

CURRICULUM VITAE



Antonios Kyparos, Ph.D.

Professor of Exercise Physiology
Laboratory of Exercise Physiology and Biochemistry
Department of Physical Education and Sports Science at Serres
School of Physical Education and Sports Science
Aristotle University of Thessaloniki, Greece
Agios Ioannis, 62110 Serres, Greece
Tel: +30-2310-991040 (off), +30-2310-991074 (lab)
Email: akyparos@auth.gr

Personal Websites

Academia: <http://auth.academia.edu/AntoniosKyparos>
Research Gate: http://www.researchgate.net/profile/Antonios_Kyparos
Google Scholar: <https://scholar.google.gr/citations?user=S9HOQD0AAAAJ&hl=en>
Pubmed: <https://pubmed.ncbi.nlm.nih.gov/?term=kyparos+a&sort=date>
Laboratory website: <http://exercisephysiologylab.weebly.com/dr-antonios-kyparos.html>
Department website: <https://phed-sr.auth.gr/en/staff/μέλος-δευ/kyparos-antonios>

Education

- 2001-2004 Post-Doctoral in Space Physiology (emphasis on muscle atrophy), under a joint program between National Aeronautics & Space Administration (NASA)-Johnson Space Center and University of Houston (Department of Biology & Biochemistry), Houston, Texas, USA.
- 1996-2001 Ph.D. in Health and Human Performance (emphasis on muscle physiology), Department of Physical Education and Sports Science, Aristotle University of Thessaloniki, Greece.
- 1990-1992 Master of Arts (M.A.) in Sports Studies/Exercise Science, Department of Health, Physical Education and Recreation, Western Michigan University, Kalamazoo, MI, USA.
- 1986-1989 B.Sc. in Exercise Science, Department of Physical Education and Sports Science, Aristotle University of Thessaloniki, Greece.

Academic Positions

- 2022-present Professor of Exercise Physiology, Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki, Greece.
- 2018-2022 Associate Professor of Exercise Physiology, Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki, Greece.

- 2014-2018 Assistant Professor of Exercise Physiology, Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki, Greece.
- 2009-2014 Lecturer of Exercise Physiology, Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki, Greece.
- 2005-2008 Adjunct Lecturer of Animal Physiology, Department of Biochemistry and Biotechnology, University of Thessaly, Greece.
- 2001-2004 Postdoctoral Fellow/Researcher, National Aeronautics & Space Administration (NASA)-Johnson Space Center and University of Houston (Department of Biology & Biochemistry), Houston, Texas, USA.

Overview

Dr. Antonios Kyparos is currently a Professor of Exercise Physiology at the Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki, Greece. He holds a Bachelor's degree in Exercise Science from Aristotle University of Thessaloniki (1986-1989), a Master's in Sports Studies/Exercise Science from Western Michigan University, USA (1990-1992) and a PhD in Health and Human Performance with emphasis on Muscle Physiology from Aristotle University of Thessaloniki (1996-2001). His dissertation project entitled "The potential protective role of vitamin E in muscle injury induced by eccentric contraction-biased exercise".

Shortly after he was awarded with his doctorate, Dr. Kyparos completed his postdoctoral with the Institute for Space Systems Operations (ISSO), under a joint program between University of Houston and NASA-Johnson Space Center, Houston, Texas, USA (2001-2004). In his postdoctoral work, Dr. Kyparos conducted biomedical investigations designed to determine the role of sensory input in neuromuscular activation working on the project entitled "Using dynamic foot stimulation as a countermeasure to muscle atrophy".

While in Houston (2001-2004), Dr. Kyparos was a research associate with a) Muscle Research Laboratory, Human Adaptation and Countermeasures Office, Space and Life Sciences Directorate, NASA-JSC, b) Connective Tissue Physiology Laboratory, Department of Biology & Biochemistry, University of Houston, and c) Laboratory of Integrated Physiology, Department of Health and Human Performance, University of Houston. Dr. Kyparos received (2002) a Special Space Flight Achievement Award by National Aeronautics & Space Administration at the Johnson Space Center (NASA-JSC), Space & Life Sciences Directorate, Houston, TX, USA, as a member of the Russian International Space Station (ISS) Science and Medical Support Team, for accomplishments in implementing the Russian medical and science postflight activities supporting the ISS Expeditions 1 to 4.

Upon his return to Greece he was appointed as an Adjunct Lecturer of Animal Physiology at the Department of Biochemistry and Biotechnology, University of Thessaly, Greece (2005-2008). Then Dr. Kyparos became a Lecturer (2009-2014), an Assistant Professor (2014-2018), an Associate Professor (2018-2022) and a full Professor (2022-today) of Exercise Physiology in a tenure track faculty position at the Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki, Greece. He teaches the courses: Physiology, Exercise Biology, Space Physiology, Physiological Adaptations to Ageing.

Dr. Kyparos has long term research experience in using both human subjects and animal models. His research interests focus on skeletal muscle physiology/biology, muscle atrophy and countermeasures, exercise-induced muscle injury, muscle fatigue and muscle function, redox biology, free radicals and exercise, oxidative stress and exercise, antioxidants and exercise. Regarding Space research, his interest is focused on the (Space) Life Sciences and particularly on physiological countermeasures to spaceflight, exercise and nutrition interventions/countermeasures for the prevention of muscle atrophy induced by microgravity conditions.

He has published 84 papers in international peer-reviewed journals in the area of Exercise Biological Sciences and more particularly in Exercise Physiology/Biochemistry, Exercise Biology and Sports Nutrition. He has presented his work in 114 international (n = 38) and Greek (n = 76) congresses. His work has been internationally recognized [(h index = 28, Citations = 2430, Source: Scopus), h index = 35, Citations = 3780, Source: Google Scholar]]. Dr. Kyparos serves as a reviewer in a number of journals in the research field of Exercise Biological Sciences, Exercise Physiology/Biochemistry, Exercise Biology and Sports Nutrition, as well as Space Life Sciences.

