

IOANNIS G. FATOUROS, Ph.D.

Education

Dr Ioannis Fatouros is an Associate Professor in the School of Physical Education and Sports Science of University of Thessaly. He received his BSc by the Democritus University of Thrace, his MSc by Syracuse University in USA and his Ph.D. by the University in North Carolina at Greensboro.

Professional Experience/Background

Dr. Fatouros has been teaching and conducting research in higher education since 1996. As a research/teaching assistant in Syracuse University, USA (1990-1991) and the University of North Carolina at Greensboro, USA (1991-1994). As a faculty member in Democritus University (1996-2015) and in the University of Thessaly (since 2015). Dr. Fatouros has worked also as a fitness director in health and fitness clubs (1996-2002), clinical exercise physiologist in a Greek public hospital (1999-2002), fitness conditioning coach and as a sports exercise physiologist.

Research Interests

Study of exercise-induced muscle inflammation

1. **Exercise-induced inflammation.** Currently, I am investigating various aspects of exercise-induced muscle microtrauma such as a) the effects of redox status on the molecular pathways mediating muscle's inflammatory response (immune cell recruitment, proteolysis and performance deterioration in relation to the activation of intracellular signaling pathways) and recovery (satellite cell activation); b) how various nutritional (antioxidants, protein etc.) and/or pharmacological (e.g. NF-kB inhibitors) interventions affect muscle's inflammatory response and recovery;
2. **Football and basketball science.** I am currently investigating a) the recovery kinetics after match and practices; b) how nutrition and other intervention affect recovery kinetics; c) physiology and biochemistry of football and basketball; d) utilization of various training methodologies (resistance exercise training, plyometrics, speed-endurance etc.) to improve conditioning status; and e) the effects of football and basketball on health of adults and youth.
3. **Ageing.** More specifically, I am interested in a) the role of low-grade systemic inflammation in muscle's responses to nutritional and exercise training stimuli; b) the effects of exercise training on skeletal muscle's responses; and c) the effects of protein supplementation on muscle's anabolism and catabolism.
4. **Obesity.** I am interested in a) the effects of hybrid-type training in reducing muscle mass and body fat of overweight and obese adults; b) adipose tissue lipolytic responses to various protocols; and c) hormonal regulation in the obese.
5. **Pediatric exercise science** with emphasis on a) bone adaptations of pre-adolescents to various exercise protocols; b) weight management; c) redox regulation of exercise responses; d) effects

of growth hormone deficiency in performance and physiology of pre-adolescents and adolescents; and e) trainability of youth to various exercise protocols.

