

# Theofanis Tzatzakis Bsc.

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## *Education*

I'm a research associate, holding the Bachelor of Science (BS) degree in Physical Education and Sport Science at the University of Thessaly in Trikala.

## *Professional Experience/Background*

I worked as a Performance Coach for 2 years in a Football League Team. (Second Division in Greece)

## *Research Interests*

I'm interested in Sports Performance and more specifically in football science.

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## *Articles in Refereed Scientific Journals*

1. Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. Georgakouli K, Fatouros IG, Fragkos A, **Tzatzakis T**, Deli CK, Papanikolaou K, Koutedakis Y, Jamurtas AZ. *Antioxidants (Basel)*. 2018 Nov 12;7(11). pii: E162. doi: 10.3390/antiox7110162.
2. Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. Poullos A, Fatouros IG, Mohr M, Draganidis DK, Deli C, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, **Tzatzakis T**, Laschou VC, Georgakouli K, Koulouris A, Tsimeas P, Chatzinikolaou A, Karagounis LG, Batsilas D, Krstrup P, Jamurtas AZ. *Nutrients*. 2018 Apr 16;10(4). pii: E494. doi: 10.3390/nu10040494