

# ALEXIOS BATRAKOULIS, PhD



CUMULATIVE DATA ON SCIENTIFIC PUBLICATIONS	
Items	Number
Books	3
Book Chapters	7
Articles in International and Domestic Peer-Reviewed Journals Indexed in Bibliographical Databases	49
Articles in International and Domestic Peer-Reviewed Journals Not Indexed in Bibliographical Databases	3
<i>Publications in Strength and Conditioning</i>	7
<i>Publications in Sports and Clinical Nutrition</i>	3
<i>Publications in Exercise for Non-Communicable Diseases and Aging (Publications in Exercise for Overweight/Obesity)</i>	29 21
<i>Publications in Sports and Recreation Management</i>	13
Articles in International and Domestic Peer-Reviewed Journals	52
Refereed International Conference Presentations	22
Publications 2013 – 2017	4 (8%)
Publications 2018 – 2023	48 (92%)
International Lectures-Presentations after Invitation	31
Total impact factor	104,576 <sup>a</sup>
Impact factor per publication	2.011
Total citations	897 <sup>b</sup>
Citations per publication	17.3
Google Scholar h-index	17
Google Scholar i10-index	23
Involved in Successful Grant Applications	0

<sup>a</sup> most recent five-year impact factor assigned to journals by Thompson ISI Yearly Reports

<sup>b</sup> Sources: Google Scholar (including self-citations and book citations),

<https://scholar.google.gr/citations?user=v4ePz9gAAAAJ&hl=el>

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**CUMULATIVE DATA ON SCIENTIFIC PUBLICATIONS**

<b>1. Articles in international and domestic peer-reviewed journals:</b>	<b>52</b>
1 <sup>st</sup> author:	25 (48%)
2 <sup>nd</sup> author:	6 (12%)
3 <sup>rd</sup> author:	2 (4%)
>3 <sup>rd</sup> author:	19 (36%)
last author	0 (0%)
<b>2. Total Impact Factor (IF):</b>	<b>104.576</b>
Publications without IF	13 (25%)
Publications with IF 0.01 – 1.0:	5 (10%)
Publications with IF 1.1 – 2.0:	14 (27%)
Publications with IF 2.1 – 3.0:	5 (10%)
Publications with IF 3.1 – 4.0:	8 (15%)
Publications with IF 4.1 – 5.0:	1 (2%)
Publications with IF 5.1 – 10.0:	6 (11%)
Mean IF:	2.01
<b>3. Total Citation Index:</b>	<b>897</b>
Citations:	678
Self-citations:	219 (24%)
<b>4. Google Scholar h-index:</b>	<b>17</b>
<b>5. Articles in domestic peer-reviewed journals</b>	<b>3</b>
<b>6. Refereed International Conference Presentations</b>	<b>16</b>
<b>7. Refereed Domestic Conference Presentations</b>	<b>6</b>
<b>8. Reviewer in International Scientific Journals:</b>	<b>31</b>
<b>9. Reviewer in Domestic Scientific Journals:</b>	<b>0</b>
<b>10. Scholarships:</b>	<b>2</b>

## *Education*

University: Aristotle University of Thessaloniki  
Degree: Bachelor of Science  
Field of Study: Physical Education and Sport Science  
Emphasis: Indoor Fitness Activities  
Grade: 7.4/10  
Dates attended: 1993–2000  
Thesis: "Obesity among members of fitness clubs in Greece"

University: University of Thessaly  
Degree: Master of Science  
Field of Study: Exercise and Health  
Emphasis: Exercise and Obesity  
Grade: 9.7/10  
Dates attended: 2014–2017  
Thesis: "The effects of a novel hybrid exercise training program on body composition, body weight and energy balance in sedentary overweight and obese women"

University: University of Thessaly  
Degree: Doctor of Philosophy  
Field of Study: Clinical Exercise Physiology  
Emphasis: Exercise and Obesity  
Grade: 10.0/10.0  
Dates attended: 2018–2021  
Thesis: "The dose-response effect of high-intensity interval neuromuscular training on health, performance and quality of life in overweight and obese adults".