Articles in Refereed Scientific Journals

1. Yfanti C, Tsiokanos A, Fatouros IG, Theodorou AA, Deli CK, Koutedakis Y, Jamurtas AZ. Chronic eccentric exercise and antioxidant supplementation: effects on metabolic profile. *European Journal of Applied Physiology, Journal of Sports Science and Medicine*, accepted, 2017.
2. Petridou A, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Loules G, Papassotiriou I, Fatouros IG, Karanikas V, Mougios V. Triacylglycerol lipase activity in adipose tissue of lean and obese men during exercise. *Journal of Clinical Endocrinology and Metabolism*, accepted, 2017.
3. Fransson D, Vigh-Larsen JF, Fatouros IG, Krstrup P, Mohr M. Performance responses in various muscle groups in well-trained competitive male players after a simulated soccer game. *Journal of Human Kinetics*, accepted, 2017.
4. Katsikadelis, Pilianidis, Fatouros IG, Angelousis N. The influence of 10 weeks high-intensity interval Multiball training on aerobic fitness in adolescent table tennis players. *Journal of Biology of Exercise*, 13(1): 2-13, 2017.
5. Vlachopoulos D, Ubago-Guisado E, Barker AR, Metcalf BS, Fatouros IG, Avloniti A, Ortega FB, Knapp KM, Moreno LA, Williams CA, Gracia-Marco L. Determinants of bone density and geometry in active adolescent males: The PRO-BONE study. *Medicine and Science in Sports and Exercise*, in press 2017.
6. Avloniti A, Chatzinikolaou A, Delli C, Vlachopoulos D, Gracia-Marco L, Leontsini D, Mastorakos G, Jamurtas A, Fatouros IG. Exercise-induced oxidative stress responses in the pediatric population. *Antioxidants*, 6(1) 6, 2017.
7. Paltoglou G, Schoina M, Valsamakis G, Salakos N, Avloniti A, Chatzinikolaou A, Margeli A, Skevaki C, Papagianni M, Kanaka-Gantenbein C, Papassotiriou I, Chrousos GP, Fatouros IG, Mastorakos G. Interrelations among the adipocytokines leptin and adiponectin, oxidative stress and aseptic inflammation markers in pre- and early- pubertal normal-weight and obese boys. *Endocrine*, 55: 925–933, 2017.
8. Theodorou A, Paradisis G, Sbokos E, Chatzinikolaou A, Fatouros IG, King RFG, Cooke C. The effect of carbohydrate augmented creatine supplementation on anaerobic performance. *Biology of Sport* 34(2), in press, 2017.
9. Deli CK, Fatouros IG, Paschalis V, Georgakouli K, Zalavras A, Koutedakis Y, Jamurtas AZ. The effect of iron supplementation on blood redox status and muscle performance after an acute bout of eccentric exercise in adults and children. *Pediatric Exercise Science*, in press, 2017.
10. Deli CK, Fatouros IG, Paschalis V, Tsiokanos A, Georgakouli K, Zalavras A, Avloniti A, Koutedakis Y, Jamurtas AZ. Iron supplementation effects on redox status and exercise performance following aseptic skeletal muscle trauma. *Oxidative Medicine and Cellular Longevity*, 2017;2017:4120421, 2017.
11. Vlachopoulos D, Barker AR, Williams CA, Arngrímsson SA, Knapp KM, Metcalf BS, Fatouros IG, Moreno LA, Gracia-Marco L. The impact of sport participation on bone mass and geometry in adolescent males. *Medicine and Science in Sports and Exercise*, 49(2):317-326, 2017.
12. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, Draganidis D, Jamurtas AZ, Michalopoulou M, Tournis S, Fatouros IG. Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during pre-adolescence. *Journal of Bone Mineral and Metabolism*, in press, 2017.
13. Vantarakis A, Chatzinikolaou A, Avloniti A, Vezos N, Douroudos II, Draganidis D, Jamurtas AZ, Kambas A, Kalligeros S, Fatouros IG. A two-month linear periodized resistance exercise training improved musculoskeletal fitness and specific conditioning of navy cadets. *Journal of Strength and Conditioning Research*, in press, 2017.

14. Manthou E, Georgakouli K, Deli CK, Sotiropoulos A, Fatouros I, Kouretas D, Matthaiou C, Koutedakis Y, Jamurtas AZ. Effects of pomegranate juice consumption on biochemical parameters and complete blood count. *Experimental and Therapeutic Medicine*, in press, 2017.
15. Sakelliou A, Fatouros I, Athanailidis I, Tsoukas D, Chatzinikolaou A, Draganidis D, Liacos C, Papassotiriou I, Mandalidis D, Jamurtas AZ, Stamatelopoulos K, Dimopoulos MA, Mitrakou A. Evidence of a redox-dependent regulation of immune responses to aseptic inflammation induced by exercise. *Oxidative Medicine and Cellular Longevity*, 2016:2840643, 2016.
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18. Liakou C, Mastorakos G, Makris K, Fatouros IG, Avloniti A, Marketos H, Antoniou J, Dontas I, Rizos D, Tournis S. Variability of serum sclerostin and Dickkopf-1 levels during the menstrual cycle. *Endocrine*, accepted for publication, 54(2): 543-551, 2016.
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20. Manthou E, Georgakouli K, Fatouros IG, Gianoulakis C, Theodorakis Y, Jamurtas AZ. Role of exercise in the treatment of alcohol use disorders (Review). *Biomedical Reports*, 4: 535-545, 2016.
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Membership of Professional Bodies/Associations

1. European College of Sports Science (ECSS)
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 4. American College of Sports Medicine, USA (ACSM)
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 6. Hellenic Diabetes Association
 7. Free Radical Society
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