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CHARIKLIA (CHARA) K. DELI

Education

Chara Deli is a Post Doctoral Researcher and Assistant Lecturer in the field of Exercise Physiology & Exercise Biochemistry. She graduated from T.E.F.A.A, Kapodistrian University of Athens in 1995, and in 2009, she gained her Master of Science from T.E.F.A.A., University of Thessaly in Exercise Biomechanics. In 2016 she completed her doctoral studies and was awarded with the title of Philosophy Doctor from S.E.F.A.A., University of Thessaly in Exercise Physiology & Exercise Biochemistry. She has co-authored two book chapters, and more than thirty research articles in peer-reviewed scientific journals and she has presented her work in many international conferences. She is also a paper reviewer in several scientific journals.

Professional Experience/Background

From 2011 until 2016, she taught at T.E.F.A.A., University of Thessaly, with P.D. 407/80 as an assistant lecturer at undergraduate level. From 2017 until present she is a Post Doctoral Academic Scholar teaching at undergraduate level. She also teaches at postgraduate level as an invited lecturer. From 2014 until present she teaches at Non Commissioned Officer Army Academy, Hellenic Army, Higher Education Army Academy, Trikala, Greece. From 2009 until present she is the coordinator (and head lab manager) for the measurements, and one of the main evaluators of physical performance in the “Centre for Research and Evaluation of Physical Performance”, University of Thessaly, Greece. Additionally, she has a long-lasting career as a track and field athlete and coach at an elite level. In 2006 she was authorized by the Greek General Secretariat of Sports to practice the profession of track and field coach. From 2006 until present, she is a track and field coach and exercise physiologist in G.E.A.T. athletic group in Greece.

Research Interests

Her research interests include the effects of exercise-induced inflammation on redox responses and performance in adults and the pediatric population in healthy and clinical conditions, the effects of various supplements on exercise-induced physiological and inflammatory responses and performance, and the effects of strength and power training on performance of adolescent and adult athletes.

Articles in Refereed Scientific Journals

1. Christina Yfanti, **Chariklia K. Deli**, Kalliopi Georgakouli, Ioannis Fatouros, Athanasios Jamurtas (2018). Nutrition, redox homeostasis and toxicity in sport performance. COTOX. (Under review).
2. Kalliopi Georgakouli, Ioannis G. Fatouros, Dimitrios Draganidis, Konstantinos Papanikolaou, Panagiotis Tsimeas, **Chariklia K. Deli** and Athanasios Z. Jamurtas (2018). Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? a Narrative Review. Oxidative Medicine and Cellular Longevity. (Under review).

