
IOANNIS G. FATOUROS, Ph.D.

A. Personal Information

Current Occupation Assistant Professor,
Department of Physical Education & Sport
Sciences, Democritus University of Thrace,
Komotini 69100, Greece

Date of birth April 15th, 1965

Mailing address C1 Politechniou str., Komotini 69100,
Greece

Telephone number +30 25310 39651 (Office)
+30 25310 39718 (Lab)
+30 6937 165213 (mobile)

Fax number +30 25310 39623

Email: ifatouro@phyed.duth.gr, fatouros@otenet.gr



B. Education

Doctor of Philosophy (Ph.D.)

(1991 - 1994)

Institution:	The University of North Carolina at Greensboro, Greensboro, NC, U.S.A.
Department:	Department of Kinesiology
Advisor:	Allan H. Goldfarb
Major:	Exercise Physiology and Biochemistry
Minor:	Nutrient Metabolism
Dissertation title:	The effects of beta-endorphin infusion on glucose homeostasis and hormonal responses during exercise
GPA:	3.9

Masters of Sciences (M.S.)

(1990 - 1991)

Institution:	Syracuse University
Department:	Exercise Science
Advisor:	Phillip Buckenmeyer
Are of concentration:	Exercise Physiology
Thesis title:	The effects of three types of training: plyometrics, weight training and their combination on various parameters of vertical jumping performance
GPA:	3.8

Bachelors (B.S.)

(1985 - 1989)

Institution:	Democritus University of Thrace
Department:	Physical Education and Sport Sciences

C. Other Certifications

Certified as a Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA), USA, 1994.

D. Professional Experience/Background

Academic appointments	2007 - present	Assistant Professor, Exercise Biochemistry and Physiology. Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.
	2002 - 2007	Lecturer, Exercise Biochemistry and Physiology. Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.
	1997 - 2001	Adjunct Professor, Exercise Biochemistry and Physiology. Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.
	1991 - 1994	Teaching and Research Assistant, Exercise Biochemistry and Physiology. Dept. of Exercise Sciences, The University of North Carolina at Greensboro Taught exercise physiology/Biochemistry labs, wellness (personal training, physical conditioning) and activities courses (i.e. weight training, basketball, team handball, etc.), assisted in research projects performed in the exercise physiology/Biochemistry laboratory.
	1990 - 1991	Teaching and Research Assistant, Exercise Physiology. Dept. of Exercise Sciences, Syracuse University. Taught exercise physiology labs and activities courses (i.e. weight training, basketball, etc.), assisted in research projects performed in the exercise physiology laboratory.
Other employment	2003 - 2004	Fitness consultant for fitness facility development programming. Athens Olympic Games 2004, Athens, Greece. Responsible for organizing and operating the fitness facilities of the Olympic Village in Athens.
	2001 - 2004	Consultant for the development of a corporate fitness

-
- program, Hellenic Parliament, Athens, Greece.
- Responsible for developing the fitness facility of the Hellenic Parliament, organizing a corporate fitness program and staff training.
- 2001 - 2002 Exercise physiologist for exercise testing in Dais Sport Center, Athens, Greece.
- Responsible for exercise testing and evaluation of elite athletes.
- 2000 - 2002 Exercise physiologist/coordinator of a rehabilitation program, Henry Dynant Hospital, Athens, Greece.
- Responsible for exercise testing and prescription of patients with cardiovascular disease, diabetes, obesity and other metabolic diseases, and respiratory disorders.
- 1998 - 2002 Scientific consultant for the Hellenic edition of the magazine “Muscular Development”, Athens, Greece.
- Responsible for editing translated articles, counseling on topics covered by the magazine, writing lay articles, and answering public’s questions on fitness-associated topics.
- 1997 - 2003 Fitness coordinator for the “Hercules” Fitness Club, Athens Greece.
- Responsible for organizing exercise programming, exercise testing and evaluation, exercise prescription, and staff training.
- 1995 - 1996 Military service in the Greek Army.