## *Certifications*

### **American College of Sports Medicine (ACSM):**

- Certified Exercise Physiologist (ACSM-EP)
- Certified Personal Trainer (ACSM-CPT)
- Certified Exercise is Medicine (ACSM-EIM)

### **National Strength and Conditioning Association (NSCA):**

- Certified Strength and Conditioning Specialist (CSCS)
- Certified Special Population Specialist (CSPS)
- Certified Personal Trainer (NSCA-CPT)

### **American Council on Exercise (ACE):**

- Certified Medical Exercise Specialist (ACE-CMES)
- Certified Health Coach (ACE-CHC)
- Certified Personal Trainer (ACE-CPT)
- Youth Fitness Specialist (ACE-YFS)
- Senior Fitness Specialist (ACE-SFS)
- Weight Management Specialist (ACE-WMS)

- Therapeutic Exercise Specialist (ACE-TES)
- Fitness Nutrition Specialist (ACE-FNS)

**National Academy of Sports Medicine (NASM):**

- Corrective Exercise Specialist (NASM-CES)
- Performance Enhancement Specialist (NASM-PES)
- Weight Loss Specialist (NASM-WLS)

**EuropeActive (European Register of Exercise Professionals – EREPS):**

- EQF L3 – Fitness Instructor, Group Fitness Instructor
- EQF L4 – Personal Trainer, Youth Fitness Instructor, Active Ageing Trainer, Pilates Teacher
- EQF L5 – Exercise for Health Specialist, Weight Management Exercise Specialist
- EQF L6 – Graduate Exercise Professional

**Others:**

- Functional Aging Institute: Functional Aging Specialist
- Functional Movement Systems: FMS Level 1 Certified

## *Professional Experience/Background*

Dr. Batrakoulis has been involved in the health and fitness industry for the past 29 years and currently works as an adjunct professor, freelance personal trainer and exercise physiologist, fitness educator, subject matter expert, author, and speaker presenting in 45 countries across five continents, and is based in Greece. He holds a B.S. in Physical Education and Sports Science with an emphasis on fitness, an M.S. in Exercise and Health with an emphasis on exercise and obesity, and a Ph.D. in Clinical Exercise Physiology with an emphasis on exercise and obesity. His primary research interests focus on the role of hybrid-type, multicomponent interval training in obesity. He has authored over 65 international peer-reviewed publications on exercise, including research articles and textbook chapters with over 900 citations. Recently, he was selected to author a chapter in the latest edition of the ACSM's and NSCA's Personal Training textbooks. He has also earned numerous professional credentials through ACSM (EP, CPT, and EIM), NSCA (CSCS, CSPPS, and NSCA-CPT), ACE (CMES, CHC, CPT, WMS, YFS, SFS, TES, and FNS), and NASM (CES, PES, and WLS). When he is not at home training clients or teaching students as an adjunct professor in the Department of Nutrition and Dietetics at the University of Thessaly and the Department of Physical Education and Sport Science at Democritus University of Thrace, he is traveling around the globe sharing his knowledge as the founder of the International Obesity Exercise Training Institute (IOETI). More specifically, he teaches in-person and online continuing education courses for health and fitness professionals approved by ACE, ACSM, ISSA, and NASM. Additionally, he has been an ACE subject matter expert and international master trainer as well as a deputy director of the Professional Standards Committee at EuropeActive, which leads the development of educational standards, oversees the accreditation process for all courses, and registers qualified exercise professionals for all occupational roles in the European fitness sector. More specifically, he has respectively led and contributed to the Technical Experts Groups that developed standards for the occupational roles of Weight Management Exercise Specialist and Pre/Diabetes Exercise Specialist in Europe. Additionally, he has been serving on several ACSM and NSCA Committees and is also the Chair of the ACSM's Committee for Certification and Registry Boards International Subcommittee and

an ACSM Fellow. He received global recognition as the 2017 IDEA Personal Trainer of the Year Finalist, 2018 IDEA Personal Trainer of the Year, 2019 IDEA China Fitness Innovator, 2020 NSCA Personal Trainer of the Year, 2020 MedFit Professional of the Year Finalist, 2021 PFP Trainer of the Year, 2021 ACSM Certified Professional of the Year Finalist, and 2022 ACSM Certified Professional of the Year.

