



Academic Personnel Short Profile / Short CV

University:	Intercollege
Surname:	Stavrinou
Name:	Pinelopi
Rank/Position:	Adjunct Faculty
Department:	Aesthetics
Scientific Domain: *	Exercise Physiology

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD Exercise Science and Physical Education	2018	University of Nicosia	Life and health sciences	High intensity interval training frequency: cardiometabolic health, quality of life, perceptual responses and future exercise adherence in inactive adults
MSc Biology of Exercise	2010	National and Kapodistrian University of Athens	Physical education and sports science	The effects of short-term high-intensity interval training on oxidative stress
BSc Physical Education and Sports Science	2005	National and Kapodistrian University of Athens	Physical education and sports science	Relationship between measures of body fatness and aerobic power in children

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
2015	present	University of Nicosia	Cyprus	Adjunct faculty
2011	present	University of Cyprus	Cyprus	Special scientist
2015	present	Intercollege	Cyprus	Adjunct faculty

Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2022	Exploring the Associations between Functional Capacity, Cognitive Function and Well-Being in Older Adults	Aphamis, G., Pantzaris, M., Sakkas, G. K., & Giannaki, C. D.	Life (MDPI)	12(7)	1042
2	2022	Weight Loss for Judo Competition: Literature Review and Practical Applications	Aphamis G., Giannaki C.D, Bogdanis G.C.	The Arts and Sciences of Judo (International Judo Federation)	2 (1)	19-35
3	2022	Effects of Oral Creatine Supplementation on Power Output during Repeated Treadmill Sprinting.	Bogdanis GC, Nevill ME, Aphamis G, Jenkins DG, Giannaki CD, Lakomy HKA, Williams C.	Nutrients (MDPI)	14 (6)	1140
4	2022	Bout duration in high-intensity interval exercise modifies hematologic, metabolic and antioxidant responses	Bogdanis, G. C., Mastorakos, G., Tsirigkakis, S., Kabasakalis, A., Mantzou, A., & Mougios, V	Journal of Exercise Science & Fitness (Science Direct)	20 (3)	216-223
5	2022	Association of body composition with functional capacity and cognitive function in older adults living in nursing homes	Aphamis G, Andreou E, Pantzaris M, Giannaki C.D	Current Aging Science (Bentham Science)	15 (1)	77-82
6	2020	The Effects of a 6-Month High Dose Omega-3 and Omega-6 Polyunsaturated Fatty Acids and Antioxidant Vitamins Supplementation on Cognitive Function and Functional Capacity in Older Adults with Mild Cognitive Impairment	Andreou, E.; Aphamis, G.; Pantzaris, M.; Ioannou, M.; S. Patrikios, I.; Giannaki, C. D.	Nutrients (MDPI)	12	325
7	2020	Prevalence of hypohydration in adolescents during the school day in Cyprus: seasonal variations.	Giannaki C. D.; Andreou E; Aphamis G.	East Mediterr Health J. (WHO)	26 (9)	1034-1041

8	2019	Effects of high intensity interval training frequency on perceptual responses, quality of life and future physical activity participation	Bogdanis G.C., Giannaki C.D., Terzis G., Hadjicharalambous M.	Applied Physiology, Nutrition and Metabolism (Canadian Science Publishing)	44 (9)	952-957
9	2018	High intensity interval training frequency: cardiometabolic effects and quality of life	Bogdanis G.C., Terzis G., Giannaki C.D., Hadjicharalambous M.	International Journal of Sports Medicine (Thieme)	39	210-217
10	2013	Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans	Bogdanis G.C., Fatouros I.G., Philippou A., Chatzinikolaou A., Draganidis D., Ermidis G., Maridaki M	Food and Chemical Toxicology (Elsevier)	61	171-177

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)

Ref. Number	Date	Title	Funded by	Project Role*
1	25/10/2021-24/10/2025	Network on evidence-based physical activity in old age (PhysAgeNet)	European Commission	Management Committee Member
2	26/10//2020-25/10/2024	Determinants of Physical Activities in Settings (DE-PASS)	European Commission	Management Committee Substitute Member
3	1/4/2017- 31/3/2019	The effects of 6 months supplementation of a formula containing a mixture of omega 3 and omega 6 fatty acids and vitamins on functional capacity, cognitive function and quality of life in the elderly	Universitas Foundation	Research Associate
4	1/2/2017– 1/6/2018	The effects of high intensity interval training frequency on health indices and quality of life and on future physical activity participation	Youth Board of Cyprus	Principal Investigator
5	1/2/2016- 1/2/2017	Hydration status and cognitive performance in adolescents during winter and summer time in Cyprus	European Hydration Institute	Principal Investigator

**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.
List the five (5) more recent (Optional Entry)**

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2022-present	The Arts and Sciences of Judo journal	Member of the Editorial Review Board	Review of scientific manuscripts
2	2022-present	Frontiers in Physiology and Frontiers in Sports and Active Living, Exercise Physiology section	Review Editor	Review of scientific manuscripts
3	2022-present	Combat Sports Special Interest Group, European College of Sport Science	Core Group Member	Disseminate scientific knowledge regarding combat sports
4	2017 - present	European Journal of Sports Science European Journal of Applied Physiology Physiology & Behavior International Journal of Performance Analysis in Sport Journal of Aging and Physical Activity International Journal of Sports and Exercise Medicine Biology of Sport Geriatrics Sport Sciences for Health Plos One Life Scandinavian Journal of Medicine and Science in Sports Applied Sciences	Reviewer	Review of scientific manuscripts
5	2018-present	Hellenic Society of Biochemistry and Physiology of Exercise	Member of Scientific committee of annual congresses of Hellenic Society of Biochemistry and Physiology of Exercise	Evaluation of scientific presentations



**Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10) (Optional Entry)**

Ref. Number	Date	Title	Awarded by:
1	2020	Accredited Exercise Physiologist	Hellenic Society of Biochemistry and Physiology of Exercise
2	2016	3 rd award for best oral presentation, 6 th annual conference of Hellenic Society of Biochemistry and Physiology of Exercise	Hellenic Society of Biochemistry and Physiology of Exercise