

CURRICULUM VITAE

Ιωάννης Ι. Ντουρουντός MSc, PhD

Ioannis I. Douroudos MSc, PhD

(IOANNIS NTOUROUNTOS, Latin)

Personal Information

Current Occupation **Conditioning and Performance Specialist**
Biochemistry and Exercise Physiology (**Ergophysiolgist**)
(**U.E.F.A A** Procedures)

Date of birth November 19th, 1978

Nationality Hellenic

Languages Greek (native), English

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www.douroudos.gr

Scienceweb.gr (Science Committee Member)

Performance22.gr

Pub Med Link: <http://www.ncbi.nlm.nih.gov/pubmed?term=douroudos> (e - Publications)

Facebook: [douroudos ioannis](https://www.facebook.com/douroudos.ioannis)

Education

Doctor of Philosophy (Ph.D.)

(2004 - 2010)

Institution: Democritus University of Thrace

Department: Physical Education and Sport Sciences

Advisor: Taxildaris K – Fatouros I.I.

Major: Exercise Physiology and Biochemistry
Ergophysiology

Dissertation title: The age effects in human
physiological adaptation and oxidative
stress during exercise

Grade: 10/10

Masters of Sciences (M.S.)

(2001 - 2004)

Institution: Democritus University of Thrace

Department: Physical Education and Sport Sciences

Advisor: Taxildaris K – Fatouros I.I.

Are of concentration: Sciences of Training, Nutrition

Thesis title: Effects of Sodium Bicarbonate
(NaHCO₃) intake, at biochemical
parameters of acid base balance and
performance, during exercise

Grade: 10/10

Bachelors (B.S.)

(1996 - 2000)

Institution: Democritus University of Thrace

Department: Physical Education and Sport Sciences

Other Certifications

1. Certificate in Rehabilitation in Sports Injuries and Chronic Disease (Grade 9.00).
2. U.E.F.A A (Certification)
3. **Emergency First Aid at Work & AED (EMP MEDIC FIRST AID)**
4. Military service in the Greek Army.

Professional Experience/Background

Academic appointments

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| 2010 | Adjunct Professor: Resistance Training, Evaluation of Physical Performance (lab), Exercise Biochemistry and Physiology (Acid Base Balance during Exercise).

Dept. of Physical Education & Sport Sciences, Democritus University of Thrace. |
| 2001 -2008 | Teaching and Research Assistant: Exercise Biochemistry and Physiology.

Dept. of Physical Education & Sport Sciences, Democritus University of Thrace.

Taught exercise physiology/Biochemistry & Physiological testing labs, wellness (personal training, physical conditioning) and activities courses (i.e. weight training) assisted in research projects performed in the Exercise Physiology/Biochemistry laboratory. |

Other employment

Professional Soccer Career

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|--------------------|---|
| 2010- | Member of Panagiotis Lemonis Coaching staff
(<i>Performance & Conditioning Trainer, Ergophysiologicalist</i>) |
| 2014 | Apollon Limassol F.C.
(<i>Ergophysiologicalist – Part time cooperater</i>) |
| 2013 | Levadiakos F.C (Super League, Greece)
(<i>Performance & Conditioning Trainer</i>) |
| 2012
(9/2-11/4) | Panaitolikos G. F.C (Super League, Greece)
(<i>Performance & Conditioning Trainer</i>) |
| 2011- 2012 | Panionios F.C (Super League, Greece) |

(Performance & Conditioning Trainer)

- 2010 - 2011 **Panionios F.C** (Super League, Greece)
(Performance & Conditioning Trainer)
- 2008 - 2010 **Panthrakikos F.C** (Super League, Greece)
(Performance & Conditioning Trainer)
- 2007 - 2008 **Skoda Xanthi F.C.** (Super League, Greece)
(Performance & Conditioning Trainer, Assistant)

Other Professional Career

- 2004 - 2007 Instructor of fitness class in Greece **Police Academy**
- 2004 - 2007 Physical Condition and Rehabilitation Trainer in Basketball, at G.A.S Komotini (National Divisions).
- 2000 - 2008 Fitness Coordinator (Fitness Clubs)
- Responsible for organizing, exercise programming, exercise testing and evaluation, exercise prescription, and staff training.
- 1997- 2004 Trainer in children's Sports Camps