3. Konstantinos Papanikolaou, Athanasios Z. Jamurtas, Dimitrios Draganidis, Athanasios Chatzinikolaou, Vassiliki C. Laschou, **Chariklia K. Deli**, Kalliopi Georgakouli, Panagiotis Tsimeas, Alexios Batrakoulis, Ioannis G. Fatouros (2018). Design and Rationale for a Clinical Trial to Investigate the Redox-Dependent Regulation of Satellite Cells Following Aseptic Muscle Trauma. *Clinical Trials*. (Submitted).
4. Konstantinos Papanikolaou, Athanasios Chatzinikolaou, **Chariklia K. Deli**, Theodoros Pontidis, Alexandra Avloniti, Diamanda Leontsini, Dimitrios Draganidis, Panagiotis D. Tsimeas, Lefteris Rafailakis, Athanasios Z. Jamurtas, Peter Krstrup, Magni Mohr, Ioannis G. Fatouros (2018). The Yo-Yo intermittent endurance level 2 test: reliability of performance scores, physiological responses and overload characteristics in competitive football, basketball and volleyball players. *Journal of Human Kinetics*. (Accepted).
5. Kalliopi Georgakouli, Ioannis G. Fatouros, Apostolos Fragkos, Theofanis Tzatzakis, **Chariklia K. Deli**, Konstantinos Papanikolaou, Yiannis Koutedakis and Athanasios Z. Jamurtas (2018). Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. *Antioxidants*, 7(11), 162; doi.org/10.3390/antiox7110162.
6. Esther Ubago-Guisado, Dimitris Vlachopoulos, Ioannis G. Fatouros, **Chariklia K. Deli**, Diamanda Leontsini, Luis A. Moreno, Daniel Courteix, Luis Gracia-Marco (2018). Longitudinal determinants of annual change of areal bone mineral density, hip geometry estimates and trabecular bone score in adolescent male athletes. *Archives of Osteoporosis* 13:106. doi.org/10.1007/s11657-018-0519-4.
7. Charalampos Panagoulis, Alexandra Avloniti, Diamanda Leontsini, **Chariklia K. Deli**, Dimitrios Draganidis, Theodoros Stampoulis, Triantafyllos Oikonomou, Antonios Kambas, Athanasios Z. Jamurtas, Ioannis G. Fatouros, Athanasios Chatzinikolaou (2018). In-Season Integrative Neuromuscular Strength Training Improves Performance of Early-Adolescent Soccer Athletes. *J Strength Cond Res*. 2018 Nov 13. doi: 10.1519/JSC.0000000000002938.
8. Ypatios Spanidis, Aristidis Veskoukis, Christina Papanikolaou, Dimitrios Stagos, Alexandros Priftis, **Chariklia K. Deli**, Athanasios Z. Jamurtas, and Demetrios Kouretas (2018). Exercise induced reductive stress is a protective mechanism against oxidative stress in peripheral blood mononuclear cells. *Oxid Med Cell Longev*. 2018 Oct 11;2018:3053704. doi: 10.1155/2018/3053704.
9. Alexios Batrakoulis, Athanasios Z Jamurtas, Kalliopi Georgakouli, Dimitrios Draganidis, **Chariklia K Deli**, Konstantinos Papanikolaou, Alexandra Avloniti, Athanasios Chatzinikolaou, Panagiotis Tsimeas, Nikolaos Comoutos, Maria Michalopoulou, Ioannis G. Fatouros (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*. 2018 Aug 23;13(8):e0202390. doi: 10.1371/journal.pone.0202390.
10. Athanasios Z. Jamurtas, Ioannis G. Fatouros, **Chariklia K. Deli**, Kalliopi Georgakouli, Athanasios Poulis, Dimitrios Draganidis, Konstantinos Papanikolaou, Panagiotis Tsimeas, Athanasios Chatzinikolaou, Alexandra Avloniti, Athanasios Tsiokanos, Yiannis Koutedakis (2018). The effects of acute low-volume HIIT and aerobic exercise on leukocyte count and redox status. *Journal of Sports Science and Medicine*. 17: 501-508.
11. Ypatios Spanidis, Dimitrios Stagos, Christina Papanikolaou, Konstantina Karatza, Andria Theodosi, Aristidis S. Veskoukis, **Chariklia K. Deli**, Athanasios Poulis, Sofia D. Koulocheri, Athanasios Z. Jamurtas, Serkos A. Haroutounian, Demetrios Kouretas (2018). Resistance-Trained Individuals Are Less Susceptible to Oxidative Damage after Eccentric Exercise. *Oxid Med Cell Longev*. Jul 17;2018:6857190. doi: 10.1155/2018/6857190.