E. Teaching Experience

Graduate Courses	1998 - present	<i>Democritus University of Thrace, Dept. of Physical Education and Sport Sciences.</i> Biochemistry of exercise (1998 – present) Sports nutrition (2005 – present) Exercise Metabolism (2005 – present) Physical conditioning for elite athletes (1998 – present) Training methodology (2005 – present) Fitness management (2005 – present)
	2006 - present	<i>University of Thessaly, Dept. of Physical Education and Sport Sciences.</i> Myopathies and exercise biochemistry (2006 – present) Exercise biochemistry and physiology (2006 – present)
	2008 - present	<i>University of Athens, Medical School, Graduate program in Reproduction.</i> Exercise physiology (2008 – present)
Doctoral student supervision	2002 - present	Supervised 9 completed Ph.D. dissertations, currently responsible for 4 more.
Master student supervision	2002 - present	Supervised 11 Master theses, currently responsible for 5 more.
Undergraduate Courses	1996 – present	<i>Democritus University of Thrace, Dept. of Physical Education and Sport Sciences.</i> Biochemistry of exercise (1996 – present) Exercise testing and evaluation (2000 – present) Physical conditioning for elite athletes (2004 – present) Training periodization (2005 – present) Weight training (1999 – present) Team Handball (2004 – 2006) Personal training (2006 – present)
	2000 - present	Undergraduate theses supervision (8 completed and 3 underway)
	1991 - 1994	<i>The University of North Carolina at Greensboro, Dept. of Exercise Sciences.</i> Exercise physiology (1993 – 1994) Exercise physiology laboratories (1991 – 1994) Fitness for life (1993 – 1994) Weight training (1991 – 1994) Team handball (1992 – 1994)
	1990 - 1991	<i>Syracuse University, Dept. of Exercise Sciences.</i> Exercise Physiology laboratories, Weight training Basketball

F. Research Interests

• Study of exercise-induced muscle inflammation

During my doctoral studies, I was introduced to the idea of studying muscle microtrauma and its associated inflammatory responses as a means to investigate muscle tissue adaptations during aseptic inflammation which is associated not only with a number of pathophysiological conditions but also with muscle's adaptation to exercise training. During the last decade, our research group looked into various aspects of exercise-induced inflammation such as the immune response, oxidative stress responses, muscle damage manifestations, adhesion molecules and cytokine responses as well as apoptotic markers. We studied these biological processes in response to:

- various types of exercise modes and sports (eccentric exercise, plyometrics, resistance exercise, cardiovascular exercise, intermittent-type sports). *Our goal here is to determine the adaptational window (how many hours or days needed for athletes to recover following an acute bout of exercise, sport event, and sport tournament) for each activity.* We have recently followed the time-frame of changes in exercise-induced inflammation, immune system and performance in football, basketball, and handball during a microcycle (six days) following an athletic event. I am planning to characterize these inflammatory responses in a few more sports in an attempt to develop strategies (nutritional etc.) to shorten the time-frame of the inflammation and performance decrements during the in-season microcycle period.
- conditions such training and **overtraining**: we have been examining a few new biochemical markers (cell-free plasma DNA, C-reactive protein, oxidative stress indices) that could aid towards the prevention and diagnosis of athletic overtraining.
- Aging. Exercise is considered as one of the best approaches to delay sarcopenia. My colleagues and I performed a series of studies to determine the effects of various exercise parameters (e.g. intensity, training) on performance and functional status of the aged. However, aging is characterized by increased inflammation and oxidative stress. Recently, we have looked at the molecular control of aging and more specifically at the molecular regulators of apoptosis and oxidative stress development in the aged in an attempt to develop exercise and nutritional strategies to offset sarcopenia. Our research group has concluded two research projects on the study of mitochondrial biogenesis markers (such as SIRT proteins, PGC-1 α , Ku70, NAMPT, OGG1, UCP, proteolytic enzymes, etc.) and intracellular signaling pathway molecules (i.e. AKT, mTOR, ERK1/2, AMPK, p70S6k) at the mRNA and protein expression level in the aging human muscle tissue in response to various types of exercise and aging levels.
- diseases (arthritis, obesity, renal haemodialysis, G6PD-deficiency, arthritis).

