



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Aphamis
Name:	George
Rank/Position:	Assistant Professor
Faculty:	Sciences and Engineering
Department:	Life and Health Sciences
Scientific Domain: *	Sports Science

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD Exercise Physiology	2011	Loughborough University	Sport, Exercise and Health Sciences	Effects of glycerol ingestion on body water distribution and exercise performance
MA Physical Education	2000	McGill University	Department of Kinesiology and Physical Education	Lactate and heart rate response during three 400-m training sessions
Ptychio Sports Science and Physical Education	1998	University of Athens	Department of Sports Science and Physical Education	



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

Period of employment		Employer	Location	Position
From	To			
2011	present	University of Nicosia	Nicosia	Assistant Professor
2008	2011	Intercollege	Nicosia	Teaching staff

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	2021	A Systematic Review, Meta-Analysis and Meta-Regression on the Effects of Carbohydrates on Sleep	Vlahoyiannis A, Giannaki CD, Sakkas GK, Andreou E	Nutrients	14	1283-1299
2	2021	The effect of evening cycling at different intensities on sleep in healthy young adults with intermediate chronobiological phenotype: A randomized, cross-over trial.	Vlahoyiannis A, Eddin DA, Giannaki CD	J Sports Sci.	39	
3	2020	Prevalence of hypohydration in adolescents during the school day in Cyprus: seasonal variations	Stavrinou PS, Giannaki CD, Andreou E	East Mediterr Health J	26	1034-1041
4	2020	Effects of Dehydration on Archery Performance, Subjective Feelings and Heart Rate during a Competition Simulation	Savvides A, Giannaki CD, Vlahoyiannis A, Stavrinou PS	J Funct Morphol Kinesiol	5	67-76
5	2020	Deconstructing athletes' sleep: A systematic review of the influence of age, sex, athletic expertise, sport type, and season on sleep characteristics	Vlahoyiannis A, Bogdanis GC, Sakkas GK, Andreou E, Giannaki CD.	J Sport Health Sci	Online Ahead of print	



6	2020	High-Intensity Functional Training Improves Cardiorespiratory Fitness and Neuromuscular Performance Without Inflammation or Muscle Damage.	Posnakidis G, Giannaki CD, Mougios V, Aristotelous P, Samoutis G, Bogdanis GC	J Strength Cond Res	Online Ahead of Print	
7	2019	Hydration status, total water intake and subjective feelings of adolescents living in a hot environment, during a typical school day	Stavrinou PS, Andreou E, Giannaki CD	Int J Adolesc Med Health	Online Ahead of Print	
8	2018	Effects of High vs. Low Glycemic Index of Post-Exercise Meals on Sleep and Exercise Performance: A Randomized, Double-Blind, Counterbalanced Polysomnographic Study	Vlahoyiannis A, Andreou E, Samoutis G, Sakkas GK, Giannaki CD	Nutrients	10	1795 - 1808
9	2017	Physical fitness and obesity levels during an academic year followed by summer holidays: an issue of insufficient time for physical activity	Ioannou Y, Giannaki CD	Int J Adolesc Med Health	31	
10	2015	The relationship between physical fitness and obesity among a sample of adolescents in Cyprus	Giannaki CD, Tsouloupas CN, Ioannou Y, Hadjicharalambous M	Int J Adolesc Med Health	27	369-375



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	2017-2019	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 fund	Member of the research group
2	2016-2017	Hydration status and cognitive performance in adolescents during winter and summer time in Cyprus.	European Hydration Institute	Program coordinator
3	2016 - present	Effects of Hydration on performance of sports of different physiology – CrossFit, Archery, Tennis and Handball.	Graduate students theses	Coordinator, students' supervisor.

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*