

Personal Information	
Surname:	Hadjicharalambous
Name:	Marios
Rank:	Associate Professor
School:	Sciences and Engineering
Department:	Life and Health Sciences
Academic Domain:	Sports Science: Exercise Physiology

Educational Qualifications		
Degree Title	Awarding Institution	Year Awarded
B.Sc. (Hons) Sports Science & Physical Education	Aristotle University of Thessaloniki, Greece	1995
University Diploma: Specialization in Soccer Coaching	Aristotle University of Thessaloniki, Greece	1995
M.Sc. in Sports Science, Fitness & Health	University of Essex, UK,	1999
Ph.D. Exercise Physiology	Institute of Biomedical & Life Sciences, University of Glasgow, UK	2004

Employment History			
Period of Employment (MM/YY-MM/YY)	Employer	Location	Position
6/2011-Present	University of Nicosia	Nicosia, Cyprus	Associate Professor in Exercise Physiology & Sports Nutrition,
9/2005-5/2011	University of Nicosia	Nicosia, Cyprus	Assistant Professor in Exercise Physiology
2/2005-6/2005	Intercollege	Nicosia, Cyprus	Part-time Lecturer
9/2004-1/2005	Frederick Institute of Technology	Nicosia/ Limassol, Cyprus	Part-time Lecturer
7/2004-8/2005	Intercollege	Nicosia, Cyprus	Scientific Associate in Sports Science
7/2003-6/2004	Center for Exercise Science & Medicine, University of Glasgow	Glasgow, UK	Post-Doctoral Research Fellow

Publications						
<i>Key refereed journals / conference publications / books (monographs, co-authored, edited, chapters) (list up to 10 most recent and important ones)</i>						
	Year	Title	Authors	Journal/Conference/Book/etc	Vol. No /ISBN	Pages
1	2018	High intensity interval training frequency: cardiometabolic effects on inactive adults	Stavrinou P., Bogdanis G., Giannaki C., Terzis G., Hadjicharalambous M.	International Journal of Sports Medicine	In press	
2	2018	Aerobic Fitness of Starter and Non-Starter Soccer Players in the Champion's League	Paraskevas G. and Hadjicharalambous M.	Journal of Human Kinetics	In press: March 2018	
3	2016	Physiological and metabolic responses during a simulated judo competition among cadet athletes	Stavrinou, P., Argyrou, M. and Hadjicharalambous, M.	International Journal of Performance Analysis of Sport	16(3)	848-859
4	2016	The effects of regular supplementary flexibility training on physical fitness performance of young high-level soccer players	Hadjicharalambous M.	Journal Sports Medicine and Physical Fitness	56(6)	699-708
5	2016	The Effect of Circuit Training on Resting Heart Rate Variability, Cardiovascular Disease Risk Factors and Physical Fitness in Healthy Untrained Adults	Vrachimis A., Hadjicharalambous M. and Tyler, C.	Health Journal	8	144-155
6	2016	An eight week school-based intervention with circuit training improves physical fitness and reduces body fat in male adolescents	Giannaki C., Aphamis G., Tsouloupas C., Ioannou Y., and Hadjicharalambous M.	Journal Sports Medicine and Physical Fitness	56(7-8)	894-900
7	2016	Eight weeks of a combination of high intensity interval training and conventional training reduce visceral adiposity and improve physical fitness: a group-based intervention	Giannaki C., Aphamis G., Sakkis P., and Hadjicharalambous M.	Journal Sports Medicine and Physical Fitness	56(4)	483-490
8	2015	The relationship between physical fitness and obesity among a sample of adolescents in Cyprus	Aphamis G., Giannaki C., Tsouloupas C., Ioannou Y., and Hadjicharalambous M.	International Journal of Adolescent Medicine & Health	27(4)	369-375

9	2010	Brain serotonergic and dopaminergic modulators, perceptual responses and endurance exercise performance following caffeine co-ingested with a high fat meal in trained humans	Hadjicharalambous M., Kilduff LP., and Pitsiladis YP.	Journal of the International Society of Sports Nutrition	7(22)	1-10
10	2008	Brain serotonin and dopamine modulators, perceptual responses and endurance performance during exercise in the heat following creatine supplementation	Hadjicharalambous M., Kilduff LP., and Pitsiladis YP.	Journal of the International Society of Sports Nutrition	5(14)	1-12

Funded Projects

(list up to 10)

	Project Title	Funding Agency	Project Duration (DD/MM/YY- DD/MM/YY)	Participation Status (e.g. Partner, Principal Investigator, Research Associate)	Total Project's Budget	Allocated / Awarded Budget to the Participant
1	Infrastructure: Human Performance Lab, Sports Science programme	EDEX	9/2006-1/2009	Project Leader	€120,000	
2	The role of putative brain serotonergic and dopaminergic modulators in central fatigue during exercise in health and disease	Graduate School, University of Glasgow	1/2002-6/2003	Principal Investigator	£17,000	Research award for excellence in PhD research project
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Consultancy and Scholarly Work		
<i>(E.g. Membership in Boards, Editorial Committees, etc. List up to 10)</i>		
	Period (MM/YY-MM/YY)	Description
1	1/06-present	Reviewer: British Journal of Sports Medicine
2	4/11-present	Reviewer: Journal of the International Society of Sports Nutrition
3	6/15-present	Reviewer: Military Medical Research
4	1/16-present	Reviewer: Health Journal
5	9/16-present	Reviewer: Sports Medicine and Rehabilitation Journal
6	10/17-present	American College of Sports Medicine (Professional membership)
7	2/03-present	International Society of Sports Nutrition (Professional membership)
8	1/02-present	European College of Sports Science (Member)
9	10/10-present	Hellenic Society of Biochemistry & Physiology of Exercise (Fellow)
10	11/09-present	Cyprus Pedagogical Association (Special Interest Group in Physical Activity) (Member)

Awards and Recognitions		
<i>(list up to 10)</i>		
	Year	Description
1	1995	BS.c. Distinction
2	1995	University Diploma: Soccer Coaching, Distinction
3	2004	Ph.D. Distinction
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