# CURRICULUM VITAE

| | |
|---|---|
|  | |
| **Personal details** | |
| Surname/name: | **Thomas I. Metaxas** |
| Position: | **Professor** |
| Specialty: | **Ergophysiology** |
| Department: | **Division of Human Performance** |
| Laboratory: | **Evaluation of Human Biological Performance** |
| Current administrative positions: | **Director of the Evaluation of Human Biological Performance**<br>**Deputy Director of the Master Science Programme "Human Performance"**<br>**Coach Educator in HFF** |
| Personal Webpage: | https://websites.auth.gr/humanperformancelab/<br>http://www.soccerperformanceanalysis.web.auth.gr |
| **Contact details** | |
| Office: | **2nd Floor of New Building Laboratories** |
| Tel: | **+302310992250** |
| e-mail: | **tommet@phed.auth.gr / thmetaxas@epo.gr** |
| Student consultation: | **Monday 11.30 – 14.30 and Tuesday 11.00 – 12.30** |
| **Qualifications** | |
| Degree: | **BSc, School of Physical Education and Sports Science, Aristotle University of Thessaloniki, Greece** |

| | |
|---|---|
| PhD: | **PhD Thesis, Health and A.U.TH., D.U.TH. and University of Thessaly** |
| **Teaching** | |
| Undergraduate courses: | **1. Ergometry**<br>**2. Ergophysiology**<br>**3. Specialty of Soccer I and II**<br>**4. Didactics of Soccer I and II (Theory)** |
| Postgraduate courses: | **1. Ergometric evaluation of human performance**<br>**2. Laboratory evaluation of athletes**<br>**3. Clinical Exercise Physiology – Ergometry**<br>**4. Applied Exercise Physiology of Sports – Ergometry**<br>**5. Athlete's evaluation and coaching the training**<br>**6. Exercise testing and measurements with disability special education needs**<br>**7. Applied physiology of Soccer**<br>**8. Fitness in Soccer** |
| Publications: | **130** |
| Citations: | **>1700 αναφορές** |
| h-index in Google Scholar: | **20** |
| Current research projects: | **Coordinator in 15 founded research projects.**<br>**Participation in 11 founded research projects.** |
| Books and chapters in books: | **5** |
| Selected publications (up to 10): | **1. EXTERNAL LOAD OF DIFFERENT LENGTH MICROCYCLES AND RELATIONSHIPS WITH MATCH RUNNING PERFORMANCE IN YOUTH FOOTBALL.**<br>Michailidis Y, Kanaras V, Mandroukas A, Stafylidis A, Bamplekis C, Fousekis A, Vardakis L, Stamatelos K, Metaxas I, Kyranoudis AE, **Metaxas, TI**.<br>**RESEARCH QUARTERLY FOR EXERCISE AND SPORT; 2024, 1–7. IF:1.4**<br><br>**2. ACUTE ERGOGENIC EFFECTS OF REPETITIVE MAXIMAL BREATH-HOLDING MANEUVERS ON HEMATOLOGICAL AND PHYSIOLOGICAL RESPONSES: A GRADED EXERCISE TEST INVESTIGATION.** |

| | |
|---|---|
| | Christoulas Y, Bourdas DI, Michailidis Y, Mavrovouniotis I, **Metaxas TI**, Christoulas K, Koutlianos NA.<br>**EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY; 2024. IF:2.8**<br><br>**3. CHANGES ON CARDIORESPIRATORY FITNESS DURING A SEASON IN ELITE FEMALE SOCCER, BASKETBALL AND HANDBALL PLAYERS**<br>Papaevaggelou, E., Papadopoulou, Z., Michailidis Y., Mandroukas, A., Nikolaidis, P.-T., Margaritelis, N.-V., **Metaxas T.**<br>**APPLIED SCIENCES, 2023; 13, 9593. IF:2.7**<br><br>**4. MATCH RUNNING PERFORMANCE PROFILE AND HEART RATE RESPONSE IN AMPUTEE SOCCER PLAYERS**<br>Panagiotopoulou, F-V., Michailidis, Y., Mandroukas, A., Mavropoulos, A., Tsimaras, V., Nikolaidis, P-T., Christoulas, K., **Metaxas T**.<br>**INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, 2023; 20, 6357. IF:4.8**<br><br>**5. GOALKEEPER'S PLASTICITY DURING LEARNING OF A WHOLE-BODY VISUOMOTOR ROTATION IN A STABLE OR VARIABLE ENVIROMENT**<br>Vouras, I., Chatzinikolaou, K., Sotirakis, C., **Metaxas, T**., Hatzitaki, V.<br>**EUROPEAN JOURNAL OF SPORT SCIENCE, 2023; 7; 1-17. IF:3.98**<br><br>**6. THE EFFECTS OF AN HIIT PROGRAM ON YOUNG SOCCER PLAYERS' PHYSICAL PERFORMANCE**<br>Michailidis, Y., Ganotakis, C., Motsanos, N., **Metaxas, T.**.<br>**INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING, 2022 IF:2.294**<br><br>**7. THE EFFECTS OF AN HIIT PROGRAM ON YOUNG SOCCER PLAYERS' PHYSICAL PERFORMANCE**<br>Michailidis, Y., Ganotakis, C., Motsanos, N., **Metaxas, T.**.<br>**INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING, 2022; IF:2.294**<br><br>**8. ISOKINETIC STRENGTH AND POWER CHANGES OF LOWER LIMBS IN YOUNG FEMALE SOCCER PLAYERS IN COMPETITIVE SEASON**<br>Dimitriadis, I., Semaltianou, E., Michailidis, Y., Koutlianos, N., Mavrommatis, G., **Metaxas, T.**<br>**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, 2021; IF:1.637** |