These observational studies provided us with adequate information regarding the clinical manifestation of exercise-induced inflammation in response to various stresses. In the near future, I will attempt to investigate how redox status alterations (by diet and/or pharmacological agents) influence skeletal muscle's redox-sensitive signaling pathways that are closely related to its response to trauma as well as its regeneration potential. In this context, we are now measuring the responses of various **redox-sensitive intracellular signaling pathways** (NF- κ B, akt/mTOR, MAPK) in skeletal muscle following muscle-damaging exercise with or without antioxidant supplementation (N-acetylcysteine). My future research plans include the investigation of the effects redox status on muscle function and healing potential at the molecular level in an attempt to elucidate the mechanisms governing muscle's growth potential as well as atrophy. Our latest project included NAC administration prior to and during the performance of three matches within a

microcycle (7 days) within the context of an International collaboration (scientists from England and Spain).

- ***Exercise effects on obesity in relation to adipose tissue lipolysis, adipokine adaptations and basal metabolic rate as well as energy metabolism during exercise.***

One of my research interests include the study of adipose tissue lipolysis during resistance and cardiovascular exercise in my effort to understand the mechanisms through which exercise reduces fatness. Using a relatively new needle biopsy methodology, we are able to collect fat tissue from the gluteal and abdominal regions and measure hormone-sensitive lipase activity as well as other molecules involved in the lipolytic process (such as adrenal receptors, perilipins, AMPK, protein kinases, FABP, caveolin 1, adipose triglyceride lipase, monoacylglycerol lipase, adipokines) at mRNA and protein level. In addition, we are working on peripheral adipokine adaptations in the obese model at various ages. In the future I will attempt to determine how various nutritional and pharmacological approaches (i.e. statins/incretins) influence the lipolytic pathway in adipose tissue..

- ***Study of bone geometry and metabolism during the developmental stages.***

The Center of Musculoskeletal Research (Athens, Greece) asked for my collaboration to study the effects of physical activity and sports on bone geometry (assessed by pQCT) and metabolism (DEXA, measurement of biochemical markers). I provided the instrumentation and methodology to measure physical activity status, conditioning levels, and nutritional status of the participants. Although an interesting field, it is not in my immediate research priorities.

Future Research Focus

- ***Exercise and aging.***

Aging is characterized by an increased inflammation and oxidative stress. Since 2000 we studied the adaptability of the aged to various forms of acute and chronic exercise. I am currently interested in the study of the molecular control of aging and more specifically the molecular regulators of apoptosis and oxidative stress development in the aged in an attempt to develop exercise and nutritional strategies to offset sarcopenia. My current research projects include the study of mitochondrial biogenesis markers (such as SIRT proteins, PGC-1a, Ku70, NAMPT, OGG1, UCP, proteolytic enzymes, etc.) and intracellular signaling pathway molecules (i.e. AKT, mTOR, ERK1/2, AMPK, p70S6k) at the mRNA and protein expression level in the aging human muscle tissues in response to various types of exercise and aging levels. This work represents a collaboration with Prof. Radak from Summelweis University (Budapest, Hungary) and others. Our work in this area will be published soon.

