

**Academic Personnel Short Profile / Short CV / Dr. Andreas Apostolidis**

<b>Institution:</b>	Intercollege - Nicosia
<b>Surname:</b>	Apostolidis
<b>Name:</b>	Andreas
<b>Rank:</b>	Lecturer
<b>Program of Study:</b>	Aesthetics
<b>Scientific Domain: *</b>	Sports and Exercise Science

**Academic qualifications  
(list by highest qualification)**

Qualification	Year	Awarding Institution	Department	Thesis title
PhD	2018	University of Nicosia	Department of Life Sciences	Caffeine effects on High and Low caffeine responders and on different aerobic fitness level athletes: Biological responses and exercise performance
MSc	2009	Loughborough University	School of Sport and Exercise Sciences	The safety harness system and the loads exerted during learning of aerial skill in gymnastics
BSc	2008	National and Kapodistrian University of Athens	Department of Sports and Exercise Sciences	Relationship between horizontal and vertical propulsion in swimming

**Employment history – List by the three (3) most recent**

Period of employment		Employer	Location	Position
From	To			
2010	present	University of Nicosia	Nicosia	Lecturer
2010	present	Intercollege	Nicosia	Lecturer
2012	present	Famagusta Nautical Club	Nicosia	Swimming coach

**Key refereed journal papers, monographs, books, conference publications etc.**

<b>Ref. Number</b>	<b>Year</b>	<b>Title</b>	<b>Other authors</b>	<b>Journal and Publisher / Conference</b>	<b>Vol.</b>	<b>Pages</b>
1	2018	Caffeine Supplementation: Ergogenic in Both High and Low Caffeine Responders	Vassilis Mougios, Ilias Smilios, Johanna Rodosthenous and Marios Hadjicharalambous	International Journal of Sports Physiology and Performance / Human Kinetics		<a href="https://doi.org/10.1123/ijspp.2018-0238">https://doi.org/10.1123/ijspp.2018-0238</a>
2	2018	High and low caffeine consumers: Exercise performance and physiological and metabolic responses during a simulated soccer game protocol following caffeine ingestion	Vassilis Mougios, Ilias Smilios, Johanna Rodosthenous and Marios Hadjicharalambous	8 <sup>th</sup> Annual Conference of the Pan-Hellenic Society of Biochemistry and Physiology Exercise, 19-21 October 2018, Thessaloniki, Greece		
3	2017	Responders and non-responders to caffeine ingestion: Soccer-specific exercise performance, physiological and metabolic responses	Vassilis Mougios, Ilias Smilios, Johanna Rodosthenous and Marios Hadjicharalambous	7 <sup>th</sup> Annual Conference of the Pan-Hellenic Society of Biochemistry and Physiology Exercise, 20-22 October 2017, Athens, Greece		
4	2016	Caffeine ingestion induces similar physiological responses and performance improvement in High and Medium Aerobic Fitness Level athletes	Vassilis Mougios, Ilias Smilios, Johanna Rodosthenous, Pantelis Kyprianides, Lousine Karapetyan, Maria Kleanthous, Marios Antoniou, Maria Fragkous and Marios Hadjicharalambous	6 <sup>th</sup> Annual Conference of the Pan-Hellenic Society of Biochemistry and Physiology Exercise, 4-6 November 2016, Athens, Greece		
5	2015	The effects of caffeine on biological responses and exercise performance during a simulated treadmill soccer game protocol	Vassilis Mougios, Ilias Smilios, and Marios Hadjicharalambous	5 <sup>th</sup> Annual Conference of the Pan-Hellenic Society of Biochemistry and Physiology Exercise, 5-7 November 2015, Athens, Greece		

6	2014	The effect of caffeine on performance, metabolism and subjective effort of fatigue during a simulated football game-protocol on the treadmill in well-trained football players	Marios Hadjicharalambous	4th Annual Conference of the Pan-Hellenic Society of Biochemistry and Physiology Exercise, 24-26 October 2014, Trikala, Greece		
7	2015	The effects of caffeine on biological responses and exercise performance during a simulated treadmill soccer game protocol.	Marios Hadjicharalambous, Vassilis Mougios, Ilias Smilios, Johanna Rodosthenous, Pantelis Kyprianides, Lousine Karapetyan, Maria Kleanthous, Marios Antoniou and Maria Fragkous	21st Annual Congress of the European College of Sport Science, 6-9 July 2016, Vienna, Austria		
8	2010	Loads on a gymnastics safety support system during maximal use	Mike J Hiley and Maurice R Yeadon	Journal of Sports Engineering and Technology	225: 1	<a href="https://doi.org/10.1177/17543371JSET84">https://doi.org/10.1177/17543371JSET84</a>

### Research Projects.

Ref. Number	Date	Title	Funded by	Project Role
1	2018	Relationship between genotypes, biological responses and exercise performance during a simulated soccer game protocol: Responders and Non-responders to caffeine athletes.	Graduate School of University of Nicosia	Researcher
2	2018	VO <sub>2</sub> max evaluation in young swimmers: Comparison between swimming training equipment, treadmill and cyclometer	None	Project coordinator and Researcher
3	2018	The effects of long term kicking training during swimming in young swimmers.	None	Project coordinator and Researcher
4	2012	Caffeine effects on High and Low caffeine responders and on different aerobic fitness level athletes: Biological responses and exercise performance	Graduate School of University of Nicosia	Researcher