



Academic Personnel Short Profile / Short CV

University:	University Of Nicosia
Surname:	Stavrinou
Name:	Pinelopi
Rank/Position:	Adjunct Faculty
Faculty:	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 Exercise Science and Physical Education	2018	University of Nicosia	Life and health sciences	High intensity interval training frequency: cardiometabolic health, quality of life, perceptual responses and future exercise adherence in inactive adults
MSc Biology of Exercise	2010	National and Kapodistrian University of Athens	Physical education and sports science	The effects of short-term high-intensity interval training on oxidative stress
BSc Physical Education and Sports Science	2005	National and Kapodistrian University of Athens	Physical education and sports science	Relationship between measures of body fatness and aerobic power in children



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

Period of employment		Employer	Location	Position
From	To			
2015	Present	University of Nicosia	Cyprus	Adjunct faculty
2011	Present	University of Cyprus	Cyprus	Special scientist
2015	Present	Intercollege	Cyprus	Adjunct 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	Fasting in Judo—Between Healthy Weight Control and Health Hazard: A Narrative Review	Pocecco, E., Schneider, F., De Créé, C., & Burtscher, J.	Obesities (MDPI)	4(4)	453-467
2	2024	Chronic exercise effects on overall depression severity and distinct depressive symptoms in older adults: A protocol of a systematic and meta-analytic review	Melanie Mack, Andreea Badache, Arzu Erden, Christoforos D. Giannaki, Sandra Haider, Antonia Kaltsatou, Burcu Kömürcü Akik, Yaël Netz, Iuliia Pavlova, Claudia Voelcker-Rehage, Michel Audiffren	Plos One (PLOS)	19(5)	e0297348
3	2022	Exploring the Associations between Functional Capacity, Cognitive Function and Well-Being in Older Adults	Aphamis, G., Pantzaris, M., Sakkas, G. K., & Giannaki, C. D.	Life (MDPI)	12(7)	1042
4	2022	Weight Loss for Judo Competition: Literature Review and Practical Applications	George Aphamis, Christoforos D Giannaki, Gregory C Bogdanis	The Arts and Sciences of Judo (IJF)	2 (1)	19-35
5	2022	Attenuated Metabolic and Cardiorespiratory Responses to Isoenergetic High-Intensity Interval Exercise of Short vs. Long Bouts	Bogdanis, G. C., Tsirigkakis, S., Mougios, V., Astorino, T. A., & Mastorakos, G.	Medicine and science in sports and exercise (Lippincott Williams & Wilkins)	54(7)	1199-1209



6	2022	Acute and delayed hormonal and blood cell count responses to high-intensity exercise before and after short-term high-intensity interval training	Bogdanis GC, Philippou A, Stavrinou PS, Tenta R, Maridaki M	Research in Sports Medicine (Taylor & Francis)	30(4)	400-414
7	2020	The Effects of a 6-Month High Dose Omega-3 and Omega-6 Polyunsaturated Fatty Acids and Antioxidant Vitamins Supplementation on Cognitive Function and Functional Capacity in Older Adults with Mild Cognitive Impairment.	Andreou, E.; Aphasimis, G.; Pantzaris, M.; Ioannou, M.; S. Patrikios, I.; Giannaki, C. D.	Nutrients (MDPI)	12	325
8	2020	Prevalence of hypohydration in adolescents during the school day in Cyprus: seasonal variations.	Giannaki C. D.; Andreou E; Aphasimis G.	East Mediterr Health J. (WHO)	26 (9)	1034-1041
9	2018	High intensity interval training frequency: cardiometabolic effects and quality of life	Gregory C. Bogdanis, Christoforos D. Giannaki, Gerasimos Terzis, Marios Hadjicharalambous	International Journal of Sports Medicine (Thieme)	39	210-217
10	2013	Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans	Bogdanis G.C., Fatouros I.G., Philippou A., Chatzinikolaou A., Draganidis D., Ermidis G., Maridaki M	Food and Chemical Toxicology (Elsevier)	61	171-177

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	2021-2025	1. The effects of evidence-based exercise prescription on lipid profile and glucose regulation of the older adults 2. The effects of chronic exercise on symptoms of depression in older adults 3. Effects of chronic physical exercise on executive functions and episodic memory in clinical and healthy older adult populations	COST – European Commission	1. Group Vice Leader 2. Group Member 3. Group Member
2	2024-present	Weight loss, eating attitudes, and low energy availability in combat sports athletes	ECSS Combat Sports SIG	Principal Investigator
3	1/4/2017-31/3/2019	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	Research Associate
4	1/2/2017–1/6/2018	The effects of high intensity interval training frequency on health indices and quality of life and on future physical activity participation	Youth Board of Cyprus	Principal Investigator
5	1/2/2016-1/2/2017	Hydration status and cognitive performance in adolescents during winter and summer time in Cyprus	European Hydration Institute	Principal Investigator

*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	2023-2025	Cyprus Association of Physical Education and Sports Science	Vice President	Advocacy for the profession. Provision of education and training on issues of exercise, physical education and sports.
2	2021-2025	COST Action CA20104 Network on evidence-based physical activity in old age (PhysAgeNet)	Management Committee member	Promote research and practice of physical activity in older adults. Promote health and reduce the burden of inactivity in ageing populations.
3	2024-present	Medical Commission of European Judo Union	Member and Antidoping representative	Ambassador of clean sport. Provide education on antidoping topics.
4	2023-present	Combat Sports Special Interest Group of European College of Sport Science	Founding and Core group member	Foster evidence-based research and practice to promote the health and safety of combat sports participants, enhance their performance and improve training and competition practices.
5	2023 - present	1. The Arts and Sciences of Judo 2. Frontiers in Physiology	1. Member of the Editorial Review Board 2. Review Editor	Review of scientific manuscripts



		and Frontiers in Sports and Active Living (Exercise Physiology section)		
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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	2025	International Clean Sport Educator	International Testing Agency
2	2020	Accredited Exercise Physiologist	Hellenic Society of Biochemistry and Physiology of Exercise
3	2016	3 rd award for best oral presentation, 6 th annual conference of Hellenic Society of Biochemistry and Physiology of Exercise	Hellenic Society of Biochemistry and Physiology of Exercise