As an invited speaker he has given a number of presentations related to his area of expertise in congresses and symposia. He has chaired and coordinated round tables in congresses and symposia. He has served as a member of the organizing or scientific committees in a number of international and national meetings and congresses related to Exercise Biological Sciences. He has also served as a member of the supervising committee in a number of Bachelor's, Master theses and Doctoral dissertations.

Dr. Kyparos has served as an expert in topical teams, scientific committees and projects organized by European Space Agency related to space muscle physiology, metabolic biomarkers and artificial gravity. He is an active member of Greek Aerospace Medical Association and Space Research (GASMA), affiliated to the Aerospace Medical Association (AsMA). He is a member of International Academy of Astronautics (IAA) and he was also appointed as a member (2017-2023) and then as coordinator (2023-2025) of the IAA Commission 2 on Space Life Sciences. He was also appointed as a Co-Editor (Space Life Sciences) of "*Acta Astronautica*" (Publisher: Elsevier), the journal of the International Academy of Astronautics, from 2019—today.

He has done administrative work as a board member in a number of committees at the Department and the Faculty of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki. He served in the 15-member Steering Committee of the newly established University of West Attica, Greece, formed by the merging of the two Technological Educational Institutions (TEI) of Athens and Piraeus, October 2018–August 2019.

QUANTITATIVE ANALYSIS OF DR KYPAROS'S ACADEMIC WORK

Source: Scopus & Journal Citation Reports-Impact factor, Year 2021

MANUSCRIPTS IN INTERNATIONAL PEER REVIEWED JOURNALS	84
Sum of impact factors	329
Average impact factor for ms published in journals with (n=71) and with/out (n=82)IF	4.5/3.9
Citation index, Scopus	2430
<i>h</i> index, Scopus	28
Citation index, Google Scholar	3780
<i>h</i> index, Google Scholar	35
i10-index, Google Scholar	64
Co-Editor (Space Life Sciences) of “Acta Astronautica” (Publisher: Elsevier), the journal of the International Academy of Astronautics, 2019-	
MANUSCRIPT PUBLICATIONS IN GREEK PEER REVIEWED JOURNALS	15
MANUSCRIPT PUBLICATIONS IN GREEK PEER REVIEWED CONFERENCE PROCEEDINGS	3
PRESENTATIONS IN INTERNATIONAL CONFERENCES ABROAD	38
PRESENTATIONS IN CONFERENCES IN GREECE (International and Greek)	76
INVITED SPEAKER/LECTURES	19
CHAIR IN CONFERENCE ROUNDTABLES AND PANELS	9
CONFERENCE ORGANIZING/SCIENTIFIC COMMITTEE	19
MEMBER OF TOPICAL TEAMS AND SPECIAL SCIENTIFIC COMMITTEES	6
REVIEWER IN PEER REVIEWED (NUMBER OF) JOURNALS	17
ADVISING/EXAMINING COMMITTEE IN DOCTORAL DISSERTATIONS [main supervisor], [3-member committee], [7-member committee]	[1], [3], [22]
ADVISING/EXAMINING COMMITTEE IN MASTER THESES [main supervisor], [3-member committee]	[3], [13]
ADVISING/EXAMINING COMMITTEE IN BACHELOR THESES [main supervisor], [3-member committee]	[6], [20]

Publications in International Peer Reviewed Journals

(Publications in the order appeared in SCOPUS), (Scopus, Pubmed, Google Scholar)

Note: IF= Journal impact factor according to Thomson Reuters Journal Citation Reports, Year 2019; C= Citations of the papers according to Scopus (Author Search).

1. Chatzinikolaou PN, Margaritelis NV, Paschalis V, Theodorou AA, Vrabas IS, **Kyparos A**, D'Alessandro A., Nikolaidis MG. Erythrocyte metabolism. *Acta Physiol (Oxf)*. 2023 [accepted].
2. 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. *Acta Physiol (Oxf)*. 2023 Aug;238(4):e14017.
3. Chatzinikolaou PN, Margaritelis N, Chatzinikolaou AN, Paschalis V, Theodorou A, Vrabas I, **Kyparos A**, Nikolaidis MG. (2021). Oxygen transport: a redox O2dyssey. In: James N. Cobley, Gareth W. Davison (Ed.). *Oxidative Eustress and Exercise Physiology*. Routledge and CRC Press, Taylor & Francis Group, Boca Raton (FL), 2022 (Book chapter 4) [Accepted ahead of print].
4. 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. Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. *Journal of Sports Sciences* 40(2):195-202, 2022.
5. Margaritelis NV, Chatzinikolaou PN, Chatzinikolaou AN, Paschalis V, Theodorou AA, Vrabas IS, **Kyparos A**, Nikolaidis MG. The redox signal: A physiological perspective. *International Union of Biochemistry and Molecular Biology Life (IUBMB Life)* 74(1):29-40, 2022.
6. Margaritelis NV, Chatzinikolaou PN, Bousiou FV, Malliou VJ, Papadopoulou SK, Potsaki P, Theodorou AA, **Kyparos A**, Geladas ND, Nikolaidis MG, Paschalis V. Dietary cysteine intake is associated with blood glutathione levels and maximal isometric handgrip strength. *International Journal of Sports Medicine* 42(5):441-447, 2021.
7. Margaritelis NV, Theodorou AA, Chatzinikolaou PN, **Kyparos A**, Nikolaidis MG, Paschalis V. Eccentric exercise per se does not affect muscle damage biomarkers: early and late phase adaptations. *European Journal of Applied Physiology* 121(2):549-559, 2021.
8. Margaritelis NV, Paschalis V, Theodorou AA, **Kyparos A**, Nikolaidis MG. Antioxidant supplementation, redox deficiencies and exercise performance: a falsification design. *Free Radical Biology and Medicine* 158:44-52, 2020.
9. Margaritelis NV, Paschalis V, Theodorou A, **Kyparos A**, Nikolaidis MG. Redox basis of exercise physiology. *Redox Biology* 35, article number 101499, 2020.
10. Margaritelis NV, Paschalis V, Theodorou AA, Vassiliou V, **Kyparos A**, Nikolaidis MG. Rapid decreases of key antioxidant molecules in critically ill patients: A personalized approach. *Clinical Nutrition* 39(4):1146-1154, 2020.
11. Dolopikou CF, Kourtzidis IA, Tsiftsis AN, Margaritelis NV, Theodorou AA, Paschalis V, Frantzidis CA, Nikolaidis MG, Kourtidou-Papadeli C, **Kyparos A**. Systemic redox biomarkers

suggest non-redox mediated processes in the prevention of bed rest-induced muscle atrophy after exercise training: The Cologne RSL study. *Acta Astronautica* 168:116-122, 2020.