## *Academic Teaching Experience*

1. Summer semester 2018-2019 (Department of Physical Education and Sport Science, University of Thessaly, Greece): Strength and Conditioning (KE2001) – Teaching Assistant
2. Summer semester 2019-2020 (Department of Physical Education and Sport Science, University of Thessaly, Greece): Strength and Conditioning (KE2001) – Teaching Assistant
3. Summer semester 2020-2021 (Department of Physical Education and Sport Science, University of Thessaly, Greece): Swimming (MK0408) – Teaching Assistant
4. Summer semester 2021-2022 (Department of Physical Education and Sport Science, University of Thessaly, Greece): Resistance Training Exercise Techniques (ME0917) – Adjunct Professor
5. Summer semester 2022-2023 (Department of Physical Education and Sport Science, University of Thessaly, Greece): Resistance Training Exercise Techniques (ME0917) – Adjunct Professor
6. Summer semester 2022-2023 (Department of Nutrition and Dietetics): Exercise Physiology Laboratory Practicum (4103E) – Adjunct Professor
7. Winter semester 2023-2024 (Department of Physical Education and Sport Science, Democritus University of Thrace, Greece): Introduction to Aerobics (N076) – Adjunct Professor
8. Summer semester 2023-2024 (Department of Physical Education and Sport Science, Democritus University of Thrace, Greece): Alternative Forms of Aerobics (N061) – Adjunct Professor
9. Summer semester 2023-2024 (Department of Physical Education and Sport Science, Democritus University of Thrace, Greece): Woman, Exercise and Health (N046) – Adjunct Professor
10. Summer semester 2023-2024 (Department of Nutrition and Dietetics): Exercise Physiology Laboratory Practicum (4103E) – Adjunct Professor

Semester	Institution	Module	Position	Evaluation
Summer 2021-2022	University of Thessaly	Resistance Training Exercise Techniques	Adjunct Professor	4.6 / 5.0
Summer 2022-2023	University of Thessaly	Resistance Training Exercise Techniques	Adjunct Professor	4.8 / 5.0
Summer 2022-2023	University of Thessaly	Exercise Physiology Lab Practicum	Adjunct Professor	5.0 / 5.0

Winter 2023-2024	Democritus University of Thrace	Introduction to Aerobics	Adjunct Professor	5,0 / 5,0
Summer 2023-2024	University of Thessaly	Exercise Physiology Lab Practicum	Adjunct Professor	TBD
Summer 2023-2024	Democritus University of Thrace	Alternative Forms of Aerobics	Adjunct Professor	TBD
Summer 2023-204	Democritus University of Thrace	Woman, Exercise and Health	Adjunct Professor	TBD

## Research Interests

Batrakoulis is a member of the Laboratory of Exercise Biochemistry, Physiology and Sport Nutrition (also known as SmArT Lab), which is directed by Professors Ioannis G. Fatouros and Athanasios Z. Jamurtas, and is part of the Center of Evaluation of Physical Performance in the Department of Physical Education and Sport Sciences of the University of Thessaly. The main research interests of Batrakoulis are:

- **Exercise and obesity.** We have a long-term record in studies in adults and children with obesity. We are using various exercise modalities to investigate their effects not only on body mass and body composition but also on their cardiometabolic risk at molecular and functional level.
- **Strength and conditioning.** We are studying the recovery kinetics of various sports and exercise modalities in order to better design a training microcycle. We also conduct training studies. We are one of the most active research groups in football science worldwide and have collaborations with the European (UEFA) and the Hellenic Football Federation.
- **Sports nutrition.** We study how administration of various antioxidants affect the process of exercise-induced inflammation and recovery in sports and training. We also investigate how various nutrients affect the anabolic response of skeletal muscle as well as the health of adults with non-communicable diseases.
- **Non-communicable diseases.** We investigate how exercise training affects the health of adults with non-communicable diseases.
- **Exercise and aging.** We are studying the short- and long-term effects of exercise on the health of the aged (e.g., sarcopenia, low-grade systemic inflammation) both at molecular and functional level.
- **Pediatric exercise science.** We study metabolic, performance and skeletal growth adaptations of pre-adolescents to reduced or increased physical activity and/or sports participation.
- **Exercise-Induced inflammation.** We are studying the events characterizing skeletal muscle damage and healing following various sports and exercise training modalities in an attempt to understand the molecular mechanisms regulating recovery in athletes and non-athletes. We use molecular, histochemical, biochemical and functional methods to understand how the muscle copes with the exercise stress and recovers. As such, the immune system, skeletal muscle redox

status, inflammatory markers, adaptations at DNA/RNA level, signaling pathways in muscle, hormones and satellite cell regulation are targets of our research.

## Articles in Refereed Scientific Journals

	IF	SJR
1. Poullos A, Fotiou C, Draganidis D, Avloniti A, Rosvoglou A, <b>Batrakoulis A</b> , Tsimeas P, Papanikolaou K, Deli CK, Stampoulis T, Douroudos I, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. (2024). The Energy Expenditure Associated with Body Weight Resistance Exercises of Various Movement Patterns Performed at Different Durations. <i>The Journal of Strength and Conditioning</i> , in press.	3.200	Q1
2. Al-Mhanna SB, Wan Ghazali WS, <b>Batrakoulis A</b> , Alkhamees NH, Drenowatz C, Mohamed M, Gülü M, Afolabi HA, Badicu G. (2024). Impact of Various Types of Exercise on Lipid Metabolism in Patients with Type 2 Diabetes and Concurrent Overweight/Obesity: A Narrative Review. <i>Annals of Applied Sport Science</i> , in press.	0.600	Q3
3. Al-Mhanna SB, Leão C, Wan Ghazali WS, Mohamed M, <b>Batrakoulis A</b> , Afolabi HA, Abubakar BD, Aldhahi MI, Gülü M, Yagin FA, Nikolaidis PT. (2024). Impact of Exercise on High-Density Lipoprotein Cholesterol in Adults with Overweight and Obesity: A Narrative Review. <i>Annals of Applied Sport Science</i> , in press.	0.600	Q3
4. Al-Mhanna SB, Gülü M, Saffah FF, Afolabi HA, <b>Batrakoulis A</b> , Abubakar BD, Wan Ghazali WS, Mohamed M, Babalola A, Badicu G. (2024). Impact of Heat Acclimatisation in Sports: A Narrative Review. <i>Annals of Applied Sport Science</i> , in press.	0.600	Q3
5. <b>Batrakoulis A</b> , Keskin K, Fatolahi S, Çelik, OB, Al-Mhanna SB, Dinizadeh F. (2024). Health and Fitness Trends in the Post-COVID-19 Era in Turkey: A Cross-Sectional Study. <i>Annals of Applied Sport Science</i> , 12(1), e1271.	0.600	Q3
6. <b>Batrakoulis A</b> , Sorace P. (2024). Exercise Training with Chronic Heart Failure. <i>ACSM's Health &amp; Fitness Journal</i> , 28(4), in press.	1.500	Q3
7. Al-Mhanna SB, Rocha-Rodrigues S, Mohamed M, <b>Batrakoulis A</b> , Aldhahi MI, Afolabi HA, Yagin FH, Alhussain MH, Gülü M, Abubakar BD, Wan Ghazali WS, Alghannam AF, Badicu G. (2023). Effects of Combined Aerobic Exercise and Diet on Cardiometabolic Health in Patients with Obesity and Type 2 Diabetes: A Systematic Review and Meta-Analysis. <i>BMC Sports Science, Medicine and Rehabilitation</i> , in press.	1.900	Q2