| | |
|---|---|
| | 9. **THE EFFECTS OF AN INTEGRATIVE TRAINING PROGRAM ON ELITE YOUNG SOCCER PLAYERS' PHYSICAL PERFORMANCE**<br>Karydopoulos Ch., Kapralos D., Kouidi, E., Michailidis Y., **Metaxas T**.<br>**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, 2021; 61(3):335-342 IF:1.637**<br><br>10. **MYOSIN HEAVY CHAIN ISOFORM DISTRIBUTION IN THE DELTOID AND VASTUS LATERALIS MUSCLES OF ELITE HANDBALL PLAYERS**<br>Mandroukas A, **Metaxas TI**, Papadopoulou Z, Heller J, Margaritelis N, Christoulas K, Vrabas IS, Ekblom B.<br>**JOURNAL OF SPORTS SCIENCES, 2020; 38(20):2390-2395; IF:2.811**<br><br>11. **THE EFFECTS OF SOCCER TRAINING IN AEROBIC CAPACITY BETWEEN TRAINED AND UNTRAINED ADOLESCENT BOYS OF THE SAME BIOLOGICAL AGE**<br>Mandroukas A, **Metaxas TI,** Michailidis Y, Christoulas K, Heller J.<br>**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, 2020; 60(3):355-360; IF:1.302**<br><br>12. **MUSCLE-TENDON MORPHOLOGY AND FUNCTION FOLLOWING LONG-TERM EXPOSURE TO REPEATED AND STRENUOUS MECHANICAL LOADING**<br>Bissas A, Havenetidis K, Walker J, Hanley B, Nicholson G, **Metaxas T**, Christoulas K, Cronin NJ.<br>**SCANDINAVIAN JOURNAL OF MEDICINE AND SCIENCE IN SPORTS. 2020; 30(7):1151-1162. IF:3.255**<br><br>13. **THE EFFECTS OF AN INTEGRATIVE TRAINING PROGRAM ON ELITE YOUNG SOCCER PLAYERS' PHYSICAL PERFORMANCE**<br>Karydopoulos C, Kapralos D, Kouidi E, Michailidis Y, **Metaxas T.**<br>**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, 2020; doi: 10.23736/S0022-4707.20.11195-2; IF:1.302**<br><br>14. **MAXIMAL OXYGEN CONSUMPTION AND OXYGEN MUSCLE SATURATION RECOVERY FOLLOWING REPEATED ANAEROBIC SPRINT TEST IN YOUTH SOCCER PLAYERS**<br>Michailidis Y, Chatzimagioglou A, Mikikis D, Ispirlidis I, **Metaxas T.**<br>**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, 2020; 60(3):355-360; IF:1.302**<br><br>15. **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.<br>**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, 2020; 59(10):1628-1634; IF:1.302**<br><br>**16. CORRELATION OF FIBER-TYPE COMPOSITION AND SPRINT PERFORMANCE IN YOUTH SOCCER PLAYERS**<br>**Metaxas T**, Mandroukas A, Michailidis Y, Koutlianos N, Christoulas K, Ekblom B.<br>**JOURNAL OF STRENGTH AND CONDITIONING RESEARCH, 2019; 33(10):2629-2634; IF: 2.973.**<br><br>**17. EFFECTS OF PLYOMETRIC AND DIRECTIONAL TRAINING ON PHYSICAL FITNESS PARAMETERS IN YOUTH SOCCER PLAYERS**<br>Michailidis Y., Tabouris A., **Metaxas Th**.<br>**INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE. 2018. 1;14(3):392-398; IF: 3.4**<br><br>**18. MATCH RUNNING PERFORMANCE OF ELITE SOCCER PLAYERS: $VO_2$MAX AND PLAYERS POSITION INFLUENCES**<br>**Metaxas T.**<br>**JOURNAL OF STRENGTH AND CONDITIONING RESEARCH, 2018; 1-7 IF: 2.33.**<br><br>**19. IMPACT OF TRADITIONAL DANCING ON JUMPING ABILITY, MUSCULAR STRENGTH AND LOWER LIMB ENDURANCE IN CARDIAC REHABILITATION PROGRAMMES**<br>Vordos, Z., Kouidi, E., Mavrovouniotis, F., **Metaxas, Th.**, Dimitros, E., Kaltsatou, A., Deligiannis, A.<br>**EUROPEAN JOURNAL OF CARDIOVASCULAR NURSING, 2017; 16(2): 150-156; IF:1.89.**<br><br>**20. MUSCLE FIBER CHARACTERISTICS, SATELLITE CELLS AND SOCCER PERFORMANCE IN YOUNG ATHLETES**<br>**Metaxas, T.I.,** Mandroukas, A., Vamvakoudis, E., Kotoglou, K., Ekblom, B., Mandroukas, K.<br>**JOURNAL OF SPORTS SCIENCE AND MEDICINE 2014; 13(3):493-501. IF: 1.99.** |
| Reviewer in journals | 1. ¨**BRITISH JOURNAL OF SPORTS MEDICINE**¨.<br>2. ¨**INTERNATIONAL JOURNAL OF SPORTS MEDICINE**¨.<br>3. ¨**ACTA PHYSIOLOGICA SCANDINAVICA**¨.<br>4. ¨**INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE**¨.<br>5. ¨**INTERNATIONAL JOURNAL OF SPORTS SCIENCE**¨. |