12. Dolopikou CF, Kourtzidis IA, Margaritelis NV, Vrabas IS, Koidou I, **Kyparos A**, Theodorou AA, Paschalis V, Nikolaidis MG. Acute nicotinamide riboside supplementation improves redox homeostasis and exercise performance in old individuals: a double-blind cross-over study. *European Journal of Nutrition* 59(2):505-515, 2020.
13. Goutianos G, Margaritelis NV, Sparopoulou T, Veskoukis AS, Vrabas IS, Paschalis V, Nikolaidis MG, **Kyparos A**. Chronic administration of plasma from exercised rats to sedentary rats does not induce redox and metabolic adaptations. *The Journal of Physiological Sciences* 70(1):3, 2020.
14. Margaritelis NV, Theodorou AA, **Kyparos A**, Nikolaidis MG, Paschalis V. Effect of body composition on redox homeostasis at rest and in response to exercise: The case of underweight women. *Journal of Sports Sciences* 37(14):1630-1637, 2019.
15. Margaritelis NV, Paschalis V, Theodorou AA, **Kyparos A**, Nikolaidis MG. Antioxidants in personalized nutrition and exercise. *Advances in Nutrition* 9(6):813-823, 2018.
16. Kourtzidis IA, Dolopikou C, Tsiftsis A, Margaritelis NV, Theodorou AA, Zervos I, Tsantarliotou M, Veskoukis AS, Vrabas IS, Paschalis V, **Kyparos A**, Nikolaidis MG. Nicotinamide riboside supplementation dysregulates redox and energy metabolism in rats: Implications for exercise performance. *Experimental Physiology* 103(10):1357-1366, 2018).
17. Papadopoulos S, Dipla K, Triantafyllou A, Nikolaidis MG, **Kyparos A**, Touplikioti P, Vrabas IS, Zafeiridis A. Beetroot increases muscle performance and oxygenation during sustained isometric exercise, but does not alter muscle oxidative efficiency and microvascular reactivity at rest. *Journal of the American College of Nutrition* 37(5):361-372, 2018.
18. Veskoukis AS, Paschalis V, **Kyparos A**, Nikolaidis MG. Administration of exercise-conditioned plasma alters muscle catalase kinetics in rat: An argument for in vivo-like Km instead of in vitro-like Vmax. *Redox Biology* 15:375-379, 2018.
19. Paschalis V, Theodorou AA, Margaritelis NV, **Kyparos A**, Nikolaidis MG. N-acetylcysteine supplementation increases exercise performance and reduces oxidative stress only in individuals with low levels of glutathione. *Free Radical Biology and Medicine* 115:288-297, 2018.
20. Margaritelis NV, Theodorou AA, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, **Kyparos A**, Nikolaidis MG. Adaptations to endurance training depend on exercise-induced oxidative stress: exploiting redox inter-individual variability. *Acta Physiologica (Oxf)* 222(2), Article number e12898, 2018. [IF: **5.868**; C:]. Editorial Commentary on this article: Jaimovich E, Casas M. Evaluating the essential role of RONS in vivo in exercised human muscle. *Acta Physiol (Oxf)* 222, e12972, 2018.
21. Veskoukis AS, **Kyparos A**, Paschalis V, Nikolaidis MG. A novel swimming performance test in rats. *The Chinese Journal of Physiology* 61(3):144-151, 2018.
22. Veskoukis AS, Margaritelis NV, **Kyparos A**, Paschalis V, Nikolaidis MG. Spectrophotometric assays for measuring redox biomarkers in blood and tissues: the NADPH network. *Redox Report*, 23(1):47-56, 2018.

23. Lang T, Van Loon J, Bloomfield S, Vico L, Chopard A, Rittweger J, **Kyparos A**, Blottner D, Vuori I, Gerzer R, Cavanagh PR. Towards Human Exploration of Space: The THESEUS review series on muscle and bone research priorities. *Nature Partner Journal (npj) Microgravity* 3, 8, 2017.
24. Anyfanti P, Triantafyllidou E, Papadopoulos S, Triantafyllou A, Nikolaidis MG, **Kyparos A**, Vrabas IS, Douma S, Zafeiridis A, Dipla K. Smoking before isometric exercise amplifies myocardial stress and dysregulates baroreceptor sensitivity and cerebral oxygenation. *Journal of the American Society of Hypertension* 11(6):376-384, 2017).
25. Zafeiridis A, Chatziioannou AC, Sarivasiliou H, **Kyparos A**, Nikolaidis M, Vrabas I, Pechlivanis A, Zoumpoulakis P, Baskakis C, Dipla K, Theodoridis G. Global metabolic stress of isoeffort continuous and high intensity interval aerobic exercise: a comparative ¹H NMR metabonomic study. *Journal of Proteome Research* 15(12):4452-4463, 2016.
26. Goutianos G, Veskoukis AS, Tzioura A, Paschalisc V, Margaritelis NV, Dipla K, Zafeiridis A, Vrabas IS, Nikolaidis MG, **Kyparos A**. Plasma from exercised rats administered to sedentary rats induces systemic and tissue inflammation. *Physiological Reports* 4(24), pii: e13087, 2016.
27. Margaritelis NV, Theodorou A, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, **Kyparos A**, Nikolaidis M. Experimental verification of regression to the mean in redox biology: differential responses to exercise. *Free Radical Research* 50(11):1237-1244, 2016.
28. Margaritelis NV, Cobley JN, Paschalis V, Veskoukis AS, Theodorou AA, **Kyparos A**, Nikolaidis MG. Going retro: oxidative stress biomarkers in modern redox biology. *Free Radical Biology and Medicine* 98:2-12, 2016 (invited review).
29. Kourtzidis IA, Stoupas AT, Gioris IS; Veskoukis AS, Margaritelis NV, Tsantarliotou M, Taitzoglou I, Vrabas IS, Paschalis V, **Kyparos A**, Nikolaidis MG. The NAD⁺ precursor nicotinamide riboside decreases exercise performance in rats. *Journal of the International Society of Sports Nutrition* 13:32, 2016.
30. Dipla K, Kousoula D, Zafeiridis A, Karatrantou K, Nikolaidis MG, **Kyparos A**, Gerodimos V, Vrabas IS. Exaggerated hemodynamic and neural responses to involuntary contractions induced by whole body vibration in normotensive obese vs lean women. *Experimental Physiology* 101(6):717-730, 2016).
31. Veskoukis AS, **Kyparos A**, Paschalis V, Nikolaidis MG. Spectrophotometric assays for measuring redox biomarkers in blood. *Biomarkers* 21(3):208-217, 2016.
32. Margaritelis NV, Cobley JN, Paschalis V, Veskoukis AS, Theodorou AA, **Kyparos A**, Nikolaidis MG. Principles for integrating reactive species into in vivo biological processes: Examples from exercise physiology. *Cellular Signalling* 28(4):256-271, 2016.
33. Veskoukis AS, Goutianos G, Paschalis V, Margaritelis NV, Tzioura A, Dipla K, Zafeiridis A, Vrabas IS, **Kyparos A**, Nikolaidis MG. The rat closely mimics oxidative stress and inflammation in humans after exercise but not after exercise combined with vitamin C administration. *European Journal of Applied Physiology* 116(4):791-804, 2016.
34. Paschalis V, Theodorou AA, **Kyparos A**, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Nikolaidis MG. Low vitamin C values are linked with decreased physical performance and

