CURRICULUM VITAE

Photo	
Personal details	
Surname/name:	Koutlianos/Nikolaos
Position:	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"), Member of Executive Committee (Post-graduate program "Human Performance"), Member of Executive Committee (Post-graduate program "Dance Education")
Personal Webpage:	https://www.phed.auth.gr/en/staff/nikolaos-koutlianos
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Student consultation:	Monday, Tuesday, Friday 09:00-11:00
Qualifications	

Degree:	Physical Education & Sports Science, Aristotle University of Thessaloniki (1996), Medical School, Aristotle University of Thessaloniki (2012)
Master:	
PhD:	Human Performance and Health (2001)
Teaching	
Undergraduate courses:	Descriptive and Functional Anatomy, Sports Medicine, Swimming & Physical Health, 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, Dance for Physical Health
Research	
Research interests:	Pre-participation screening of athletes, prevention of sudden cardiac death in athletes, egogenic aids & doping, clinical exercise physiology, health disorders in athletes, 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. Member of the collaborating writing group E. Kouidi, N. Koutlianos, D. Mameletzi, F. Mavrovouiniotis, M. Pagkalos in the book by Professor Asterios P. Deligiannis: Sports Medicine. Third Edition. Revised chapter writing: i. Environment and exercise pp. 73-93, ii. Overtraining syndrome pp. 327-335, iii. Sports injuries pp. 337-374, iv. Doping and ergogenic aids in sports pp. 437-463. University Studio Press Publications. Thessaloniki, 2016. Book translation: Translation into Greek of 15 chapters of the book "Sports Cardiology - From Diagnosis to Clinical Management" by Massimo Fioranelli, Gaetano Frajese: "Sports Cardiology, from diagnosis to clinical practice". Edited by Greek Edition: Asterios Deligiannis, Aris Anastasakis. Parisianou Scientific Publications, Athens, 2016. Editing of the Greek edition of the book: "Descriptive and Functional Anatomy of Man" by Kurt Tittel. Medical Editions Broken Hill Publishers, Nicosia, 2018. Co-editor of the Greek edition of the book: "Functional Anatomy of the Motor System" by Jutta Hochschild. Constantara Medical Publications, Athens, 2019. Co-edited book: "Elements of Human Anatomy", 6th edition by Ioannis Hatzibougias. Rotonda Publications, Thessaloniki, 2019.

Selected publications (up to 10):	1. P.E. Adami, N. Koutlianos, A. Baggish et al. Cardiovascular effects of doping substances, commonly prescribed medications and ergogenic aids in relation to sports: a position statement of the sport cardiology and exercise nucleus of the European Association of Preventive Cardiology. Eur J Prev Cardiol; 29: 559–575, 2022. 2. D. Rovithis, M. Anifanti, N. Koutlianos et al. Left Ventricular Diastolic Response to Isometric Handgrip Exercise in Physically Active and Sedentary Individuals. J Cardiovasc Dev Dis; 9(11): 389; https://doi.org/10.3390/jcdd9110389, 2022. 3. M. Tomovic, A. Toliopoulos, N. Koutlianos et al. Correlation between Cardiopulmonary Indices and Running Performance in a 14.5 km Endurance Running Event. IJERPH; 19: doi: 10.3390/ijerph191912289, 2022. 4. E. Pagourelias, G. Christou, P. Sotiriou, M. Anifanti, N. Koutlianos et al. Impact of a 246 Km ultra-marathon running race on heart: Insights from advanced deformation analysis. Eur J Sport Sci; 22(8): 1287-1295, 2022. 5. N. Koutlianos, P. Sotiriou, G. Christou et al. Arterial Function after a 246 km Ultra-marathon Running Race. Int J Sports Med; 42(13): 1167-1173, 2021. 6. 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. Clin Physiol Func Im; 39(3): 183-191, 2019. 7. 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. Int J Cardiol; 1(224): 20-26, 2016. 8. 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. Hellenic J Cardiol; 55(1):32-41, 2014. 9. N. Koutlianos, E. Dimitros, T. Metaxas, A.S. Deligiannis, E. Kouidi. Indirect Estimation of VO2max in athletes by ACSM's equation: Valid or not? Hippokratia; 17(2): 136-140, 2013. 10. E. Dimitros, N. Koutlianos, M. Anifanti, E. Pagourelias, E. Kouidi, A. Deligiannis. Comparative study of ECG and echocardiographic parameters indicative of cardiac hypertrophy in athletes. Sport Sci Health; 8(2-3): 101-107, 2013.

Research projects:	1. 09/11/1997-09/11/1998 (Ministry of Sports): Scientific Support of Athletes 2. 01/01/2000-31/12/2000 Strengthening of Research Infrastructure TEFAA AUTH 3. 01/01/2002-31/03/2003 (ELIKAR-G.G. of Sports): Pheidippides Program 4. 01/10/2004-31/10/2004, 01/09/2005-30/09/2005 & 01/12/2005-31/12/2005 Health Evaluation of Athletes 5. 02/11/2005-31/10/2008 Harmonizing the Knowledge of Biomedical Side Effects of Doping (EU Project-category Public Health & Risk Assessment) 6. 01/01/2007-30/06/2008 Educational and Informative Actions for the Fight against Doping - Phases A, B and C. 7. 01/01/2007-31/07/2007, 01/04/2009-30/09/2009, Transnational Training Seminars in Sports Medicine 8. 01/07/2008-31/08/2008 Integration program for people threatened with social exclusion 9. 01/07/2009-31/08/2009 Intervention program for social integration 10. 01/02/2010-31/03/2010 Creation of a network social map in the Municipality of Thessaloniki 11. 16/11/2012-15/11/2016 Medical treatment of health disorders caused by doping 12. 08/01/2015-30/09/2015 Transnational training seminars in sports medicine with distance learning 13. 2019-2021 European collective innovative collaboration to promote physical activity after stroke / MY WAY (ERASMUS + SPORT, YOUTH AND EU AID VOLUNTEERS)
Reviewer in journals:	• Biology of Sports • Clinical Cardiology • Hippokratia Medical Journal • International Journal of Environmental Research and Public Health • International Journal of Sports Medicine • Journal of Sport and Health Science • Medical Engineering and Physics • Medicine and Science in Sports and Exercise • Physiology International • Αθλητική Απόδοση & Υγεία • Γυναίκα και άθληση – (Member of Editorial Board) • Ελληνική Ιατρική • Επιθεώρηση Βιοχημείας και Φυσιολογίας της Άσκησης • Κινησιολογία
Citations (Google Scholar):	**1230**

h-index (Google Scholar):	**15**
Citations (Scopus):	**495**
h-index (Scopus):	**12**