







PANAGIOTIS CHATZINIKOLAOU

PhD candidate

PERSONAL INFORMATION

-  Athens, Greece
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-  27/12/1992
-  <https://scholar.google.com/>
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OUTPUT BY NUMBERS

Publications (under review)	12 (1)
Book chapter	1
Reviewer	44

AWARDS & FELLOWSHIPS

- Excellence fellowship for [PhD studies](#), Aristotle University of Thessaloniki, 2022
- Excellence award for [academic performance](#), AuTh, 2019

PROGRAMMING

 R	<div style="width: 100%; height: 10px; background-color: #000080;"></div>
 Matlab	<div style="width: 80%; height: 10px; background-color: #000080;"></div>
 Python	<div style="width: 20%; height: 10px; background-color: #000080;"></div>

STATISTICS & MODELING

 SPSS, JASP, JAMOVI	<div style="width: 100%; height: 10px; background-color: #000080;"></div>
 COPASI	<div style="width: 80%; height: 10px; background-color: #000080;"></div>

EDUCATION

- PhD(c) in Exercise Physiology** | 09/2020 - today
School of Physical Education and Sport Science at Serres
Aristotle University of Thessaloniki, Greece
- MSc Human Performance and Health** | 09/2017 - 10/2019
School of Physical Education and Sport Science, AuTh, Greece
- BSc Sport Science** | 09/2010 - 12/2017
School of Physical Education and Sport Science, UoA, Greece

RESEARCH VISITS

- European University Cyprus** | 05/2022 - 08/2022
Department of Life Sciences, School of Sciences 📍 Nicosia, Cyprus
 - Trained in exercise performance assessments using isokinetic dynamometry and near-infrared spectroscopy
- Loughborough University** | 03/2022 - 04/2022
School of Sport, Exercise and Health Sciences 📍 Loughborough, UK
 - Participated in wet biochemistry and redox measurements
- KU Leuven** | 01/2020 - 07/2020
Department of Rehabilitation Sciences 📍 Leuven, Belgium
 - Physiological assessments in patients with cardiovascular diseases
 - Processing and analysis of muscle oxygenation data
- Humboldt University** | 01/2020 - 07/2020
Department of Training and Movement Sciences 📍 Berlin, Germany
 - Ultrasound imaging during isokinetic dynamometry and treadmill tests
 - Image and video analysis of the muscle-tendon unit

