



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Christou
Name:	Marios
Rank/Position:	Adjunct Faculty
Faculty:	Life and Health Sciences
Department:	Life Sciences
Scientific Domain: *	Exercise physiology, Training for Children & Adolescents, Physical Education, Football fitness,

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2007	Democritus University of Thrace	Sports Science	The effect of power output and the velocity of movement during strength training on hormonal and physiological responses
MSc	2002	Democritus University of Thrace	Sports Science	The Effects of Soccer and Resistance Training on the Physical Capacities of Adolescent Soccer
BSc	2000	Democritus University of Thrace	Sports Science	

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
2012	present	University of Nicosia	Nicosia / Cyprus	Part Time Lecturer
2011	present	University of Cyprus	Nicosia / Cyprus	Special Scientist
2002	2006	University of Thrace	Komotini / Greece	Part Time Lecturer

Key refereed 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	Physical fitness, psychological characteristics, and game performance in youth male soccer players of different levels of competition	Koudellis M, Tsouloupa C, Aphamis G., Gregory C. Bogdanis G. & Giannaki C.	<i>International Journal of Performance Analysis in Sport</i>		https://doi.org/10.1080/24748668.2024.2411107
2	2023	Effects of Drop Jump Training from Different Heights and Weight Training on Vertical Jump and Maximum Strength	Sotiropoulos K., Smilios I., Barzouka K, Bogdanis G.	<i>Journal of Strength and Conditioning Research</i>	37(2):	423–431

		Performance in Female Volleyball Players				
3	2022	The Effect of Spinal Asymmetries on Physical Fitness Parameters in Young Elite Soccer Players https://doi.org/10.3390/	Theodorou E., Apostolidis A., Tryfonidis M., Zaras N.	<i>Symmetry</i>	14, 2497	
4	2018	Fitness training for elite youth football players manual	Georgiou, G., Rostantis, C., Lythragkomitis, S., Parpas, S. Kyprianou, E., Theodorou, E.	Cyprus Football Association (CFA)		1-39
5	2017	Contrast loading increases upper body power output in junior volleyball athletes	Smilios I., K. Sotiropoulos, K. Barzouka, Tokmakidis S.P.	<i>Pediatric Exercise Science</i>	29(1)	103-108
6	2015	Physiological and fitness characteristics of elite soccer players: Relevance to selection process.	Hadjiharalambous, M., Argyrou, M.	<i>The Exercise and Society. Journal of Sports Science</i>	1	224-228
7	2014	Contrast loading: power output and rest interval effects on neuromuscular performance	Konstantinos Sotiropoulos, Ilias Smilios, Helen Douda, Savvas P. Tokmakidis.	<i>Journal of Sports Physiology and Performance</i>	9	567-574
8	2013	Maximum power training load determination and its effects on load-power relationship, maximum strength and vertical jump development	Smilios I., K. Sotiropoulos, H. Douda, A. Spaias, S.P. Tokmakidis.	<i>Journal of Strength and Conditioning Research</i>	27(5)	1223–1233

9	2010	Effects of warm-up on vertical jump performance and muscle electrical activity using half-squats at low and moderate intensity	Sotiropoulos K., I. Smilios, K. Barzouka, A. Spaias, H. Douda, S.P. Tokmakidis.	<i>Journal of Sports and Medicine</i>	9	326-331
10	2006	The Effects of Soccer and Resistance Training on the Physical Capacities of Adolescent Soccer Players.	I. Smilios, K. Sotiropoulos, K. Volaklis, T. Pilianidis, S.P. Tokmakidis.	<i>Journal of Strength and Conditioning Research</i>	20(4):	783-791

**Exhibitions (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10)**

Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1	2025	Reaction speed performance in soccer players: a cross-sectional study from U13 to professional levels	International	<i>European College of Sport Science.</i> Rimini/Italy	<i>Research Team Member</i>
2	2023	Differences in physical fitness and technical-tactical performance in elite, sub-elite, and non-elite youth male soccer players. 2023	International	<i>European College of Sport Science.</i> Paris /France	<i>Research Team Member</i>
3	2019	Postural and muscular asymmetries and physical fitness performance in youth elite football players. <i>Conference, London</i>	International	London/England <i>"Football Medicine meets the Universe of Sport", 28th Isokinetic Medical Group</i>	<i>Research Team Member</i>
4	2018	The effect of small-sided games versus speed-quickness training on	International	Thessaloniki/Greece	<i>Research Team Member</i>

		speed and neuromuscular explosiveness performance in young soccer players		8 Conference of Biochemistry & Physiology of Exercise	
5	April, 2017.	"Soccer Teaching in Elementary School".	Local	Educational conference organized by the Nicosia Athletic Committee of the Pancyprian Greek Teachers' Organization (POED). Nicosia/Cyprus	<i>Invited Lecturer</i>
6	October, 2016.	"Soccer teaching in high school" Course "PRY 074 of Physical Education".	Local	Department of Education Sciences of the University of Cyprus in cooperation with the Ministry of Education. Nicosia/Cyprus	<i>Invited Lecturer</i>
7	May 2015	Physiological Characteristics and Physical Capacities of Elite Youth Soccer Players: Selection criteria of youth national teams.	International	23rd International Congress of Physical Education & Sport. Komotini, Greece	<i>Research Team Member</i>
8	July, 2014	High level of flexibility may increase physical fitness performance in young elite soccer players.	International	19 th Annual Congress of the European College	<i>Research Team Member</i>

				of Sport Science, , Amsterdam, Holland.	
9	May, 2014	Anthropometric characteristics and fitness parameters between professional and young elite soccer players.	International	22 rd International Congress on Physical Education and Sports, Komotini, Greece.	Research Team Member
10	May, 2014.	Evaluation of health parameters in university of Cyprus community members	International	22nd International Congress of Physical Education and Sport, Komotini, Greece	Research Team Member

* 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	2021-2023	Evaluation and monitoring of employability skills development training through sport	Erasmus+ project “SBS4MED – SKILLS by SPORT 4 MED (613666-EPP-1- 2019-1PT-SPO- SCP)	Researcher, Coordinator



2	2016-2022	Kick Safe		<i>Research Team Member</i>
3	2002-2006	Project code: KE 1252	EU 88723-25210 HRAKLEITOS - Research Scholarships in Democritus University of Thrace	Main researcher
4	2004-2006	PENEK - ENIS.0.0603 The effect of power output and the velocity of movement during strength training on hormonal and physiological responses	Research Promotion Foundation (Cyprus)	Main researcher
5	2004-2005	Internship Program for PhD students - Phase - K.1177	EPEAEK II – Greece	Main researcher
6	15/09/1999 - 15/12/1999	Operational Program for Education and Initial Vocational Training. Practical training (testing and evaluation) of students (workers, crafts, industries, various services) as well as special groups of people from hospitals, institutions and schools to improve their physical and health condition.	EPEAEK – Greece	<i>Assistant Researcher</i>

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	2012 until today	Cyprus Pedagogical Association	Member	
2	2010 until today	Hellenic Society for Biochemistry and Physiology of Exercise	Member	
3	2014 – 2020	Cyprus Football Association	Exercise Physiologist of Youth National Soccer Teams	Fitness Testing & Consulting