| | |
|---|---|
| | 6. ¨**COLLEGIUM ANTHROPOLOGICUM**¨.<br>7 ¨**BIOMEDICAL HUMAN KINETICS**¨.<br>8. ¨**JOURNAL OF PHYSICAL EDUCATION AND SPORT**¨.<br>9. ¨**BMC SPORTS SCIENCE, MEDICINE and REHABILITATION**¨.<br>10. ¨**PERCEPTUAL AND MOTOR SKILLS**¨.<br>11. ¨**AMMONS SCIENTIFIC**¨.<br>12. ¨**ΑΘΛΗΤΙΚΗ ΑΠΟΔΟΣΗ ΚΑΙ ΥΓΕΙΑ**¨.<br>13 ¨**ΦΥΣΙΚΗ ΑΓΩΓΗ & ΑΘΛΗΤΙΣΜΟΣ**¨.<br>14. ¨**SPORTS MEDICINE AND REHABILITATION JOURNAL**¨.<br>15. ¨**EUROPEAN JOURNAL OF SPORT SCIENCE**¨.<br>16. ¨**ARCHIVES OF SPORTS MEDICINE AND PHYSIOTHERAPY**¨.<br>17. ¨**FRONTIERS PHYSIOLOGY**¨.<br>18. ¨**JOURNAL OF SPORTS SCIENCE AND MEDICINE** ¨.<br>19. ¨**SPORT SCIENCES FOR HEALTH**¨.<br>20. ¨**HIPPOKRATIA JOURNAL**¨.<br>21. ¨**ACTA FACULTATIS MEDICAE NAISSENSIS**¨.<br>22. ¨**JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS**¨.<br>23. ¨**INTERNATIONAL JOURNAL OF ENVIROMENTAL AND PUBLIC HEALTH**¨.<br>24. ¨**JOURNAL OF MEN'S HEALTH**¨.<br>25. ¨**SCIENTIFIC REPORTS**¨.<br>26. ¨**NUTRIENTS**¨.<br>27 ¨**METABOLITES**¨.<br>28. ¨**HUMAN MOVEMENT**¨.<br>29. ¨**PLOS ONE**¨.<br>30. ¨**SPORTS**¨.<br>31. ¨**MEDICINE**¨.<br>32. ¨**BIOLOGY OF SPORT**¨.<br>33. ¨**INTERNATIONAL JOURNAL OF PERFORMANCE ANALYSIS IN SPORT**¨. |
| | |

| **Research** | |
|---|---|
| Research interests | **1. Ergometric evaluation of performance in male and female athletes on field and laboratory tests**<br>**2. Physiological adaptations of exercise in cardiorespiratory and neuromuscular system**<br>**3. Applied physiology of sports**<br>**4. Technical – tactical skills and fitness training in modern soccer**<br>**5. Performance analysis in soccer (video-analysis, GPS monitoring, new technologies)**<br>**6. Clinical Exercise Physiology and Ergometry**<br>**7. Effects of exercise of functional and morphological adaptations in developmental ages**<br>**8. Laboratory methods and modern technical practices of analysing in muscle tissue – Adaptations of training**<br>**9. Relative age effect and Talent ID in soccer players**<br>**10. Scouting in Soccer** |