

PANAGIOTIS CHATZINIKOLAOU

PhD candidate

PERSONAL INFORMATION



Athens, Greece



chatzinpn@phed-sr.auth.gr



+30 6973502208



27/12/1992



<https://scholar.google.com/>



<https://panos-chatz.netlify.app/>

OUTPUT BY NUMBERS

Publications	8
Book chapter	1
Reviewer	35

AWARDS & GRANTS

-Excellence grant for PhD studies,
PHED, AuTh, 2022

-Excellence award for academic
performance, PHED, AuTh, 2019

PROGRAMMING



R



Matlab



Python



STATISTICS & MODELING



SPSS, JASP, JAMOV



COPASI



EDUCATION

PhD(c) in Exercise Physiology | 09/2020 - today

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

MSc Human Performance and Health | 09/2017 - 10/2019

School of Physical Education and Sport Science, AuTh, Greece

BSc Sport Science | 09/2010 - 12/2017

School of Physical Education and Sport Science, UoA, Greece

RESEARCH VISITS

European University Cyprus | 05/2022 - 08/2022

Department of Life Sciences, School of Sciences 📍 Nicosia, Cyprus

Loughborough University | 03/2022 - 04/2022

School of Sport, Exercise and Health Sciences 📍 Loughborough, UK

KU Leuven | 01/2020 - 07/2020

Department of Rehabilitation Sciences 📍 Leuven, Belgium

- Physiological assessments in patients with cardiovascular diseases
- Processing and analysis of muscle oxygenation data

Humboldt University | 01/2020 - 07/2020

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. Cornelis N, Chatzinikolaou PN, Buys R, Goetschalckx K, Fourneau I, Claes J, Cornelissen V. 2022. Near-infrared spectroscopy to evaluate the effect of a hybrid exercise program on peripheral muscle metabolism in patients with intermittent claudication: an exploratory PROSECO-IC sub study. *Journal of Sports Sciences*. [https://doi.org/10.1080/02640414.2022.2045062]
2. Cherouveim ED, Margaritelis NV, Koulouvaris P, Tsolakis C, Malliou VJ, Chatzinikolaou PN, Franchi MV, Porcelli S, Kyparos A, Vrabas IS, Geladas ND, Nikolaidis MG, Paschalis V. 2022. Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. *Journal of Sport Sciences*. [https://doi.org/10.1080/02640414.2021.1983248]
3. Margaritelis NV, Chatzinikolaou PN, Chatzinikolaou AN, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, Nikolaidis MG. 2022. The redox signal: A physiological perspective. *IUBMB Life*. [https://doi.org/10.1002/iub.2550]
4. Theodorou AA, Zinelis PT, Malliou VJ, Chatzinikolaou PN, Margaritelis NV, Mandalidis D, Geladas ND, Paschalis V. 2021. Acute L-citrulline supplementation increases nitric oxide bioavailability but not inspiratory muscle oxygenation and respiratory performance. *Nutrients*. [https://doi.org/10.3390/nu13103311]
5. Perentis PA, Cherouveim EE, Malliou VJ, Margaritelis NV, Chatzinikolaou PN, Koulouvaris, Tsolakis C, Nikolaidis MG, Geladas N, Paschalis V. 2021. The effects of high-intensity interval exercise on skeletal muscle and cerebral oxygenation during cycling and isokinetic concentric and eccentric exercise. *Journal of Functional Morphology and Kinesiology*. [https://doi.org/10.3390/jfmk6030062]
6. Cornelis N, Chatzinikolaou PN, Buys R, Fourneau I, Claes J, Cornelissen V. 2021. 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. *European Journal of Vascular and Endovascular Surgery*. [https://doi.org/10.1016/j.ejvs.2021.02.008]
7. Margaritelis NV, Theodorou AA, Chatzinikolaou PN, Kyparos A, Nikolaidis MG, Paschalis V. 2020. Eccentric exercise per se does not affect muscle damage biomarkers: early and late phase adaptations. *European Journal of Applied Physiology*. [https://doi.org/10.1007/s00421-020-04528-w]
8. Margaritelis NV, Chatzinikolaou PN, Bousiou FV, Malliou VJ, Papadopoulou SK, Potsaki P, Theodorou AA, Kyparos A, Geladas ND, Nikolaidis MG, Paschalis V. 2020. Dietary cysteine intake is associated with blood glutathione levels and isometric strength. *International Journal of Sports Medicine*. [https://doi.org/10.1055/a-1255-2863]

BOOK CHAPTER

Chatzinikolaou PN, Margaritelis N, Chatzinikolaou AN, Paschalis V, Theodorou A, Vrabas I, Kyparos A, Nikolaidis MG. (2022). 'Oxygen transport: a redox O2dyssey'. In H. Sies (Ed.), *Oxidative Eustress and Exercise Physiology*. CRC Press/Taylor & Francis. <https://bit.ly/3uTuk5s>

PRESENTATIONS

1. Chatzinikolaou PN, Margaritelis NV, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, Nikolaidis MG. Systemic oxidative stress, muscle oxygenation and performance: the role of erythrocyte glycolysis. 10th congress of Biochemistry and Physiology of Exercise. 22/10/2022, Athens, Greece. Oral presentation
2. Chatzinikolaou PN. Implementing Systems Biology in Exercise Physiology. PhD and Post-doctoral seminar. School of Physical Education and Sports Science, AuTh, Serres, 6 June 2022. Oral presentation
3. Chatzinikolaou PN. The role of erythrocyte metabolism during exercise: A systems biology approach. 23rd Annual Workshop on Computational Cell Biology, 25/5/2022, Oral presentation
4. Chatzinikolaou PN., Cornelis N., Buys R., Claes J., Fourneau I., Cornelissen V. The effects of exercise training on muscle oxygenation of patients with Intermittent Claudication. FIRRI, Recent advances in rehabilitation of cardiorespiratory and internal diseases. 22 April 2021. Oral presentation
5. Cornelis N, Chatzinikolaou PN, Buys R, Fourneau I, Claes J, Cornelissen, V. 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. ESC Preventive Cardiology, Online Congress, 15-17 April 2021. E-poster

EDITORIAL EXPERIENCE

Social Media Editor, *European Journal of Applied Physiology*, Springer - Nature, 01/2022 – now.