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| 8. Sorace P, <b>Batrakoulis A</b> , LaFontaine T. (2024). Managing and Reversing Sarcopenic Obesity Through Physical Activity and Exercise. <i>ACSM's Health &amp; Fitness Journal</i> , 28(2), in press.  | 1.500 | Q3 |
| 9. Newsome AM, Reed R, Sansone J, <b>Batrakoulis A</b> , McAvoy C, Parrott, MW. 2024 ACSM Worldwide Fitness Trends: Future Directions of the Health and Fitness Industry. <i>ACSM's Health &amp; Fitness Journal</i> , 28(1), 14–26.   | 1.500 | Q3 |
| 10. <b>Batrakoulis A</b> , Fatolahi S, Dinizadeh F, Al-Mhanna SB. (2023). Impact of High-Intensity Interval Training on Oxidative Stress and Inflammation in Adults with Metabolic Syndrome: A Topical Review. <i>Physical Activity Journal</i> , in press   | –     | Q4 |
| 11. <b>Batrakoulis A</b> , Fatolahi S, Dinizadeh F. (2023). Health and fitness trends in Iran for 2024: A cross-sectional study. <i>AIMS Public Health</i> 2023; 10(4), 791–813.   | 3.300 | Q2 |
| 12. <b>Batrakoulis A</b> , Sorace P, Mahady TP. (2023). Exercise Training with Fibromyalgia. <i>ACSM's Health &amp; Fitness Journal</i> , 27(6), 51-55.  | 1.500 | Q3 |
| 13. <b>Batrakoulis A</b> , (2023). Exercise Training with Chronic Fatigue Syndrome. <i>ACSM's Health &amp; Fitness Journal</i> , 27(4), 82-84.   | 1.500 | Q3 |
| 14. <b>Batrakoulis A</b> , Veiga OL, Franco S, Thomas E, Alexopoulos A, Valcarce-Torrente M, Santos-Rocha R, Ramalho F, Di Credico A, Vitucci D, Ramos L, Simões V, Romero-Caballero A, Vieira I, Mancini A, Bianco A. (2023). Health and fitness trends in Southern Europe for 2023: a cross-sectional survey. <i>AIMS Public Health</i> , 10(2): 378-408.  | 3.300 | Q2 |
| 15. Gilyana M, <b>Batrakoulis A</b> , Zisi V. Physical Activity, Body Image, and Emotional Intelligence Differences in Adults with Overweight and Obesity. (2023). <i>Diseases</i> , 11(2): 71.  | 3.700 | –  |
| 16. Sorace P, LaFontaine T, <b>Batrakoulis A</b> , (2023). Left Ventricular Assist Device: Exercise Recommendations. <i>ACSM's Health &amp; Fitness Journal</i> , 27(2), 59–62.  | 1.500 | Q3 |
| 17. Kercher VM, Kercher K, Levy P, Bennion T, Alexander C, Amaral PC, <b>Batrakoulis A</b> , Gómez Chávez LFJ, Cortés-Almanzar P, Haro JL, Pelayo Zavalza AR, Aguirre Rodríguez LE, Franco S, Santos-Rocha R, Ramalho F, Simoes V, Vieira I, Ramos L, Veiga OL, Valcarce-Torrente M, Romero-Caballero A. (2023). 2023 Fitness Trends from Around the Globe. <i>ACSM's Health &amp; Fitness Journal</i> 27(1): 19–30. | 1.500 | Q3 |
| 18. <b>Batrakoulis A</b> . (2023). Role of Mind-Body Fitness in Obesity. <i>Diseases</i> 11(1), 1.   | 3.700 | –  |
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19. Georgakouli K, Siamata F, Draganidis D, Tsimeas P, Papanikolaou K, **Batrakoulis A**, Gatsas A, Poullos A, Syrou N, Deli CK, Fatouros IG, Jamurtas AZ. (2022). The Effects of Greek Orthodox Christian Fasting during Holy Week on Body Composition and Cardiometabolic Parameters in Overweight Adults. *Diseases* 10(4), 120. — —
20. **Batrakoulis A**. (2022). Psychophysiological Adaptations to Yoga Practice in Overweight and Obese Individuals: A Topical Review. *Diseases*, 10(4), 107. — —
21. **Batrakoulis A**. (2022). National Survey of Fitness Trends in Greece for 2023. *International Journal of Human Movement and Sports Sciences*, 10(5), 1085-1097 — Q4
22. **Batrakoulis A**. (2022). Psychophysiological Adaptations to Pilates Training in Overweight and Obese Individuals: A Topical Review. *Diseases*, 10(4), 71. — —
23. Mohr M, Ermidis G, Jamurtas AZ, Vigh-Larsen J, Poullos A, Draganidis D, Papanikolaou K, Tsimeas P, Batsilas D, Loules G, **Batrakoulis A**, Sovatzidis A, Nielsen JL, Tzatzakis T, Deli CK, Nybo L, Krstrup P, Fatouros IG. (2022). Extended Match Time Exacerbates Fatigue and Impacts Physiological Responses in Male Soccer Players. *Medicine & Science in Sports & Exercise*, 55(1), 80-92. 6.289 Q1
24. **Batrakoulis A**, Jamurtas AZ, Fatouros IG. (2022). Exercise and type II diabetes mellitus: A brief guide for exercise professionals. *Strength and Conditioning Journal*, 44(6), 64–72. 2.143 Q1
25. **Batrakoulis A**, Fatouros IG. (2022). Psychological adaptations to high-intensity interval training in overweight and obese adults: A topical review. *Sports*, 10(5), 64. — Q1
26. **Batrakoulis A**, Jamurtas AZ, Metsios GS, Perivoliotis K, Liguori G, Feito K, Riebe D, Thompson WR, Angelopoulos TJ, Krstrup P, Mohr M, Draganidis D, Poullos A, Fatouros IG. (2022). Comparative efficacy of five exercise types on cardiometabolic health in overweight and obese adults: a systematic review and network meta-analysis of randomized controlled trials. *Circulation: Cardiovascular Quality and Outcomes*, 15(6), e008243. 5.882 Q1
27. **Batrakoulis A**, Jamurtas AZ, Tsimeas P, Poullos A, Perivoliotis K, Syrou N, Papanikolaou K, Draganidis D, Deli CK, Metsios GS, Angelopoulos TJ, Feito Y, Fatouros IG. (2022). Hybrid-type, multicomponent interval training upregulates musculoskeletal fitness of adults with overweight and obesity in a volume-dependent manner: A 1-year dose-response randomised controlled trial. *European Journal of Sport Science* 23(3): 432-443. 4.050 Q1