12. Dimitrios Draganidis, Athanasios Z. Jamurtas, Theodoros Stampoulis, Leonidas G. Karagounis, Vasiliki Laschou, **Chariklia K. Deli**, Georgakouli Kalliopi, Konstantinos Papanikolaou, Athanasios Chatzinikolaou, Maria Michalopoulou, Constantinos Papadopoulos, Niki Chondrogianni, Ioannis G. Fatouros (2018). Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients* 2018, 10, 566; doi:10.3390/nu10050566.
13. Athanasios Poullos, Ioannis G. Fatouros, Magni Mohr, Dimitrios Draganidis, **Chariklia K. Deli**, Konstantinos Papanikolaou, Apostolos Sovatzidis, Theofano Nakopoulou, Georgios Ermidis, Theofanis Tzatzakis, Vasiliki C. Laschou, Kalliopi Georgakouli, Agisilaos Koulouris, Panagiotis Tsimeas, Athanasios Chatzinikolaou, Leonidas G. Karagounis, Dimitrios Batsilas, Peter Krstrup, Athanasios Z. Jamurtas (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*. Apr 16;10(4). pii: E494. doi: 10.3390/nu10040494.
14. **Chariklia K. Deli**, Athanasios Poullos, Kalliopi Georgakouli, Konstantinos Papanikolaou, Alexandros Papoutsis, Maria Selemekou, Vaios T. Karathanos, Dimitris Draganidis, Athanasios Tsiokanos, Yiannis Koutedakis, Ioannis G. Fatouros, Athanasios Z. Jamurtas (2018). The effect of pre-exercise ingestion of Corinthian currant on endurance performance and blood redox status. *Journal of Sports Sciences*. Feb 22:1-9. doi: 10.1080/02640414.2018.1442781. [Epub ahead of print].
15. Athanasios Chatzinikolaou, Konstantinos Michaloglou, Alexandra Avloniti, Diamanda Leontsini, **Chariklia K. Deli**, Dimitris Vlachopoulos, Luis Gracia-Marco, Sotirios Arsenis, Ioannis Athanailidis, Dimitrios Draganidis, Athanasios Z. Jamurtas, Craig A. Williams, Ioannis G. Fatouros (2018). The Trainability of Adolescent Soccer Players to Brief Periodized Complex Training. *Int J Sports Physiol Perform*. Feb 12:1-25. doi: 10.1123/ijssp.2017-0763. [Epub ahead of print].
16. Kalliopi Georgakouli, Eirini Manthou, Ioannis G. Fatouros, Panagiotis Georgoulas, **Chariklia K. Deli**, Yiannis Koutedakis, Yannis Theodorakis, Athanasios Z. Jamurtas (2017). Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. *Alcohol*. Dec 2;69:57-62. doi: 10.1016/j.alcohol.2017.11.035. [Epub ahead of print].
17. Christina Yfanti, Athanasios Tsiokanos, Ioannis G. Fatouros, Anastasios A. Theodorou, **Chariklia K. Deli**, Yiannis Koutedakis and Athanasios Z. Jamurtas (2017). Chronic Eccentric Exercise and Antioxidant Supplementation: Effects on Lipid Profile and Insulin Sensitivity. *Journal of Sports Science and Medicine*. 16, 375-382.
18. Dimitrios Draganidis, Niki Chondrogianni, Athanasios Chatzinikolaou, Gerasimos Terzis, Leonidas G. Karagounis, Apostolos Sovatzidis, Alexandra Avloniti, Maria Lefaki, Maria Protopappa, **Chariklia K. Deli**, Konstantinos Papanikolaou, Athanasios Z. Jamurtas, Ioannis G. Fatouros (2017). Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *British Journal of Nutrition*. Aug;118(3):189-200. doi: 10.1017/S0007114517001829..
19. Eirini Manthou, Kalliopi Georgakouli, **Chariklia K. Deli**, Aggelos Sotiropoulos, Ioannis G. Fatouros, Dimitrios Kouretas, Chrysoula Matthaiou, Yiannis Koutedakis, Athanasios Z. Jamurtas (2017). Effects of Pomegranate Juice consumption on Biochemical Parameters and Complete Blood Count. *Experimental and Therapeutic Medicine*. Aug;14(2):1756-1762. doi: 10.3892/etm.2017.4690..
20. **Chariklia K. Deli**, Ioannis G. Fatouros, Vassilis Paschalis, Athanasios Tsiokanos, Kalliopi Georgakouli, Athanasios Zalavras, Alexandra Avloniti, Yiannis Koutedakis, and Athanasios Z. Jamurtas (2017). Iron supplementation effects on redox status following aseptic skeletal muscle

