



Academic Personnel Short Profile / Short CV

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| University: | University of Nicosia |
| Surname: | Giannaki |
| Name: | Christoforos |
| Rank/Position: | Professor / Associate Head of Department |
| Faculty: | School of Life and Health Sciences |
| Department: | Life Sciences |
| Scientific Domain: * | Clinical Exercise Physiology/Exercise and Health |

** Field of Specialization*

Academic qualifications (list by highest qualification)

| Qualification | Year | Awarding Institution | Department | Thesis title (Optional Entry) |
|---------------|------|--|--------------------------------------|---|
| Ph.D. | 2010 | University of Thessaly, Greece | Medicine | The effects of intradialytic exercise training in parameters of functional capacity and quality of life in dialysis patients with the Restless Legs Syndrome |
| M.Sc. | 2007 | Liverpool John Moores University, United Kingdom | Sport and Exercise Sciences | Doppler and TDI-derived indexes of diastolic function during supine bicycle exercise and supine resting recovery in healthy trained individuals: Relationship with heart rate |
| B.Sc. | 2005 | University of Thessaly, Greece | Physical Education and Sport Science | Cardiorespiratory fitness of children with Developmental Coordination Disorder |

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

| Period of employment | | Employer | Location | Position |
|----------------------|-----------|---|----------|---|
| From | To | | | |
| 01/09/2014 | Present | University of Nicosia | Cyprus | Lecturer/Assistant Professor/Associate Professor / Professor / Associate Head of Department / Program Coordinator |
| 01/09/2010 | 31/8/2014 | University of Nicosia | Cyprus | Teaching Staff |
| 01/01/2007 | 31/8/2010 | Centre for Research and Technology Thessaly | Greece | Ph.D. Researcher |

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 | 2025 | Evaluating the Evening Carbohydrate Dilemma: The Effect of Within-the-Day Carbohydrate Periodization on Body Composition and Physical Fitness | Vlahoyiannis A. Andreou E, Aphamis G, Felekkis K, Pieri M, Sakkas GK, | European Journal of Nutrition | 64 | 23 |
| 2 | 2025 | Reporting Randomised Trials on Physical Exercise or Training Interventions in Older Adults: the PETIO Guideline | Bettina Wollesen, Piesie A. G. Asuako, Mona Herden, Nicola Lamberti, Melanie Mack, Michel Audiffren, Yael Netz and Claudia Voelcker-Rehage. | European Review of Aging and Physical Activity | 2 | 24 |
| 3 | 2024 | Unfolding the role of exercise in the management of sleep disorders | Sakkas GK, Manconi M. Hadjigeorgiou GM, Bargiotas P | European Journal of Applied Physiology | 124 | 2547-2560 |
| 4 | 2024 | Effects of Supplementation | Giorgos Posnakidis, | Nutrients | 16 | 2914 |