increased oxidative stress: reversal by vitamin C supplementation. *European Journal of Nutrition* 55(1):45-53, 2016.

35. Zafeiridis A, Kounoupis A, Dipla K, **Kyparos A**, Nikolaidis MG, Smilios I, Vrabas I. Oxygen delivery and muscle deoxygenation during continuous, long- and short-interval exercise. *International Journal of Sports Medicine* 36(11):872-880, 2015.
36. Margaritelis MV, Theodorou AA, Baltzopoulos V, Maganaris CN, Paschalis V, **Kyparos A**, Nikolaidis MG. Muscle damage and inflammation after eccentric exercise: can the repeated bout effect be removed? *Physiological Reports* 3(12), pii: e12648, 2015.
37. Margaritelis NV, Veskoukis AS, Paschalis V, Vrabas IS, Dipla K, Zafeiridis A, **Kyparos A**, Nikolaidis MG. Blood reflects tissue oxidative stress: a systematic review. *Biomarkers* 20(2):97-108, 2015.
38. Goutianos G, Tzioura A, **Kyparos A**, Paschalis V, Margaritelis N, Veskoukis A, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. The rat adequately reflects human responses to exercise in blood biochemical profile: a comparative study. *Physiological Reports* 3(2):e12293 2015.
39. Nikolaidis MG, Margaritelis NV, Paschalis V, Theodorou AA, **Kyparos A**, Vrabas IS. Common questions and tentative answers on how to assess oxidative stress after antioxidant supplementation and exercise. In: Lamprecht M, editor. *Antioxidants in Sport Nutrition*. CRC Press, Boca Raton (FL), 2015, pp. 221-246 (Book chapter 14).
40. Theodorou AA, Paschalis V, **Kyparos A**, Panayiotou G, Nikolaidis MG. Passive smoking reduces and vitamin C increases exercise-induced oxidative stress: does this make passive smoking an anti-oxidant and vitamin C a pro-oxidant stimulus? *Biochemical and Biophysical Research Communications* 454(1):131-136, 2014.
41. Vasiliadis AV, Zafeiridis A, Dipla K, Galanis N, Chatzidimitriou D, **Kyparos A**, Nikolaidis MG, Vrabas IS. Circulating angiogenic biomolecules at rest and in response to upper-limb exercise in individuals with spinal cord injury. *Journal of Spinal Cord Medicine*, 37(2):226-232, 2014.
42. Mandroukas A, Vamvakoudis E, Metaxas T, Papadopoulos P, Kotoglou K, Stefanidis P, Christoulas K, **Kyparos A**, Mandroukas K. Acute partial passive stretching increases range of motion and muscle strength. *Journal of Sports Medicine and Physical Fitness* 54(3):289-297, 2014.
43. Margaritelis NV, **Kyparos A**, Paschalis V, Theodorou AA, Panayiotou G, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. Reductive stress after exercise: The issue of redox individuality. *Redox Biology* 2:520-528, 2014.
44. Varamenti EI, **Kyparos A**, Veskoukis AS, Bakou M, Kalaboka S, Jamurtas AZ, Koutedakis Y, Kouretas D. Oxidative stress, inflammation and angiogenesis markers in elite female water polo athletes throughout a season. *Food and Chemical Toxicology* 61:3-8, 2013.
45. Nikolaidis MG, **Kyparos A**, Spanou C, Paschalis V, Theodorou AA, Panayiotou G, Grivas GV, Zafeiridis A, Dipla K, Vrabas IS. Aging is not a barrier to muscle and redox adaptations: applying the repeated eccentric exercise model. *Experimental Gerontology* 48(8):734-743, 2013.

