



Prof. Yiannis (John) Koutedakis *BSc, MA, PhD*

Brief CV

Education

A Physical Education graduate from Thessaloniki University, Greece (1974), Prof. Koutedakis taught P.E. and Physiology in secondary schools until 1982, when he was awarded two Greek State Scholarships for postgraduate studies. He obtained a Master's Degree (1984) and a PhD (1991) in Sports Sciences at Birmingham University, UK.

Employment History

- 2007 – present **Professor** in Exerc. Physiology, School of Sport & Exerc. Sci., Thessaly Univ., Greece.
- 2006 – present **Director**, Institute of Human Perform. & Rehabil., Ministry of Development., Greece.
- 2002 – 2007 **Ass. Prof.** in Exerc. Physiology, School of Sport & Exerc. Sci., Thessaly Univ., Greece.
- 2000 – present **Visiting Prof.** in Applied Physiology, School of Sport, Performing Arts & Leisure, Wolverhampton University, UK.
- 1998 – 2002 **Assoc. Prof.** in Exerc. Physiol., School of Sport & Exerc. Sci., Thessaly Univ., Greece.
- 1991 – 1998 **Senior Lecturer** (Exercise Science/Sport Physiology), School of Health Sciences, Wolverhampton University, UK.
- 1987 – 1991 **Acting Director/Chief Physiologist**, British Olympic Medical Centre, Northwick Park Hospital, London, UK.
- 1985 – 1987 **National Coach**, Amateur Rowing Association, UK (full time).
- 1977 – 1980 **National Coach**, Greek Rowing Federation (part time).
- 1975 – 1982 **Rowing Coach**, Volos Nautical Club, Greece (part time).
- 1976 – 1982 **Teacher** (PE), Tsagarada, Zagora, & Velestino School, Greece.
- 1975 – 1976 **Rowing Coach**, Ministry of Sports, Greece.
- 1974 - 1975 **Military Service**, Greece.

Sport & Dance

Prof. Koutedakis has attended many national-, international- and world-level championships and Olympic Games as competitor, professional coach/trainer, and/or scientific advisor. He has been a professional National Rowing Coach for Greece (1977-1980) and UK (1985-1987). He has also been an elite dancer (1969-1980) and professional dance teacher (1982-1985).

Exercise Science

He was one of the founders of the British Olympic Medical Centre (Northwick Park Hospital, London, UK), where he introduced new training and fitness assessment techniques to many Olympic squads, including rowing, skiing, fencing, and gymnastics, as well as to professional dancers. Principally involved in the setting-up of health & exercise-physiology laboratories for the British Olympic Medical Centre, UK (1987), Wolverhampton University, UK (1992), Pakistani Navy (Islamabad, 1994), and Thessaly University, Greece (1997), Prof. Koutedakis is also a member of 9 National and International professional bodies.

Academic & Research

He is Director of the MSc ‘Exercise & Health’ (Thessaly University, Trikala, Greece), visiting Professor in applied physiology (Wolverhampton University, UK), and Honorary Director of the Research Institute in Human Performance & Rehabilitation (Trikala, Greece). He also is - or has been - a guest/visiting lecturer at the London Contemporary Dance School, the English National Ballet School, and has been a British Association of Sports Sciences accredited physiologist. *Research* focus on human physical fitness and health. His academic and research profile is summarised below:

	Number
Book	1
Book Chapters	8
Articles in Refereed Journals (ISI , PubMed, SCOPUS)	109
Abstracts in Refereed Journals	60
Articles in Professional Journals & Magazines – News Letters	52
Conference Presentations	180
Invitations for Lectures/Papers	220
Total Citation Index (ISI)	~820
Total Impact Factor	~195
Involved in Successful Research Grand Applications in Greece & Overseas	17 (~ €2,500,000)

Affiliated Member to Research Institutes

- Research Institute in Healthcare Science (Wolverhampton University, UK)
- The Institute for Biophysical and Clinical Research into Human Movement (Manchester Metropolitan University, UK)
- UCD Institute for Sport and Health (University College Dublin, Ireland)

