

# 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 papers.

### 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.

## PAPERS

1. 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. Cornelis N, **Chatzinikolaou PN**, Buys R, Goetschalckx K, Fourneau I, Claes J, Cornelissen V. *Journal of Sports Sciences*. 2021. [<https://doi.org/10.1080/02640414.2022.2045062>].
2. Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. 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. *Journal of Sport Sciences*. 2021. [<https://doi.org/10.1080/02640414.2021.1983248>].
3. Acute L-citrulline supplementation increases nitric oxide bioavailability but not inspiratory muscle oxygenation and respiratory performance. Theodorou AA, Zinelis PT, Malliou VJ, **Chatzinikolaou PN**, Margaritelis NV, Mandalidis D, Geladas ND, Paschalis V. *Nutrients*. 2021. [<https://doi.org/10.3390/nu13103311>].
4. The redox signal: A physiological perspective. Margaritelis NV, **Chatzinikolaou PN**, Chatzinikolaou AN, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, Nikolaidis MG. *IUBMB Life*. 2021. [<https://doi.org/10.1002/iub.2550>].
5. The effects of high-intensity interval exercise on skeletal muscle and cerebral oxygenation during cycling and isokinetic concentric and eccentric exercise. Perentis PA, Cherouveim EE, Malliou VJ, Margaritelis NV, **Chatzinikolaou PN**, Koulouvaris, Tsolakis C, Nikolaidis MG, Geladas N, Paschalis V. *Journal of Functional Morphology and Kinesiology*. 2021. [<https://doi.org/10.3390/jfmk6030062>].
6. 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 PN**, Buys R, Fourneau I, Claes J, Cornelissen V. *European Journal of Vascular and Endovascular Surgery*. 2021. [<https://doi.org/10.1016/j.ejvs.2021.02.008>].
7. Eccentric exercise per se does not affect muscle damage biomarkers: early and late phase adaptations. Margaritelis NV, Theodorou AA, **Chatzinikolaou PN**, Kyparos A, Nikolaidis MG, Paschalis V. *European Journal of Applied Physiology*. 2020. [<https://doi.org/10.1007/s00421-020-04528-w>].
8. Dietary cysteine intake is associated with blood glutathione levels and isometric strength. Margaritelis NV, **Chatzinikolaou PN**, Bousiou FV, Malliou VJ, Papadopoulou SK, Potsaki P, Theodorou AA, Kyparos A, Geladas ND, Nikolaidis MG, Paschalis V. *International Journal of Sports Medicine*. 2020. [<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. (2021). 'Oxygen transport: a redox Odyssey'. In H. Sies (Ed.), *Oxidative Eustress and Exercise Physiology*. CRC Press/Taylor & Francis. <https://bit.ly/3uTuk5s>

## PRESENTATIONS

1. The effects of exercise training on muscle oxygenation of patients with Intermittent Claudication. **Chatzinikolaou PN.**, 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 PN.**, 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. Cornelis N, **Chatzinikolaou PN**, Buys R, Fourneau I, Claes J, Cornelissen, V. ESC Preventive Cardiology, Online Congress, 15-17 April 2021. E-poster.
4. The effect of fatigue on kinematic and kinetic characteristics of the front and side lunge exercises. **Chatzinikolaou PN**, Rousanoglou E. 9th Hellenic congress 'Sports Medicine in the 21st century'. 1-3/12/2017. Thessaloniki. Poster presentation.
5. Biomechanical differences between weightlifting techniques. Tsoumani S, Louka E, Kronis P, Chatzinikolaou PN, Bregiannis K, Boudolos K. ELEMVIO 6th Hellenic conference, 10-12 October 2014, Patra. Poster presentation.

## ADDITIONAL CERTIFICATIONS

- 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