28. Kercher VM, Kercher K, Bennion T, Levy P, Alexander C, Amaral PC, Li Y-M, Han J, Liu Y, Wang R, Huang H-Y, Gao B-A, **Batrakoulis A**, Gómez Chávez LFJ, Haro JL, Pelayo Zavalza AR, Aguirre Rodríguez LE, Veiga OL, Valcarce-Torrente M, Romero-Caballero A. (2022). 2022 Fitness Trends from Around the Globe. *ACSM's Health & Fitness Journal*, 26(1), 21-37. 1.364 Q3
29. Draganidis D, Jamurtas AZ, Chondrogianni N, Mastorakos G, Jung T, Grune T, Papadopoulos C, Papanikolaou K, Papassotiriou I, Papaevgeniou N, Poullos A, **Batrakoulis A**, Deli CK, Georgakouli K, Chatzinikolaou A, Karagounis LG, Fatouros IG. (2021). Low-grade systemic inflammation interferes with anabolic and catabolic characteristics of the aged human skeletal muscle. *Oxidative Medicine and Cellular Longevity*, 2021, 8376915. 6.543 Q1
30. Tsitskari E. **Batrakoulis A**. (2021). Investigating the marketing strategies of the health and fitness sector in Greece; the managers' perspective. *Retos*, 43, 264-273. – Q3
31. Sorace P, **Batrakoulis A**, (2021). Exercise Training with Atrial Fibrillation. *ACSM's Health & Fitness Journal*, 25(6), 61-64. 1.364 Q3
32. **Batrakoulis A**, Jamurtas AZ, Draganidis D, Georgakouli K, Tsimeas P, Poullos A, Syrou N, Deli CK, Papanikolaou K, Tournis S, Fatouros IG. (2021). Hybrid neuromuscular training improves cardiometabolic health and alters redox status in inactive overweight and obese women: a randomized controlled trial. *Antioxidants*, 10(10), 1601. 6.312 Q1
33. **Batrakoulis A**, Jamurtas AZ, Fatouros IG. (2021). High-intensity interval training in metabolic diseases: Physiological adaptations. *ACSM's Health & Fitness Journal*, 25(5), 54-59. 1.364 Q3
34. Krstrup P, Mohr M, Nybo L, Draganidis D, Randers MB, Ermidis G, Ørntoft C, Røddik L, Batsilas D, Poullos A, Ørtenblad N, Loules G, Deli CK, **Batrakoulis A**, Nielsen JL, Jamurtas AZ, Fatouros IG. (2021). Muscle metabolism and impaired sprint performance in an elite women's football game. *Scandinavian Journal of Medicine and Science in Sports*. Online ahead of print. 3.255 Q1
35. Kritikos S, Papanikolaou K, Draganidis D, Poullos A, Georgakouli K, Tsimeas P, Tzatzakis T, Batsilas D, **Batrakoulis A**, Deli CK, Chatzinikolaou A, Mohr M, Jamurtas AZ, Fatouros IG. (2021). Effect of Whey vs. Soy Protein Supplementation on Recovery Kinetics Following Speed Endurance Training in Competitive Male Soccer Players: A Randomized Controlled Trial. *Journal of the International Society of Sports Nutrition*, 18(1), 23. 5.068 Q1

