

Konstantinos Papanikolaou, PhD c.

Education

Konstantinos completed his undergraduate studies in Democritus University of Thrace, at the Department of Physical Education & Sport Science. His undergraduate thesis examined the reliability and validity of the Yo-Yo Intermittent Endurance test in team sports athletes. He has also completed his MSc in “Exercise and Health” organized by the Department of Physical Education and Sports Science of the University of Thessaly. The study of his thesis investigated the inter-individual variability and responsiveness of creatine kinase as a biomarker, during the in-season microcycle in soccer. Currently he is a PhD candidate in the University of Thessaly, at the Department of Physical Education & Sport Science.

Professional Experience/Background

Trainee: Department of Molecular Toxicology (MTOX), German Institute of Human Nutrition (DIfE), Potsdam, Rehbruecke, Germany (January 2018- April 2018).

Research Interests

He is currently studying the interaction between redox status, oxidative stress and skeletal muscle satellite cells, with particular emphasis on the effects of redox status perturbations (via antioxidant supplementation) on satellite cells response and kinetics, as well as on molecular mechanisms regulating skeletal muscle healing potential following aseptic muscle trauma induced by exercise. In addition, his research interests focus on dietary strategies, particularly on antioxidants and protein, to enhance skeletal muscle performance and recovery following aseptic inflammation induced by exercise and various types of sports in health and disease.

Articles in Refereed Scientific Journals

1. Panagoulis C, Chatzinikolaou A, Avloniti A, Leontsini D, Deli CK, Draganidis D, Stampoulis T, Oikonomou T, Papanikolaou K, Rafailakis L, Kambas A, Jamurtas AZ, Fatouros IG. In-Season Integrative Neuromuscular Strength Training Improves Performance of Early-Adolescent Soccer Athletes. *Journal of Strength and Conditioning Research*, 2018.
2. Georgakouli K, Fatouros IG, Fragkos A, Tzatzakis T, Deli CK, Papanikolaou K, Koutedakis Y, Jamurtas AZ. Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. *Antioxidants*, 2018.
3. 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. 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.

4. Jamurtas AZ, Fatouros IG, Deli CK, Georgakouli K, Poullos A, Draganidis D, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Avloniti A, Tsiokanos A, Koutedakis Y. The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. *Journal of Sports Science and Medicine*, 2018.
5. Draganidis D, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, Tsimeas P, Chondrogianni N, Koutedakis Y, Karagounis LG, Fatouros IG. Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients*, 2018.
6. Poullos A, Fatouros IG, Mohr M, Draganidis D, Deli CK, 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. Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. *Nutrients*, 2018.
7. Deli CK, Poullos A, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, Draganidis D, Tsiokanos A, Koutedakis Y, Fatouros IG, Jamurtas AZ. The Effect of Pre-exercise Ingestion of Corinthian Currant on Endurance Performance and Blood Redox Status. *Journal of Sports Sciences*, 2018.
8. Draganidis D, Chondrogianni N, Chatzinikolaou A, Terzis G, Karagounis LG, Sovatzidis A, Avloniti A, Lefaki M, Protopappa M, Deli CK, Papanikolaou K, Jamurtas AZ, Fatouros IG. Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *British Journal of Nutrition*, 2017.

Membership of Professional Bodies/Associations

American College of Sport Medicine (ACSM)

European College of Sports Science (ECSS)

The International Society of Exercise Immunology (ISEI)