G. Peer-Reviewed Scientific Publications

• *Published, In-Press and Accepted Manuscripts*

1. Kambas A, Venetsanou F, Giannakidou D, **Fatouros IG**, Avloniti A, Chatzinikolaou A, Draganidis D, Zimmer R. The "Motor-proficiency-Test for children between 4-6 years of age (MOT 4-6): an investigation of its suitability in Greece. *Research in Developmental Disabilities*, accepted for publication, 2012.
2. Bori Z, Zhao Z, Koltai E, **Fatouros IG**, Jamurtas AZ, Douroudos II, Terzis G, Chatzinikolaou A, Sovatzidis A, Draganidis D, Radak Z. Changes in mitochondrial protein expression in human skeletal muscle as a result of aging, physical activity and a single bout of exercise. *Experimental Gerontology*, epub, 2012.
3. Aggeloussi S, Theodorou AA, Paschalis V, Nikolaidis MG, **Fatouros IG**, Kouretas D, Koutedakis Y, Jamurtas AZ. Exercise training reduces visfatin levels in obese children. *Pediatric Exercise Science*, epub, 2012.
4. Michailidis Y, Chatzinikolaou A, Primpa E, Michailidis C, Avloniti A, Barbero-Álvarez JC, Tsoukas D, Douroudos II, Draganidis D, Leontsini D, Margonis K, Berberidou F, Kambas A, **Fatouros IG***. Plyometrics' trainability in pre-adolescent soccer athletes. *The Journal of Strength and Conditioning Research*, epub, 2012.
5. Panayiotou G, Paschalis V, Nikolaidis MG, Theodorou AA, Deli CK, Fotopoulou N, Fatouros IG, Koutedakis Y, Sampanis A, Jamurtas AZ. No adverse effects of statins on muscle function and health-related parameters in the elderly: an exercise study. *Scandinavian Journal of Sports Medicine and Science*, epub, 2012.
6. Jamurtas AZ, Tofas T, **Fatouros I**, Nikolaidis MG, Paschalis V, Yfanti C, Raptis S, Koutedakis Y. Glycemic index does not affect exercise performance and beta-endorphin responses. *Journal of the International Society of Sports Nutrition*, epub, 2011.
7. Bori Z, Boldogh I, Koltai E, **Fatouros I**, Jamurtas, Douroudos I, Terzis G, Nikolaidis M, Chatzinikolaou A, Sovatzidis A, Zhao Z, Naito H, Radak Z. Age-dependent changes in 8-oxoguanine-DNA-glycosylase activity is modulated by adaptive responses to physical exercise in human skeletal muscle. *Free Radical Biology in Medicine*, 51(2):417-23, 2011.
8. Theodorou A, Nikolaidis MG, Paschalis V, Koutsias S, Panayiotou G, **Fatouros IG**, Koutedakis Y, Jamurtas AZ. No effect of antioxidant supplementation on muscle performance and blood redox status adaptations to eccentric training. *American Journal of Clinical Nutrition*, 93(6): 1373-1383, 2011.
9. Barbas I, **Fatouros IG*** Douroudos II, Chatzinikolaou A, Michailidis Y, Jamurtas AZ, Draganidis D, Nikolaidis MG, Parotsidis C, Theodorou AT, Katrabasas I, Papassotiriou I, Taxildaris K. Physiological and performance adaptations of elite greco-roman wrestlers during a one-day tournament. *European Journal of Applied Physiology*, 111(7): 1421-1436, 2011.
10. Paschalis V, Nikolaidis MG, Theodorou AA, Panayiotou G, **Fatouros IG**, Koutedakis Y, Jamurtas AZ. A weekly bout of eccentric exercise is sufficient to induce health-promoting effects. *Medicine and Science in Sports and Exercise*, 43(1): 64-73, 2011.
11. Kambas A, Michalopoulou M, Giannakidou D, Christoforidis C, Venetsanou F, Haberer E, **Fatouros IG**, Chatzinikolaou A, Gourgoulis V, Zimmer R. The relationship between motor

