

PANAGIOTIS CHATZINIKOLAOU

PhD Researcher

PERSONAL INFORMATION

-  Athens
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-  27/12/1992
-  <https://scholar.google.com/>

DISTINCTIONS

Excellence award
MSc «Human Performance and Health»
PHED, AUTH, 2019

SCHOLARSHIPS

"GGP-AGE", Humboldt University of Berlin,
Department of Training and Movement
Sciences | DAAD, Research Assistant

LANGUAGES

English | Certificate of Proficiency in
English, University of Michigan

COMPUTER SKILLS

 Microsoft Office Suite

PROGRAMMING

 R for Statistical Computing
 Python

STATISTICS

 SPSS, JASP, Jamovi

EDUCATION

PhD candidate in exercise physiology

09/2020 - today

School of Physical Education and Sport Science at Serres
Aristotle University of Thessaloniki

MSc Human Performance and Health

09/2017 - 10/2019

School of Physical Education and Sport Science, AUTH
Grade: 9.61/10

BSc Physical Education and Sport Science

09/2010 - 12/2017

Major: «Fitness and Health»
National and Kapodistrian University of Athens
Grade: 8.24/10

RESEARCH EXPERIENCE

Visiting researcher | KU Leuven

01/2020 - 07/2020

Department of Rehabilitation Sciences,
Cardiovascular Exercise Physiology Group 📍 Leuven, Belgium

- Cardiopulmonary exercise tests and functional assessments in patients with cardiovascular diseases.
- Processing and analysis of muscle oxygenation data.
- Worked on a project that led to two publications.

Research Internship | Humboldt University

09/2019 - 12/2019

Department of Training and Movement Sciences 📍 Berlin, Germany

- Ultrasound imaging during isokinetic dynamometry and treadmill tests.
- Kinematic analysis of treadmill walking and running.
- Image and video analysis of the muscle-tendon unit.

PUBLICATIONS

1. The use of Near-Infrared Spectroscopy to evaluate the effect of exercise on peripheral muscle oxygenation in patients with lower-extremity artery disease: a systematic review. Cornelis N., **Chatzinikolaou P.N.**, Buys R., Fourneau I., Claes J., Cornelissen V. *European Journal of Vascular and Endovascular Surgery*. 2021. [DOI: <https://doi.org/10.1016/j.ejvs.2021.02.008>].
2. Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. Cherouveim E.D., Margaritelis N.V., Koulouvaris P., Tsolakis C., Malliou V.J., **Chatzinikolaou P.N.**, Franchi M.V., Porcelli S., Kyparos A., Vrabas I.S., Geladas N.D., Nikolaidis M.G., Paschalis V. *Journal of Sport Sciences*. 2021. [Under Revision; R]SP-2021-0127].
3. Eccentric exercise per se does not affect muscle damage biomarkers: early and late phase adaptations. Margaritelis N. V.; Theodorou, A. A.; **Chatzinikolaou P. N.**; Kyparos A.; Nikolaidis M. G.; Paschalis V. *European Journal of Applied Physiology*. 2020. [<https://doi.org/10.1007/s00421-020-04528-w>].
4. Dietary cysteine intake is associated with blood glutathione levels and isometric strength. Margaritelis N.V., **Chatzinikolaou P.N.**, Bousiou F.V., Malliou V.J., Papadopoulou S.K., Potsaki P., Theodorou A.A., Kyparos A., Geladas N.D., Nikolaidis M.G., Paschalis V. *International Journal of Sports Medicine*. 2020. [<https://doi.org/10.1055/a-1255-2863>].

PRESENTATIONS

1. The effects of exercise training on muscle oxygenation of patients with Intermittent Claudication. **Chatzinikolaou P.**, Cornelis N., Buys R., Claes J., Fourneau I., Cornelissen V. FIRRI, Recent advances in rehabilitation of cardiorespiratory and internal diseases. 22 April 2021. Oral presentation.
2. The effects of exercise training on muscle oxygenation of patients with Intermittent Claudication. **Chatzinikolaou P.**, Cornelis N., Buys R., Claes J., Fourneau I., Cornelissen V. ESC Preventive Cardiology, Online Congress, 15-17 April 2021. E-poster.
3. The use of Near-Infrared Spectroscopy to evaluate the effect of exercise on peripheral muscle oxygenation in patients with lower-extremity artery disease: a systematic review. Nils Cornelis, **Panagiotis Chatzinikolaou**, Roselien Buys, Inge Fourneau, Jomme Claes, Veronique Cornelissen. ESC Preventive Cardiology, Online Congress, 15-17 April 2021. E-poster.
4. Intermittent claudication in lower-extremity artery disease: association of physical activity, physical fitness and quality-of-life- preliminary results from the PROSECO-IC trial. N. Cornelis, R. Buys, J. Claes, I. Fourneau, **P. Chatzinikolaou**, V. Cornelissen. Belgian Surgical week, 2020.
5. Biomechanical differences between weightlifting techniques. S. Tsoumani, E. Louka, P. Kronis, **P. Chatzinikolaou**, K. Bregiannis, K. Boudolos. ELEMVIO 6th Hellenic conference, 10-12 October 2014, Patra. Poster presentation.
6. The effect of fatigue on kinematic and kinetic characteristics of the front and side lunge exercises. **P. Chatzinikolaou**, E. Rousanoglou. 9th Hellenic congress 'Sports Medicine in the 21st century'. 1-3/12/2017. Thessaloniki. Poster presentation.

BOOK CHAPTERS

Chatzinikolaou PN, Margaritelis N, Chatzinikolaou AN, Paschalis V, Theodorou A, Vrabas I, Kyparos A, Nikolaidis MG. (2021). 'Oxygen transport: a redox O2dyssey'. In H. Sies (Ed.), *Oxidative Eustress and Exercise Physiology*. Elsevier. [Accepted ahead of print].

ADDITIONAL CERTIFICATIONS/SKILLS

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| • Data analysis using R. School of Mathematics, AUTH. | 10/2020 - 03/2021 |
| • Programming with Python for non-programmers. School of Informatics, AUTH. | 11/2020 - 12/2020 |
| • Tools for Systems biology modeling and data exchange. German Network for Bioinformatics Infrastructure. | 21-23/9/2020 |
| • Recent advances in Rehabilitation of Internal Disorders, University of Hasselt, Hasselt, Belgium. | 15/2/2020 |
| • 6th International Autumn School on Movement Science, Humboldt University of Berlin, Germany. | 7-11/9/2019 |
| • Lifelong learning course: Sports Nutrition. International Hellenic University. | 2/2019-4/2019 |
| • Exercise for Health: Group and Personal Training. Lifelong learning center of Thessaly. | 10/2018-2/2019 |