



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Aphamis
Name:	George
Rank/Position:	Associate Professor
Faculty:	School of Life and Health Sciences
Department:	Life Sciences
Scientific Domain: *	Exercise Physiology

* *Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2011	Loughborough University, Loughborough, UK	Sport and Exercise Sciences	The effects of glycerol ingestion on body water distribution and exercise performance. Supervisor Prof. Ron Maughan
MA	2000	McGill University, Montreal, Canada	Education	Lactate and heart rate response during three 400-m training sessions. Supervisor Prof. David Montgomery
BSc	1998	University of Athens, Athens, Greece	Sports Science and Physical Education	

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			
2011	Present	University of Nicosia	Nicosia	Lecturer/Assistant Professor/Associate Professor
2008	2011	Intercollege	Nicosia	Teaching Faculty

Key <u>refereed</u> journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2024	Effects of Supplementation with Omega-3 and Omega-6 Polyunsaturated Fatty Acids and Antioxidant Vitamins, Combined with High-Intensity Functional Training, on Exercise Performance and Body Composition: A Randomized, Double-Blind, Placebo-Controlled Trial.	Posnakidis G, Giannaki CD, Mougios V, Pantzaris M, Patrikios I, Calder PC, Sari DK, Bogdanis GC, Aphas G	Nutrients	16(17)	2914
2	2024	The effect of chrono-nutritional manipulation of carbohydrate intake on sleep macrostructure: A randomized controlled trial.	Vlahoyiannis A, Andreou E, Bargiotas P, Aphas G, Sakkas GK, Giannaki CD.	Clinical Nutrition	43(3)	858-868
3	2023	The Effects of Zinc and Selenium Co-Supplementation on Resting Metabolic Rate, Thyroid Function, Physical Fitness, and Functional Capacity in	Zavros A, Andreou E, Aphas G, Bogdanis GC, Sakkas GK, Roupa Z, Giannaki CD.	Nutrients	15(14)	3133

		Overweight and Obese People under a Hypocaloric Diet: A Randomized, Double-Blind, and Placebo-Controlled Trial.				
5	2022	The Addition of High-Load Resistance Exercises to a High-Intensity Functional Training Program Elicits Further Improvements in Body Composition and Strength: A Randomized Trial	Posnakidis G, Aphasimis G, Giannaki CD, Mougios V, Bogdanis GC.	Sports (Basel)	10(12)	207
4	2022	Effect of Tribulus terrestris L. supplementation on Exercise-Induced Oxidative Stress and Delayed Onset Muscle Soreness Markers: A Pilot Study	Ataei L, Giannaki CD, Petrou C, Aphasimis G.	Journal of Dietary Supplements	20(6)	207
5	2022	Effects of Oral Creatine Supplementation on Power Output during Repeated Treadmill Sprinting	Bogdanis GC, Nevill ME, Aphasimis G , Stavrinou PS, Jenkins DG, Giannaki CD, Lakomy HKA, Williams C.	Nutrients	14(6)	1140
6	2022	High-Intensity Functional Training Improves Cardiorespiratory Fitness and Neuromuscular Performance Without Inflammation or Muscle Damage	Posnakidis G, Aphasimis G, Giannaki CD, Mougios V, Aristotelous P, Samoutis G, Bogdanis GC	Journal of Strength and Conditioning Research	36(3)	615-623
7	2021	The effect of evening cycling at different intensities on sleep in healthy young adults with intermediate chronobiological phenotype: A randomized, cross-over trial	Vlahoyiannis A, Aphasimis G, Eddin DA, Giannaki CD	Journal of Sports Sciences	39(2)	192-199
8	2020	Prevalence of hypohydration in adolescents during the school day in Cyprus: seasonal variations	Stavrinou PS, Giannaki CD, Andreou E, Aphasimis G	Eastern Mediterranean Health Journal	26(9)	1034-1041

9	2020	Effects of Dehydration on Archery Performance, Subjective Feelings and Heart Rate during a Competition Simulation.	Savvides A, Giannaki CD, Vlahoyiannis A, Stavrinou PS, Aphamis G.	Journal of Functional Morphology and Kinesiology	5(3)	67
10	2019	Hydration status, total water intake and subjective feelings of adolescents living in a hot environment, during a typical school day	Aphamis, G. , Stavrinou, P.S., Andreou, E., Giannaki, C.D.	International Journal of Adolescent Medicine and Health	Apr 5;33(4)	Online

**Specify venue, geographic location etc*

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)				
Ref. Number	Date	Title	Funded by	Project Role*
1	01/04/2017-31/03/2019	The effects of 6 months supplementation of a formula containing a mixture of omega 3 and omega 6 fatty acids and vitamins on functional capacity, cognitive function and quality of life in the elderly	Universitas foundation	Group member
2	01/03/2016–01/03/2017	Hydration status and cognitive performance in adolescents during winter and summer time in Cyprus.	European Hydration Institute	Project coordinator

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.
List the five (5) more recent (Optional Entry)**

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2015 - present	University of Nicosia	Fitness Testing Unit Leader	Organising, supervising and administering Exercise Physiology assessment of athletes of various sports and consultation on training optimization and athletics performance improvement.
2	2021 - present	Lemesos Volleyball	Advisor on Strength and Conditioning	Planning and supervising strength and conditioning programs for the U14, U16, U18 and adult teams. Administering fitness testing as well.
2	2022 - present	Cyprus Ski Federation	External Collaborator as an Exercise Physiologist	Planning strength and conditioning programs, and exercise fitness testing for alpine ski racers.
3	2014 - 2019	PASCAL education	Exercise Physiologist	Administration of exercise physiology tests and fitness assessment of student athletes.