- proficiency and pedometer-determined physical activity in young children. *Pediatric Exercise Science* (accepted for publication), 2011.
12. Terzis G, Dimopoulos F, Papadimas GK, Papadopoulos C, Spengos K, **Fatouros I**, Kavouras S, Manta P. Effect of aerobic and resistance exercise training on late-onset Pompe disease patients receiving enzyme replacement therapy. *Molecular Genetics and Metabolism*, 104(3): 279-83, 2011.
 13. Michopoulou E, Avloniti A, Kambas A, Leontsini D, Michalopoulou M, Tournis S, **Fatouros IG***. Elite premenarcheal rhythmic gymnasts demonstrate energy and dietary intake deficiencies during periods of intense training. *Pediatric Exercise Science*, 23(4): 560-572, 2011.
 14. Giannakidou DM, Kambas A, Ageloussis N, **Fatouros I**, Christoforidis C, Venetsanou F, Douroudos I, Taxildaris K. The validity of two Omron pedometers during treadmill walking is speed-dependent. *European Journal of Applied Physiology* (epub, in press), 2011.
 15. Venetsanou F, Kambas A, Ellinoudis T, **Fatouros I**, Giannakidou D. Can the Movement Assessment Battery for Children - Test be the “gold standard” for the motor assessment of children with Developmental Coordination Disorder? *Research in Developmental Disabilities*, 32: 1-10, 2011.
 16. **Fatouros IG***, Lapidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Douroudos II, Christoforidis C, Tsoukas D, Leontsini D, Gourgoulis V, Katrabasas I, Kelis S, Taxildaris K. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. *The Journal of Sports Medicine and Physical Fitness*, 51: 33-42, 2011.
 17. **Fatouros IG*** Jamurtas AZ, Nikolaidis MG, Destouni A, Michailidis Y, Vrettou C, Douroudos II, Avloniti A, Chatzinikolaou A, Taxildaris K, Kanavakis E, Papassotiriou I, Kouretas D. Time of sampling is crucial for measurement of cell-free plasma DNA following acute aseptic inflammation induced by exercise. *Clinical Biochemistry*, 43: 1368-1370, 2010.
 18. Tournis S, Michopoulou E, **Fatouros IG**, Michalopoulou M, Paspati, Raptou P, Leontsini D, Avlonitou A, Krekoukia M, Zouvelou V, Galanos A, Douroudos I, Lyritis GP, Taxildaris K, Pappaioannou N. Effect of rhythmic gymnastics on volumetric bone mineral density and bone geometry in premenarcheal female athletes and controls. *Journal of Clinical Endocrinology and Metabolism*, 95: 2755-2762, 2010.
 19. **Fatouros IG***, Chatzinikolaou A, Paltoglou G, Petridou A, Avloniti A, Jamurtas A, Goussetis E, Mitrakou A, Mougios V, Lazaropoulou C, Margeli A, Papassotiriou I, Mastorakos G. Stress of acute resistance exercise results in catecholaminergic 1 rather than hypothalamic-pituitary-adrenal axis stimulation. *Stress*, 13(6): 461-468, 2010.
 20. **Fatouros IG***, Chatzinikolaou A, Panagoutsos S, Pasadakis P, Mourvati E, Sovatzidis A, Douroudos II, Michailidis Y, Jamurtas AZ, Nikolaidis MG, Taxildaris K, Vargemezis V. L-carnitine ingestion may improve functional status and attenuate oxidative stress responses in renal hemodialysis patients, *Medicine and Science in Sports and Exercise*, 42(10): 1809-1818, 2010.
 21. Theodorou AA, Nikolaidis MG, Paschalis V, Sakellariou GK, **Fatouros IG**, Koutedakis Y, Jamurtas AZ. Comparison between G6PD-deficient and normal individuals after eccentric exercise. *Medicine and Science in Sports and Exercise*, 42(6): 1113-1121, 2010.
 22. **Fatouros IG***, Chatzinikolaou A, Douroudos II, Nikolaidis MG, Kyparos A, Margonis K, Michailidis Y, Vantarakis A, Taxildaris K, Katrabasas I, Kouretas D, Jamurtas AZ. Time-course