46. Ntalapascha M, Makris D, **Kyparos A**, Tsilioni I, Kostikas K, Gourgoulialis K, Kouretas D, Zakyntinos E. Oxidative stress in patients with obstructive sleep apnea syndrome. *Sleep and Breathing* 17(2):549-555, 2013.
47. Dipla K, Papadopoulos S, Zafeiridis A, **Kyparos A**, Nikolaidis MG, Vrabas IS. Determinants of muscle metaboreflex and involvement of baroreflex in boys and young men. *European Journal of Applied Physiology* 113(4):827-838, 2013.
48. Theodorou AA, Panayiotou G, Paschalis V, Nikolaidis MG, **Kyparos A**, Mademli L, Grivas GV, Vrabas IS. Stair descending exercise increases muscle strength in elderly males with chronic heart failure. *BMC Research Notes* 6(1):87, 2013.
49. Paschalis V, Theodorou AA, Panayiotou G, **Kyparos A**, Patikas D, Grivas GV, Nikolaidis MG, Vrabas IS. Stair descending exercise using a novel automatic escalator: Effects on muscle performance and health-related parameters. *PLoS ONE* 8(2):e56218, 2013.
50. Varamenti E, Platanou T, **Kyparos A**, Jamurtas AZ, Koutedakis Y, Kouretas D. Effects of long-term training and competition on biochemical markers in elite female water polo players. *Serbian Journal of Sports Sciences* 7(1):31-37, 2013.
51. Zafeiridis A, Vasiliadis AV, Doumas A, Galanis N, Christoforidis T, **Kyparos A**, Nikolaidis MG, Dipla K, Vrabas IS. Muscle perfusion of posterior trunk and lower-limb muscles at rest and during upper-limb exercise in spinal cord-injured and able-bodied individuals. *Spinal Cord* 50(11):822-826, 2012.
52. **Kyparos A**, Nikolaidis MG, Dipla K, Zafeiridis A, Paschalis V, Grivas GV, Theodorou AA, Albani M, Matziari C, Vrabas IS. Low-frequency fatigue as an indicator of eccentric exercise-induced muscle injury: The role of vitamin E. *Oxidative Medicine and Cellular Longevity* 2012:628352, 2012.
53. Veskoukis AS, **Kyparos A**, Nikolaidis MG, Stagos D, Aligiannis N, Halabalaki M, Chronis K, Goutzourelas N, Skaltsounis L, Kouretas D. The antioxidant effects of a polyphenol-rich grape pomace extract in vitro do not correspond in vivo using exercise as an oxidant stimulus. *Oxidative Medicine and Cellular Longevity* 2012:185867, 2012.
54. **Kyparos A**, Riganas C, Nikolaidis MG, Sampanis M, Koskolou MD, Grivas GV, Kouretas D, Vrabas IS. The effect of exercise-induced hypoxemia on blood redox status in well-trained rowers. *European Journal of Applied Physiology* 112(6):2073-2083, 2012.
55. Nikolaidis MG, **Kyparos A**, Spanou C, Paschalis V, Theodorou AA, Vrabas IS. Redox biology of exercise: An integrative and comparative consideration of some overlooked issues. *Journal of Experimental Biology* 215(10):1615-1625, 2012.
56. Nikolaidis MG, **Kyparos A**, Dipla K, Zafeiridis A, Sambanis M, Grivas GV, Paschalis V, Theodorou AA, Papadopoulos S, Spanou C, Vrabas IS. Exercise as a model to study redox homeostasis in blood: The effect of protocol and sampling point. *Biomarkers* 17(1):28-35, 2012.
57. Nikolaidis MG, **Kyparos A**, Vrabas IS. Cell redox homeostasis: Reading Conti et al. data from a blood-centric perspective (letter to the editor-in-chief). *Medicine and Science in Sports and Exercise* 44(1):190, 2012.

58. **Kyparos A**, Sotiriadou S, Mougios V, Cheva A, Barbanis S, Karkavelas G, Arsos G, Albani M, Matziari C. Effect of 5-day vitamin E supplementation on muscle injury after downhill running in rats. *European Journal of Applied Physiology* 111(10):2557-2569, 2011.
59. Mandroukas A, Heller J, Metaxas TI, Sendelides T, Riganas C, Vamvakoudis E, Christoulas K, Stefanidis P, Karagiannis V, **Kyparos A**, Mandroukas K. Cardiorespiratory and metabolic alterations during exercise and passive recovery after three modes of exercise. *Journal of Strength and Conditioning Research* 25(6):1664-1672, 2011.
60. Kabasakalis A, **Kyparos A**, Tsalis G, Loupos D, Pavlidou A, Kouretas D. Blood oxidative stress markers after ultramarathon swimming. *Journal of Strength and Conditioning Research* 25(3):805-811, 2011.
61. Nikolaidis MG, **Kyparos A**, Vrabas IS. F2-isoprostane formation, measurement and interpretation: The role of exercise. *Progress in Lipid Research* 50(1):89-103, 2011.
62. Fatouros IG, Chatzinikolaou A, Douroudos II, Nikolaidis MG, **Kyparos A**, Margonis K, Michailidis Y, Vantarakis A, Taxildaris K, Katrabasas I, Mandalidis D, Kouretas D, Jamurtas AZ. Time-course of changes in oxidative stress and antioxidant status responses following a soccer game. *Journal of Strength and Conditioning Research* 24(12):3278-3286, 2010.
63. Veskoukis AS, **Kyparos A**, Stagos D, Kouretas D. Differential effects of xanthine oxidase inhibition and exercise on albumin concentration in rat tissues. *Applied Physiology, Nutrition and Metabolism* 35(3):244-250, 2010.
64. Veskoukis AS, Nikolaidis MG, **Kyparos A**, Kouretas D. Blood reflects tissue oxidative stress depending on biomarker and tissue studied. *Free Radical Biology and Medicine* 47(10):1371-1374, 2009.
65. Arsos G, **Kyparos A**, Moralidis E, Kyparos D, Georga S, Sotiriadou S, Matziari C, Karakatsanis C. 99mTc-sestamibi uptake in rat skeletal muscle and heart: Physiological determinants and correlations. *Physiological Research* 58(1):21-28, 2009.
66. **Kyparos A**, Vrabas IS, Nikolaidis MG, Riganas CS, Kouretas D. Increased oxidative stress blood markers in well-trained rowers following two thousand-meter rowing ergometer race. *Journal of Strength and Conditioning Research* 23(5):1418-1426, 2009.
67. Veskoukis AS, Nikolaidis MG, **Kyparos A**, Kokkinos D, Nepka C, Barbanis S, Kouretas D. Effects of xanthine oxidase inhibition on oxidative stress and swimming performance in rats. *Applied Physiology, Nutrition and Metabolism* 33(6):1140-1154, 2008.
68. Veskoukis AS, Nikolaidis MG, **Kyparos A**, Kokkinos D, Varamenti E, Kouretas D. The effect of allopurinol on protein carbonyls and swimming performance in rats. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition* 22(2):360-362, 2008.
69. Kyparos D, Arsos G, **Kyparos A**, Georga S, Petridou A, Sotiriadou S, Mougios V, Matziari C. Effect of aerobic training on 99mTc-methoxy isobutyl isonitrile (99mTc-sestamibi) uptake by myocardium and skeletal muscle: Implication for noninvasive assessment of muscle metabolic profile. *Acta Physiologica* 193(2):175-180, 2008.
70. Tsaloglidou A, Rammos K, **Kyparos A**, Dimitriadou A, Matziari C. Ethical issues in withholding or withdrawal of artificial nutrition and hydration. *International Journal of Caring Sciences* 1 (issue 2):66-73, 2008.

