

CURRICULUM VITAE

Personal details	
Surname/name:	Thomas I. Metaxas
Position:	Professor
Specialty:	Ergometry - Soccer
Department:	Division of Human Performance
Laboratory:	Evaluation of Human Biological Performance
Current administrative positions:	Member of Master Science Programme "Human Performance" Head of Coaching Educators in HFF
Personal Webpage:	www.soccerperformanceanalysis.web.auth.gr http://humanperformancelab.phed.auth.gr
Contact details	
Office:	2nd Floor of New Building Laboratories
Tel:	+302310 992250
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Student consultation:	Monday 11.30 – 12.30 and Thursday 11.30 – 14.30
Qualifications	
Degree:	BSc, School of Physical Education and Sports Science, Aristotle University of Thessaloniki, Greece
Master:	
PhD:	PhD Thesis, Health and A.U.TH., D.U.TH. and University of Thessaly
Teaching	
Undergraduate courses:	<ol style="list-style-type: none"> 1. Ergometry 2. New Technologies in Sport and Education 3. Speciality of Soccer I and II 4. Didactics of Soccer I and II (Theory)

<p>Postgraduate courses:</p>	<ol style="list-style-type: none"> 1. Ergometric evaluation of human performance 2. Laboratory evaluation of athletes 3. Clinical Exercise Physiology – Ergometry 4. Applied Exercise Physiology of Sports – Ergometry 5. Athlete’s evaluation and coaching the training 6. Exercise testing and measurements with disability special education needs
<p>Research</p>	
<p>Research interests:</p>	<ol style="list-style-type: none"> 1. Ergometric evaluation of performance in male and female athletes on field and laboratory tests 2. Physiological adaptations of exercise in cardiorespiratory and neuromuscular system 3. Applied physiology of sports 4. Technical – tactical skills and fitness training in modern soccer 5. Performance analysis in soccer (video-analysis, GPS monitoring, new technologies) 6. Clinical Exercise Physiology 7. Effects of exercise of functional and morphological adaptations in developmental ages 8. Laboratory methods and modern technical practices of analysing in muscle tissue – Adaptations of training
<p>Books and chapters in books:</p>	<p style="text-align: center;">3</p>
<p>Selected publications (up to 10):</p>	<ol style="list-style-type: none"> 1. MYOSIN HEAVY CHAIN ISOFORM DISTRIBUTION IN THE DELTOID AND VASTUS LATERALIS MUSCLES OF ELITE HANDBALL PLAYERS Mandroukas A, Metaxas TI, Papadopoulou Z, Heller J, Margaritelis N, Christoulas K, Vrabas IS, Ekblom B. Journal of Sports Sciences, 2020; 38(20):2390-2395; IF:2.811 2. THE EFFECTS OF SOCCER TRAINING IN AEROBIC CAPACITY BETWEEN TRAINED AND UNTRAINED ADOLESCENT BOYS OF THE SAME BIOLOGICAL AGE Mandroukas A, Metaxas TI, Michailidis Y, Christoulas K, Heller J. Journal of Sports Medicine and Physical Fitness, 2020; 60(3):355-360; IF:1.302 3. MUSCLE-TENDON MORPHOLOGY AND FUNCTION FOLLOWING LONG-TERM EXPOSURE TO REPEATED AND STRENUOUS MECHANICAL LOADING Bissas A, Havenetidis K, Walker J, Hanley B, Nicholson G, Metaxas T, Christoulas K, Cronin NJ.

Scandinavian Journal of Medicine and Science in Sports. 2020; 30(7):1151-1162. IF:3.255

4. THE EFFECTS OF AN INTEGRATIVE TRAINING PROGRAM ON ELITE YOUNG SOCCER PLAYERS' PHYSICAL PERFORMANCE

Karydopoulos C, Kapralos D, Kouidi E, Michailidis Y, Metaxas T.

Journal of Sports Medicine and Physical Fitness, 2020; doi: 10.23736/S0022-4707.20.11195-2; IF:1.302

5. MAXIMAL OXYGEN CONSUMPTION AND OXYGEN MUSCLE SATURATION RECOVERY FOLLOWING REPEATED ANAEROBIC SPRINT TEST IN YOUTH SOCCER PLAYERS

Michailidis Y, Chatzimagioglou A, Mikikis D, Ispiridis I, Metaxas T.

Journal of Sports Medicine and Physical Fitness, 2020; 60(3):355-360; IF:1.302

6. VARIATION OF AEROBIC PERFORMANCE INDICES OF PROFESSIONAL ELITE SOCCER PLAYERS DURING THE ANNUAL MACROCYCLE

Bekris E, Mylonis E, Gissis I, Katis A, Metaxas T, Komsis S, Kompodieta N.

Journal of Sports Medicine and Physical Fitness, 2020; 59(10):1628-1634; IF:1.302

7. CORRELATION OF FIBER-TYPE COMPOSITION AND SPRINT PERFORMANCE IN YOUTH SOCCER PLAYERS

Metaxas T, Mandroukas A, Michailidis Y, Koutlianos N, Christoulas K, Ekblom B.

Journal of Strength and Conditioning Research, 2019; 33(10):2629-2634; IF: 2.973.

8. EFFECTS OF PLYOMETRIC AND DIRECTIONAL TRAINING ON PHYSICAL FITNESS PARAMETERS IN YOUTH SOCCER PLAYERS

Michailidis Y., Tabouris A., Metaxas Th. **International Journal of Sports Physiology and Performance. 2018. 1;14(3):392-398; IF: 3.4**

9. MATCH RUNNING PERFORMANCE OF ELITE SOCCER PLAYERS: VO₂MAX AND PLAYERS POSITION INFLUENCES

Metaxas T.

Journal of Strength and Conditioning Research, 2018; 1-7 IF: 2.33.

10. IMPACT OF TRADITIONAL DANCING ON JUMPING ABILITY, MUSCULAR STRENGTH AND LOWER LIMB ENDURANCE IN CARDIAC REHABILITATION PROGRAMMES

Vordos, Z., Kouidi, E., Mavrovouniotis, F., Metaxas, Th., Dimitros, E., Kaltsatou, A., Deligiannis, A.

European Journal of Cardiovascular Nursing, 2017; 16(2): 150-156; IF:1.89.

	<p>11. MUSCLE FIBER CHARACTERISTICS, SATELLITE CELLS AND SOCCER PERFORMANCE IN YOUNG ATHLETES</p> <p>Metaxas, T.I., Mandroukas, A., Vamvakoudis, E., Kotoglou, K., Ekblom, B., Mandroukas, K.</p> <p>Journal of Sports Science and Medicine 2014; 13(3):493-501. IF: 1.99.</p>
Current research projects:	<p>Coordinator in 7 founded research projects.</p> <p>Participation in 9 founded research projects.</p>
Reviewer in journals:	25
Citations (citations in Scopus):	>1300
h-index in Scopus:	15