



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Giannaki
Name:	Christoforos
Rank/Position:	Associate Professor/ Programme Coordinator: PhD in Exercise Science and Physical Education
Faculty:	Sciences and Engineering
Department:	Life and Health Sciences
Scientific Domain: *	Exercise and Health/Clinical Exercise Physiology

** Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
Ph.D.	2010	University of Thessaly, Greece	Medicine	The effects of intradialytic exercise training in parameters of functional capacity and quality of life in dialysis patients with the Restless Legs Syndrome
M.Sc.	2007	Liverpool John Moores University, United Kingdom	Sport and Exercise Sciences	Doppler and TDI-derived indexes of diastolic function during supine bicycle exercise and supine resting recovery in healthy trained individuals: Relationship with heart rate



B.Sc.	2005	University of Thessaly, Greece	Physical Education and Sport Science	Cardiorespiratory fitness of children with Developmental Coordination Disorder
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Employment history in Academic Institutions/Research Centers–List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			
01/09/2014	today	University of Nicosia	Cyprus	Lecturer/Assistant Professor/Associate Professor
01/09/2010	31/8/2014	University of Nicosia	Cyprus	Adjunct Lecturer
01/01/2007	31/8/2010	Centre for Research and Technology Thessaly	Greece	Ph.D. Researcher

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	Hybrid intradialytic exercise training on fatigue symptoms in patients receiving hemodialysis therapy	Grigoriou S, Krase A, Karatzaferi C, Lavdas E, Mitrou G, Bloxham S, Stefanidis I, Sakkas GK	International Urology and Nephrology	Online ahead of print	
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, Ala Eddin D, Aphantis G	Journal of Sports Sciences	39(2)	192-199
3	2021	The effect of a three month, low- load- high- repetitions group-based exercise program versus Pilates on physical fitness and body composition in inactive women	Evangelou C, Sakkas GK, Hadjicharalambous M, Aphantis G, Petrou P	The Journal of Bodywork and Movement Therapies	26	18-23
4	2020	A critical review on sleep assessment methodologies in athletic populations: factors to be considered	Vlahoyiannis A, Sakkas GK, Manconi M, Aphantis G	Sleep Medicine	4;74	211-223
5	2020	Effects of 12 months of detraining on health-related quality of life in patients	Rosa CSC, Mplekou M, Krase A, Grigoriou SS, Stefanidis I, Lavdas E,	International Urology and Nephrology	52(9)	1771-1778

		receiving hemodialysis therapy	Pappas A, Bloxham S, Karatzaferi C, Sakkas GK			
6	2020	Deconstructing athletes' sleep: a systematic review of the influence of age, sex, athletic expertise, sport type and season on sleep characteristics	Vlahoyiannis A, Aphasimis G, Bogdanis G, Sakkas GK, Andreou E	Journal of Sport and Health Sciences	19:S20 95	2546(20)3003 7-5
7	2020	The effects of a 6-month high dose omega-3 and omega-6 polyunsaturated fatty acids and antioxidant vitamins supplementation on functional capacity and cognitive function in older adults with mild cognitive impairment	Stavrinou P, Andreou E, Pantzaris M, Aphasimis G, Ioannou M, Patrikios IS	Nutrients	12 (2)	325
8	2019	Effects of high intensity interval training frequency on perceptual responses, quality of life and future physical activity participation	Stavrinou PS, Bogdanis GC, Terzis G, Hadjicharalambous M	Applied Physiology, Nutrition and Metabolism	44	952-957
9	2019	Associations between functional capacity, isokinetic leg strength, sleep quality and cognitive function in Multiple Sclerosis patients: a cross-sectional study	Aristotelous P, Stefanakis M, Pantzaris M, Pattichis C, Hadjigeorgiou GM	Postgraduate Medicine	131 (7)	453-460
10	2018	High intensity interval training frequency: cardiometabolic effects and quality of life	Stavrinou PS, Bogdanis GC, Terzis G, Hadjicharalambous M	International Journal of Sports Medicine	3	210-217



**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	01/11/2017-31/10/2020	Advanced personalised, multi-scale computer models preventing Osteoarthritis	Horizon 2020-European Commission	Project co-coordinator
2	01/04/2017-31/03/2019	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	Project coordinator
3	01/03/2016-01/03/2017	The association between objectively measured sleep parameters and dehydration in young adults	European Hydration Institute	Project coordinator

**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	26/10/2020- present	European Review of Aging and Physical Activity	Editorial Board member	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
2	01/12/2017-present	BMC Nephrology journal	Associate Editor (Clinical Research section)	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
3	12/12/2016-present	Austin Sports Medicine journal	Editorial Board member	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
4	2019-present	Hellenic Society of Biochemistry and Physiology of Exercise	Editorial Board Member of the scientific journal of the Society	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and



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				suggesting potential new members of the Editorial Board
5	10/2018-present	Hellenic Society of Biochemistry and Physiology of Exercise	Board member (General Secretary since 2020)	Member of the board of the society/Organization duties in the annual conference of the society and in various workshops-actions/member of the clinical exercise physiology working group of the society



**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	2018	British Medical Association Book of the Year Award 2018 / First Prize in the Neurology Category: Oxford textbook of sleep disorders	British Medical Association
2	2016	“Exercise Physiologist” accreditation	Hellenic Society of Biochemistry and Physiology of Exercise
3	2012	“Academic and Research Excellence Award” for the activities conducted in the University of Thessaly in the period 2006-2012	Greek Ministry for Education
4	2005	State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece	State Scholarships Foundation of Greece (I.K.Y)
5	2004	State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece	State Scholarships Foundation of Greece (I.K.Y)
6	2003	State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the Department of Physical Education and Sports Science, University of Thessaly, Greece	State Scholarships Foundation of Greece (I.K.Y)
7	2002	State Scholarships Foundation of Greece (I.K.Y) award for excellent grade and performance in the	State Scholarships Foundation of Greece (I.K.Y)



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		Department of Physical Education and Sports Science, University of Thessaly, Greece	
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