

CURRICULUM VITAE

Personal details	
Surname/name:	Petridou Anatoli
Position:	Assistant Professor
Specialty:	Exercise Biochemistry and Sport Nutrition
Department:	Physical Education and Sport Science
Laboratory:	Evaluation of Human Biological Performance
Current administrative positions:	
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Student consultation:	Wednesdays and Thursdays, 10:00-12:00
Qualifications	
Degree:	<ol style="list-style-type: none"> 1. Department of Physical Education and Sport Science, Aristotle University of Thessaloniki 2. Department of Biochemistry & Biotechnology, University of Thessaly
Master:	Exercise and Health, 2001
PhD:	Human Performance and Health, 2005
Teaching	
Undergraduate courses:	
Postgraduate courses:	MAE4: Nutrition for health and performance in dance KME4: Exercise metabolism

	KMES: Nutrition for exercise in chronic diseases
Research	
Research interests:	<ul style="list-style-type: none"> • Effects of exercise on energy metabolism, particularly lipid metabolism • Effects of exercise on gene expression • Exercise endocrinology • Effects of nutrition and dietary supplements on health and sport performance • Effects of exercise and nutrition on the biochemical profile of exercisers • Biochemical indices of the training load and of adaptations to training
Books and chapters in books:	
Selected publications (up to 10):	<ol style="list-style-type: none"> 1. <u>Petridou A</u>, Mougios V (2002). Acute changes in triacylglycerol lipase activity of human adipose tissue during exercise. <i>J Lipid Res</i> 43: 1331-1334. 2. <u>Petridou A</u>, Mougios V, Sagredos A (2003). Supplementation with CLA: Isomer incorporation into serum lipids and effect on body fat of women. <i>Lipids</i> 38: 805-811. 3. <u>Petridou A</u>, Gerkos N, Kolifa M, Nikolaidis M, Simos D, Mougios V (2004). Effect of exercise performed immediately before a meal of moderate fat content on postprandial lipaemia. <i>Brit J Nutr</i> 91: 683-687. 4. <u>Petridou A</u>, Nikolaidis MG, Matsakas A, Schulz T, Michna H, Mougios V (2005). Effect of exercise training on the fatty acid composition of lipid classes in rat liver, skeletal muscle, and adipose tissue. <i>Eur J Appl Physiol</i> 94: 84-92. 5. <u>Petridou A</u>, Lazaridou D, Mougios V (2005). Lipidemic profile of athletes and non-athletes of similar body fat. <i>Int J Sport Nutr Exerc Metab</i> 15: 425-432. 6. <u>Petridou A</u>, Tsalouhidou S, Tsalis G, Schulz T, Michna H, Mougios V (2007). Long-term exercise increases the DNA binding activity of PPARγ in rat adipose tissue. <i>Metabolism</i> 56: 1029-1036. 7. Saraslanidis P, <u>Petridou A</u>, Bogdanis GC, Galanis N, Tsalis G, Kellis S, Mougios V (2011). Muscle metabolism and performance improvement after two training programmes of sprint running differing in rest interval duration. <i>J Sports Sci</i> 29(11): 1167-1174. 8. <u>Petridou A</u>, Chatzinikolaou A, Avloniti A, Jamurtas A, Loyles G, Papassotiriou I, Fatouros, I., Mougios, V. (2017). Increased Triacylglycerol Lipase Activity in Adipose Tissue of Lean and Obese Men During Endurance Exercise. <i>J Clin Endocrinol Metab</i> 102(11): 3945-3952. 9. <u>Petridou A</u>, Siopi A, Mougios V (2019). Exercise in the management of obesity. <i>Metabolism Clinical and Experimental</i> 92: 163–169. 10. <u>Petridou A</u>, Mougios V (2022). Exercise to Lower Postprandial Lipemia: Why, When, What and How. <i>Int J Sports Med</i> 43: 1013-1022.

Current research projects:	<ol style="list-style-type: none"> 1. Biochemical evaluation of athletes. 2. Aquaculture and agriculture biomass side stream proteins and bioactives for feed, fitness and health promoting nutritional supplements.
Reviewer in journals:	<p>International Journal of Sports Medicine International Journal of Sport Nutrition and Exercise Metabolism Journal of Applied Physiology Medicine and Science in Sports and Exercise</p>
Citations (citations in Scopus):	1,300
h-index in Scopus:	20