71. Giagazoglou P, **Kyparos A**, Fotiadou E, Angelopoulou N. The effect of residence area and mother's education on motor development of preschool-aged children in Greece. *Early Child Development and Care* 177(5):479-492, 2007.
72. **Kyparos A**, Salonikidis K, Nikolaidis MG, Kouretas D. Short duration exhaustive aerobic exercise induces oxidative stress: A novel play-oriented volitional fatigue test. *Journal of Sports Medicine and Physical Fitness* 47(4):483-490, 2007.
73. Nikolaidis MG, **Kyparos A**, Hadziioannou M, Panou N, Samaras L, Jamurtas AZ, Kouretas D. Acute exercise markedly increases blood oxidative stress in boys and girls. *Applied Physiology, Nutrition and Metabolism* 32(2):197-205, 2007.
74. Loizidis T, Sioga A, Economou L, Frosinis A, **Kyparos A**, Zotou A, Albani M. The role of ascorbic acid and exercise in chronic ischemia of skeletal muscle in rats. *Journal of Applied Physiology* 102(1):321-330, 2007.
75. Kyparos D, Arsos G, Georga S, Petridou A, **Kyparos A**, Papageorgiou E, Mougios V, Matziari C, Karakatsanis C. Assessment of brown adipose tissue activity in rats by ^{99m}Tc- sestamibi uptake. *Physiological Research* 55(6):653-659, 2006.
76. Sotiriadou S, **Kyparos A**, Albani M, Arsos G, Clarke MSF, Sidiras G, Angelopoulou N, Matziari C. Soleus muscle force following downhill running in ovariectomized rats treated with estrogen. *Applied Physiology, Nutrition and Metabolism* 31(4):449-459, 2006.
77. **Kyparos A**, Feeback DL, Layne CS, Martinez DA, Clarke MSF. Mechanical stimulation of the plantar foot surface attenuates soleus muscle atrophy induced by hindlimb unloading in rats. *Journal of Applied Physiology* 99(2):739-746, 2005.
78. Choy VE, **Kyparos A**, Vailas AC, Crenshaw TD, Martinez DA. The biphasic response of porcine tendon to recombinant porcine growth hormone. *Growth Hormone and IGF Research* 15(1):39-46, 2005.
79. Kourtidou-Papadeli C, **Kyparos A**, Albani M, Frossinis A, Papadelis CL, Bamidis P, Vivas A, Guiba-Tziampiri O. Electrophysiological, histochemical, and hormonal adaptation of rat muscle after prolonged hindlimb suspension. *Acta Astronautica* 54(10):737-747, 2004.
80. Sotiriadou S, **Kyparos A**, Mougios V, Trontzos C, Sidiras G, Matziari C. Estrogen effect on some enzymes in female rats after downhill running. *Physiological Research* 52(6):743-748, 2003.
81. **Kyparos A**, Orth MW, Vailas AC, Martinez DA. Growth and maturational changes in dense fibrous connective tissue following 14 days of rhGH supplementation in the dwarf rat. *Growth Hormone and IGF Research* 12(5):367-373, 2002.
82. **Kyparos A**, Matziari C, Albani M, Arsos G, Sotiriadou S, Deligiannis A. A decrease in soleus muscle force generation in rats after downhill running. *Canadian Journal of Applied Physiology* 26(4):323-335, 2001.
83. Matziari C, **Kyparos A**, Anastasiou A. A commentary on Hippocrates' views about selective issues on exercise, health and diet. *Studies in Physical Culture and Tourism*, 8:93-101, 2001.
84. Mougios V, Kouidi E, **Kyparos A**, Deligiannis A. Effect of exercise on the proportion of unsaturated fatty acids in serum of untrained middle aged individuals. *British Journal of Sports Medicine* 32(1):58-62, 1998.

