

THANASIS JAMURTAS, Ph.D.

Education

Professor Jamurtas received his bachelor degree from Aristotle University of Thessaloniki in 1988. In 1993 he received his master's degree from Syracuse University majoring in Exercise Physiology and in 1997 earned his Ph.D. from University in North Carolina at Greensboro with a major in Exercise Physiology/Biochemistry and a minor in Nutrition. From 1999 till 2001 taught at the Department of Physical Education and Sport Science of University of Thessaly as an assistant Lecturer and in 2001 he became a Lecturer in Biochemistry of Exercise at the Department of Physical Education and Sport Science of University of Thessaly. In 2006 he was promoted to an Assistant Professor and in 2011 to an Associate Professor. He is a Professor since 2016. His interests relate to exercise-induced oxidative stress, exercise-induced muscle damage and how these two are related. Furthermore, he has a strong interest on the effects of exercise on inflammation and on aspects that affect metabolism. He is the author or the co-author in more than 130 papers published in refereed journals and the co-author in two books published in Greek. He enjoys long distance running during his free time

Professional Experience/Background

Professor Jamurtas was a Teaching and Research Assistant at Syracuse University, Syracuse, NY (1992) and Teaching and Research Assistant from 1993 till 1997 at The University of North Carolina at Greensboro, Greensboro, NC. He served as an Assistant Lecturer from 1999 till 2001 at the Department of P.E. and Sports Science and from 2001 till 2003 at the Department of Medicine at University of Thessaly. He was a Lecturer from 2001 till 2006, an Assistant Professor from 2006 till 2011, an Associate Professor from 2011 till 2016. He is a Professor since 2016 till now. He also serves as an Adjunct Professor at the Department of Biochemistry & Biotechnology, University of Thessaly from 2003 till now.

Research Interests

His interests relate to exercise-induced oxidative stress, exercise-induced muscle damage and how these two are related. Furthermore, he has a strong interest on the effects of exercise on inflammation and on aspects that affect metabolism. Finally, he investigates the effects of exercise on addictive behaviors like alcoholism and cigarette smoking.

Articles in Refereed Scientific Journals

1. Avloniti A, Chatzinikolaou A, Deli CK, Vlachopoulos D, Gracia-Marco L, Leontsini D, Draganidis D, Jamurtas AZ, Mastorakos G, Fatouros IG. Exercise-Induced Oxidative Stress Responses in the Pediatric Population. *Antioxidants (Basel)*. 2017 Jan 17;6(1). pii: E6. doi: 10.3390/antiox6010006.
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3. Deli CK, Fatouros IG, Paschalis V, Tsiokanos A, Georgakouli K, Zalavras A, Avloniti A, Koutedakis Y, Jamurtas AZ. Iron Supplementation Effects on Redox Status following Aseptic

- Skeletal Muscle Trauma in Adults and Children. *Oxid Med Cell Longev*. 2017;2017:4120421. doi: 10.1155/2017/4120421.
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 5. Fatouros IG, Jamurtas AZ. Insights into the molecular etiology of exercise-induced inflammation: opportunities for optimizing performance. *J Inflamm Res*. 9:175-186, 2016.
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 8. Poulianiti KP, Kaltsatou A, Mitrou GI, Jamurtas AZ, Koutedakis Y, Maridaki M, Stefanidis I, Sakkas GK, Karatzaferi C. Systemic Redox Imbalance in Chronic Kidney Disease: A Systematic Review. *Oxid Med Cell Longev*. 2016;2016:8598253. doi: 10.1155/2016/8598253. Epub 2016 Aug
 9. 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*. 2016 Aug 18. [Epub ahead of print]
 10. Poulianiti K, Karatzaferi C, Flouris AD, Fatouros IG, Koutedakis Y, Jamurtas AZ. Antioxidant responses following active and passive smoking of tobacco and electronic cigarettes. *Toxicol Mech Methods*. 2016 Jul;26(6):455-61. doi: 10.1080/15376516.2016.1196281. Epub 2016 Jul 27.
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Book Chapters

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