- of changes in oxidative stress and antioxidant status responses following a soccer game. *Journal of Strength and Conditioning Research*, 24(12): 3278-3286, 2010.
23. Chatzinikolaou A, **Fatouros IG**^{*}, Gourgoulis V, Avloniti A, Jamurtas AZ, Nikolaidis MG, Douroudos II, Michailidis Y, Beneka A, Malliou P, Tofas T, Georgiadis I, Taxildaris K. Time course of responses in performance and inflammatory responses following acute plyometric exercise. *The Journal of Strength and Conditioning Research*, 24(5): 1389-1398, 2010.
 24. Paschalis V, Nikolaidis MG, Giakas G, Theodorou AA, Sakellariou GK, Koutedakis Y, **Fatouros IG**, Jamurtas AZ. Beneficial changes in energy expenditure and lipid profile after eccentric exercise in overweight and lean women. *Scandinavian Journal of Science and Medicine in Sports*, 20(1): e269-e277, 2010.
 25. **Fatouros IG**^{*}, Chatzinikolaou A, Tournis S, Jamurtas AZ, Douroudos II, Nikolaidis MG, Papassotiriou I, Thomakos PM, Taxildaris K, Mastorakos G, Mitrakou A. The intensity of resistance exercise determines adipokine and resting energy expenditure responses in overweight elderly. *Diabetes Care*, 32: 2161-2167, 2009.
 26. Venetsanou F, Kambas A, Aggeloussis N, **Fatouros I**, Taxildaris K. Motor assessment of preschool aged children: A preliminary investigation of the validity of the Bruininks–Oseretsky test of motor proficiency – Short form. *Human Movement Science*, 28: 543-550, 2009.
 27. Tsitsimpikou C, Jamurtas AZ, Tsiokanos A, **Fatouros IG**, Tsarouhas K, Karachaliou E, Schamasch P, Valasiadis D. The First Blood Collection Attempt for Doping Control in an Olympic Tournament: Data on the Procedure applied in Athens 2004 Olympic Games. *Open Forensic Science Journal*, 1, 27-33, 2008.
 28. Ispirlidis I, **Fatouros IG**^{*}, Jamurtas AZ, Michailidis Y, Douroudos I, Margonis K, Chatzinikolaou A, Nikolaidis MG, Kalistratos E, Katrabasas I, Alexiou V, Taxildaris K. Time-course of Changes in Performance and Inflammatory Responses Following a Football Game. *Clinical Journal of Sports Medicine*, 18(5): 423-431, 2008.
 29. Nikolaidis MG, Paschalis V, Giakas G, **Fatouros IG**, Sakellariou G, Theodorou A, Koutedakis Y, Jamurtas AZ. Favourable and prolonged changes in blood lipid profile after muscle-damaging exercise. *Medicine and Science in Sports and Exercise*, 40(8): 1483-1489, 2008
 30. Chatzinikolaou A, **Fatouros IG**^{*}, Petridou A, Jamurtas A, Avloniti A, Douroudos I, Mastorakos G, Lazaropoulou C, Papassotiriou I, Tournis S, Mitrakou A, Mougios V. Adipose Tissue Lipolysis is Upregulated in Lean and Obese Men During Acute Resistance Exercise. *Diabetes Care*, 31:1397-1399, 2008.
 31. **Fatouros IG**, Pasadakis P, Sovatzidis A, Chatzinikolaou A, Panagoutsos S, Sivridis D, Michailidis Y, Douroudos I, Taxildaris K, Vargemezis V. Acute Exercise May Exacerbate Oxidative Stress Responses in Renal Hemodialysis Patients. *Nephrology Clinical Practice*, 109(2): 55-64, 2008.
 32. Nikolaidis MG, Jamurtas AZ, Paschalis V, **Fatouros IG**, Kouretas D. The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. *Sports Medicine*, 38(7): 579-606, 2008.
 33. Tofas T, Jamurtas AZ, **Fatouros IG**, Koutedakis Y, Sinouris EA, Papageorgakopoulou N, Theocharis DA. The effects of plyometric exercise on muscle performance, muscle damage and collagen breakdown. *Journal of Strength and Conditioning Research*, 22(2): 490-496, 2008.