36. Papanikolaou K, Tsimeas P, Anagnostou A, Varypatis A, Mourikis C, Tzatzakis T, Draganidis D, Batsilas D, Mersinias T, Loules G, Poullos A, Deli CK, **Batrakoulis A**, Chatzinikolaou A, Mohr M, Jamurtas AZ, Fatouros IG. (2021). Recovery Kinetics Following Small-Sided Games in Competitive Soccer Players: Does Player Density Size Matter? *International Journal of Sports Physiology and Performance*, 16(9), 1270–1280. 3.528 Q1
37. Kercher VM, Kercher K, Bennion T, Yates BA, Feito Y, Alexander C, Amaral PC, Soares W, Li Y-M, Han J, Liu Y, Wang R, Huang H-Y, Gao B-H, **Batrakoulis A**, Gómez Chávez LFJ, López Haro J, Pelayo Zavalza AR, Aguirre Rodríguez LE, Veiga OL, Manel Valcarce-Torrente M, De la Cámara MÁ. (2021). Fitness trends from around the globe. *ACSM's Health & Fitness Journal*, 25(1), 20–31. 1.172 Q3
38. Georgakouli K, Manthou E, Georgoulis P, Ziaka A, Deli CK, Draganidis D, **Batrakoulis A**, Papanikolaou K, Tsimeas P, Mastorakos G, Fatouros IG, Koutedakis Y, Theodorakis Y, Jamurtas AZ. (2021). HPA axis responses to acute exercise differ in smokers and non-smokers. *Physiology & Behavior*, 229, 113258. 2.826 Q2
39. **Batrakoulis A**, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. (2020). National Survey of Fitness Trends in Greece for 2021. *International Journal of Human Movement and Sports Sciences*. 8(6), 308–320. – Q4
40. **Batrakoulis A**, Tsimeas P, Deli CK, Vlachopoulos D, Ubago-Guisado E, Poullos A, Chatzinikolaou A, Draganidis D, Papanikolaou P, Georgakouli P, Batsilas D, Gracia-Marco L, Jamurtas AZ, Fatouros I. (2020). Hybrid Neuromuscular Training Promotes Musculoskeletal Adaptations in Inactive Overweight and Obese Women: A Training-Detraining Randomized Controlled Trial. *Journal of Sports Sciences*, 39(5), 503–512. 2.597 Q1
41. Sovatzidis A, Chatzinikolaou A, Fatouros IG, Panagoutsos S, Draganidis D, Nikolaidou E, Avloniti A, Michailidis Y, Mantzouridis I, **Batrakoulis A**, Pasadakis P, Vargemezis V. (2020). Intradialytic Cardiovascular Exercise Training Alters Redox Status, Reduces Inflammation and Improves Physical Performance in Patients with Chronic Kidney Disease. *Antioxidants*, 9(9): 868. 5.014 Q1
42. Tzatzakis T, Papanikolaou K, Draganidis D, Tsimeas P, Kritikos S, Poullos A, Laschou VC, Deli CK, Chatzinikolaou A, **Batrakoulis A**, Basdekis G, Mohr M, Krustrup P, Jamurtas AZ, Fatouros IG. (2020). Recovery Kinetics After Speed-Endurance Training in Male Soccer Players. *International Journal of Sports Physiology and Performance*, 15(3), 395-408. 3.979 Q1
43. **Batrakoulis A**, Loules G, Georgakouli K, Tsimeas P, Draganidis D, Chatzinikolaou A, Papanikolaou K, Deli CK, Syrou N, Comoutos N, 2.781 Q1