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|----|------|--|--|--|----|---------|
| | | with Omega-3 and Omega-6 Poly-unsaturated Fatty Acids and Antioxidant Vitamins, Combined with High-Intensity Functional Training, on Exercise Performance and Body Composition: A Randomized, Double-blind, Placebo-Controlled Trial | Vassilis Mougios, Marios Pantzaris, Ioannis Patrikios, Philip C. Calder, Dina K Sari, Gregory G. Bogdanis, George Aphasimis. | | | |
| 5 | 2024 | The Effect of Chrono-Nutritional Manipulation of Carbohydrate Intake on Sleep Macrostructure: a Randomized Controlled Trial | Angelos Vlahoyiannis, Eleni Andreou, Panagiotis Bargiotas, George Aphasimis, Giorgos K. Sakkas | Clinical Nutrition | 43 | 858-868 |
| 6 | 2023 | Nine months of hybrid intradialytic exercise training improve ejection fraction and cardiac autonomic nervous system activity in hemodialysis patients | Grigoriou SS, George K, Karatzaferi C, Zigooulis P, Lavdas E, Chaniotis D, Stefanidis I, Sakkas GK | Sports | 11 | 79 |
| 7 | 2021 | The Effects of Specific Omega-3 and Omega-6 Polyunsaturated Fatty Acids and Antioxidant Vitamins on Gait and Functional Capacity Parameters in Patients with Relapsing-Remitting Multiple Sclerosis | Aristotelous P., Stefanakis M., Pantzaris M., Pattichis C.S., Calder P.C., Patrikios I.S., Sakkas G.K. | Nutrients | 13 | 3661 |
| 8 | 2018 | High intensity interval training frequency: cardiometabolic effects and quality of life | Stavrinou PS, Bogdanis GC, Terzis G, Hadjicharalambous M | International Journal of Sports Medicine | 3 | 210-217 |
| 9 | 2013 | Effects of exercise training and dopamine agonists in patients with uremic Restless Legs Syndrome: a six-month randomized, partially double-blind, placebo-controlled comparative pilot study | Sakkas GK, Karatzaferi C, Hadjigeorgiou GM, Lavdas E, Kyriakides T, Koutedakis Y, Stefanidis I. | BMC Nephrology | 1 | 194 |
| 10 | 2013 | A single blind randomized | Hadjigeorgiou GM, | Nephrology, Dialysis, | 11 | 2834- |

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|--|--|---|---|-----------------|--|------|
| | | controlled trial to evaluate the effect of 6 months progressive aerobic exercise training in patients with uraemic Restless Legs Syndrome | Karatzafieri C, Maridaki MD, Koutedakis Y, Founta P, Tsianas N, Stefanidis I, Sakkas GK | Transplantation | | 2840 |
|--|--|---|---|-----------------|--|------|

| 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 | 01/11/2017-30/04/2021 | Advanced personalised, multi-scale computer models preventing Osteoarthritis | Horizon 2020-European Commission | Project co-coordinator |
| 2 | 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 | Project coordinator |
| 3 | 01/03/2016–01/03/2017 | The association between objectively measured sleep parameters and dehydration in young adults | 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 | | Exercise is Medicine Cyprus | President | |

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| 2 | | RECEN | Director | |
| 3 | | European Review of Aging and Physical Activity journal | Editorial Board Member | Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board |
| 4 | | Frontiers in Striated Muscle Physiology | Editorial Board Member | Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board |
| 5 | 01/12/2017-present | BMC Nephrology journal | Associate Editor (Clinical Research section) | Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board |
| 6 | 2019-present | Hellenic Society of Biochemistry and Physiology of Exercise | Editorial Board Member of the scientific journal of the Society | Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board |
| 7 | 10/2018-2024 | Hellenic Society of Biochemistry and Physiology of Exercise | Board member | Member of the board of the society/Organization duties in the annual conference of the society and in various workshops-actions/member of the clinical exercise physiology working group of the society |
| 8 | 01/04/2014-present | PASCAL education | Exercise Physiologist | Exercise physiology/fitness assessment of young athletes (soccer, basketball, martial arts) |

**Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10)(Optional Entry)**

| Ref. Number | Date | Title | Awarded by: |
|--------------------|-------------|---|---|
| 1 | 2018 | British Medical Association Book of the Year Award 2018 / First Prize in the Neurology Category: Oxford textbook of sleep disorders | British Medical Association |
| 2 | 2016 | “Exercise Physiologist” accreditation | Hellenic Society of Biochemistry and Physiology of Exercise |
| 3 | 2012 | “Academic and Research Excellence Award” for the activities conducted in the University of Thessaly in the period 2006-2012 | Greek Ministry for Education |
| 4 | 2005 | State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece | State Scholarships Foundation of Greece (I.K.Y) |
| 5 | 2004 | State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece | State Scholarships Foundation of Greece (I.K.Y) |
| 6 | 2003 | State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece | State Scholarships Foundation of Greece (I.K.Y) |
| 7 | 2002 | State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece | State Scholarships Foundation of Greece (I.K.Y) |