Presentations in International Congresses abroad

1. Margaritelis NV, Theodorou AA, Paschalis V, **Kyparos A**, Nikolaidis MG. Validating personalized redox biology: the effect of targeted and non-targeted antioxidant supplementation on exercise performance. *The Society for Free Radical Research (SFRR) - Europe 2021 Meeting*, Belgrade, Serbia, June 15-18, 2021.
2. Dolopikou CF, Kourtzidis IA, Tsiftsis AN, Margaritelis NV, Theodorou AA, Paschalis V, Frantzidis CA, Nikolaidis MG, Kourtidou-Papadeli C, **Kyparos A**. Eccentric-biased training does not prevent bed rest-induced oxidative stress. *22nd International Academy of Astronautics (IAA) Humans in Space Symposium (HIS)*. Dubai, United Arab Emirates (UAE), 11-14 November, 2019.
3. Anyfanti P, Triantafyllidou E, Triantafyllou A, **Kyparos A**, Nikolaidis M, Vrabas I, Zafeiridis A, Douma S, Dipla K. Effect of antecedent cigarette smoking on cardiovascular function during isometric handgrip exercise. *The European Society of Hypertension (ESH) annual meeting: 26th Meeting on Hypertension and Cardiovascular Protection*. Paris (France), June 10-13, 2016.
4. Margaritelis NV, Theodorou AA, Baltzopoulos V, Maganaris CN, Paschalis V, **Kyparos A**, Nikolaidis MG. Can the repeated bout effect after eccentric exercise be removed? *20th Annual Congress of the European College of Sports Science (ECSS)*. Malmö (Sweden), June 24-27, 2015.
5. Theodorou AA, Paschalis V, **Kyparos A**, Panayiotou G, Nikolaidis MG. Passive smoking reduces and vitamin c increases exercise-induced oxidative stress: does this make passive smoking an anti-oxidant and vitamin c a pro-oxidant stimulus? *20th Annual Congress of the European College of Sports Science (ECSS)*. Malmö (Sweden), June 24-27, 2015.
6. Margaritelis NV, **Kyparos A**, Paschalis V, Theodorou AA, Panayiotou G, Grivas GV, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. An oxidant stimulus may induce both oxidative and reductive stress: the issue of redox individuality. *Proceedings of the Society for Free Radical Research (SFRR) - Europe 2013 Meeting*, Athens, Greece, September 23-25, 2013.
7. Grivas GV, **Kyparos A**, Paschalis V, Theodorou AA, Panayiotou G, Margaritelis NV, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. Altering redox homeostasis in humans: the repeated eccentric exercise model. *Proceedings of the Society for Free Radical Research (SFRR) - Europe 2013 Meeting*, Athens, Greece, September 23-25, 2013.
8. Nikolaidis MG, **Kyparos A**, Spanou C, Paschalis V, Theodorou AA, Grivas GV, Dipla K, Zafeiridis A, Vrabas IS. Eccentric exercise as an oxidant stimulus for studying redox homeostasis: an aging study. *16th Biennial Meeting of the Society for Free Radical Research International*, London (UK), September 6-9, 2012.
9. Papadopoulos S, Dipla K, Zafeiridis A, **Kyparos A**, Nikolaidis MG, Vrabas IS. Metaboreflex contribution to the blood pressure control during isometric exercise in boys and men. *17th Annual Congress of the European College of Sport Science*, Bruges (Belgium), July 4-7, 2012.
10. Grivas G., Nikolaidis M.G., **Kyparos A.**, Dipla K., Paschalis V., Theodorou A.A., Sampanis M., and Vrabas IS. Exercise as a model of oxidative assault: the role of protocol and sampling

point. 16th Annual Congress of the European College of Sports Science (ECSS). Liverpool (UK), July 6-9, 2011.

11. Karapetsa M, **Kyparos A**, Kiropoulos T, Tsilioni I, Ntalapascha M, Zakynthinos E, Kouretas D. Oxidative stress during sepsis. *SEPSIS 2009 (The Annual International Sepsis Forum Symposium)*. Amsterdam (Netherlands), November 11-14, 2009.
12. Ntalapascha M, **Kyparos A**, Kouretas D, Zakynthinos E. Oxidative stress and obstructive sleep apnea syndrome. 18th European Respiratory Society Annual Congress. Berlin (Germany), October 4-8, 2008.
13. Stefanidis I, Giannopoulou M, **Kyparos A**, Liakopoulos V, Nikolaidis MG, Kouretas D. Polysulfone vitamin E coated versus polysulfone dialysers attenuate oxidative stress markers during a single haemodialysis session. *XLV Congress of the European Renal Association–European Dialysis & Transplant Association (ERA–EDTA)*. Stockholm (Sweden), May 10-13, 2008.
14. Veskoukis AS, Kontou M, **Kyparos A**, Nikolaidis MG, Samiotaki M, Panayotou G, Kouretas D. Effect of allopurinol and exercise on protein expression in rat gastrocnemius and soleus muscle. 13th Annual Congress of the European College of Sports Science (ECSS). Estoril (Portugal), July 9-12, 2008.
15. Kouretas D, Veskoukis AS, Kokinos Δ, **Kyparos A**, Nikolaidis M.G. Effect of allopurinol and exercise on oxidative stress markers in gastrocnemius muscle in rats. 13th Annual Congress of the European College of Sports Science (ECSS). Estoril (Portugal), July 9-12, 2008.
16. Vrabas IS, **Kyparos A**, Riganas CS, Nikolaidis MG, Kouretas D. Exercise-induced arterial hypoxemia does not magnify oxidative stress in well-trained rowers. 55th Annual Meeting of the American College of Sports Medicine (ACSM). Indianapolis, Indiana (USA), May 28-31, 2008.
17. **Kyparos A**, Feedback DL, Layne CS, Martinez DA, Clarke MSF. Pressure on the soles of the feet attenuates atrophy in rat medial gastrocnemius muscle under weightlessness simulated conditions. 5th International Meeting of Aerospace Medicine. Skiathos (Greece), August 29 - September 2, 2007.
18. Paschalis V, Majuridis I, Siomos T, Vantarakis A, Margonis K, Nikolaidis M, **Kyparos A**, Taxildaris K, Jamurtas A, Fatouros I, Kouretas D. Oxidative stress responses following a football game: the effect of playing time. 12th Annual Congress of the European College of Sports Science (ECSS). Juvaskyla (Finland), July 11-14, 2007.
19. Nikolaidis MG, **Kyparos A**, Vrabas IS, Riganas C, Kouretas D. 2000m rowing ergometer performance increases oxidative stress in well-trained rowers. 12th Annual Congress of the European College of Sports Science (ECSS). Juvaskyla (Finland), July 11-14, 2007.
20. Arsos G, **Kyparos A**, Moralidis E, Georga S, Kyparos D, Matziari C, Karakatsanis C. Effect of aerobic training on ^{99m}Tc-sestamibi uptake by rat brain: evidence for exercise augmentation of the blood-brain barrier (BBB) function? *EANM'07 - Annual Congress of the European Association of Nuclear Medicine*. Copenhagen (Denmark), October 13-17, 2007.
21. Clarke MSF, **Kyparos A**, Layne CS, Martinez D, Feedback DL. Dynamic Foot Pressure (DFS) as an unloading-induced muscle atrophy countermeasure. 16th IAA Humans in Space Symposium. Beijing (China), May 20-24, 2007.

