FORM NUM: 500.1.03

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
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 ***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	2026	Performance Modifications Following 8 Weeks of Strength and Strength–Power Resistance Training in Adolescent Track and Field Athletes	Delere A, Zaras N, Methenitis S, Kavvoura A, Foteinakis PF, Avloniti A, Smilios I, Chatzinikolaou A.	Applied Sciences	16(2)	812
2	2025	Muscle insulin resistance elicits muscle atrophy in obesity	Razi O, Zamani N, Saeidi A, Ayed K, Hackney AC, Del Coso J, Laher I, Muscogiuri G, Zouhal H.	Current Obesity Reports	14(1)	80
3	2025	From obesity to muscle insulin resistance: the mediating roles of intramyocellular lipids, inflammation, and oxidative stress	Razi O, de Moraes C, Zamani N, Saeidi A, Hackney AC, Del Coso J, Laher I, Zouhal H.	Diabetes/metabolism research and reviews	41(7)	e70094
4	2025	Exercise suppresses appetite in obesity: a biochemical, metabolic, and molecular approach	Razi O, Zamani N, de Moraes C, Laher I.	Applied Sciences	15(11)	6191

5	2025	Spinal region prevalence of angle trunk rotation in adolescent male soccer players: A cross-sectional study	Eleni Theodorou, Eleanna Chalari	Journal of Functional Morphology & Kinesiology	10(2)	134
6	2025	The Influence of the Dominant Leg on Angle Trunk Rotation and Postural Symmetries in Adolescent Male Soccer Players: A Comparative Study	Theodorou Eleni, Chalari Eleanna	Symmetry	17(1)	94:1-12
7	2024	Influence of puberty stage in immune inflammatory parameters in well-trained adolescent soccer-players, following 8-weeks of pre-seasonal preparation training	Chalari E, Zaras N	Exploration of Immunology	4	822-836
8	2024	The Influence of the Dominant Leg in Body Asymmetries in Children and Adolescent Male Soccer Players	Eleni Theodorou, Theodoros B Grivas	Pediatric Reports	16(3)	684-695
9	2024	Delayed potentiation effect on sprint, power and agility performance in well-trained soccer players	Panteli N, Zaras N	Journal of Science in Sport & Exercise	6(2)	131-139
10	2024	The Impact of High-Intensity Interval Exercise Including Acceleration/Deceleration Patterns on Redox Status of Healthy Male Adults	Chalari E, Jones HS, Fogarty MC	Applied Sciences	14(6)	2655

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	1/2001-6/2003	The role of putative brain serotonergic & dopaminergic modulators in central fatigue during exercise in health & disease	Graduate School, University of Glasgow, UK (£25,000)	Scientific/Project Coordinator
2	2/2003-12/2004	The effect of diet & tyrosine supplementation on functional capacity during exercise in Chronic Fatigue Syndrome	Departments of Pathology & Medicine and Therapeutics University of Glasgow, (£32,000)	Post-Doc Researcher
3	9/2006-12/2016	Development of the Sports Science Lab (Human Performance Lab)	University of Nicosia (€180,000)	Proposal author / Project Leader

**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	1/2005-10/2005 9/2012-8/2013 9/2012-8/2013	Intercollege/University of Nicosia University of Nicosia University of Nicosia	SEKAP/ECPU/DIPAE Self-study author: BSc in Sports Science Academic Programme ECPU/DIPAE Self-study author: MSc in Exercise Science & PE Programme ECPU/DIPAE Self-study author: PhD in Exercise Science & PE Programme	Development of the BSc Sports Science (100%) Development of the MSc Exercise Science & PE (75%) Restructuring of the PhD Exercise Science & PE (100%)
2	9/2006-8/2022 10/2016-1/2019	University of Nicosia University of Nicosia	Coordinator: BSc Sports Science Coordinator: MSc/PhD Exercise Science & PE	Academic and Budgeting administration of the BSc / MSc / PhD programmes
3	2008-2015 9/2013-4/2016 & 9/2017-5/2021 9/2013-12/2019	University of Nicosia (School of Sciences & Engineering) University of Nicosia (Department of Life & Health Sciences) University of Nicosia	School Council Committee TRF member Departmental Postgraduate Doctoral Committee (DPPC) member PhD board member	School's academic decisions making Review/Decision making of the PhD proposals / management of the running PhD projects Reviewing and updating the PhD programmes
4	2004-present 2018-present	Various Scientific Scopus indexed Journals Editor (Guest or Invited)	Reviewer Applied Sciences Frontiers in Physiology	Reviewing scientific manuscripts Assigning manuscripts to editorial board for review; Monitoring the peer-review process to ensure

				fairness, timeliness, thoroughness, civility
5	1/2004-Present	Various football teams (APOEL, Omonoia, Apollon, Pafos, Achna, ENP, Salamina), Cyprus Football Association, Elite athletes	Scientific Consultant / Exercise Physiologist	Fitness Testing, Exercise prescription, training planning

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