

Andreas Zafeiridis, Ph.D., Professor

Description of his work

Dr. Zafeiridis Andreas graduated from the Department of Physical Education and Sport Sciences, Aristotle University of Thessaloniki in 1987. In 1991, he enrolled in the postgraduate program with specialization in "Exercise Physiology" of the School of Health, Physical Education and Dance Science of Temple University (Philadelphia, USA), which he completed in 1994. In 1994, he was employed by the Rehabilitation Department of Lung diseases at Temple University Hospital, USA. In the same year he was admitted to the doctoral program with specialization in "Exercise Physiology" at Temple University. During his doctoral studies he received a scholarship (1995-1997) and taught courses in Anatomy and Physiology. During the same period (1995-1997), he worked at Temple University's Cardiovascular Research Institute, studying the structural changes of cardiomyocytes in healthy, in heart failure patients as well as in experimental models of atrophy and hypertrophy of the myocardium. In 1997 he earned his doctorate (Ph.D.) in the discipline of Exercise Physiology. He continued his post-doctoral studies at the Institute of Cardiovascular Research at Temple University and participated in research projects funded by the American Institute of Health (NIH and AHA). After he obtained his doctorate, Dr. Zafeiridis worked for 2 years at the Research Department of Cooper University Hospital (NJ, USA) as a research associate, where he conducted numerous studies of basic and clinical research funded by pharmaceutical companies.

In 1999 he returned to Greece and taught at TEFFA of Thessaloniki and Serres (as a non-faculty member). Since 2007, Dr. Zafeiridis is a Faculty member of the Department of Physical Education and Sports Science at Serres, Aristotle University of Thessaloniki and a member of the "Exercise Physiology and Biochemistry of Exercise" laboratory. He teaches the undergraduate courses of "Exercise Testing" and "Statistics" and the graduate course "Statistics". He also taught/teaches in postgraduate programs in the Departments of Physical Education and Sport Sciences in Serres, in Thessaloniki, and in Komotini, and in postgraduate programs in the Medical Schools of Thessaloniki and of Larissa. He is a supervisor of undergraduate, postgraduate and doctoral students and collaborates with the Department of Medicine of the Aristotle University of Thessaloniki (the Hypertension Laboratory and the Reproduction Endocrinology Unit, in General Hospital of Papageorgiou, Thessaloniki). In addition, in collaboration with the Pulmonary Clinic at Papanikolaou Hospital, Dr. Zafeiridis is participating in the implementation of a pulmonary rehabilitation program for individuals with Interstitial lung disease.

Dr. Zafeiridis has long-term research experience in both human subjects and animal models. Dr. Zafeiridis has 73 publications in international peer reviewed journals with an h index of 27/23 and 2993/1678 citations (google scholar/scopus) on his work. He also acts as a reviewer in more than 25 international journals. His research studies received awards by national (Hellenic Society of Exercise Physiology and Biochemistry, Hellenic Thoracic Society) and international (Artery Society) organizations. Dr. Zafeiridis's and his students' research has been recognized by the Aristotle University of Thessaloniki.