



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Christou
Name:	Marios
Rank/Position:	Adjunct Faculty
Faculty:	Sciences and Engineering
Department:	Life and Health Sciences
Scientific Domain: *	Exercise Physiology, Football fitness, Training for Children & Adolescents, Physical Education

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2007	Democritus University of Thrace	Sports Science	The Effect of Power Output and the Velocity of Movement during Strength Training on Hormonal and Physiological Responses
MSc	2002	Democritus University of Thrace	Sports Science	The Effects of Soccer and Resistance Training on the Physical Capacities of Adolescent Soccer
BSc	2000	Democritus University of Thrace	Sports Science	

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

Period of employment		Employer	Location	Position
From	To			
2012	Today	University of Nicosia	Nicosia, Cyprus	Adjunct Faculty
2011	Today	University of Cyprus	Nicosia, Cyprus	Special Scientist
2002	2006	University of Thrace	Komotini, Greece	Part-Time Lecturer

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	2020	High Levels of Hamstring Flexibility May Enhance Physical Fitness Performance in Elite Soccer-Players	Hadjicharalambous, M., Apostolidis, A., and Zaras, N.	J Phy Fit Treatment & Sports	7(4)	1-4
2	2019	Postural and muscular asymmetries and physical fitness performance in youth elite football players	Theodorou E, Apostolidis A, Efstathiou M, Tryfonidis M, Hadjicharalambous M	"Football Medicine meets the Universe of Sport", 28th Isokinetic Medical Group Conference, London		
3	2018	Fitness training for elite youth football players manual	Georgiou, G., Rostantis, C., Lythragkomitis, S., Parpas, S. Kyprianou, E., Theodorou, E.	Cyprus Football Association (CFA)		1-39
4	2017	Contrast loading increases upper body power output in junior volleyball athletes	Smilios I., K. Sotiropoulos, K. Barzouka, Tokmakidis S.P.	Pediatric Exercise Science	29(1)	103-108

5	2015	Physiological and fitness characteristics of elite soccer players: Relevance to selection process.	Hadjiharalambous, M., Argyrou, M.	The Exercise and Society. Journal of Sports Science	1	224-228
6	2014	Contrast loading: power output and rest interval effects on neuromuscular performance	Konstantinos Sotiropoulos, Ilias Smilios, Helen Douda, Savvas P. Tokmakidis.	Journal of Sports Physiology and Performance	9	567-574
7	2013	Maximum power training load determination and its effects on load-power relationship, maximum strength and vertical jump development	Smilios I., K. Sotiropoulos, H. Douda, A. Spaias, S.P. Tokmakidis.	Journal of Strength and Conditioning Research	27(5)	1223–1233
8	2010	Effects of warm-up on vertical jump performance and muscle electrical activity using half-squats at low and moderate intensity	Sotiropoulos K., I. Smilios, K. Barzouka, A. Spaias, H. Douda, S.P. Tokmakidis.	Journal of Sports Science and Medicine	9	326-331
9	2009	Jumping ability, reactive strength and anthropometric characteristics of high-level volleyball junior athletes.	Sotiropoulos K., Smilios I., Spaias A., Douda E., Tokmakidis S.	E-Journal. Inquiries in Sport & Physical Education	7 (1)	81-89
10	2006	The Effects of Soccer and Resistance Training on the Physical Capacities of Adolescent Soccer Players.	I. Smilios, K. Sotiropoulos, K. Volaklis, T. Piliandis, S.P. Tokmakidis.	Journal of Strength and Conditioning Research	20(4):	783-791

**Exhibitions (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10)**

Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1	October 2020	Hamstring Injuries & Prevention Training Strategies	International	Israel	Invited Lecturer
2	April 2019	Postural and muscular asymmetries and physical fitness performance in youth elite football players. Conference, London	International	London/England "Football Medicine meets the Universe of Sport", 28th Isokinetic Medical Group	Research Team Member
3	2018	The effect of small-sided games versus speed-quickness training on speed and neuromuscular explosiveness performance in young soccer players	International	Thessaloniki/Greece 8 Conference of Biochemistry & Physiology of Exercise	Research Team Member
4	April, 2017.	"Soccer Teaching in Elementary School".	Local	Educational conference organized by the Nicosia Athletic Committee of the Pancyprian Greek Teachers' Organization (POED). Nicosia/Cyprus	Invited Lecturer
5	October, 2016.	"Soccer teaching in high school" Course "PRY 074 of Physical Education".	Local	Department of Education Sciences of the University of Cyprus in cooperation with the Ministry of Education. Nicosia/Cyprus	Invited Lecturer
6	May 2015	Physiological Characteristics and Physical Capacities of Elite Youth	International	23rd International Congress of Physical	Research Team Member

		Soccer Players: Selection criteria of youth national teams.		Education & Sport. Komotini, Greece	
7	July, 2014	High level of flexibility may increase physical fitness performance in young elite soccer players.	International	19 th Annual Congress of the European College of Sport Science, Amsterdam, Holland	Research Team Member
8	May, 2014	Anthropometric characteristics and fitness parameters between professional and young elite soccer players.	International	22 nd International Congress on Physical Education and Sports, Komotini, Greece	Research Team Member
9	May, 2014.	Evaluation of health parameters in university of Cyprus community members	International	22 nd International Congress of Physical Education and Sport, Komotini, Greece	Research Team Member
10	July, 2012	High and low level of hamstrings' flexibility is not a predictor for speed and explosiveness performance in soccer.	International	17 th Annual Congress of the European College of Sport Science, Bruges, Belgium	Research Team Member

**Specify venue, geographic location etc*

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	2015-today	Kick Safe		Research Team Member
2	2002-2006	Project code: KE 1252	EU 88723-25210 HRAKLEITOS - Research Scholarships in Democritus University of Thrace	Main researcher
3	2004-2006	PENEK - ENIS.0.0603 The effect of power output and the velocity of movement during strength training on hormonal and physiological responses	Research Promotion Foundation (Cyprus)	Main researcher
4	2004-2005	Internship Program for PhD students - Phase - K.1177	EPEAEK II – Greece	Main researcher
5	15/09/1999 - 15/12/1999	Operational Program for Education and Initial Vocational Training. Practical training (testing and evaluation) of students (workers, crafts, industries, various services) as well as special groups of people from hospitals, institutions and schools to improve their physical and health condition.	EPEAEK – Greece	Assistant Researcher

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	2012 - today	Cyprus Pedagogical Association	Member	
2	2010 - today	Hellenic Society for Biochemistry and Physiology of Exercise	Member	
3	2014 – 2020	Cyprus Football Association	Exercise Physiologist of Youth National Soccer Teams	Fitness Testing & Consulting