

Academic Personnel Short Profile / Short CV

University:	UNIVERSITY OF NICOSIA
Surname:	ZARAS
Name:	NIKOLAOS
Rank:	LECTURER
Faculty:	LIFE AND HEALTH SCIENCES
Department:	SCIENCES AND ENGINEERING
Scientific Domain:	SPORTS SCIENCE

Academic qualifications

Qualification	Year	Awarding Institution	Department	Thesis title
Ph.D. Sports Science & Physical Education: Strength & Conditioning	2015	National and Kapodistrian University of Athens, Greece	Department of Physical Education and Sport Science	Power Training With Light and Heavy Loads: Changes in the Rate of Force Development and in Throwing Performance
M.Sc. Sports Science, Fitness & Health	2016	University of Thessaly, Greece	Department of Physical Education and Sport Science	Muscle Power, Muscle Architecture and Performance in Throwing Athletes
M.Sc. Sports Science & Fitness Coaching	2011	National and Kapodistrian University of Athens, Greece	Department of Physical Education and Sport Science	Strength vs. Ballistic Power Training on Throwing Performance
B.Sc. Sports Science & Physical Education	2008	National and Kapodistrian University of Athens, Greece	Department of Physical Education and Sport Science	Track and Field Athletic Throws: Relationship between strength and throwing performance. Changes in this relationship after strength training. Olympic Weight Lifting: Determinations of Factors Which Contribute to Muscle Strength

Employment history				
Period of employment		Employer	Location	Position
From	To			
09/2018	Now	University of Nicosia	Nicosia, Cyprus	Lecturer in Fitness Coaching: Strength & Conditioning
02/2017	02/2018	National and Kapodistrian University of Athens, ESPA 2014-2020	Athens, Greece	Part Time Teacher: Olympic Weight Lifting
06/2004	07/2018	Ethnikos G.S.	Athens, Greece	Head Coach: Track and Field Throwing Events

Key refereed journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2018	The Importance of Lean Body Mass for the Rate of Force Development in Taekwondo Athletes and Track and Field Throwers	Kavvoura, A., Zaras, N., Stasinaki, A-N, Arnaoutis, G., Methenitis, S., Terzis, G.	Journal of Functional Morphology and Kinesiology, Doi: 10.3390, MDPI.	3	-
2	2018	Triceps Brachii Muscle Strength and Architectural Adaptations with Resistance Training Exercises at Short or Long Fascicle Length	Stasinaki, A-N, Zaras, N., Methenitis, S., Tsitkanou, S., Krase, A., Kavvoura, A., Terzis, G.	Journal of Functional Morphology and Kinesiology, Doi: 10.3390, MDPI.	3	-
3	2018	Intramuscular fiber conduction velocity and muscle fascicle length in human vastus lateralis	Methenitis, S., Stasinaki, A-N., Zaras, N., Spengos, K., Karandreas, N., Terzis, G.	Applied Physiology, Nutrition, and Metabolism, Doi: 10.1139/apnm-018-0081, Canadian Science Publishing	Ahead of Print	-
4	2017	Effects of high intensity interval cycling performed after resistance training on muscle strength and hypertrophy	Tsitkanou, S., Spengos, K., Stasinaki, A.N., Zaras, N., Papadimas, G., Terzis, G.	Scandinavian Journal of Medicine and Science in Sports, Published by John Wiley & Sons Ltd	27	1317-1327

5	2017	Fiber type composition and rate of force development in endurance and resistance trained individuals	Methenitis, S., Spengos, K., Zaras, N., Stasinaki, A-N., Papadimas, G., Karampatsos, G., Arnaoutis, G., Terzis, G.	The Journal of Strength and Conditioning Research, Doi: 10.1519/ JSC.0000000000002150, Publisher Wolters Kluwer Health, Inc.	Ahead of Print	-
6	2016	Predicting throwing performance with field tests	Zaras, N., Stasinaki A-N., Arnaoutis, G., Terzis G.	New Studies in Athletics, Publisher IAAF.	31	9-19
7	2016	Rate of force development, muscle architecture and performance in young competitive track and field throwers	Zaras, N., Stasinaki, A.N., Methenitis, S., Krase, A., Karampatsos, G., Georgiadis, G., Spengos, K., Terzis, G.	The Journal of Strength and Conditioning Research, Publisher Wolters Kluwer Health, Inc.	30	81-92
8	2015	Muscle strength, power and morphological adaptations after 6 weeks of compound vs. complex training in healthy men	Stasinaki, A.N., Gloumis, G., Spengos, K., Blazeovich, A.J., Zaras N., Georgiadis, G., Karampatsos, G., Terzis, G.	The Journal of Strength and Conditioning Research, Publisher Wolters Kluwer Health, Inc.	29	2559-2569
9	2014	Effects of tapering with light vs. heavy loads on track and field throwing performance	Zaras, N., Stasinaki, A.N., Krase, A., Methenitis, S., Karampatsos, G., Georgiadis, G., Spengos, K., Terzis, G.	Journal of Strength and Conditioning Research, Publisher Wolters Kluwer Health, Inc.	28	3484-3495
10	2013	Effects of strength vs. ballistic-power training on throwing performance	Zaras, N., Spengos, K., Methenitis, S., Papadopoulos, C., Karampatsos, G., Georgiadis, G., Stasinaki, A., Manta, P. Terzis, G.	Journal of Sports Science and Medicine, Publisher Department of Sports Medicine Medical Faculty of Uludag University 16059 Bursa, Turkey.	12	130-137

Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2018-Now	Hellenic Society of Biochemistry & Physiology of Exercise	Member	Consulting
2	2018-Now	Research in Sports Medicine	Reviewer	Reviewer
3	2017-Now	International Journal of Sport Medicine	Reviewer	Reviewer
4	2015-Now	Journal of Human Kinetics	Reviewer	Reviewer

Awards / International Recognition			
Ref. Number	Date	Title	Awarded by:
1	2018	Fiber Type Composition And Rate Of Force Development In Endurance And Resistance Trained Individuals	Winner in the Coaching Category of the European Athletics Innovation Awards, Lausanne.
2	2016	Rate of force development, muscle architecture and performance in young competitive track and field throwers	European Athletics Innovation Awards, Honorable Mention, Lausanne.
3	2015	Effects of aerobic and resistance exercise on muscle mass	Young investigator award. 5th congress of Biochemistry and Exercise Physiology of Exercise, Athens, Greece.
4	2013	Power training with different resistance loads on throwing performance, during the tapering phase	Young investigator award. 3 rd congress of Biochemistry and Exercise Physiology of Exercise, Athens, Greece.

Other Achievements.			
Ref. Number	Date	Title	Key Activities:
1	2015	Scholarship for postgraduate studies in Sport Science and Health.	First Admitted Student in the Program. University of Thessaly, school of Physical Education and Sports, Exercise and Health

2	2011	Scholarship for postgraduate studies in Sport Science	Antonis Papadakis Foundation, Athens, Greece.
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