- trauma in adults and children. *Oxidative medicine and cellular longevity*. 2017:4120421. doi: 10.1155/2017/4120421.
21. **Chariklia K. Deli**, Ioannis G. Fatouros, Vassilis Paschalis, Kalliopi Georgakouli, Athanasios Zalavras, Alexandra Avloniti, Yiannis Koutedakis, Athanasios Z. Jamurtas (2017). A Comparison of Exercise-Induced Muscle Damage Following Maximal Eccentric Contractions in Men and Boys. *Pediatric Exercise Science*. Aug;29(3):316-325. doi: 10.1123/pes.2016-0185.
 22. Alexandra Avloniti, Athanasios Chatzinikolaou, **Chariklia K. Deli**, Dimitris Vlachopoulos, Luis Gracia-Marco, Dimitrios Draganidis, George Mastorakos, Athanasios Z. Jamurtas, Ioannis G. Fatouros (2017). Exercise-Induced Oxidative Stress Responses in the Pediatric Population: An Update. *Antioxidants*. Aug;29(3):316-325. doi: 10.1123/pes.2016-0185.
 23. Georgakouli, K., Manthou, E., Fatouros, I.G., **Deli, C.K.**, Spandidos, D.A., Tsatsakis, A.M. ... Jamurtas, A.Z. (2015). Effects of acute exercise on liver function and blood redox status in heavy drinkers. *Experimental and Therapeutic Medicine*, 10, 2015-2022.
 24. Dimitrios Draganidis, Athanasios Chatzinikolaou, Alexandra Avloniti, José C. Barbero-Álvarez, Magni Mohr, Paraskevi Malliou, Vassilios Gourgoulis, Georgios Ermidis, **Chariklia K. Deli**, Ioannis I. Douroudos, Konstantinos Margonis, Athanasios Z. Jamurtas, Yannis Koutedakis, Ioannis G. Fatouros (2015). Recovery kinetics of Knee Flexor and Extensor Strength after a Football Match. *PLOS ONE*. Jul 15;10(7):e0133459. doi: 10.1371/journal.pone.0133459.
 25. Jamurtas AZ, Douroudos II, **Deli CK**, Draganidis D, Chatzinikolaou A, Mohr M, Avloniti A, Barbero-Álvarez JC, Margonis K, Mavropalias G, Stampoulis T, Giannakidou D, Flouris AD, Koutedakis Y, Fatouros IG. (2015). Iron status markers are only transiently affected by a football game. *J Sports Sci*. Dec;33(20):2088-99. doi: 10.1080/02640414.2015.1064154.
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 27. Zalavras A, Fatouros IG, **Deli CK**, Draganidis D, Theodorou AA, Soulas D, Koutsioras Y, Koutedakis Y, Jamurtas AZ. (2015). Age-related responses in circulating markers of redox status in healthy adolescents and adults during the course of a training macrocycle. *Oxid Med Cell Longev*. 2015:283921. doi: 10.1155/2015/283921.
 28. Antonios Stavropoulos-Kalinoglou, **Charikleia Deli**, George D Kitas, Athanasios Z Jamurtas (2014). Muscle wasting in rheumatoid arthritis: The role of oxidative stress. *World J Rheumatol*. 12; 4(3): 44-53. doi: 10.5499/wjr.v4.i3.44.
 29. Manthou E, Kanaki M, Georgakouli K, **Deli CK**, Kouretas D, Koutedakis Y, Jamurtas AZ. (2014). Glycemic response of a carbohydrate-protein bar with ewe-goat whey. *Nutrients*. 6(6):2240-50. doi: 10.3390/nu6062240.
 30. Jamurtas, AZ., Garyfallopoulou, A., Theodorou, AA., Zalavras A., Paschalis V., **Deli CK.**, Nikolidis, MG., Fatouros, IG., Koutedakis, Y. (2013). A single bout of downhill running transiently increases HOMA-IR without altering adipokine response in healthy adult women. *European Journal of Applied Physiology*. 113(12): 2925-32. doi: 10.1007/s00421-013-2717-5.
 31. Georgakouli K, **Deli CK**, Zalavras A, Fatouros IG, Kouretas D, Koutedakis Y, Jamurtas AZ (2013). α -Lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency. *Food Chem Toxicol*. 61: 69-73. doi: 10.1016/j.fct.2013.01.055.
 32. Vassilis Paschalis, Michalis G. Nikolaidis, Anastasios A. Theodorou, **Chariklia K. Deli**, Athanasios Z. Jamurtas, Giannis Giakas, Yiannis Koutedakis (2013). The Effects of Eccentric

Exercise on Muscle Function and Proprioception of Individuals Being Overweight and Underweight. *Journal of Strength and Conditioning Research*. Sep;27(9):2542-51. doi: 10.1519/JSC.0b013e31827fc9a6.

33. Panayiotou G., Paschalis V., Nikolaidis M.G., **Deli C.K.**, Theodorou A.A., Fotopoulou N., Fatouros I.G., Koutedakis Y. Jamurtas A.Z. (2012). No Adverse Effects of Statins on Muscle Function and Health-Related Parameters in the Elderly: an Exercise Study. *Scand J Med Sic Sports*. 23(5):556-567. doi: 10.1111/j.1600-0838.2011.01437.x.
34. **Deli C.K.**, Paschalis V., Theodorou A.A., Nikolaidis M.G., Jamurtas A.Z., Koutedakis Y (2011). Isokinetic Knee Joint Evaluation in Track and Field Events. *Journal of Strength and Conditioning Research*. Sep;25(9):2528-36. doi:10.1519/JSC.0b013e3182023a7a.

Book Chapters

1. **Deli C.K.**, Fatouros I.G., Koutedakis Y., Jamurtas A.Z. Iron Supplementation and Physical Performance (accepted for publication, Book ISBN 980-953-307-834-7). In Hamlin M, Draper N, Kathiravel Y. (Eds), *Sports Medicine and Sports Injuries* (pp. 142-168), Rijeka, Croatia: InTech Publications, 2013.
2. Jamurtas A.Z., **Deli C.K.**, Georgakouli K., Fatouros I.G. Glycemic Index, Food Exchange Values and Exercise Performance (Book ISBN 978-0-12-396454-0). In B. Debasis, Sreejayan N, Sen CK. (Eds), *Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength* (pp. 9-27), London, UK: Elsevier Inc., 2013.

Membership of Professional Bodies/Associations

European College of Sports Science (ECSS)
