

## **CV: Curriculum Vitae**

Surname : **Kotsis**  
Name : **Yiannis**  
Date of birth : 07-07-1976  
Address : Artakis 43, Nea Smirni, Athens  
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### **Education**

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- 2009 - **PhD in Exercise Biochemistry - Physiology**  
Harokopio University, Department of Dietetics and Nutrition Science  
**Thesis:** “Colostrum supplementation effects in biochemical parameters - exercise induced muscle damage in elite soccer players after a soccer game”.
- 2002-2004 **MSc in Exercise Nutrition**  
Harokopio University, Department of Dietetics and Nutrition Science  
**Thesis:** “Prevalence of Dehydration in Young Soccer Players during a Summer Soccer Camp”  
Published in Medicine & Science in Sports & Exercise: Volume 39(5) Supplement  
May 2007p S49  
**Invited for: Oral Presentation in ACSM Annual Meeting in New Orleans, 2007**
- 1994-2000 **Bachelor in Physical Education**  
Faculty of Physical Education and Exercise Science,  
Kapodistrian University of Athens  
Specialty: Soccer  
**Thesis:** “Vitamins, microelements and water in soccer players”

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## **Working experience**

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2009- now **Greek National Soccer team**

Head of: Exercise Nutrition  
Strength & Conditioning  
Exercise Physiology: Testing - Evaluation  
Rehabilitation – Injury prevention  
Participation in: **FIFA 2010 World Cup South Africa**  
**EURO 2012 Poland-Ukraine**

2011- now **Technical Director of Ajax Hellas Youth Academy**

Head of: Exercise Physiology Testing - Evaluation  
Strength & Conditioning  
Exercise Nutrition

2008-2010 **Greek National Cycling team**

Head of: Exercise Nutrition  
Exercise Physiology Testing – Evaluation

2004- 2009 **AEK FC Soccer Team**

Exercise Nutrition  
Strength & Conditioning  
Exercise Physiology Testing - Evaluation  
Rehabilitation – Injury prevention

2012. Owner: **“The Edge” Performance center**

Head of: Functional training  
Exercise nutrition,  
Injury prevention, rehabilitation  
Youth training

2008 – Owner: **Science Place Personal Training Studio**

**1. Nea Smirni, Athens**

Head of: Exercise Nutrition  
Exercise Physiology Testing - Evaluation  
Strength & Conditioning / Functional Training  
Exercise Performance – Elite Athletes  
Youth development – training  
Injury prevention

**2. Glygada, Athens**

Head of: Exercise Nutrition  
Exercise Physiology Testing – Evaluation  
Strength & Conditioning / Functional Training  
Exercise Performance – Elite Athletes  
Rehabilitation – Injury prevention  
Youth development – training

2003- 2008 **Exercise and Physiology Center “G.MOULINOS”**

Head of: Exercise Nutrition  
Exercise Physiology Testing – Evaluation  
Strength & Conditioning  
Youth functional training

2001- 2003 **Exercise and Physiology Center “LAERTION”**

Head of: Exercise Nutrition  
Exercise Physiology Testing – Evaluation  
Strength & Conditioning

1995-2008: **Professional Soccer Player in teams A', B' and C division.**

## **Publications:**

### **1. Journals**

1. Arnaoutis G, Kavouras SA, **Kotsis YP**, Tsekouras YE, Makrillos M, Bardis CN.  
Ad Libitum Fluid Intake does not Prevent Dehydration in Sub-optimally Hydrated Young Soccer Players during a Training Session of a Summer Camp. **Int J Sport Nutr Exerc Metab.** 2012 Nov 19.
2. Tsekouras YE, Kavouras SA, Campagna A, **Kotsis YP**, Syntosi SS, Papazoglou K, Sidossis LS. The anthropometrical and physiological characteristics of elite water polo players. **Eur J Appl Physiol.** 2005, 95(1):35-41.
3. **Kotsis YP.**, Kavouras, SA., Tsekouras YE., Pidoulas GP., Sotiropoulos A., Makrillos MG., Sidossis LS. Prevalence of Dehydration in Young Soccer Players during a Summer Soccer Camp. **Med.Sci. Sports Exerc.**, 39(5), Suppl., 2007, p S49

### **2. Books**

**Soccer, Bjorn Ekdolm by IOC**

Translation in Greek, Paskalidis Publications, 2009

### **3. Symposium**

1. **Kotsis YP**, Pidoulas G, Soulas G, Voutselas B  
High Intensity Training in elite soccer players.  
**Faculty of Physical Education Trikala, Greece, 2008.**
4. I.Hasapi, **Kotsis YP**, Mikellidi M, Nomikos T.  
**Changes in inflammatory and exercise induced oxidative stress response in biochemical parameters following a soccer match.**  
Harokopio University, Department of Dietetics and Nutrition Science, 2010