Teaching Experience

Graduate Courses	2010	<i>Democritus University of Thrace, Dept. of Physical Education and Sport Sciences.</i> Biochemistry of Exercise (Acid Base Balance) Training Theory and Methodology (Lab) Resistance Exercise Evaluation of Physical Performance (Lab)
Undergraduate Courses	2001 – 2009	<i>Democritus University of Thrace, Dept. of Physical Education and Sport Sciences.</i> Evaluation of Physical Performance (Lab) Exercise testing and evaluation (Lab) Physical conditioning for elite athletes Training theory and periodization Personal training and fitness

Research Skills

I have worked as a research assistant in the Exercise Physiology (Biochemistry & Performance) laboratories of the Dept. of Physical Education and Sport Sciences of the Democritus University of Thrace (State University) in Northern Greece. My research skills include:

Applied Physiology Skills

1. Measurement of maximal oxygen consumption with a gas-exchange analyzer (portable and non-portable).
2. Heart rate and blood pressure monitoring during exercise and at rest.
3. Muscle dynamometry (isokinetic, isometric, isotonic dynamometers, with resistance training equipment).
4. Muscle power assessments (wingate testing, jumping, isokinetic dynamometry, speed etc.).
5. Anthropometry (measurement of body composition with skinfold calipers, bioelectrical impedance, anthropometric tapes; measurement of body segments with somatometers, somatotype assessment).
6. Flexibility assessment with goniometry, sit & reach testing, inclinometers, flexometers.
7. Field testing of endurance, speed, agility, power, muscle endurance, reaction time.
8. Diet analysis (diet recalls and use of nutritional analysis software).

Research Collaborations

I am currently collaborating with various scientists from numerous academic Institutions in Greece and elsewhere. These collaborations are mainly shown on our published manuscripts. More specifically, I am currently collaborating with:

1. Semmelweis University, Department of Physical Education and Sport Science, Laboratory of Exercise Biochemistry, Nagykanizsa, Budapest, Hungary (Prof. Z. Radak).
2. Democritus University of Thrace, Medical School, Unit of Nephrology, Alexandroupolis, Greece (Prof. V. Vargemezis).
3. Aristotle University of Salonika, Department of Physical Education and Sport Sciences, Laboratory of Exercise Biochemistry, Thessaloniki, Greece (As. Professor V. Mougios).
4. University of Thessaly, Department of Physical Education and Sport Sciences, Laboratory of Exercise Biochemistry, Trikala, Greece (As. Professor AZ. Jamurtas).
5. University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Biochemistry, Larisa, Greece (Professor D. Kouretas).
6. University of Athens, Medical School, Athens, Greece. (As. Professor G. Mastorakos, As. Professor A. Mitrakou, Dr. Papassotiriou).
7. University of Athens, Department of Physical Education and Sport Sciences, Athens, Greece. (As Prof. G. Bogdanis, As. Professor G. Terzis).

• *Published, In-Press and Accepted Manuscripts*

International Publications

Pub Med Link: <http://www.ncbi.nlm.nih.gov/pubmed?term=douroudos>

- Various types of exercise sports and validity (eccentric exercise, plyometrics, resistance exercise, cardiovascular exercise, intermittent-type sports).
- Publications:
 1. **Soccer:** Michailidis Y, Fatouros IG, Primpa E, Michailidis C, Avloniti A, Chatzinikolaou A, Barbero-Álvarez JC, Tsoukas D, **Douroudos II**, Draganidis D, Leontsini D, Margonis K, Berberidou F, Kambas A. Plyometrics' Trainability in Pre-Adolescent Soccer Athletes. *J Strength Cond Res.* 2012 Mar 24.
 2. **Soccer:** 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.
 3. **Soccer:** 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.
 4. **Wrestling:** 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* (DOI 10.1007/s00421-010-1761-7, e-publication), 2010.
 5. **Cardiovascular exercise:** 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.
 6. **Plyometric exercise:** 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.
 7. **Nutrition-Supplementation: 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.
 8. **Gymnastic:** 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.
 9. **Swimming:** Toubekis AG, Adam GV, Douda HT, Antoniou PD, **Douroudos II**, Tokmakidis SP. Repeated sprint swimming performance after low- or high-intensity active and passive recoveries. *J Strength Cond Res.* 25(1):109-16. 2011.
 10. **Validity:** 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. *Eur J Appl Physiol.* 112(1):49-57. 2012.
 11. **Validity:** Fatouros IG, Laparidis K, Kambas A, Chatzinikolaou A, Techlikidou E, Katrabasas I, **Douroudos I**, Leontsini D, Berberidou F, Draganidis D, Christoforidis C, Tsoukas D, Kelis S, Taxildaris K. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. *J Sports Med Phys Fitness.* 51(1):33-41. 2011