22. Kyparos D, Arsos G, **Kyparos A**, Georga S, Petridou A, Sotiriadou S, Mougios V, Matziari C. Changes in ^{99m}Tc -methoxyisobutylisonitrile (^{99m}Tc -MIBI) uptake by skeletal muscles after aerobic training: potential for non-invasive metabolic imaging. *EANM'06 - Annual Congress of the European Association of Nuclear Medicine*. Athens (Greece), September 30 - October 4, 2006.
23. Arsos G, Moravidis E, **Kyparos A**, Kyparos D, Georga S, Sotiriadou S, Van Isselt JW. Myocardial uptake of ^{99m}Tc -sestamibi: an allometric point of view. *EANM'06 - Annual Congress of the European Association of Nuclear Medicine*. Athens (Greece), September 30 - October 4, 2006.
24. Arsos G, **Kyparos A**, Kyparos D, Moravidis E, Georga S, Matziari C, Karakatsanis C. ^{99m}Tc -Sestamibi uptake in rat skeletal muscle: Correlation with muscle type and muscle size. *EANM'05 - Annual Congress of the European Association of Nuclear Medicine*. Istanbul (Turkey), October 15-19, 2005.
25. Kyparos D, Arsos G, Georga S, Petridou A, **Kyparos A**, Papageorgiou E, Mougios V, Matziari C, Karakatsanis C. ^{99m}Tc -Sestamibi uptake is higher in brown adipose tissue than in white fat in rats. *EANM'05 - Annual Congress of the European Association of Nuclear Medicine*. Istanbul (Turkey), October 15-19, 2005.
26. Jones JA, Carlson GD, Shoskes DA, Clarke MSF, Kajander OE, **Kyparos A**, Taylor K, Feedback DL, Ciftcioglu N. Association of calcifying nanoparticles within serum and prostates of patients with prostatic inflammation and hyperplasia: A preliminary analysis. *The American Urological Association's (AUA) 100th Annual Meeting* (Society for Infection and Inflammation in Urology). San Antonio, TX (USA), May 21-26, 2005.
27. Sotiriadou S, **Kyparos A**, Albani M, Tsologlidou A, Kyparos D, Matziari C. Estrogen attenuates soleus muscle force decline in female rats after downhill running. *11th Pre-Olympic Congress*. Thessaloniki (Greece), August 6-11, 2004.
28. **Kyparos A**, Layne CS, Feedback DL, Martinez DA, Clarke MSF. Foot pressure may preserve neuromuscular function of the injured athlete: Preliminary results from a rat model. *7th IOC Olympic World Congress on Sport Sciences*. Athens (Greece), October 7-11, 2003.
29. Layne CS, Forth KE, Abercromby AF, **Kyparos A**, Clarke MSF, Feedback DL. Proprioceptive and muscle maintenance for the injured athlete. *7th IOC Olympic World Congress on Sport Sciences*. Athens (Greece), October 7-11, 2003.
30. **Kyparos A**, Layne CS, Feedback DL, Martinez DA, Clarke MSF. Dynamic foot pressure attenuates myofiber atrophy induced by mechanical unloading. *14th International Academy of Astronautics (IAA) Humans in Space Symposium*. Banff (Canada), May 18-22, 2003.
31. **Kyparos A**, Layne CS, Martinez DA, Clarke MSF, Feedback DL. Dynamic foot pressure as a countermeasure to muscle atrophy. *The 2nd World Space Congress: 53rd International Astronautical Congress*. Houston, TX (USA), October 10-19, 2002.
32. **Kyparos A**, Albani M, Sotiriadou S, Christoulas K, Sidiras G, Matziari C. The effect of vitamin E on single twitch tension and maximal tetanic force in rat soleus muscle after downhill running. *7th Annual Congress of the European College of Sports Science (ECSS)*. Athens (Greece), July 24-28, 2002.

33. Kourtidou-Papadeli C, Albani M, Frossinis A, **Kyparos A**, Pazahiti A, Kapoukranidou D, Guiba-Tziampiri O. Electrophysiological and histochemical alterations after 70 days of simulated microgravity in rats. *70th Annual Scientific Meeting of Aerospace Medical Association*. Detroit (USA), May 16-20, 1999.
34. Kourtidou-Papadeli C, Pazahiti A, Papadelis C, Daflidis-Kotsis T, Frossinis A, **Kyparos A**, Guiba-Tziampiri O. Cognitive performance of pilots with moderate chronic obstructive pulmonary disease (COPD) in cabin altitude. *70th Annual Scientific Meeting of Aerospace Medical Association*. Detroit (USA), May 16-20, 1999.
35. Angelopoulou N, Tsimaras V, Matziari C, Souftas A, **Kyparos A**, Madroukas K. Bone mineral density and muscle strength in young men with mental retardation (MR). *3rd European Conference in Adapted Physical Education*. Thessaloniki (Greece), October 16-18, 1998.
36. Frossinis A, Loizidis T, Albani M, **Kyparos A**, Guiba-Tziampiri O. Motor performance after 6-OHDA or electrolytic lesion of locus coeruleus in L-DOPA treated neonatal rats. *Forum of European Neuroscience*. Berlin (Germany), June 27 - July 1, 1998.
37. Mougios V, Kouidi E, **Kyparos A**, Deligiannis A. Effects of exercise on the ratio of unsaturated to saturated fatty acids in serum of sedentary individuals. *International Congress to 50th Anniversary of the Czechoslovak and Slovak Societies of Sports Medicine*. Spa Trencianske Teplice (Slovakia), October 10-12, 1996.
38. Mougios V, Kouidi A, **Kyparos A**, Deligiannis A. Beneficial Changes in Serum Fatty Acids of Middle - Aged Individuals Induced by Moderate Aerobic Exercise. *Joint Meeting of Clinical Biochemists «Clinical Biochemistry of Physical Exercise»*. Padova (Italy), June 1-2, 1995.