

# ALEXIOS BATRAKOULIS, M.S.

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## *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 Physiology with a dissertation on Exercise and Obesity. He has also earned numerous professional credentials through the American Council on Exercise (ACE-CMES, CHC, CPT), the American College of Sports medicine (ACSM-EP, CPT, EIM II), the National Academy of Sports Medicine (NASM-CES, PES), and the National Strength and Conditioning Association (CSCS, NSCA-CPT).

## *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 Deputy Director 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. He is the Founder and Education Director of the International Obesity Exercise Training Institute (IOETI) delivering a live workshop titled "Obesity and Weight Management Exercise Specialist Program", which is approved by ACE, ACSM, AFAA, IFPA, ISSA, NASM, NSCA, NCSF, PTA Global, CanFitPro, Fitness Australia, REPs UK, and EREPs as a continuing education course for fitness and allied health professionals around the globe. Additionally, he serves as a Member on the Exercise is Medicine Credential Committee, Professional Education Committee and International Health & Fitness Summit Program Committee for the ACSM. Recently received global recognition as the 2018 IDEA Personal Trainer of the Year while he has been a Finalist for the same award in 2017. Lastly, he is a recognized Certified Personal Trainer Emeritus (RCPT\*E) through NSCA and is also a NSCA Personal Training Quarterly (PTQ) Editorial Review Panel Member and a NSCA Personal Trainers Special Interest Group (SIG) Executive Council Member.

## *Research Interests*

His research interests focus on the effects of high-intensity interval neuromuscular training on body composition, performance, cardiometabolic health and quality of life in previously inactive obese adults.

## *Articles in Refereed Scientific Journals*

1. **Batrakoulis A**, Fatouros IG, Jamurtas AZ, Chatzinikolaou A, Draganidis D, Papanikolaou K, et al. 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. *Contemp Clin Trials Commun* 2019;15:100386.
2. **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.
3. **Batrakoulis A**. (2016). The interaction between metabolic disorders and professional credentials. *Personal Trainer Quarterly*, 3(1), 18-20.
4. Petridis L, **Batrakoulis A**. (2013). The running movement in Greece: Investigating the profile of the modern marathon runners. *Hellenic Journal of Sport & Recreation Management*, 10(2), 43-54.

## *Conference Abstracts*

1. **Batrakoulis A**, Draganidis D, Papanikolaou K, Deli CK, Tsimeas P, Chatzinikolaou A, Laschou V, Georgakouli K, Jamurtas A, Fatouros I. A 10-month high-intensity interval neuromuscular interval training program improves fundamental movement patterns in previously inactive obese women. *Journal of Strength & Conditioning Research*, 33(1), (in press).
2. Fatouros I, **Batrakoulis A**, Jamurtas A, Georgakouli K, Draganidis D, Deli C, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Michalopoulou M. A functional high-intensity circuit training program improves functional movement screen scores in overweight/obese women. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2018 Oct 19-21: Thessaloniki (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2018. p. 91.
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**, Rieger T, Santos Rocha R. The relationship between special populations and credentials for the European fitness professionals. In: *Proceedings of the 28th Symposium of the International Council for Physical Activity and Fitness Research (ICPAFR)*; 2016 Aug 24-27: Kaunas (Lithuania). Lithuanian Sports University; 2016. p. 27.

5. **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.
6. **Batrakoulis A**, Chatzinikolaou A, Douroudos I, Draganidis D, Barbero JC, Mohr M, Leontsini A, Stampoulis T, Michailidis Y, Ermidis G, Avloniti A, Koutedakis Y, Jamurtas AZ, Fatouros IG. Inflammatory and performance responses during a simulated in-season football microcycle. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 13.
7. Gounelas G, **Batrakoulis A**, Chatzinikolaou A, Draganidis D, Stampoulis T, Douroudos I, Michailidis Y, Leontsini A, Tsoukas D, Barbero JC, Mohr M, Ermidis G, Avloniti A, Koutedakis Y, Jamurtas AZ, Fatouros IG. The effects of a football match on muscle architecture and performance. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 14.
8. Pontidis T, Chatzinikolaou A, **Batrakoulis A**, Avloniti A, Douroudos I, Draganidis D, Leontsini A, Barbero JC, Mohr M, Stampoulis T, Michailidis Y, Ermidis G, Koutedakis Y, Jamurtas AZ, Fatouros IG. Maximal oxygen consumption and you-yo IR2 may be associated with performance recovery following a football match. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 13.

## ***Book Chapters Author***

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.
3. **Batrakoulis A**. (in press). Comprehensive Program Design. In T.A. Hargens (Ed.), *ACSM's Resources for the Personal Trainer* (6th edn.). Philadelphia, PA: Lippincott Williams & Wilkins.
4. Snarr R. & **Batrakoulis A**. (in press). Resistance Training Exercise Techniques. In B. Schoenfeld, & R. Snarr (Eds.), *NSCA's Essentials of Personal Training* (3rd edn.). Champaign, IL: Human Kinetics.

## ***Book Chapters Reviewer***

1. Liguori G. (in press). Exercise Prescription for Individuals with Metabolic Diseases and Cardiovascular Disease Risk Factors. In G. Liguori (Ed.), *ACSM's Guidelines for Exercise Testing and Prescription* (11th edn.). Philadelphia, PA: Lippincott Williams & Wilkins.

2. Naclerio F. & Moody J. (2015). Resistance Training. In R. Santos Rocha, T. Rieger, A. Jimenez (Ed.), *EuropeActive's Essentials of Fitness Instructors*. Champaign, IL: Human Kinetics.
3. Andersen C. (2016). Cardiorespiratory System. In T. Rieger, B. Jones, A. Jimenez (Ed.), *EuropeActive's Essentials of Personal Trainers*. Champaign, IL: Human Kinetics.

## ***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.

## ***Professional Bodies/Associations***

### ***Membership***

- American College of Sports Medicine (ACSM)
- National Strength and Conditioning Association (NSCA)
- European College of Sport Science (ECSS)
- Hellenic Society of Biochemistry and Physiology of Exercise

### ***Committees***

- ACSM Exercise is Medicine Credential Committee Member
- ACSM Professional Education Committee Member
- ACSM International Health & Fitness Summit Program Committee Member
- NSCA Personal Training Quarterly Editorial Review Panel Member
- NSCA Personal Trainers Special Interest Executive Council Member
- EuropeActive Professional Standards Committee Deputy Director