12. **Validity:** Giannakidou D, Primpa E, Michailidis I, **Douroudos I**, Kambas A, Michalopoulou M, Fatouros I, Ageloussis N. A study on the accuracy of three pedometers. *European Psychomotricity Journal*, 1(1): 54-60, 2008.
13. **Overtraining:** 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.

➤ Conditions

Publications:

1. **Aging:** Huh JY, Mougios V, Kabasakalis A, Fatouros I, Siopi A, **Douroudos II**, Filippaios A, Panagiotou G, Park KH, Mantzoros CS. Exercise-induced irisin secretion is independent of age or fitness level and increased irisin may directly modulate muscle metabolism through AMPK activation. *J Clin Endocrinol Metab.* 13:jc20141437. 2014
2. **Aging:** Bori Z, Zhao Z, Koltai E, Fatouros IG, Jamurtas AZ, **Douroudos II**, Terzis G, Chatzinikolaou A, Sovatzidis A, Draganidis D, Boldogh I, Radak Z. The effects of aging, physical training, and a single bout of exercise on mitochondrial protein expression in human skeletal muscle. *Exp Gerontol.* 2012 Mar 1
3. **Aging:** 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. Physical activity modulates DNA damage and 8-oxoguanine-DNA-glycosylase acetylation in human skeletal muscle during aging. *Free Radical Biology and Medicine*, 51(2):417-423, 2011.
4. **Aging:** Fatouros IG, Kambas A, Katrabasas I, Leontsini D, Chatzinikolaou A, Jamurtas AZ, **Douroudos I**, Aggeloussis N, Taxildaris K. Resistance training and detraining effects on flexibility performance in the elderly are intensity-dependent. *Strength Cond Res.* 20(3):634-42. 2006.

➤ Diseases

Publications:

1. **End-stage renal disease:** Fatouros IG, **Douroudos I**, Panagoutsos S, Pasadakis P, Nikolaidis MG, Chatzinikolaou A, Sovatzidis A, Michailidis Y, Jamurtas AZ, Mandalidis D, Taxildaris K, Vargemezis V. L-carnitine Effects on Oxidative Stress Responses in Patients With Renal Disease. *Med Sci Sports Exerc.* 42(10):1809-18, 2010.
2. **End-stage renal disease:** 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.
3. **Obesity:** Germanou EI, Chatzinikolaou A, Malliou P, Beneka A, Jamurtas AZ, Bikos C, Tsoukas D, Theodorou A, Katrabasas I, Margonis K, **Douroudos I**, Gioftsidou A, Fatouros IG. Oxidative stress and inflammatory responses following an acute bout of isokinetic exercise in obese women with knee osteoarthritis. *Knee.* 20(6):581-90. 2013
4. **Obesity:** Fatouros IG, Chatzinikolaou A, Tournis S, Nikolaidis MG, Jamurtas AZ, **Douroudos II**, Papassotiriou I, Thomakos PM, Taxildaris K, Mastorakos G, Mitrakou A. Intensity of resistance exercise determines adipokine and resting energy expenditure responses in overweight elderly individuals. *Diabetes Care.* 32(12):2161-7. 2009
5. **Obesity:** Chatzinikolaou A, Fatouros I, 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(7):1397-9. 2008.
6. **Obesity:** 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. *Clin Endocrinol Metab.* 90(11):5970-7. 2005.

Books Published (Chapters Translation)

1. Fatouros IG, Jamurtas AZ, Taxildaris K. Editors of the Greek translation of the “ACSM’s Guidelines for Exercise Testing and Prescription”, 7th Edition. Athlotypos Publications, Athens, 2007.

