


## CURRICULUM VITAE

<b>Photo</b>	
<b>Personal details</b>	
Surname/name:	Koutlios/Nikolaos
Position:	Assistant Professor
Specialty:	Athletes' Physical Health Evaluation
Department:	Human Performance
Laboratory:	Sports Medicine
Current administrative positions:	Member of the General Assembly, Member of the Commission of Pre-graduate program studies, Member of OMEA, Member of Executive Committee (Inter-School Post-graduate program "Sports & Health")
Personal Webpage:	<a href="http://users.auth.gr/koutlios">http://users.auth.gr/koutlios</a>
<b>Contact details</b>	
Office:	Sports Medicine Lab, Building of Laboratories, 3 <sup>rd</sup> floor, TEFAA, Campus of Thessaloniki
Tel:	0030 2310 992188
Fax:	0030 2310 992188
e-mail:	koutlios@phed.auth.gr
Student consultation:	Monday, Tuesday, Friday 09:00-11:00
<b>Qualifications</b>	
Degree:	Physical Education & Sports Science, Aristotle University of Thessaloniki (1996), Medical School, Aristotle University of Thessaloniki (2012)

Master:	
PhD:	Human Performance and Health (2001)
<b>Teaching</b>	
Undergraduate courses:	Descriptive and Functional Anatomy, Sports Medicine, Swimming & Physical Health, Lifeguarding, Physiology, Limits of Sports Performance
Postgraduate courses:	Ergogenic Aids-Special Issues of Nutrition, Sports Medicine, Nutritional Supplements-Sports Nutrition, Physical Activity Programmes in Patients with Chronic Diseases, Ergometric Evaluation-Embiomechanics
<b>Research</b>	
Research interests:	Pre-participation screening of athletes, prevention of sudden cardiac death in athletes, egogenic aids & doping, clinical exercise physiology, health disorders in swimming, exercise induced adaptations of cardiovascular, respiratory and autonomic nervous system
Books:	Human Performance and Health in Football. Answers in 100 questions. N. Koutlianos, Ch. Christoudis. Sportbook, Thessaloniki, 2014.
Selected publications (up to 10):	<ol style="list-style-type: none"> <li>1. P. Sotiriou, E. Kouidi, A. Karagiannis, N. Koutlianos, P. Geleris, V. Vassilikos, A. Deligiannis. Arterial adaptations in athletes of dynamic and static sports disciplines – a pilot study. <i>Clin Physiol Func Im</i>; 39(3): 183-191, 2019.</li> <li>2. G.A. Christou, E.J. Kouidi, M.A. Anifanti, P.G. Sotiriou, N.A. Koutlianos, A.P. Deligiannis. Pathophysiological mechanisms of noncardiac syncope in athletes. <i>Int J Cardiol</i>; 1(224): 20-26, 2016</li> <li>3. A.P. Deligiannis, E.J. Kouidi, N.A. Koutlianos, V. Karagiannis, M.A. Anifanti, K. Tsorbatzoglou, D. Farmakis, C. Avgerinos, D.N. Mameletzi, A.P. Samara. Eighteen years' experience applying old and current strategies in the pre-participation cardiovascular screening of athletes. <i>Hellenic J Cardiol</i>; 55(1):32-41, 2014.</li> <li>4. N. Koutlianos, E. Dimitros, T. Metaxas, A.S. Deligiannis, E. Kouidi. Indirect Estimation of <math>VO_2</math>max in athletes by ACSM's equation: Valid or not? <i>Hippokratia</i>; 17(2): 136-140, 2013.</li> <li>5. E. Dimitros, N. Koutlianos, M. Anifanti, E. Pagourelas, E. Kouidi, A. Deligiannis. Comparative study of ECG and echocardiographic parameters indicative of cardiac hypertrophy in athletes. <i>Sport Sci Health</i>; 8(2-3): 101-107, 2013.</li> <li>6. V. Christoforidi, N. Koutlianos, P. Deligiannis, E. Kouidi, A. Deligiannis. Heart rate variability in free diving athletes. <i>Clin Physiol Func Im</i>;</li> </ol>

	<p>32(2): 162-166, 2012.</p> <p>7. D. Mameletzi, E. Kouidi, N. Koutlianos, A. Deligiannis. Effects of long-term exercise training on cardiac baroreflex sensitivity in patients with coronary artery disease: a randomized controlled trial. Clin Rehabil; 25(3): 217-227, 2011.</p> <p>8. M. Pagkalos, N. Koutlianos, E. Kouidi, E. Pagkalos, N. Koutlianos, A. Deligiannis. Heart rate variability modifications following exercise training in type 2 diabetic patients with definite cardiac autonomic neuropathy. BJSM; 42: 47-54, 2007.</p> <p>9. T. Metaxas, T. Sendelides, N. Koutlianos, K. Mandroukas. Seasonal variation of aerobic performance in soccer players according to positional role. J Sports Med Phys Fitness; 46(4):520-5, 2006.</p> <p>10. N. Koutlianos, E. Kouidi, Th. Metaxas, A. Deligiannis. Non-invasive cardiac electrophysiological indices in athletes with mitral valve prolapse. Eur J Cardiovasc Prevent &amp; Rehabil; 11(5): 435-441, 2004.</p>
Current research projects:	
Reviewer in journals:	International Journal of Sports Medicine, Scandinavian Journal of Medicine and Science in Sports, Hippokratia, Medical Engineering and Physics, Sports Medicine & Physical Fitness, Κινησιολογία, Επιθεώρηση Βιοχημείας και Φυσιολογίας της Άσκησης, Ελληνική Ιατρική, Γυναίκα και Άθληση
Citations (Σ citations in Scopus):	<b>250</b>
h-index in Scopus:	<b>8</b>