



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Hadjicharalambous
Name:	Marios
Rank/Position:	Professor
Faculty:	Sciences and Engineering
Department:	Life and Health Sciences
Scientific Domain: *	Sports Science: 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)
B.Sc.(Hons) Sports Science & Physical Education	1995	Aristotle University of Thessaloniki, Greece	Sports Science & Physical Education	Football and 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
M.Sc. Sports Science: Fitness & Health	1999	University of Essex, UK,	Biological Sciences	Lactate Threshold Responses During Incremental Exercise in the Heat
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
Post-Doc	July 2003-Dec 2004	University of Glasgow,UK	Institute of Biomedical & Life Sciences	The effect of diet & tyrosine supplementation on functional capacity during exercise in Chronic Fatigue Syndrome

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
9/2005	5/2011	University of Nicosia	Nicosia, Cyprus	Assistant Professor

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 & Publisher / Conference	Vol.	Pages
1	2021	Effect of Inter-Repetition Rest vs. Traditional Strength Training on Lower Body Strength, Rate of Force Development, and Muscle Architecture	Zaras N, Stasinaki AN, Spiliopoulou P, Mpampoulis T, Terzis G.	Applied Sciences	11(1)	45-56
2	2020	Caffeine supplementation is ergogenic in soccer players independent of cardiorespiratory or neuromuscular fitness levels	A Apostolidis, V Mougios, I Smilios, M Frangous	Journal of the International Society of Sports Nutrition	17	1-9
3	2020	The effects of moderate alterations in adrenergic activity on acute appetite regulation in obese women: A randomised crossover trial	Fotini Tsofliou, Yannis P Pitsiladis, Jose Lara, Ian A Macdonald, Mike A Wallace, Mike EJ Lean	Nutrition & health	26 (4)	311-322
4	2020	Rate of Force Development, Muscle Architecture, and Performance in Elite Weightlifters	Zaras N, Stasinaki A-N, Spiliopoulou P, Arnaoutis G, Terzis G	International Journal of Sports Physiology & Performance	1 (aop),	1-8
5	2020	Lean Body Mass, Muscle Architecture, and Performance in Well-Trained Female Weightlifters	N Zaras, AN Stasinaki, P Spiliopoulou, G Terzis	Sports	8(5)	67-75
6	2020	Effect of opposition quality and match location on the positional demands of the 4-2-3-1 formation in a professional soccer club.	Paraskevas G., Smilios I.	Journal of Exercise Science & Fitness	18(1)	40-45

7	2020	Effect of a 6-week plyometric training on power, muscle strength, and rate of force development in young competitive karate athletes	C Ioannides, A Apostolidis, N Zaras	Journal of Physical Education & Sport	20(4)	1740-6
8	2019	Effects of high intensity interval training frequency on perceptual responses and future physical activity participation	Stavrinou P., Bogdanis G., Giannaki C., Terzis G.	Journal of Applied Physiology, Nutrition & Metabolism	44(9)	952-957
9	2019	Caffeine supplementation is ergogenic in both high and low caffeine responders	Apostolidis A., Mougios V., Smilios I. Rodosthenous J.	International Journal of Sports Physiology & Performance	14(5)	650-657
10	2019	Track and field throwing performance prediction: training intervention, muscle architecture modification and field tests explosiveness ability	N. Zaras, A.N. Stasinaki, S. Methenitis, G. Karampatsos, I. Fatouros, G. Terzis	Journal of Physical Education & Sports	Vol 19 (Suppl2)	436-443

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)	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	2/18-present	Journal of Applied Physiology	Reviewer	
2	5/11-present	Journal of Sports Sciences	Reviewer	
3	1/06-present	British Journal of Sports Medicine	Reviewer	
4	4/11-present	Journal of the Inter. Society of Sports Nutrition	Reviewer	
5	2/03-present	International Society of Sports Nutrition	Professional membership	

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