Published Presentation Abstracts

1. Fatouros IG, Chatzinikolaou A, Panagoutsos S, Pasadakis P, Mourvati E, Sovatzidis A, **Douroudos I**, Michailidis Y, Jamurtas AZ, Nikolaidis MG, Taxildaris K, Vargemezis V. L-carnitine supplementation improves performance and attenuates oxidative stress responses in renal hemodialysis patients. 56th Annual Congress of the *American College of Sports Medicine, Med Sci Sports Exerc.* 41(5 Suppl):S470, 2009.
2. Fatouros IG, Chatzinikolaou A, Ispirlidis I, Jamurtas AZ, Nikolaidis MG, Michailidis I, **Douroudos I**, Margonis K, Taxildaris K. Time-course of Changes in Inflammatory and Performance Responses Following a Soccer Game. *Med Sci Sports Exerc.* 40(5 Suppl):S432, 2008.
3. I. Fatouros, A. Chatzinikolaou, A. Jamurtas, I. Kalistratos, M. Balltzi, **I. Douroudos**, P. Fotinakis, K. Taxildaris, P. Vezyraki, A. Evangelou. The effects of self-selected music on physiological responses and performance during cardiovascular exercise. *Medicine and Science in Sports and Exercise*, 37(5), S106, 2005.
4. Fatouros I.G. Ioannis, Fotinakis F. Panagiotis, Athanasios Z. Jamurtas, Athanasios Hatzinikolaou, **Ioannis Douroudos**, Kiriakos Taxildaris. Dose-related Vitamin E Supplementation Effects on Oxidative Stress Status of Professional Basketball Players During Pre-Season. *Medicine and Science in Sports and Exercise*, 36(5), S172, 2004.
5. **Douroudos I**, Fatouros IG, Mavromatidis K, Tsitsios T, Fotinakis PF, Jamurtas AZ, Taxildaris K. Dose-related Effects of Sodium Bicarbonate Ingestion on Acid-base Balance During Exhausting Anaerobic Exercise. *Medicine and Science in Sports and Exercise*, 36(5), S172, 2004.

Scientific Presentations

1. Fatouros I., Barbas, I., Rossoglou, C., Parotsidis, C., Jamurtas, A., Michailidis, I., **Douroudos I.**, Chatzinikolaou, A., Nikolaidis, M., Taxildaris, K. Inflammatory and performance responses during a wrestling tournament. *Proceedings: 13th annual Congress of the European College of Sports Science*, pp. 386 – Abstract Book, Estoril, 2008.
2. Fatouros I., Jamurtas, A., Nikolaidis, M., Michailidis, I., **Douroudos I.**, Chatzinikolaou, A., Destouni, A., Vrettou, C., Kanavakis, E., Papassotiriou, I., Taxildaris, k., Kouretas, D. Cell-free plasma dna responses following an acute bout of cardiovascular exercise to exhaustion: effects of sampling time. *Proceedings: 13th annual Congress of the European College of Sports Science*, pp. 386 – Abstract Book, Estoril, 2008.
3. Majuridis I, Siomos T, Argiriou M, Michailidis I, Margonis K, **Douroudos I**, Nikolaidis M, Taxildaris K, Chatzinikolaou A, Jamurtas A, Kouretas D, Fatouros I. Oxidative Stress Responses Following Acute Exercise: The Effect of Fatness Level. *Proceedings: 12th Annual Congress of the European College of Sport Science*, pp. 409 – Abstract Book, 2007.

4. Margonis, K., Fatouros, I., Jamurtas, A.Z., Kouretas, D., Mastorakos, G., Mitrakou, A., **Douroudos, I.**, Taxildaris, K., Papassotiriou, I. Oxidative stress responses to resistance exercise overtraining. *Proceedings: Proceedings: 11th annual Congress of the European College of Sports Science*, pp. 193 – *Abstract Book*, 2006.
 5. Fatouros, I., **Douroudos, I.**, Gourgoulis, V., Jamurtas, A.Z., Tsitsios, T., Hatzinikolaou, A., Margonis, K., Mavromatidis, K., Taxildaris, K. Dose-related effects of prolonged NAHCO₃ ingestion during endurance exercise. *Proceedings: 11th annual Congress of the European College of Sports Science*, pp. 413 – *Abstract Book*, 2006.
 6. Tournis, S., Fatouros, I., Leontsini, D., Jamurtas, A., Margonis, K., Manousaki, M., **Douroudos, I.**, Taxildaris, K., Mastorakos, G., Mitrakou, A. Leptin and adiponectin responses following acute resistance training in aged males. *42nd Annual Meeting of the European Association for the Study of Diabetes, Copenhagen-Malmoe, Denmark-Sweden, May 2006.*
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