CV

	
Personal Details	
Name	Michailidis Ioannis
Academic Position	Special Teaching Staff
Scientific Field	Football
Section	Sports
Laboratory	Laboratory of Evaluation of Human Biological Performance
Administrative post	
Personal website	https://michailidis79.wixsite.com/ioannimd
Contact Details	
Office	On the 2nd floor of the «glass» building
Tel	2310992248
Fax	
e-mail	ioannimd@phed.auth.gr
Student consultation	Wednesday & Thursday 11:00- 13:00
Academic Degrees	
Undergraduate degrees	Department of Physical Education and Sports Sciences
Masters	Maximization of Athletic Performance
PhD	Doctoral Degree in Physical Education
University Teaching	
Undergraduate	1. Football Teaching I 2. Football Teaching II

	3. Football Specialization
Postgraduate	
Research Interest	
Academic Interest	The impact of different training contents on performance indicators of football players
BOOKS	Sovatzidis A, Chatzinikolaou A, Fatouros I, Panagoutsos S, Draganidis D, Nikolaidou E, Avloniti A, Michailidis Y, Mantzouridis I, Batrakoulis A, Passadakis P, Vargemezis V. Intradialytic Cardiovascular Exercise Training Alters Redox Status, Reduces Inflammation and Improves Physical Performance in Patients with Chronic Kidney Disease. στο βιβλίο: Recent Developments in Medicine and Medical Researchτου εκδ. οίκου Book Publisher International https://www.bookpi.org/bookstore/product/recent-developments-in-medicine-and-medical-research-vol-13/
Selected Publications	►Michailidis Y, Stafylidis A, Mandroukas A, Kyranoudis AE, Antoniou G, Kollias R, Kanaras V, Bamplekis C, Vardakis L, Semaltianou E, et al. Correlation of the Asymmetry Index from the Single-Leg Countermovement Jump with the Asymmetry Index from Isokinetic Strength in Elite Youth Football Players. *Applied Sciences*. 2025; 15(5):2779. https://doi.org/10.3390/app15052779 ►Ispirlidis I, Pantazis D, Poulios A, Avloniti A, Stampoulis T, Michailidis Y, Troupkos K, Evangelou E, Draganidis D, Balampanos D, et al. The Effect of Intraset Rest Periods on External and Internal Load During Small-Sided Games in Soccer. *Sports,* 2024, 12(12), 331. https://doi.org/10.3390/sports12120331 ►Christoulas Y, Bourdas DI, Michailidis Y, Mavrovouniotis I, Metaxas TI, Christoulas K, Koutlianos NA. Acute ergogenic effects of repetitive maximal breath-holding maneuvers on hematological and physiological responses: a graded exercise test investigation. *European Journal of Applied Physiology,* 2024, https://doi.org/10.1007/s00421-024-05624-x ►Michailidis Y, Kanaras V, Mandroukas A, Stafylidis A, Bamplekis C, Fousekis A, Vardakis L, Stamatelos K, Metaxas I, Kyranoudis AE, Metaxas, TI. External Load of Different Length Microcycles and Relationships with Match Running Performance in Youth Football. *Research Quarterly for Exercise and Sport*, 2024, 1–7. https://doi.org/10.1080/02701367.2024.2405621 ►Stafylidis A, Mandroukas A, Michailidis Y, Metaxas TI. Decoding Success: Predictive Analysis of UEFA Euro 2024 to Uncover Key Factors Influencing Soccer Match Outcomes. *Applied Sciences*. 2024, 14(17):7740. https://doi.org/10.3390/app14177740 ►Kaldaras V, Michailidis Y, Gissis I, Metaxas TI. The Running Performance of Amateur Football Players in Matches with a 1-4-3-3 Formation in Relation to Their Playing Position and the 15-min Time Periods. *Applied Sciences*. 2024; 14(16):7036. https://doi.org/10.3390/app14167036 ►Vardakis L, Koutsokosta M, Michailidis Y, Zelenitsas C, Topalidis P, Metaxas TI. Correlation between Perceived Exertion, Wellness Scores, and Training Load in Professional Football across Microcycle Durations. *Applied Sciences*. 2024; 14(15):6767. https://doi.org/10.3390/app14156767 ►Plakias S, Michailidis Y. Factors Affecting the Running Performance of Soccer Teams in the Turkish Super League. *Sports*. 2024, 12(7),196. https://doi.org/10.3390/sports12070196

Current research projects	
Reviewer in peer reviewed scientific journals	*Frontiers, Sport Sciences for Health, BioMed Research International, Trends in Sport Science, EUJAPA, Biology*
Citations	*Scopus: 1874* *Google scholar: 3747*
h-index Scopus	*18*