



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Hadjicharalambous
Name:	Marios
Rank/Position:	Professor
Faculty:	Life and Health Sciences
Department:	Life Sciences
Scientific Domain: *	Exercise Physiology & Sports Nutrition / Exercise & Health Promotion

** Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
Post-Doc	Feb 2003- Dec 2004	University of Glasgow, UK	Institute of Biomedical & Life Sciences / Medical School	The effect of diet & tyrosine supplementation on functional capacity during exercise in Chronic Fatigue Syndrome
Ph.D. Exercise Physiology	Dec 2004 (official award)	University of Glasgow, UK	Institute of Biomedical & Life Sciences	The Role of Putative Brain Serotonergic & Dopaminergic Modulators in Central Fatigue During Exercise in Health & Disease
M.Sc. Sports Science: Fitness & Health	1999	University of Essex, UK,	Biological Sciences	Lactate Threshold Responses During Incremental Exercise in the Heat



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CYPRUS AGENCY OF QUALITY ASSURANCE AND ACCREDITATION IN HIGHER EDUCATION



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B.Sc. (Hons) Sports Science & Physical Education	1995	Aristotle University of Thessaloniki, Greece	Sports Science & Physical Education	Football & Politics in Cyprus (1959-1994)
University Diploma: Soccer Coaching	1995	Aristotle University of Thessaloniki, Greece	Sports Science & Physical Education	Physical Fitness Characteristics of Different Positional Played in Soccer

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

Period of employment		Employer	Location	Position
From	To			
7/2018	present	University of Nicosia	Nicosia, Cyprus	Professor
6/2011	6/2018	University of Nicosia	Nicosia, Cyprus	Associate Professor
10/2005	5/2011	University of Nicosia	Nicosia, Cyprus	Assistant Professor

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	2023	The Influence of Strength Level on Handball Specific Fitness Elements Between Stronger and Weaker Professional Players	Andreas Kyriacou Rossi, Nikolaos Zaras	Journal of Strength & Conditioning Research	In Press	
2	2023	Reactive Strength Index, Rate of Torque Development and Performance in Well-Trained Weightlifters	Giorgos Anastasiou, Gerasimos Terzis, Nikolaos Zaras	Journal of Functional Morphology & Kinesiology	8(4)	161
3	2023	Does laparoscopic gastric sleeve improve lipid profile in obese patients? A five-year retrospective study	A. Mustafa Saqer, Zumin Shi, M. Mollazehi, M. AIDweik, A. Alshaer, U. ALAlami, N. Shari	Journal of Clinical and Experimental Investigations	14(1)	1-11
4	2023	Pilates-mat training and detraining: Effects on body composition and physical fitness in pilates-trained women	Nikolaos Zaras, Angeliki Kavvoura, Stalo Gerolemou	Journal of Bodywork & Movement Therapies	36	38-44
5	2023	Acute effects of different intra-repetition rest configurations on barbell peak velocity during the jump-shrug exercise	Stefanos Papageorgiou, Nikolaos Zaras	Journal of Physical Education & Sport	23(5)	1103-1110
6	2023	Musculoskeletal Asymmetries in Young Soccer Players: 8 Weeks of an Applied	Eleni Theodorou, Marios Tryfonidis, Nikolaos Zaras	Applied Sciences	13(11)	1-13

		Individual Corrective Exercise Intervention Program				
7	2023	Delayed Potentiation Effect on Sprint, Power and Agility Performance in Well-Trained Soccer Players	Nicolas Panteli, Nikolaos Zaras	Journal of Science in Sport & Exercise		1-9
8	2022	The Effect of Spinal Asymmetries on Physical Fitness Parameters in Young Elite Soccer Players	E. Theodorou, M. Christou, A. Apostolidis, M. Tryfonidis, N. Zaras	Symmetry	12(14)	2497-
9	2022	Higher and lower caffeine consumers: exercise performance and biological responses during a simulated soccer-game protocol following caffeine ingestion	Andreas Apostolidis, Vassilis Mougios, Ilias Smilios	European Journal of Nutrition	61	4135-4143
10	2022	Recreational soccer, body composition and cardiometabolic health: A training-intervention study in healthy adolescents	Nikolaos Zaras, Andreas Apostolidis, Fotini Tsofliou	International Journal of Human Movement & Sports Sciences	10(3)	524-533



**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	1/2005-10/2005 9/2012-8/2013 9/2012-8/2013	Intercollege/University of Nicosia University of Nicosia University of Nicosia	SEKAP/DIPAE Self-study author: BSc in Sports Science Academic Programme ECPU/DIPAE Self-study author: MSc in Exercise Science & PE Academic Programme ECPU/DIPAE Self-study author: PhD in Exercise Science & PE Academic Programme	Development of the BSc Sports Science (100%) Development of the MSc Exercise Science & PE (75%) Proposal for Restructuring the PhD Exercise Science & PE programme (100%)
2	9/2006-8/2022 10/2016-1/2019 10/2016-1/2019	University of Nicosia University of Nicosia University of Nicosia	Programme Coordinator: BSc Sports Science Programme Coordinator: MSc Exercise Science & PE Programme Coordinator: PhD Exercise Science & PE	Academic and Budgeting administration of the BSc / MSc / PhD programmes
3	2008-2015	University of Nicosia (School of Sciences & Engineering)	School Council Committee TRF member	School's academic decisions making
4	9/2013-4/2016 & 9/2017-5/2021	University of Nicosia (Department of Life & Health Sciences)	Departmental Postgraduate Doctoral Committee (DPPC) member	Review & decision making of the PhD proposals / management of the running PhD projects

5	1/2004-Present	Apoel FC, Omonoia FC, Apollon FC, Pafos FC, Achna FC, ENP FC, Salamina FC, Cyprus Football Association, Elite athletes	Scientific Consultant / Exercise Physiologist	Fitness Testing, Exercise prescription, training planning
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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	1993	Award for excellent academic performance: Department of PE & Sports Science, Aristotle University of Thessaloniki	Greek State Scholarships Foundation (I.K.Y)
2	1994	Award for excellent academic performance: Department of PE & Sports Science, Aristotle University of Thessaloniki	I.K.Y
3	1995	Award for excellent academic performance: Department of PE & Sports Science, Aristotle University of Thessaloniki	I.K.Y
4	1995	BS.c., Distinction	Aristotle University of Thessaloniki
5	1995	University Diploma: Soccer Coaching, Distinction	Aristotle University of Thessaloniki
6	1999	MSc Thesis, Distinction	University of Essex, UK
7	2004	Ph.D. Thesis, Distinction	University of Glasgow, UK