PUBLICATIONS

1. Chatzinikolaou PN, Margaritelis NV, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, D'Alessandro A, Nikolaidis MG. Erythrocyte Metabolism. 2023. Under revision in *Acta Physiologica*.
2. Vasileiadou O, Nastos GG, Papoutsis P, Chatzinikolaou PN, Vrabas IS, Methenitis S, Margaritelis NV. Redox profile of skeletal muscles at rest and after exercise training: implications for health, performance and antioxidant supplementation. 2023. *Antioxidants*. <https://doi.org/10.3390/antiox12091738>
3. Margaritelis NV, Nastos GG, Vasileiadou O, Chatzinikolaou PN, Theodorou AA, Paschalis V, Vrabas IS, Kyparos A, Fatouros IG, Nikolaidis MG. Inter-individual variability in redox and performance responses after antioxidant supplementation: a randomized double blind crossover study. 2023. *Acta Physiologica*. <https://doi.org/10.1111/apha.14017>
4. Theodorou AA, Chatzinikolaou PN, Margaritelis NV, Christodoulou F, Tsatalas T, Paschalis V. 2023. Short-term L-Citrulline supplementation does not affect inspiratory muscle oxygenation and respiratory performance in older adults. *Nutrients*. <https://doi.org/10.3390/nu15081951>
5. Methenitis S, Theodorou AA, Chatzinikolaou PN, Margaritelis NV, Nikolaidis MG, Paschalis V. 2023. The effects of chronic concentric and eccentric training on position sense and joint reaction angle of the knee extensors. *European Journal of Sport Science*. <https://doi.org/10.1080/17461391.2023.2184726>
6. Chatzinikolaou PN, Margaritelis N, Chatzinikolaou AN, Paschalis V, Theodorou A, Vrabas I, Kyparos A, Nikolaidis MG. (2022). 'Oxygen transport: a redox Odyssey'. In H. Sies (Ed.), *Oxidative Eustress and Exercise Physiology*. CRC Press/Taylor & Francis. <https://bit.ly/3uTuk5s>
7. Cornelis N, Chatzinikolaou PN, Buys R, Goetschalckx K, Fourneau I, Claes J, Cornelissen V. 2022. Near-infrared spectroscopy to evaluate the effect of a hybrid exercise program on peripheral muscle metabolism in patients with intermittent claudication: an exploratory PROSECO-IC sub study. *Journal of Sports Sciences*. <https://doi.org/10.1080/02640414.2022.2045062>
8. Cherouveim ED, Margaritelis NV, Koulouvaris P, Tsolakis C, Malliou VJ, Chatzinikolaou PN, Franchi MV, Porcelli S, Kyparos A, Vrabas IS, Geladas ND, Nikolaidis MG, Paschalis V. 2022. Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. *Journal of Sport Sciences*. <https://doi.org/10.1080/02640414.2021.1983248>
9. Margaritelis NV, Chatzinikolaou PN, Chatzinikolaou AN, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, Nikolaidis MG. 2022. The redox signal: A physiological perspective. *IUBMB Life*. <https://doi.org/10.1002/iub.2550>
10. Theodorou AA, Zinelis PT, Malliou VJ, Chatzinikolaou PN, Margaritelis NV, Mandalidis D, Geladas ND, Paschalis V. 2021. Acute L-citrulline supplementation increases nitric oxide bioavailability but not inspiratory muscle oxygenation and respiratory performance. *Nutrients*. <https://doi.org/10.3390/nu13103311>
11. Perentis PA, Cherouveim EE, Malliou VJ, Margaritelis NV, Chatzinikolaou PN, Koulouvaris, Tsolakis C, Nikolaidis MG, Geladas N, Paschalis V. 2021. The effects of high-intensity interval exercise on skeletal muscle and cerebral oxygenation during cycling and isokinetic concentric and eccentric exercise. *Journal of Functional Morphology and Kinesiology*. <https://doi.org/10.3390/jfmk6030062>
12. Cornelis N, Chatzinikolaou PN, Buys R, Fourneau I, Claes J, Cornelissen V. 2021. The use of Near-Infrared Spectroscopy to evaluate the effect of exercise on peripheral muscle oxygenation in patients with lower-extremity artery disease: a systematic review. *European Journal of Vascular and Endovascular Surgery*. <https://doi.org/10.1016/j.ejvs.2021.02.008>
13. Margaritelis NV, Theodorou AA, Chatzinikolaou PN, Kyparos A, Nikolaidis MG, Paschalis V. 2020. Eccentric exercise per se does not affect muscle damage biomarkers: early and late phase adaptations. *European Journal of Applied Physiology*. <https://doi.org/10.1007/s00421-020-04528-w>
14. Margaritelis NV, Chatzinikolaou PN, Bousiou FV, Malliou VJ, Papadopoulou SK, Potsaki P, Theodorou AA, Kyparos A, Geladas ND, Nikolaidis MG, Paschalis V. 2020. Dietary cysteine intake is associated with blood glutathione levels and isometric strength. *International Journal of Sports Medicine*. <https://doi.org/10.1055/a-1255-2863>

PRESENTATIONS

1. Chatzinikolaou PN, Margaritelis NV, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, Nikolaidis MG. Systemic oxidative stress, muscle oxygenation and performance: the role of erythrocyte glycolysis. 10th congress of Biochemistry and Physiology of Exercise. 22/10/2022, Athens, Greece. Oral presentation.
2. Chatzinikolaou PN. Implementing Systems Biology in Exercise Physiology. PhD and Post-doctoral seminar. School of Physical Education and Sports Science, AuTh, Serres, 6 June 2022. Oral presentation.
3. Chatzinikolaou PN. The role of erythrocyte metabolism during exercise: A systems biology approach. 23rd Annual Workshop on Computational Cell Biology, 25/5/2022, Oral presentation.
4. Chatzinikolaou PN., Cornelis N., Buys R., Claes J., Fourneau I., Cornelissen V. The effects of exercise training on muscle oxygenation of patients with Intermittent Claudication. ESC Preventive Cardiology, Online Congress, 15-17 April 2021. E-poster presentation.
5. Cornelis N, Chatzinikolaou PN, Buys R, Fourneau I, Claes J, Cornelissen, V. The use of Near-Infrared Spectroscopy to evaluate the effect of exercise on peripheral muscle oxygenation in patients with lower-extremity artery disease: a systematic review. ESC Preventive Cardiology, Online Congress, 15-17 April 2021. E-poster presentation.

EDITORIAL EXPERIENCE

Social Media Ambassador, *European Journal of Applied Physiology*, Springer - Nature, 01/2022 – now.