Poulios Athanasios, Ph.D.

Poulios Athanasios is a Post Doctoral researcher in the field of Exercise Physiology & Exercise Biochemistry. He was born in Thessaloniki (1986) and raised in Trikala (Greece). He graduated from Department of Physical Education & Sport Sciences, Aristotle University of Thessaloniki in 2008, and in 2009 he started his Master in Department of Physical Education and Sport Science, University of Thessaly. In 2011 he completed his Master sciences in Physical Activity and Health. In addition, he graduated from Hellenic Football Federation for HFF B Coaching award «UEFA B» Diploma in 2008. In 2016 he received the football coaching license «Category A» from the General Ministry of Sports. Also, ha has completed the Ph.D. thesis in 2019. His Ph.D. Dissertation was on exercise biochemistry and physiology of soccer. He has received the «UEFA D» diploma from Hellenic Football Federation for HFF D soccer Managing Director, in 2019. He participates as a research staff in 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 port Sciences of the University of Thessaly (2015-2020). He has also presented part of his work in world conference on science and soccer (2017, Rennes, France).

From 2009 until present he is one of the main evaluators of physical performance in the «Centre for Research and Evaluation of Physical Performance», University of Thessaly, Greece. He teaches at undergraduate level lessons concerning a football as a medicine, performance evaluation in Laboratory or field and technique of resistance exercises. Also, he was one of the evaluators in the educational project «I'm taught via movement» in 2016 at University of Thessaly. He has been working as a head soccer coach in soccer «academy 1» team in Trikala, since 2008. His team (U-16) won the championship in 2019 and also, he has promoted soccer players in France (FC FOIX), Germany (SV08 Laufenburg) and Greece (Apollon Larisas & Panionios FC). In addition he has worked as physical trainer in soccer team (Petroto FC) in soccer season 2009. Finally, he is a founding member of Soccer coaching association in Trikala, Greece.

Research Interests

His investigation interests include the effects of nutrition supplements in inflammatory response and in performance indicators after soccer matches in adults. Also, how soccer match can influence vulnerable groups or clinical population. Finally, his investigation interests include the effect of overtime soccer matches in skill performance & inflammatory response of elite soccer players.

- ***Exercise-Induced inflammation and Oxidative stress***. He is studying the events characterizing skeletal muscle damage and healing following soccer match and exercise training modalities in an attempt to understand the molecular mechanisms regulating recovery in soccer athletes.

- ***Sports nutrition***. He studies how administration of various antioxidants affects the process of exercise-induced inflammation and recovery in sports and training. He also investigates how various nutrients affect the anabolic response of skeletal muscle of soccer players.

- ***Strength and Conditioning***. He is studying the recovery kinetics of various sports and exercise modalities in order to better design a training microcycle.

- ***Evaluation of performance.*** His investigation interests include the assessment indicators about soccer players via global monitoring system. Also, he is interested about the evaluation of physical performance in youth soccer players.

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. 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

Publications in Sports Nutrition

3. 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
4. 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
5. 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 redox status. **J Sports Sci**, published on line, 36(19): 2172-80, 2018. — Impact factor: 2.811

Publications in Oxidative stress

6. Spanidis, Y., D. Stagos, C. Papanikolaou, K. Karatza, A. Theodosi, A. S. Veskoukis, C. K. Deli, **A. Poulios**, S. D. Koulocheri, A. Z. Jamurtas, S. A. Haroutounian and D. Kouretas (2018). "Resistance-Trained Individuals Are Less Susceptible to Oxidative Damage after Eccentric Exercise." **Oxid Med Cell Longev** 2018: 6857190. — Impact factor: 4.868

7. Stagos, D., N. Goutzourelas, A. M. Ntontou, I. Kafantaris, C. K. Deli, **A. Poulios,** A. Z. Jamurtas, D. Bar-Or and D. Kouretas (2015). "Assessment of eccentric exercise-induced oxidative stress using oxidation-reduction potential markers." **Oxid Med Cell Longev** 2015: 204615. Impact factor: 4.868

CUMULATIVE DATA ON SCIENTIFIC PUBLICATIONS

• Total number of publications (accepted and published manuscripts)	**7**
• Total impact factor	**24.24**
Impact factor per publication	**3.463**
• Total citations	**79[a]**
Citations per publication	**11**
• H-index	**4**

[a] Sources: Google Scholar