

Faculty Curriculum Vitae

Please fill out the details as indicated below. Where not applicable, mark 'N/A'

Full Name:	Stavrinou Penelopi
Rank:	Unranked
Status:	Part-time
Program:	Aesthetics
Email:	stavrinou.p@intercollege.ac.cy

Educational qualifications

Degree	Year	Awarding Institution	Thesis title (if applicable)
Bachelor	2005	University of Athens	Physical education and sports science
MSc	2010	University of Athens	Biology of exercise

Employment history

Period of employment		Employer	Location	Position
From	To			
2011	2016	University of Cyprus	Nicosia	Special Scientist
2014	present	University of Nicosia	Nicosia	Part time faculty
2015	present	Intercollege	Nicosia	Part time faculty

Memberships and Professional Affiliations
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From	To	Institution/Professional Organisation	Status
2010	present	Hellenic Society of Biochemistry and Physiology of Exercise	Member
2008	present	European College of Sport Science	Member

Conferences and Seminars

From	To	Title	Role
2014	2016	Annual conference of Hellenic Society of Biochemistry and Physiology of Exercise	Presenter
2008	2016	Annual Congress of the European College of Sport Science	Presenter

Research/Projects

From	To	Title and Reference	Funded by
2007	2009	Effects of high intensity interval training on sprint performance and antioxidant status	N/A
2013	2016	Effects of high intensity interval training frequency on cardiometabolic health	N/A
2016	2017	Hydration status and cognitive performance in adolescents during winter and summer time in Cyprus.	European Hydration Institute

Publications/Journal/Articles						
	Year	Title	Other authors	Journal/ Conference/Publisher	Vol.	Pages
1	2013	Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans	Bogdanis G.C., Stavrinou P., Fatouros I.G., Philippou A., Chatzinikolaou A., Draganidis D., Ermidis G., Maridaki M	Food and Chemical Toxicology	61	171-177
2	2016	Physiological and metabolic responses during a simulated judo competition among cadet athletes	Stavrinou P., Argyrou M., Hadjicharalambous, M	International Journal of Performance Analysis in Sport	16	848-859

Awards/Distinctions
3 rd prize award for best oral presentation at annual conference of Hellenic Society of Biochemistry and Physiology of Exercise, 2016