CURRICULUM VITAE

Personal details	
Surname/name:	**Petridou Anatoli**
Position:	**Assistant Professor**
Specialty:	**Exercise Biochemistry and Sport Nutrition**
Department:	Physical Education and Sport Science
Laboratory:	Evaluation of Human Biological Performance
Current administrative positions:	
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Student consultation:	**Wednesdays and Thursdays, 10:00-12:00**
Qualifications	
Degree:	1. Department of Physical Education and Sport Science, Aristotle University of Thessaloniki 2. Department of Biochemistry & Biotechnology, University of Thessaly
Master:	Exercise and Health, 2001
PhD:	Human Performance and Health, 2005
Teaching	

Undergraduate courses:	280C: Exercise biochemistry and sport nutrition 061: Biochemical assessment of sport performance EE1: Ergophysiological and biochemical assessment of human performance
Postgraduate courses:	MAE4: Nutrition for health and performance in dance KME4: Exercise metabolism KME5: Nutrition for exercise in chronic diseases
Research	
Research interests:	• Effects of exercise on energy metabolism, particularly lipid metabolism • Effects of nutrition and dietary supplements on health and sport performance • Effects of exercise and nutrition on the biochemical profile of exercisers • Biochemical indices of the training load and of adaptations to training
Books and chapters in books:	
Selected publications (up to 10):	1. Petridou A, Mougios V (2002). Acute changes in triacylglycerol lipase activity of human adipose tissue during exercise. *J Lipid Res* 43: 1331-1334. 2. Petridou A, Mougios V, Sagredos A (2003). Supplementation with CLA: Isomer incorporation into serum lipids and effect on body fat of women. *Lipids* 38: 805-811. 3. Petridou A, Gerkos N, Kolifa M, Nikolaidis M, Simos D, Mougios V (2004). Effect of exercise performed immediately before a meal of moderate fat content on postprandial lipaemia. *Brit J Nutr* 91: 683-687. 4. Petridou A, Nikolaidis MG, Matsakas A, Schulz T, Michna H, Mougios V (2005). Effect of exercise training on the fatty acid composition of lipid classes in rat liver, skeletal muscle, and adipose tissue. *Eur J Appl Physiol* 94: 84-92. 5. Petridou A, Tsalouhidou S, Tsalis G, Schulz T, Michna H, Mougios V (2007). Long-term exercise increases the DNA binding activity of PPARγ in rat adipose tissue. *Metabolism* 56: 1029-1036. 6. Saraslanidis P, Petridou A, Bogdanis GC, Galanis N, Tsalis G, Kellis S, Mougios V (2011). Muscle metabolism and performance improvement after two training programmes of sprint running differing in rest interval duration. *J Sports Sci* 29(11): 1167-1174. 7. Petridou A, Chatzinikolaou A, Avloniti A, Jamurtas A, Loyles G, Papassotiriou I, Fatouros, I., Mougios, V. (2017). Increased Triacylglycerol Lipase Activity in Adipose Tissue of Lean and Obese Men During Endurance Exercise. *J Clin Endocrinol Metab* 102(11): 3945-3952. 8. Petridou A, Siopi A, Mougios V (2019). Exercise in the management of obesity. *Metabolism Clinical and Experimental* 92: 163–169.

	9. Petridou A, Mougios V (2022). Exercise to Lower Postprandial Lipemia: Why, When, What and How. *Int J Sports Med* 43: 1013-1022. 10. Karpouzi C, Kypraiou A, Mougios V, Petridou A. (2025). Effects of protein supplementation during pilates training on body composition, core muscle endurance, and joint flexibility in trained women: a randomized controlled trial. *J Int Soc Sports Nutr* 22(1):2472891.
Current research projects:	
Reviewer in journals:	International Journal of Sports Medicine International Journal of Sport Nutrition and Exercise Metabolism Journal of Applied Physiology Medicine and Science in Sports and Exercise Nutrients
Citations (citations in Scopus):	**> 1,400**
h-index in Scopus:	**20**