Recent Publications

1. A.D. Flouris, C.I. Vardavas, G.S. Metsios, A.M. Tsatsakis, **Y. Koutedakis**. “Biological evidence for the acute health effects of secondhand smoke exposure”. *Am J Physiol Lung Cell Mol Physiol*, 298(1):L3-L12, 2010.
2. Kalafati M, Jamurtas AZ, Nikolaidis MG, Paschalis V, , Giakas G, Theodorou AA, Sakellariou GK, **Koutedakis Y**, Kouretas D. “Ergogenic and antioxidant effects of spirulina supplementation in humans.” *Med Sci Sport Exerc*, 42(1):142-51, 2010.
3. Stavropoulos-Kalinoglou, A., Metsios, G., Jamurtas, A., **Koutedakis, Y.**, Kitas, G. "Underweight and obese states both associate with worse disease activity and physical function in patients with established rheumatoid arthritis". *Clin Rheumatol*, 28(4): 439-444, 2009.
4. A. Stavropoulos-kalinoglou, G. Metsios, V.F. Panoulas, K.M.J. Douglas, A. Nevill, A.Z. Jamurtas, M. Kita, **Y. Koutedakis**, G.D. Kitas. “Associations of obesity with modifiable risk factors for the development of cardiovascular disease in patients with rheumatoid arthritis.” *Ann Rheum Dis*, 68(2): 242-245, 2009.
5. A.D. Flouris, Y. Spiropoulos, G. Sakellariou, **Y. Koutedakis**. “Effect of seasonal programming on fetal development and longevity: Links with environmental temperature.” *Am J Hum Biol*, 21(2):214-216, 2009.
6. Metsios GS, Stavropoulos-Kalinoglou A, Panoulas VF, Wilson M, Nevill AM, **Koutedakis Y**, Kitas GD. “Association of physical activity with increased cardiovascular risk in patients with rheumatoid arthritis”. *Eur J Cardiovasc Prev Rehabil*, 16(2):188-94, 2009.