34. Paschalis V, Nikolaidis MG, **Fatouros IG**, Giakas G, Koutedakis Y, Kouretas D, Jamurtas AZ. Uniform and Prolonged Changes in Blood Oxidative Stress After Muscle-Damaging Exercise. *In Vivo*, 21: 877-884, 2007.
35. Margonis K, **Fatouros IG**,* Jamourtas AZ, Nikolaidis MG, Douroudos I, Chatzinikolaou A, Mitrakou A, Mastorakos G, Papassotiriou I, Taxildaris K, Kouretas D. The role of blood/urine oxidative stress biomarkers in diagnosis of athletic overtraining. *Free Radical Biology and Medicine*, 43:901-910, 2007.
36. Michailidis Y, Jamurtas AZ, Nikolaidis MG, **Fatouros IG**, Koutedakis Y, Papassotiriou I, Kouretas D. Sampling time is crucial for measurement of exercise-induced oxidative stress markers. *Medicine and Science in Sports and Exercise*, 39(7): 1107-1113, 2007.
37. Nikolaidis MG, Paschalis V, Giakas G, **Fatouros IG**, Koutedakis Y, Kouretas D, Jamurtas AZ. Decreased blood oxidative stress after repeated eccentric exercise. *Medicine and Science in Sports and Exercise*, 39(7): 1080-1089, 2007.
38. Petridou A, Chatzinikolaou A, **Fatouros IG**, Mastorakos G, Mitrakou A, Papassotiriou I, Mougios V. Resistance exercise does not affect the serum concentrations of cell adhesion molecules. *British Journal of Sports Medicine*, 41: 76-79, 2007.
39. Jamurtas AZ, **Fatouros IG**, Koukosias N, Manthou E, Tofas T, Yfanti C, Nikolaidis MG, Koutedakis Y. Effect of moderate exercise on oxidative stress in individuals with glucose-6-phosphate dehydrogenase deficiency. *In Vivo*, 20: 875-880, 2006. (
40. **Fatouros IG**, Destouni A, Margonis K, Jamourtas AZ, Vrettou C, Kouretas D, Mastorakos G, Mitrakou A, Taxildaris K, Kanavakis E, Papassotiriou I. Cell-free plasma dna as a novel marker of aseptic inflammation severity: the exercise over-training model. *Clinical Chemistry*, 52: 1820-1824, 2006.
41. Douroudos II, **Fatouros IG***, Gourgoulis V, Jamurtas AZ, Tsitsios T, Chatzinikolaou A, Margonis K, Mavromatidis K, Taxildaris K. Dose-related Effects of Prolonged NaHCO₃ Ingestion During High-Intensity Exercise. *Medicine and Science in Sports and Exercise*, 38(10): 1746-1753, 2006.
42. Jamurtas AZ, Theocharis V, Koukoulis G, Stakias N, **Fatouros IG**, Kouretas D, Koutedakis Y. The effects of acute exercise on serum adiponectin and resistin levels and their relation to insulin sensitivity in overweight males. *European Journal of Applied Physiology*, 2006, 97(1): 122-126, 2006.
43. **Fatouros IG*** Kambas A, Katrabasas I, Chatzinikolaou A, Jamurtas AZ, Douroudos I, Taxildaris K. Resistance training and detraining effects on joint range of motion of inactive older adults are intensity-dependent. *Journal of Strength and Conditioning Research*, 20(3): 634-642, 2005.
44. Beneka A, Malliou P, **Fatouros IG**, Jamurtas A, Gioftsidou A, Godolias G, Taxildaris K. Resistance training effects on muscular strength of elderly are related to intensity and gender. *Journal for Science and Medicine in Sport*, 8: 274-283, 2005.
45. **Fatouros IG**,* Tournis S, Leontsini D, Jamurtas AZ, Sxina M, Thomakos P, Manousaki M, Douroudos I, Taxildaris K, Mitrakou A. leptin and adiponectin responses in overweight inactive elderly following resistance training and detraining are intensity-related. *Journal of Clinical Endocrinology and Metabolism*, 90(11): 5970-5977, 2005.
46. **Fatouros IG**,* Kambas A, Katrabasas I, Nikolaidis K, Chatzinikolaou A, Leontsini D, Taxildaris K. Strength training and detraining effects on muscular strength, mobility, and joint range of

