

ATHANASIOS POULIOS, M.S.

Education

Poulios Athanasios is a **Post Doctoral Candidate** in the field of Exercise Physiology & Exercise Biochemistry. 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. At the present time, he is in the phase of completing the Ph.D. thesis on science and soccer. Finally, he teaches at undergraduate level as a scholar. He also coaches in soccer team in Trikala, Greece. He has also presented part of his work in world conference on science and soccer.

Professional Experience/Background

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. Also, he was one of the evaluators in the educational project “I’m taught via movement” in 2016 at University of Thessaly, 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.

Articles in Refereed Scientific Journals

1. Stagos D, Goutzourelas N, Ntontou AM, Kafantaris I, Deli CK, **Poulios A**, Jamurtas AZ, Bar-Or D, Kouretas D. (2015). Assessment of eccentric exercise-induced oxidative stress using oxidation-reduction potential markers. *Oxid Med Cell Longev*. 2015:204615.