7. Angioi M, Metsios GS, **Koutedakis Y**, Twitchett E, Wyon M. "Physical fitness and severity of injuries in contemporary dance." *Med Probl Perform Ar*, 24(1): 26-29, 2009.
8. A.D. Flouris, G.S. Metsios, A.Z. Jamurtas, K. Gourgoulis, T.Kiropoulos, M.N. Tzatzarakis, A.M. Tsatsakis, **Y. Koutedakis**. "Acute and Short-term effects of secondhand smoke on lung function and cytokine production." *Am J Respir Crit Care Med*, 179(11): 1029-1033, 2009.
9. Angioi, M., Metsios, G., **Koutedakis, Y.**, Wyon, M. "Fitness in contemporary dance: a systematic review" *Int J Sports Med*, 30(7):475-84, 2009.
10. G.D. Tsiotra, A.M. Nevill, A.M. Lane, **Y. Koutedakis**, "Physical fitness and developmental coordination disorder in Greek children." *Ped Exerc Sci*, 21 (2): 186-195, 2009.
11. A. Nevill, G.D. Tsiotra, P. Tsimeas, **Y. Koutedakis**. "Allometric associations between body size, shape and physical performance of Greek children." *Ped Exerc Sci*, 21 (2): 220-232, 2009.
12. Hatzikotoulas K, Patikas D, Bassa E, Hadjileontiadis L, **Koutedakis Y**, Kotzamanidis C. "Submaximal fatigue and recovery in boys and men." *Int J Sports Med*, 30(10):741-6, 2009.
13. V. Paschalis, M.G. Nikolaidis, G. Giakas, A.Z. Jamurtas, **Y. Koutedakis**. "Differences between arms and legs on position sense and joint reaction angle." *J Strength Cond Res*, 23(6):1652-1655, 2009.
14. Angioi M, Metsios GS, Twitchett E, **Koutedakis Y**, Wyon M. "Association between physical fitness parameters and aesthetic competence in contemporary dancers." *J Dance Med Sci*, 13(4):115-23, 2009.
15. Twitchett EA, Angioi M, **Koutedakis Y**, Wyon M. "Video analysis of classical ballet performance." *J Dance Med Sci*, 13(4):124-8, 2009.
16. Twitchett EA, **Koutedakis Y**, Wyon M. "Physiological fitness and professional classical ballet performance: a brief review." *J Strength Cond Res*, 23(9): 2732-40, 2009.
17. G.S. Metsios, A. Stavropoulos-Kalinoglou, A.M. Nevill, K.M. Douglas, **Y. Koutedakis**, G.D. Kitas. "Cigarette smoking significantly increases basal metabolic rate in patients with rheumatoid arthritis". *Ann Rheum Dis*, 67(1): 70-73, 2008.
18. G. Metsios, A. Flouris, **Y. Koutedakis**, A. Nevill "Criterion-related validity and test-retest repeatability of the 20m Square Shuttle Test". *J. Sci. Med. Sport*, 11(2):214-217, 2008.
19. A.D. Flouris, G.S. Metsios, A.Z. Jamurtas, **Y. Koutedakis**. "Sexual dimorphism in the acute effects of second-hand smoke on thyroid hormone secretion, inflammatory markers and vascular function". *Am J Physiol – Endoc M*, 294 (2): E456-E462, 2008.
20. G.S. Metsios, A. Stavropoulos-Kalinoglou, J.C.S. Veldhuijzen van Zanten, G.J. Treharne, K.M.J. Douglas, **Y. Koutedakis**, G.D. Kitas. "Rheumatoid Arthritis, Cardiovascular Disease and Physical Exercise: A Systematic Review". *Rheumatology (Oxford)*, 47(3):239-248, 2008.
21. G.S. Metsios, A. Stavropoulos-Kalinoglou, **Y. Koutedakis**, A.M. Nevill, K.M.J. Douglas, V.F. Panoulas, M. Kita and G.D. Kitas. "New resting energy expenditure prediction equations for patients with rheumatoid arthritis". *Rheumatology (Oxford, England)* 47 (4): 500-506, 2008.
22. T. Tofas, A.Z. Jamurtas, I.G. Fatouros, M.G. Nikolaidis, **Y. Koutedakis**, E. Sinouris, N. Papageorgakopoulou, D.A. Theoharis "Plyometric exercise increases serum indices of muscle and collagen breakdown." *J Strength Cond Res*, 22(2): 490-496, 2008.
23. Nikolaidis MG, Jamurtas AZ, Paschalis V, Fatouros IG, **Koutedakis Y**, Kouretas D. The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. *Sports Med.*, 38(7): 579-606, 2008.
24. **Y. Koutedakis**. "Biomechanics in dance." *J Dance Med Sc.*, 12(3): 73-74, 2008.
25. J.A. Russell, I. McEwan, **Y. Koutedakis**, M.A. Wyon. "Clinical anatomy and biomechanics of the ankle in dance." *J Dance Med Sci*, 12(3): 75-82, 2008.
26. **Y. Koutedakis**, E. Owolabi, M. Apostolos. "Dance Biomechanics: a tool for controlling health, fitness, and training". *J Dance Med Sci*, 12(3): 83-90, 2008.
27. A. Stavropoulos-Kalinoglou, G. Metsios, V.F. Panoulas, K.M.J. Douglas, A. Nevill, A.Z. Jamurtas, M. Kita, **Y. Koutedakis**, G.D. Kitas. "Cigarette smoking associates with body weight and muscle mass of patients with rheumatoid arthritis: a cross-sectional, observational study". *Arthritis Res Ther*, 10(3):R59, 2008.
28. G.S. Metsios, A. Stavropoulos-Kalinoglou, V.F. Panoulas, **Y. Koutedakis**, G.D. Kitas. "Metabolism in patients with rheumatoid arthritis: resting energy expenditure, physical activity and diet-induced thermogenesis." Invited Review. *Recent Patents on Endocrine, Metabolic and Immune Drug Discovery*: 2: 97-102, 2008.
29. Nikolaidis MG, Paschalis V, Giakas G, Fatouros IG, Sakellariou GK, Theodorou AA, **Koutedakis Y**, Jamurtas AZ. "Favorable and prolonged changes in blood lipid profile after muscle-damaging exercise." *Med Sci Sports Exerc*, 40(8):1483-9, 2008.
30. A.D. Flouris, C. Bouziotas, A.D. Christoloulos, **Y. Koutedakis**. "Longitudinal preventive-screening cutoffs for metabolic syndrome in adolescents." *Int J Obesity*, 32: 1506-12, 2008.