CURRICULUM VITAE

Personal details	
Surname/name:	**Mougios, Vassilis**
Position:	**Professor**
Specialty:	**Exercise Biochemistry**
Department:	**Human Performance**
Laboratory:	**Laboratory of Evaluation of Human Biological Performance**
Current administrative positions:	**Lab Director**
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Student consultation:	**Wednesdays and Thursdays, 12:00-14:00**
Qualifications	
Degree:	**Bachelor's in Chemistry, University of Athens, 1981**
Master:	
PhD:	**PhD in Biochemistry, University of Illinois at Chicago, 1986**
Teaching	
Undergraduate courses:	**1. Exercise biochemistry and sport nutrition** **2. Biochemical evaluation of sport performance**
Postgraduate courses:	**1. Exercise metabolism** **2. Nutrition for exercise in chronic diseases**
Research	
Research interests:	• **Effect of exercise on energy metabolism, especially lipid metabolism** • **Effect of exercise on gene expression** • **Exercise endocrinology**

	• **Effect of exercise and nutrition on the redox status of the body** • **Effect of nutrition and dietary supplements on health and sport performance** • **Effect of exercise and nutrition on the biochemical profile of exercisers** • **Biochemical indices of the training load and of adaptations to training** • **Exercise metabonomics**
Books and chapters in books:	**Exercise Biochemistry, Human Kinetics, 2019**
Selected publications (up to 10):	**Huh JY, Siopi A, Mougios V, Park KH, Mantzoros CS (2015). Irisin in response to exercise in humans with and without metabolic syndrome. *J Clin Endocr Metab* 100: E453-E457.** **Pechlivanis A, Papaioannou KG, Tsalis G, Saraslanidis P, Mougios V, Theodoridis GA (2015). Monitoring the response of the human urinary metabolome to brief maximal exercise by a combination of RP-UPLC-MS and ^{1}H NMR spectroscopy. *J Proteome Res* 14: 4610-4622.** **Siopi A, Deda O, Manou V, Kellis S, Kosmidis I, Komninou D, Raikos N, Christoulas K, Theodoridis GA, Mougios V (2017). Effects of different exercise modes on the urinary metabolic fingerprint of men with and without metabolic syndrome. *Metabolites* 7: 5.** **Petridou A, Chatzinikolaou A, Avloniti A, Jamurtas A, Loules G, Papassotiriou I, Fatouros I, Mougios V (2017). Increased triacylglycerol lipase activity in adipose tissue of lean and obese men during endurance exercise. J Clin Endocr Metab 102: 3945-3952.** **Perakakis N, Mougios V, Fatouros I, Siopi A, Draganidis D, Peradze N, Ghaly W, Man-tzoros CS (2018). Physiology of activins/follistatins: associations with metabolic and an-thropometric variables and response to exercise. J Clin Endocr Metab 103: 3890-3899.** **Sfyri P, Yuldasheva NY, Tzimou A, Gialourou N, Crispi V, Aburima A, Beltran-Alvarez P, Mougios V, Swann JR, Kearney MT, Matsakas A (2018). Attenuation of oxidative stress-induced lesions in skeletal muscle in a mouse model of obesity-independent hyper-lipidaemia and atherosclerosis through the inhibition of Nox2 activity. Free Rad Biol Med 129: 504-519.** **Apostolidis A, Mougios V, Smilios I, Rodosthenous J, Hadjicharalambous M (2018). Caf-feine supplementation: ergogenic in both high and low caffeine responders. Int J Sports Physiol Perform 14: 650-657.** **Petridou A, Siopi A, Mougios V (2019). Exercise in the management of obesity. Metabolism Clinical and Experimental 92: 163-169.** **Siopi A, Deda O, Manou V, Kosmidis I, Komninou D, Raikos N, Theodoridis GA, Mougios V (2019). Comparison of the serum metabolic fingerprint of different exercise modes in men with and without metabolic syndrome. Metabolites 9: 116, doi:10.3390/metabo9060116.** **Rodopaios NE, Mougios V, Konstantinidou A, Iosifidis S, Koulouri AA, Vasara E, Papadopoulou SK, Skepastianos P, Dermitzakis E, Hassapidou M, Kafatos AG (2019). Effect of periodic abstinence from dairy products for approximately half of the year on bone health in adults following the Christian Orthodox Church fasting rules for decades. Arch Osteoporos 14: 68.**
Current research projects:	**Evaluation of biological performance of athletes** **Biochemical assessment of athletes**

	Aquaculture and agriculture biomass side stream proteins and bioactives for feed, fitness and health-promoting nutritional supplements
Reviewer in journals:	***Acta Physiologica*** ***American Journal of Cardiology*** ***Annals of Nutrition and Metabolism*** ***Applied Physiology, Nutrition, and Metabolism*** ***BMC Research Notes*** ***BMC Nephrology*** ***British Journal of Nutrition*** ***British Journal of Sports Medicine*** ***Comparative Biochemistry and Physiology B*** ***Diabetes/Metabolism Research and Reviews*** ***European Journal of Applied Physiology*** ***European Journal of Clinical Nutrition*** ***European Journal of Sport Medicine*** ***European Journal of Sport Science*** ***Future Lipidology*** ***International Journal of Health, Wellness and Society*** ***International Journal of Sports Medicine*** ***IUBMB Life*** ***Journal of Applied Physiology*** ***Journal of Chromatography B*** ***Journal of Diabetes and Its Complications*** ***Journal of Diabetes Research*** ***Journal of Membrane Biology*** ***Journal of Nutritional Biochemistry*** ***Journal of Sports Science*** ***Journal of Sports Science and Medicine*** ***Lipids*** ***Lipids in Health and Disease*** ***Medical Science Monitor*** ***Metabolism*** ***Molecular Nutrition and Food Research*** ***Nutrition*** ***Obesity Research* (τώρα *Obesity*)** ***Physiological Genomics*** ***PLoS ONE*** ***Scientific Reports*** ***SpringerPlus***
Citations (citations in Scopus):	**2.650**
h-index in Scopus:	**26**