

# CV

## Panagiotis D. Tsimeas, PhD

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### *Education*

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- 2006 Ph.D, Department of Physical Education and Sport Science (DPESS) of University of Thessaly (Thesis title: Morphological and functional characteristics in 12-years old urban and rural children.)
- 1998 Bsc, Department of Physical Education and Sport Science (DPESS) of University of Thessaly with excellent mark

### *Awards-Scholarships*

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#### (Academic)

- 2011 Best poster:  
M. Dina, **P. Tsimeas**, A. Giavroglou, E. Tsarouchas, A. Tsiokanos. "Power of lower limbs of high-level Greek Basketball players" *proceedings*: 14<sup>th</sup> International Congress of Physical Education & Sports, EGVE, Salonica, 2011.
- 2000-2003 Postgraduate Scholarship from Greek State Scholarships Foundation (IKY).
- 1998-2000 Postgraduate Scholarship from Research Committee of University of Thessaly.
- 1994-1998 Graduate Scholarship from IKY. (4 years).

#### (Basketball Coach)

- 2013-14 Champion of Thessaly as a coach with the women's team Aeolus AO Trikala
- 2009-10 Champion of B Group C National Men category as Strength and Conditioning Coach with Men Aeolus team AO Trikala. Rise in B National Men category
- 2007-08 Champion of Thessaly as Strength and Conditioning Coach with Men Aeolus team AO Trikala. Rise in National C category

### *Professional Experience/Background*

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#### Academic Teaching Experience

- 2017-Today Scientific collaborator of the Centre for Research and Evaluation of Physical Performance DPESS, University of Thessaly (SmArT Lab)
- 2000-Today Teaching staff of DPESS of University of Thessaly
- 1998-1999 Scientific collaborator of the Centre for Research and Evaluation of Physical Performance DPESS, University of Thessaly

### **Coaching Experience**

1990-Today	Manager & coach of Basketball Academies (Elliniko Sports Club- Trikala 2000-Aiolos Trikalon)
2013-2017	Coach of the women's basketball Club of Aiolos Trikalon
2006-2013	Coach at Greek Basketball Camps
2007-2011	Assistant coach of men's basketball Club of Aiolos Trikalon (Rise in National C & Rise in National B)
2007-2009	Local Federal coach (Trikala) in development program of the Greek Basketball Federation

### **Administrative Experience**

2011- Today	Member of the Internal Ethics Committee of DPES, UTH
2013-2015	Administrative support to EGS Project (European Employability of Graduates in Sport)
2010- 2015	Administrative support to Internship of DPES, UTH

### **Participation in Research Projects**

<b>TITLE</b>	<b>FUNDER</b>	<b>PROJECT LEADER</b>
Summer School: "Learning Through Motion" (Project Code No.: 5208)	Research Committee University of Thessaly (Self-funded)	Vassilis Gerodimos
EGS European Employability of Graduates in Sport (Project Code No.:4731)	European Union	Marios Goudas
Internship for Students DPES University of Thessaly (Project Code No.: 4163.01.11)	National Strategic Reference Framework (NSRF) 2007 -2013	Marios Goudas
Eureka Sport	European Union Mars Chocolate	Yiannis Pitsiladis
Selected physiological and technical characteristics in school children of urban and non-urban areas (Project Code No.: 2451)	Research Committee University of Thessaly	Yiannis Koutedakis
Fitness evaluation of soccer players (Project Code No.: 2364)	Research Committee University of Thessaly	Yiannis Koutedakis
Writing specifications for the operation of Scientific Support Center of Sports	Research Committee Aristotle University of Thessaloniki	Asterios Deligiannis
Effects of training loads on athletes and non athletes (Project Code No.: 2310)	Research Committee University of Thessaly	Yiannis Koutedakis

### **Research Interests**

My research activity, in general, is in the field of children's exercise and physical activity. My current academic interests are focused on the athletic development of young Athletes.

## Articles in Refereed Scientific Journals

1. Batrakoulis, A., Fatouros, I. G., Chatzinikolaou, A., Draganidis, D., Georgakouli, K., Papanikolaou, K., Deli, C. K., **Tsimeas, P.**, Avloniti, A., Syrou N. & Jamurtas, A. Z. (2019). "Dose-response effects of high-intensity interval neuromuscular exercise training on weight loss, performance, health and quality of life in inactive obese adults: Study rationale, design and methods of the DoIT trial". *Contemporary Clinical Trials Communications*, 100386.
2. Georgakouli, K., Fatouros, I. G., Draganidis, D., Papanikolaou, K., **Tsimeas, P.**, Deli, C. K., & Jamurtas, A. Z. (2019). Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? A Narrative Review. *Oxid Med Cell Longev*, 2019, 8060193. doi:10.1155/2019/8060193
3. Batrakoulis, A., Jamurtas, A. Z., Georgakouli, K., Draganidis, D., Deli, C. K., Papanikolaou, K., Avloniti, A., Chatzinikolaou, A., Leontsini, D., **Tsimeas, P.**, Comoutos, N., Bouglas, V., Michalopoulou, M. & Fatouros, I. G. (2018). "High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial". *PLoS one*, 13(8), e0202390.
4. Jamurtas, A. Z., Fatouros, I. G., Deli, C. K., Georgakouli, K., Poullos, A., Draganidis, D., Papanikolaou, K., **Tsimeas, P.**, Chatzinikolaou, A., Avloniti, A., Tsiokanos, A. Koutedakis, Y. (2018). The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. *J Sports Sci Med*, 17(3), 501-508.
5. Draganidis D, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, **Tsimeas P**, Chondrogianni N, Koutedakis Y, Karagounis LG, Fatouros IG (2018). "Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation". *Nutrients*. 10(5). doi:10.3390/nu10050566.
6. Poullos A, Fatouros IG, Mohr M, Draganidis DK, Deli C, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou VC, Georgakouli K, Koulouris A, **Tsimeas P**, Chatzinikolaou A, Karagounis LG, Batsilas D, Krustrup P, Jamurtas AZ. (2018) "Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study" *Nutrients*. 10(4). pii: E494. doi: 10.3390/nu10040494.
7. Nevill, A., Tsiotra, G., **Tsimeas, P.**, & Koutedakis, Y. (2009). Allometric associations between body size, shape, and physical performance of greek children. *Pediatric Exercise Science*, 21(2):220-232.
8. **Tsimeas P**, Tsiokanos A, Koutedakis Y., Tsigilis N, and Kellis S. (2005). "Does living in urban or rural settings affect aspects of physical fitness in children? An allometric approach" *British Journal of Sports Medicine*, 39 (9):671-674.

## Membership of Professional Bodies/Associations

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### Member of Scientific Societies

2010-Today	Hellenic Society of Biochemistry and Physiology of Exercise
2005-Today	European College of Sports Science

**Member of Sports Societies**

2001- Today	Hellenic Association of Basketball Coaches
2004 -2006	Certified Basketball Referee for the 3 <sup>rd</sup> National Division
2000-2006	Greek Basketball Referees Association

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