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Curriculum Vitae

Andreas Costa, PhD

Research

My principal research interests lie in the field of skeletal muscle repair and/or hypertrophy, as a result of exercise-induced muscle damage. My PhD focused on the myogenic-gene-expressions and morphological alterations of these processes.

My future plans are to further examine the impact of exercise on skeletal muscle physiology. This will be done in an attempt to better determine the effects of different variables (rest intervals-between exercise sessions, nutrition, and exercise timing) on skeletal muscle adaptability in order to establish potential means for better muscle repair/hypertrophy.

Education

2003 – 2009 Semmelweis University Hungary

PhD in Educational and Sport Sciences

- Graduated with Summa Cum Laude
- Thesis title: 'Impact of Repeated Bouts of Eccentric Exercise on Skeletal Muscle Morphology and Myogenic Gene Expression'

1998 - 2002 Semmelweis University Hungary

Master of Education in Physical Education

- Graduated with result 4 out of 5 (Good)
- Dissertation title: 'Improvement Tendencies of Swimmers (Men and Women) in The Olympic Games of Atlanta (1996) and Sydney (2000)'

2000 - 2002 Semmelweis University Hungary

Coaching Diploma in Swimming

- Graduated with result 4.7 out of 5 (Excellent)

2000 - 2002 Semmelweis University Hungary

Coaching Diploma in Soccer

- Graduated with result 4.7 out of 5 (Excellent)

Work experience

20014 – University of Nicosia, School of Science and
Engineer, Department of Life & Health Sciences Nicosia, Cyprus.

Lecturer of Biomechanics and Kinesiology of Sports (part-time)

- Lecturer for undergraduate module: Biomechanics and Kinesiology of Sports

2009 – 2010 Intercollege Nicosia, School of Science and Engineer, Department of Life & Health Sciences Nicosia, Cyprus.

Lecturer of Biomechanics and Kinesiology of Sports (part-time)

- Lecturer for undergraduate module: Biomechanics and Kinesiology of Sports

01/2004-06/2006 Semmelweis University, Faculty of Sport and Exercise Science, Department of Biomechanics Budapest, Hungary

Research Fellow

- Project Title: Hormonal and Genetic Background of Muscle Adaptation to Active Muscle Stretch

Other Work Experience

10/2012-Present C. A. Papaellinas Nicosia, Cyprus
Senior Trainer (Product Knowledge-Holland and Barrett Personnel)

10/2010-2012 C. A. Papaellinas Nicosia, Cyprus
Holland & Barrett Store Manager

05/2013-Present C. A. Papaellinas Nicosia, Cyprus
Holland & Barrett Staff Trainer

05/2007-11/2009 P.M.C. Sports Ltd Nicosia, Cyprus
Trainer/Personal Trainer
▪ Exercise Prescription and Supervision

08/2006-04/2007 IL Sportivo Health Center Nicosia, Cyprus
Trainer/Personal Trainer
▪ Exercise Prescription and Supervision

07/2002-07/2003 IL Sportivo Health Center Nicosia, Cyprus
Trainer/Personal Trainer
▪ Exercise Prescription and Supervision

Memberships

Member of the European College of Sport and Exercise Science

Languages

Native Greek, English.

Publications

- **Costa A.**, Dallul H., Racz L., Csende Z., Hegyesi H., and Tihanyi J. (2007). Impact of repeated bout of eccentric exercise on myogenic gene expression. *Eur J Appl Physiol.* 101(4):427-436
- **Costa A.**, Orosz Z., Apor P., Csaba N., Siamilis S., Csende Z., Racz L., Tihanyi J. (2009). Impact of Repeated Bouts of Eccentric Exercise on Sarcolemma Disruption in Human Skeletal Muscle. *Acta Physiol Hung.* 96 (2) 189-202

- [Siamilis S.](#), [Jakus J.](#), [Nyakas C.](#), [Costa A.](#), [Mihalik B.](#), [Falus A.](#), [Radak Z.](#) (2009). The effect of exercise and oxidant-antioxidant intervention on the levels of neurotrophins and free radicals in spinal cord of rats. *Spinal Cord*. 47:453-457
- Vácz M, **Costa A**, Rácz L, Tihanyi J. (2009). Effects of consecutive eccentric training at different range of motion on muscle damage and recovery. *Acta Physiol Hung*. 96(4):459-68
- [Apor P.](#), [Tihanyi J.](#), [Costa A.](#) (2007).Improvement of muscle mass and force by certain hormones and endogen factors, contributing in muscle development. *Orv Hetil*. 148(10):451-6
- Tihanyi J., **Costa A.**, Vácz M., Sáfár S., Rácz L. (2008). *Active torque enhancement during voluntary eccentric contraction*. *MSTT*. 34:15-25
- Vaczi M., Tihanyi J., Hortobagyi T., Racz L., Csende Z., **Costa A.**, Pucsok J. (2011). Mechanical, biochemical, and electromyographic responses to short-term eccentric-contraction knee extensor training in humans. *J. Strength Cond. Res*. 25(4):922-32
- Ureczky D., Vácz G., **Costa A.**, Kopper B., Lacza Z., Hortobagyi T., Tihanyi J. (2014). The effects of short-term exercise training on peak-torque are time- and fiber-type dependent. *J. Strength Cond. Res*. 28(8):2204-13

Conference Proceedings

- **Costa A.**, Hicham D., Zsolt C., Hegyesi H., Tihanyi J. (2006). Impact of chronic eccentric exercise on MRFs, myostatin and MYH3 mRNA expression in human skeletal muscle. Proceedings of 11th annual Congress of the European college of Sport Science, 137-138.
- **Costa A.**, Hicham D., Zsolt C., Tihanyi J. (2005). Indirect markers of skeletal muscle damage by 6-days eccentric exercise. Proceedings of the 5th annual Congress of Sport Science.
- Racz L., Vaczi M., **Costa A.**, Safar S., Tihanyi J. (2006). Effect of stretching velocity on active and passive force enhancement. Proceedings of the 11th annual Congress of the European college of Sport Science, pp 373.
- Tihanyi J., Racz L., Trzaskoma L., **Costa A.** (2006). Influence of passive force enhancement on active force enhancement. Proceedings of the 11th annual Congress of the European college of Sport Science, pp 459.