



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Stavrinou
Name:	Pinelopi
Rank/Position:	Adjunct Faculty
Faculty:	Sciences and Engineering
Department:	Life and Health 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	Today	University of Nicosia	Cyprus	Adjunct Faculty
2015	2018	Intercollege	Cyprus	Adjunct Faculty
2011	Today	University of Cyprus	Cyprus	Special Scientist

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	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, Tenta R, Maridaki M	Research in Sports Medicine (Taylor & Francis)	Ahead of print	
2	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
3	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
4	2020	Effects of Dehydration on Archery Performance, Subjective Feelings and Heart Rate during a Competition Simulation.	Savvides, A.; Giannaki, C. D.; Vlahoyiannis, A.; Aphasimis, G.	J. Funct. Morphol. Kinesiol. (MDPI)	5	67
5	2019	Hydration status, total water intake and subjective feelings	Aphasimis George, Eleni Andreou, Christoforos D.	International Journal of Adolescent	Ahead of print	

		of adolescents living in a hot environment, during a typical school day	Giannaki	Medicine and Health (De Gruyter)		
6	2019	Effects of high intensity interval training frequency on perceptual responses, quality of life and future physical activity participation	Gregory C. Bogdanis, Christoforos D. Giannaki, Gerasimos Terzis, Marios Hadjicharalambous	Applied Physiology, Nutrition and Metabolism (Canadian Science Publishing)	44(9)	952-957
7	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
8	2018	Testosterone and cortisol responses after short-term high-intensity interval exercise training in healthy humans	Paradisi G., Philippou A., Bogdanis G., Maridaki M.	Medicine and Science in Sports and Exercise (Wolters Kluwer)	50	769
9	2016	Physiological and metabolic responses during a simulated judo competition among cadet athletes	Argyrou M., Hadjicharalambous, M	International Journal of Performance Analysis in Sport (Taylor and Francis)	16	848-859
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	26/10//2020-25/10/2024	Determinants of Physical Activities in Settings (DE-PASS)	European Commission	Management Committee Substitute Member
2	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
3	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
4	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	2017 - present	European Journal of Sports Science European Journal of Applied Physiology Physiology & Behavior International Journal of Performance Analysis in Sport Journal of Aging and Physical Activity International Journal of Sports and Exercise Medicine Biology of Sport Geriatrics Sport Sciences for Health Plos One Life Scandinavian Journal of Medicine and Science in Sports Applied Sciences	Reviewer	Review of scientific manuscripts
2	18-20/10/2019	Hellenic Society of Biochemistry and Physiology of Exercise	Member of Scientific committee, 9 th Annual congress of Hellenic Society of Biochemistry and Physiology of Exercise	Evaluation of scientific presentations
3	19-21/10/2018	Hellenic Society of Biochemistry and Physiology of Exercise	Member of Scientific committee, 8 th Annual congress of Hellenic Society of Biochemistry and Physiology of Exercise	Evaluation of scientific presentations
4	19-21/10/2018	Hellenic Society of Biochemistry and Physiology of	Chair, 8 th Annual	Chair the round



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		Exercise	congress of Hellenic Society of Biochemistry and Physiology of Exercise	table "Training methods and nutritional support of muscle hypertrophy"
5	3-7/7/2018	European College of Sport Science	Chair, 23 rd Annual Congress of the European College of Sport Science	Chair the sessions "Training and testing" and "Ageing and age-related disease"



**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	2020	Accredited Exercise Physiologist	Hellenic Society of Biochemistry and Physiology of Exercise
2	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