Panagiotis D. Tsimeas, Ph.D.

Panagiotis Tsimeas is a member of the teaching staff in the Department of Physical Education and Sport Sciences of the University of Thessaly (based in Trikala, Greece) since 2009 and he is teaching courses related to team sports such as Basketball and Handball. He was born and raised in Athens (Greece). He received his Bachelor degree at the Department of Physical Education and Sports Science (DPESS) of University of Thessaly (1998), where he was specialized in basketball teaching and coaching. He received his Doctor of Philosophy (2006) from the same department in Exercise Science.

His Ph.D. dissertation was on pediatric physical activity and physical fitness (Selected physiological characteristics in urban and rural schoolchildren). During his studies, he received full scholarships for research from the Greek State Scholarships Foundation (IKY).

He has been working in the Hellenic University system since 2001. He started as a guest lecturer (2001-2009) in the Department of Physical Education and Sport Sciences of the University of Thessaly (Trikala, Greece). He became a member of the teaching staff in the same department in 2009 until now. During his years in the University of Thessaly he taught lectures and courses on Exercise Physiology, Fitness Field Testing, Teaching and coaching Basketball and Handball, and he is member of the teaching staff of Strength and Conditioning Specialization.

Panagiotis Tsimeas is a reviewer for more than 10 international academic journals. He has also worked extensively in the private sector (more than 20 years as a basketball coach, and a strength and conditioning specialist for basketball clubs), and he is a member of the Hellenic Association of Basketball Coaches.

Research Interests

Tsimeas Panagiotis is also member 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 Sport Sciences of the University of Thessaly. The main research interests of Dr. Panagiotis 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 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.

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 and Switzerland.

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. (2020) Recovery Kinetics After Speed-Endurance Training in Male Soccer Players. *Int J Sports Physiol Perform*. 15(3): 395-408. — Impact factor: 3.979
2. Papanikolaou, K., Draganidis, D., Chatzinikolaou, A., Laschou, V. C., Georgakouli, K., **Tsimeas, P.D.**, Batrakoulis A, Deli C.K., Jamurtas AZ & Fatouros, I. G. (2019). "The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): study protocol for a randomized controlled trial". *Trials*, 20(1), 469. — Impact factor: 1.975
3. Papanikolaou, K., Chatzinikolaou, A., Pontidis, T., Avloniti, A., Deli, C. K., Leontsini, D., Draganidis, D., **Tsimeas, PD**., Rafailakis, L., Jamurtas, AZ., Krustrup, P., Mohr, M. & Fatouros, IG. (2019). "The Yo-Yo Intermittent Endurance Level 2 Test: Reliability of Performance Scores, Physiological Responses and Overload Characteristics in Competitive Soccer, Basketball and Volleyball Players". *Journal of Human Kinetics*, *67*(1), 223-233. — Impact factor: 1.414
4. Jamurtas, A. Z., Fatouros, I. G., Deli, C. K., Georgakouli, K., Poulios, A., Draganidis, D., Papanikolaou, K., **Tsimeas, P.**, Chatzinikolaou, A., Avloniti, A., Tsiokanos, A. Koutedakis, Y. (2018). The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. *J Sports Sci Med*, *17*(3), 501-508. — Impact factor: 1.774

Publications in Sports Nutrition

5. Poulios A., Georgakouli K., Draganidis D., Deli C.K., **Tsimeas P.D.,** Chatzinikolaou A., Papanikolaou K., Batrakoulis A., Mohr M., Jamurtas A.Z., Fatouros I.G. (2019). "Protein-Based Supplementation to Enhance Recovery in Team Sports: What is the Evidence?". *Journal of Sports Science and Medicine*, 18(3), 523-536. — Impact factor: 1.774
6. Poulios A, Fatouros IG, Mohr M, Draganidis DK, Deli C, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou VC, Georgakouli K, Koulouris A, **Tsimeas P**, Chatzinikolaou A, Karagounis LG, Batsilas D, Krustrup P, Jamurtas AZ. (*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). pii: E494. doi: 10.3390/nu10040494.* — Impact factor: 4.171

