

ALEXIOS BATRAKOULIS, MSc

Education

Alexis Batrakoulis is a PhD Candidate who received his Bachelor's degree (BSc) from the School of Physical Education and Sports Sciences at the Aristotle University of Thessaloniki in 1997 with an emphasis on Fitness. Additionally, he took his Master's degree (MSc) at the School of Physical Education and Sports Sciences at the University of Thessaly in Exercise and Health in 2017 with a thesis on Exercise and Obesity. Additionally, he is preparing to earn a Doctoral degree (PhD) in Exercise and Health with a dissertation on Exercise and Obesity. He has also earned numerous professional credentials through the American Council on Exercise (ACE), the American College of Sports medicine (ACSM), the National Academy of Sports Medicine (NASM), and the National Strength and Conditioning Association (NSCA).

Professional Experience/Background

He has been working as a Tutor in courses related to the fields of fitness and personal training at Vocational Education and Training (VET) level nationwide since 1997. He has also worked as an Instructor for Adults at a Private Institute of Vocational Training in Larissa, Greece where taught strength and conditioning, program design, motor learning, exercise physiology and performance assessments for sports in the Diploma of Vocational Training in the specialization of Sports Coach. Batrakoulis is a Subject Matter Expert and an International Master Trainer at the American Council on Exercise (ACE) and is also a member of the Professional Standards Committee of EuropeActive, which leads the development of educational standards, oversees the accreditation process for all courses, and registers qualified exercise professionals for all occupational roles in the European fitness sector. More specifically, he has respectively led and contributed to the Technical Experts Groups that developed standards for the occupational roles of Weight Management Exercise Specialist and Pre/Diabetes Exercise Specialist in Europe. His live workshop "Exercise for Overweight and Obesity: Bridging Theory and Practice" is approved by ACE, ACSM, AFAA, IFPA, ISSA, NASM, NSCA, PTA Global, CanFitPro, Fitness Australia, REPs UK, and EREPs as a continuing education course for fitness professionals around the globe. Additionally, he serves as a Member of the Exercise is Medicine (EIM) Credential Committee, Professional Education Committee and International Health & Fitness Summit Program Committee for the ACSM. Recently received recognition as the 2018 IDEA Personal Trainer of the Year and he is the General Secretary of the Hellenic Exercise Professionals Association (HEPA). Additionally, he is a Practitioners' Section Editor of the European Journal for Exercise Professionals (EJEP) and a NSCA Personal Training Quarterly (PTQ) Editorial Review Panel Member.

Research Interests

His research interests include the effects of exercise training on body composition, health, performance and quality of life in sedentary overweight or obese adults.

Articles in Refereed Scientific Journals

1. **Batrakoulis A**, Georgakouli K, Zourbanos N, Papanikolaou K, Draganidis D, Chatzinikolaou A, Deli CK, Michalopoulou M, Jamurtas AZ, Fatouros AZ. (2016). A 4-month circuit functional high-intensity training program improves body composition and performance of overweight women. *Journal of Strength & Conditioning Research*, 30(1), S91.
2. **Batrakoulis A**. (2016). The interaction between metabolic disorders and professional credentials. *NSCA Personal Trainer Quarterly Journal*, 3(1), 18-20.
3. **Batrakoulis A**, Georgakouli K, Papanikolaou K, Zourbanos N, Draganidis D, Deli CK, Michalopoulou M, Avloniti A, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. (2017). An 8-month small-group circuit functional training program improves body composition and performance of overweight/obese women. *Medicine and Science in Sports and Exercise*, 49(5) Supplement, S243.
4. **Batrakoulis A**, Jamurtas AZ, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Bouglas V, Michalopoulou M, Fatouros IG. (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.

Book Chapters

1. **Batrakoulis A**. Nervous System. In Rieger T, Jones B, Jimenez A. (EdS). *EuropeActive's Essentials for Personal Trainers* (pp. 126-134), Champaign, IL: Human Kinetics, 2016.
2. Rieger T, **Batrakoulis A**. Innovations in Fitness Education: The European Approach of Standards Development for Specialist Occupations. In Middelkamp J, Rutgers H. (EdS). *Growing the fitness sector through Innovation* (PP. 149-164), Brussels, Belgium: EuropeActive & BlackBox Publishers, 2016.

Translated Book

1. Santos Rocha R, Jimenez A, Rieger T. *EuropeActive's Essentials for Fitness Instructors* (P. Sidiropoulos, **Batrakoulis A**. editing for the Greek publication). Thessaloniki: SALTO (Original publication 2015), 2018.

Membership of Professional Bodies/Associations

- American College of Sports Medicine (ACSM)
- National Strength and Conditioning Association (NSCA)
- European College of Sport Science (ECSS)
- International Dance & Exercise Association (IDEA)