

# CV

# ATHANASIOS POULIOS

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## *Education*

Poulios Athanasios is a Post Doctoral researcher 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. Also, he has completed the Ph.D. thesis on science and soccer in 2019. At the present time, he is in the phase of completing the UEFA D diploma from Hellenic Football Federation for HFF D soccer Managing Director. 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. From 2008 until present he is soccer coach in “Academy 1 Trikala” team in the infrastructure section.

## *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.

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## *Articles in Refereed Scientific Journals*

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Spanidis, Y., D. Stagos, C. Papanikolaou, K. Karatza, A. Theodosi, A. S. Veskoukis, C. K. Deli, **A. Poullos**, S. D. Koulocheri, A. Z. Jamurtas, S. A. Haroutounian and D. Kouretas (2018). "Resistance-Trained Individuals Are Less Susceptible to Oxidative Damage after Eccentric Exercise." *Oxid Med Cell Longev* 2018: 6857190.

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