- motion of inactive older men are intensity-dependent. *British Journal of Sports Medicine*, 39: 776-780, 2005.
47. Jamurtas AZ, **Fatouros IG**, Alexiou VS, Chung SC, Goldfarb AH. Exercise-induced oxidative damage in glucose-6-phosphate dehydrogenase deficient person: a case study compared to normal subjects. *Journal of Human Movement Studies*, 47: 393-403, 2004.
 48. Malliou P, **Fatouros IG**, Beneka A, Gioftsidou A, Zisi V, Godolias G, Fotinakis P. Different training programs for improving muscular performance in healthy inactive elderly. *Isokinetics and Exercise Science*, 8: 1-7, 2004.
 49. **Fatouros IG**,* Jamurtas AZ, Viliotou V, Pouliopoulou S, Fotinakis P, Taxildaris K, Deliconstantinos G. Oxidative stress responses in older men during endurance training and detraining. *Medicine and Science in Sports and Exercise*, 36: 2065-2072, 2004.
 50. Kostopoulos N, **Fatouros IG**, Siatitsas I, Baltopoulos P, Kambas A, Jamurtas AZ, Malliou P. Intense basketball-simulated exercise induces muscle damage in men with elevated anterior compartment pressure. *Journal of Strength & Conditioning Research*, 18(3):451-8, 2004.
 51. Kostopoulos N, **Fatouros IG**, Siatitsas I, Baltopoulos P, Kambas A, Jamurtas AZ, Maliou P. Compartment pressure adaptations in athletes and non-athletes during acute basketball-simulated exercise. *Journal of Human Movement Studies*, 43: 297-310, 2002.
 52. **Fatouros IG**,* Taxildaris K, Tokmakidis SP, Kalapotharakos V, Aggelousis N, Athanasopoulos S, Zeiris I, Katrabasas I. The effects of strength training, cardiovascular training and their combination on flexibility of inactive older adults. *International Journal of Sports Medicine*, 23: 1-8, 2002.
 53. Taxildaris K, Papadimitriou K, Alexopoulos P, **Fatouros IG**, Karipidis A, Kambas A, Aggeloussis N, Barbas I. Factors characterizing the offensive game at the playmaker position in basketball. *Journal of Human Movement Studies*, 40: 405-421, 2001.
 54. Jamurtas AZ, Goldfarb AH, Chung SC, Hegde S, Marino C, **Fatouros IG**. Beta-endorphin infusion during exercise in rats does not alter hepatic and muscle glycogen. *Journal of Sports Sciences*, 19:1-5, 2001.
 55. Karipidis A, Fotinakis P, Taxildaris K, **Fatouros IG**. Factors characterizing a successful performance in basketball. *Journal of Human Movement Studies*, 41: 385-397, 2001.
 56. **Fatouros IG**,* Jamurtas AZ, Taxildaris K, Leontsini D, Marinos S, Kostopoulos N, Buckenmeyer PJ. Evaluation of plyometric exercise training, weight training and their combination on vertical jumping performance and leg strength. *Journal of Strength and Conditioning Research*. *Journal of Strength and Conditioning Research*, 14 (4): 470-476, 2000.
 57. Jamurtas AZ, **Fatouros IG**,* Buckenmeyer PJ, Kokkinidis E, Taxildaris K, Kambas A, Kyriazis G. Effects of plyometric exercise on muscle soreness and creatine kinase levels and its comparison to eccentric and concentric exercise. *Journal of Strength and Conditioning Research*, 14(1): 68-74, 2000.
 58. **Fatouros IG**, Goldfarb AH, Jamurtas AZ, Angelopoulos TJ, Gao J. Beta-endorphin infusion alters pancreatic hormone and glucose levels during exercise in rats. *European Journal of Applied Physiology*, 76: 203-208, 1997.
 59. **Fatouros IG***, Goldfarb AH, Jamurtas AZ. Low carbohydrate diet induces changes in central and peripheral beta-endorphins. *Nutrition Research*, 15(11), 1683-1694, 1995.

60. Goldfarb AH, McIntosh MK, Boyer BT, **Fatouros IG**. Vitamin E effects on indices of lipid peroxidation in muscle from DHEA-treated and exercised rats. *Journal of Applied Physiology*, 76(4): 1630-1635, 1994.

* Corresponding author

H. Book Chapters

1. **Fatouros IG**, Mitrakou A. Obesity and Diabetes. In Rippe J.M. and Angelopoulos T.J (Eds), *Obesity: Prevention and Treatment*. Taylor and Francis, anticipated in early 2012.
2. Jamurtas AZ, **Fatouros IG**. Eccentric Exercise, Muscle Damage and Oxidative Stress. In *Sports Medicine and Sports Injuries*. InTech, anticipated in early 2012.
3. **Fatouros IG**, Kouretas D. Exercise, Oxidative Stress, and Inflammation. In P. Connes, O. Hue, S. Perrey (Eds.), *Exercise Physiology: from a Cellular to an Integrative Approach*. Amsterdam, Netherlands: IOS Press B.V, pp. 245-258, 2010.

I. Books Published

1. **Fatouros IG**, Jamurtas AZ, Taxildaris K. Editors of the Greek translation of the “ACSM’s Guidelines for Exercise Testing and Prescription”, 7th Edition. Athlotype Publications, Athens, 2007.
2. **Fatouros IG**, Kosta G, Trigonis I. Editors of the Greek translation of the “ACSM’s Resources for the Personal Trainer”, 1st Edition, Athlotype Publications, Athens, 2007.
3. **Fatouros IG**, **Chatzinikolaou A**. *Resistance Training: Exercise Technical Performance, Instruction, Safety, and Organization*. Telethron Publications, Athens, 2011.

J. Membership of Professional Bodies/Associations

- American College of Sports Medicine (ACSM)
- European College of Sports Science (ECSS)
- Hellenic Association of Exercise Biochemistry and Physiology
- Hellenic Association of Physical Education Alumni
- Hellenic Diabetes Association
- Hellenic Free Radical Society
- National Strength and Conditioning Association (NSCA)
- The Gerontological Society of America (GSA)