


CURRICULUM VITAE

Photo	
Personal details	
Surname/name:	Koutlios/Nikolaos
Position:	Assistant Professor
Specialty:	Athletes' Physical Health Evaluation
Department:	Sports Medicine
Laboratory:	Sports Medicine
Current administrative positions:	Member of the General Assembly, Member of the Commission of Pre-graduate program studies, Member of Executive Committee (Inter-School Post-graduate program "Sports & Health")
Personal Webpage:	http://users.auth.gr/koutlios
Contact details	
Office:	Sports Medicine Lab, Building of Laboratories, 3 rd floor, TEFFA, Campus of Themi
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Student consultation:	Monday, Tuesday, Friday 09:00-11:00
Qualifications	
Degree:	Physical Education & Sports Science, Aristotle University of Thessaloniki (1996), Medical School, Aristotle University of Thessaloniki (2012)

Master:	
PhD:	Human Performance and Health (2001)
Teaching	
Undergraduate courses:	Descriptive and Functional Anatomy, Sports Medicine, Swimming & Physical Health, Lifeguarding
Postgraduate courses:	Ergogenic Aids-Special Issues of Nutrition, Sports Medicine
Research	
Research interests:	Pre-participation screening of athletes, prevention of sudden cardiac death in athletes, doping, clinical exercise physiology, health disorders in swimming, exercise induced adaptations of cardiovascular, respiratory and autonomic nervous system
Books:	Human Performance and Health in Football. Answers in 100 questions. N. Koutlianos, Ch. Christoudis. Sportbook, Thessaloniki, 2014.
Selected publications (up to 10):	<ol style="list-style-type: none"> 1. G.A. Christou, E.J. Kouidi, M.A. Anifanti, P.G. Sotiriou, N.A. Koutlianos, A.P. Deligiannis. Pathophysiological mechanisms of noncardiac syncope in athletes. <i>Int J Cardiol</i>; 1(224): 20-26, 2016 2. A.P. Deligiannis, E.J. Kouidi, N.A. Koutlianos, V. Karagiannis, M.A. Anifanti, K. Tsorbatzoglou, D. Farmakis, C. Avgerinos, D.N. Mameletzi, A.P. Samara. Eighteen years' experience applying old and current strategies in the pre-participation cardiovascular screening of athletes. <i>Hellenic J Cardiol</i>; 55(1):32-41, 2014. 3. N. Koutlianos, E. Dimitros, T. Metaxas, A.S. Deligiannis, E. Kouidi. Indirect Estimation of VO₂max in athletes by ACSM's equation: Valid or not? <i>Hippokratia</i>; 17(2): 136-140, 2013. 4. E. Dimitros, N. Koutlianos, M. Anifanti, E. Pagourelis, E. Kouidi, A. Deligiannis. Comparative study of ECG and echocardiographic parameters indicative of cardiac hypertrophy in athletes. <i>Sport Sci Health</i>; 8(2-3): 101-107, 2013. 5. D. Patikas, A. Kansizoglou, N. Koutlianos, C.A. Williams, K. Hatzikotoulas, E. Bassa, C. Kotzamanidis. Fatigue and recovery in children and adults during sustained contractions at 2 different submaximal intensities. <i>Appl Physiol Nutr Metab</i>; 38(9):953-9, 2013. 6. V. Christoforidi, N. Koutlianos, P. Deligiannis, E. Kouidi, A. Deligiannis. Heart rate variability in free diving athletes. <i>Clin Physiol Func Im</i>; 32(2): 162-166, 2012. 7. D. Mameletzi, E. Kouidi, N. Koutlianos, A. Deligiannis. Effects of long-

	<p>term exercise training on cardiac baroreflex sensitivity in patients with coronary artery disease: a randomized controlled trial. Clin Rehabil; 25(3): 217-227, 2011.</p> <p>8. M. Pagkalos, N. Koutlianos, E. Kouidi, E. Pagkalos, N. Koutlianos, A. Deligiannis. Heart rate variability modifications following exercise training in type 2 diabetic patients with definite cardiac autonomic neuropathy. BJSM; 42: 47-54, 2007.</p> <p>9. T. Metaxas, T. Sendelides, N. Koutlianos, K. Mandroukas. Seasonal variation of aerobic performance in soccer players according to positional role. J Sports Med Phys Fitness; 46(4):520-5, 2006.</p> <p>10. N. Koutlianos, E. Kouidi, Th. Metaxas, A. Deligiannis. Non-invasive cardiac electrophysiological indices in athletes with mitral valve prolapse. Eur J Cardiovasc Prevent & Rehabil; 11(5): 435-441, 2004.</p>
Current research projects:	
Reviewer in journals:	Scandinavian Journal of Medicine and Science in Sports, Hippokratia, Medical Engineering and Physics, Κινησιολογία, Επιθεώρηση Βιοχημείας και Φυσιολογίας της Άσκησης, Ελληνική Ιατρική, Γυναίκα και Άθληση
Citations (Σ citations in Scopus):	185
h-index in Scopus:	7