

Personal Information	
<b>Surname:</b>	Aphamis
<b>Name:</b>	George
<b>Rank:</b>	Lecturer
<b>School:</b>	Sciences and Engineering
<b>Department:</b>	Life and Health Sciences
<b>Academic Domain:</b>	Sports Science

Educational Qualifications		
Degree Title	Awarding Institution	Year Awarded
PhD	Loughborough University, Loughborough, UK	2011
MA	McGill University, Montreal, Canada	2000
BSc	University of Athens, Athens, Greece	1998

Employment History			
Period of Employment (MM/YY-MM/YY)	Employer	Location	Position
2011 - present	University of Nicosia	Nicosia, Cyprus	Lecturer
2008-2011	University of Nicosia	Nicosia, Cyprus	Adjunct Faculty

Publications					
Key <i>refereed</i> journals / conference publications / books (monographs, co-authored, edited, chapters) (list up to 10 most recent and important ones)					
	Year	Title	Authors	Vol. No /ISBN	Pages
1	2017	Physical fitness and obesity levels during an academic year followed by summer holidays: an issue of insufficient time for physical activity.	<b>Aphamis, G.</b> , Ioannou, Y., &Giannaki, C.D	Jun 9. pii: /j/ijamh.ahead-of-print/ijamh-2016-0137/ijamh-2016-0137.xml. doi: 10.1515/ijamh-2016-0137. [Epub ahead of print]	
2	2017	Restless legs syndrome in adolescents: relationship with sleep quality, cardiorespiratory fitness and body fat.	Giannaki CD, Hadjigeorgiou GM, <b>Aphamis G</b> , Pantzaris M, Sakkas GK	Sleep Sci. Jan- Mar;10(1)	7-10
3	2016	An eight week school-based intervention with circuit training improves physical fitness and reduces body fat in male adolescents.	Giannaki CD, <b>Aphamis G</b> , Tsouloupas CN, Ioannou Y, Hadjicharalambous M.	J Sports Med Phys Fitness. Jul-Aug;56(7-8):.	894-900

4	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 CD, <b>Aphamis G</b> , Sakkis P, Hadjicharalambou s M.	J Sports Med Phys Fitness. Apr;56(4)	483-90
5	2015	The relationship between physical fitness and obesity among a sample of adolescents in Cyprus.	<b>Aphamis G</b> , Giannaki CD, Tsouloupas CN, Ioannou Y, Hadjicharalambous M	Int J Adolesc Med Health. 2015 Nov;27(4)	369-75 doi: 10.1515/ ijamh- 2014- 0054.

### Funded Projects

(list up to 10)

	Project Title	Funding Agency	Project Duration (DD/MM/YY- DD/MM/YY)	Participation Status (e.g. Partner, Research Associate)	Total Project Budget	Allocated / Awarded Budget to the Participant
1	Hydration status and cognitive performance in adolescents during winter and summer time in Cyprus	European Hydration Institute	30/01/16 - 30/01/17	Project Supervisor	€5000	-----
2	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 fund: internal funding for research projects	01/04/17 - 01/04/19	Research group member	€20000	-----

### Consultancy and Scholarly Work

(E.g. Membership in Boards, Editorial Committees, etc. List up to 10)

	Period (MM/YY-MM/YY)	Description
1	02/03/17- present	Consultant on an industrial project by SportsScientia, to develop an insole for soccer shoes, which will provide real-time meaningful data on the player's performance ( <a href="http://www.sportscientia.com/">http://www.sportscientia.com/</a> ).

2	01/10/2014 - present	Collaborator with the Cyprus Basketball Association: Develop and administer exercise physiology courses for basketball coaches.
3	01/07/2017 -present	APOEL football academies on assessing and improving fitness level of young footballers.
4	01/09/2014 -present	PASCAL education on assessing and improving fitness levels of young student-athletes.
5	01/09/2000 -present	Consultant to a number of elite athletes of various sports on maximizing training effectiveness and performance with applying exercise physiology principles and knowledge.