact factor: 3.302

26. **Draganidis D**, Karagounis LG, Athanailidis I, Chatzinikolaou A, Jamurtas AZ, Fatouros IG*. Inflammaging and skeletal muscle - Can protein intake make a difference? **J Nutr**, 146(10): 1940-1952. Impact factor: 4.145

Publications in Exercise for Non-Communicable diseases and Aging

27. Batrakoulis A, Loules G, Tsimeas P, **Draganidis D**, Chatzinikolaou A, Papanikolaou K, Deli CK, Georgakouli K, Syrou N, Theodorakis Y, Comoutos N, Jamurtas AZ, Fatouros IG*. High-intensity interval neuromuscular training promotes behavioral modification, weight loss and adherence in previously inactive obese women. **Eur J Sport Sci**, 16:1-10. doi: 10.1080/17461391.2019.1663270, epub, 2020. Impact factor: 2.376

28. Georgakouli K, Stamperna A, Deli CK, Syrou N, **Draganidis D**, Fatouros IG, Jamurtas AZ. The effects of postprandial resistance exercise on blood glucose and lipids in prediabetic, beta-thalassemia major patients. **Sports**, 26(8): 57, 2020. Impact factor: -

29. Batrakoulis A, Fatouros IG*, Jamurtas AZ, Chatzinikolaou A, **Draganidis D**, Papanikolaou K, Georgakouli K, Deli CK, Tsimeas P. Dose-response effects of high-intensity interval neuromuscular 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**, 23;15:100386, 2019. Impact factor: 2.280

30. Tofas T, **Draganidis D**, Fatouros IG, Jamurtas AZ. Exercise-induced regulation of redox status in cardiovascular diseases: The role of exercise training and detraining. **Antioxidants**, 9(1): 13, 2019. Impact factor: 4.520

31. Georgakouli K, Fatouros IG*, **Draganidis D**, Papanikolaou K, Tsimeas P, Deli CK, Jamurtas AZ. Exercise in glucose-6-phosphate dehydrogenase deficiency: harmful or harmless? a narrative review. **Oxid Med Cell Longevity**, 2019:8060193, 2019. Impact factor: 4.868

32. Perakakis N, Mougios V, Fatouros IG, Siopi A, **Draganidis D**, Peradze N, Ghaly W, Mantzoros CS. Physiology of activins/follistatins: associations with metabolic and anthropometric variables and response to exercise. **J Clin Endocrinol Metabol**, 103(10): 3890-3899, 2018. Impact factor: 5.455

33. **Draganidis D**, Jamurtas AZ, Stampoulis T, Laschou V, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou Impact factor: 4.171

M, Tsimeas P, Papadopoulos C, Chondrogianni N, Koutedakis Y, Karagounis LG, Fatouros IG*. Disparate habitual physical activity and dietary intake profiles of elderly men with low and elevated systemic inflammation. **Nutrients**, 4;10(5). pii: E566, 2018.

34. Batrakoulis A, Jamurtas AZ, Georgakouli K, **Draganidis D**, Deli CK, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Komoutos N, Bouglas V, Michalopoulou M, Fatouros IG*. 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, 2018. Impact factor: 2.776

35. Wright CR, Brown EL, Della Gatta PA, Fatouros IG, Karagounis LG, Terzis G, Mastorakos G, Michailidis Y, Mandalidis D, Spengos K, Chatzinikolaou A, Methenitis S, **Draganidis D**, Jamurtas AZ, Russell AP. Regulation of granulocyte colony stimulating factor and its receptor in skeletal muscle is dependent upon the type of inflammatory stimulus. **J Interferon Cytokine Res**, 35(9):710-9, 2015. Impact factor: 1.774

36. 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 trainining, and a single bout of exercise on mitochondrial protein expression in human skeletal muscle. **Exp Gerontol**, 47(6): 417-424, 2012. Impact factor: 3.080

Publications in Pediatric Exercise Science

37. Avloniti A, Chatzinikolaou A, Delli CK, Vlachopoulos D, Gracia-Marco L, Leontsini D, **Draganidis D**, Jamurtas A, Mastorakos G, Fatouros IG*. Exercise-induced oxidative stress responses in the pediatric population. **Antioxidants** (Basel). 2017 Jan 17;6(1). Impact factor: 4.520

38. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, **Draganidis D**, Jamurtas AZ, Michalopoulou M, Tournis S, Fatouros IG*. Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during pre-adolescence. **J Bone Mineral Metabol**, 35(6), 598-607, 2017. Impact factor: 2.310

39. 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. **Ann Hum Biol**, 42(3): 231-6, 2015. Impact factor: 1.588

40. 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 Impact factor: 2.880

hormone secretion. **Ped Res**, 78(2):158-164, 2015.

41. Zalavras A, Fatouros, IG, Deli CK, **Draganidis D**, Theodorou AA, Soulas D, Koutsioras Y, Koutedakis Y, Jamurtas AZ. Age-related responses in circulating markers of redox status in healthy adolescents and adults during the course of a training macrocycle. **Oxid Med Cell Longevity**, Volume 2015: article ID 283921, 2015. Impact factor: 4.868

42. 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. Impact factor: 6.513

43. Kambas A, Venetsanou F, Giannakidou D, Fatouros IG, Avloniti A, Chatzinikolaou A, **Draganidis D**, Zimmer R. The Motor-proficiency-Test for children between 4-6 years of age (MOT 4-6): an investigation of its suitability in Greece. **Res Dev Dis**, 33(5):1626-32, 2012. Impact factor: 1.872

CUMULATIVE DATA ON SCIENTIFIC PUBLICATIONS

• Total number of publications (accepted and published manuscripts)	**43**
• Total impact factor	**~129.7[a]**
Impact factor per publication	**3.016**
• Total citations	**1,177[b]**
Citations per publication	**~27.4**
• H-index	**17**

[a] most recent five-year impact factor assigned to journals by Thompson ISI Yearly Reports
[b] Sources: Google Scholar (include book citations as well)

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