Publications in Exercise for Non-Communicable diseases and Aging

7. Batrakoulis, A., Fatouros, I. G., Chatzinikolaou, A., Draganidis, D., Georgakouli, K., Papanikolaou, K., Deli, C. K., **Tsimeas, P**., Avloniti, A., Syrou N. & Jamurtas, A. Z. (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". *Contemporary Clinical Trials Communications*, 100386. Impact factor: 2.280
8. Georgakouli, K., Fatouros, I. G., Draganidis, D., Papanikolaou, K., **Tsimeas, P**., Deli, C. K., & Jamurtas, A. Z. (2019). Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? A Narrative Review. *Oxid Med Cell Longev*, 2019, 8060193. doi:10.1155/2019/8060193 Impact factor: 4.868
9. Batrakoulis, A., Loules, G., Georgakouli, K., **Tsimeas, P**., Draganidis, D., Chatzinikolaou, A., Papanikolaou, K., Deli, C. K., Syrou, N., Comoutos, N., Theodorakis, Y., Jamurtas, A. Z., & Fatouros, I. G. (2019). "High-intensity interval neuromuscular training promotes exercise behavioral regulation, adherence and weight loss in inactive obese women". *European journal of sport science*, 1–10. Advance online publication. https://doi.org/10.1080/17461391.2019.1663270 Impact factor: 2.416
10. Draganidis D, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, **Tsimeas P**, Chondrogianni N, Koutedakis Y, Karagounis LG, Fatouros IG (2018). "Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation". *Nutrients*. *10(5). doi:10.3390/nu10050566.* Impact factor: 4.171
11. Batrakoulis, A., Jamurtas, A. Z., Georgakouli, K., Draganidis, D., Deli, C. K., Papanikolaou, K., Avloniti, A., Chatzinikolaou, A., Leontsini, D., **Tsimeas, P**., Comoutos, N., Bouglas, V., Michalopoulou, M. & Fatouros, I. G. (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

Publications in Pediatric Exercise Science

12. Nevill, A., Tsiotra, G., **Tsimeas, P**., & Koutedakis, Y. (2009). "Allometric associations between body size, shape, and physical performance of greek children". *Pediatric Exercise Science*, *21*(2):220-232. Impact factor: 1.75
13. **Tsimeas P**, Tsiokanos A, Koutedakis Y., Tsigilis N, and Kellis S. Impact factor: 1.831

(2005*).* "Does living in urban or rural settings affect aspects of physical fitness in children? An allometric approach" *British Journal of Sports Medicine, 39 (9):671-674.*

CUMULATIVE DATA ON SCIENTIFIC PUBLICATIONS

• Total number of publications (accepted and published manuscripts)	**13**
• Total impact factor	**~35.179[a]**
Impact factor per publication	**2.706**
• Total citations	**215[b]**
Citations per publication	**~16.54**
• H-index	**6**

[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. **Tsimeas P.,** Mitrou G., Koutedakis Y., Karatzaferi C. 2015. ΄Measurement and evaluation of flexibility΄, in Manual for the athletes' physical assessment: laboratory and field tests for the scientific support of competitive sports, ed. by Karatzaferi C. [electronic book chapter.] Athens: Association of Greek Academic Libraries, 2015: http://hdl.handle.net/11419/4451 [accessed 19th June 2016].

Books Published

1. Gerodimos V., Perkos S., **Tsimeas, P**. Krommidas C., Karatrantou C. Ioakimidis P. (2020). *Basketball Teaching*. Thessaloniki: Kiriakidis
2. Karatzaferi C., Gjata P., Theophilidis G., Kaltsatou A., Kapnia A., Karioti, A., Krasse A., Koutedakis Y., Mitrou G., Bogdanis, G., Roka B., Poulianiti K., Skouba A., Stavropoulos-Kalinoglou A., Sakkas G., Stefanidis I., Syrmos N., Terzis G., **Tsimeas, P**., Flouris A. (2015). Manual for the athletes' physical assessment: laboratory and field tests for the scientific support of competitive sports. [electronic book.] Athens: Association of Greek Academic Libraries. Available at: http://hdl.handle.net/11419/4443 [accessed 19th June 2016].