- Theodorakis Y, Jamurtas AZ, Fatouros IG. (2020). High-Intensity Interval Neuromuscular Training Promotes Exercise Behavioral Regulation, Adherence and Weight Loss in Inactive Obese Women. *European Journal of Sport Science*, 20(6), 783-792.
44. **Batrakoulis A.** (2019). European Fitness Trends for 2020. *ACSM's Health & Fitness Journal*, 23(6), 28–35. 1.000 Q3
45. Poullos A, Georgakouli K, Draganidis D, Deli CK, Tsimeas, P, Chatzinikolaou A, Papanikolaou K, **Batrakoulis A**, Mohr M, Jamurtas AZ, Fatouros IG. (2019). Protein-Based Supplementation to Enhance Recovery in Team Sports: What is the Evidence? *Journal of Sports Science and Medicine*, 18, 523–536. 1.774 Q1
46. Papanikolaou K, Draganidis D, Chatzinikolaou A, Laschou VC, Georgakouli K, Tsimeas P, **Batrakoulis A**, Deli CK, Jamurtas AZ, Fatouros IG. (2019). The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): study protocol for a randomized controlled trial. *Trials*, 20, 469. 1.975 Q2
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49. **Batrakoulis A.** (2016). The interaction between metabolic disorders and professional credentials. *Personal Training Quarterly*, 3(1), 18–20. – –
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51. Chatzis V, **Batrakoulis A**. (2013). Cross transfer effect of unilateral strength training in lower limb. *Journal for Physical Education and Sport Science*, 1(1), 1–21. – –

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52. Petridis L, **Batrakoulis A**. (2013). The running movement in Greece: Investigating the profile of the modern marathon runners. *Hellenic Journal of Sport & Recreation Management*, 10(2), 43–54.
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## *Abstracts in Refereed Scientific Journals*

1. **Batrakoulis A**, Jamurtas AZ, Poullos A, Papanikolaou K, Tsimeas P, Syrou N, Draganidis D, Deli CK, Georgakouli K, Fatouros IG. (2023). Dose-response effects of hybrid-type, multicomponent interval training on anthropometric and body composition indices in overweight and obese adults. *Journal of Strength & Conditioning Research*, in press.
2. **Batrakoulis A**, Jamurtas AZ, Poullos A, Papanikolaou K, Tsimeas P, Syrou N, Draganidis D, Deli CK, Morres ID, Hatzigeorgiadis A, Theodorakis Y, Fatouros IG. (2023). Dose-response effects of hybrid-type, multicomponent interval training on mental health-related parameters in overweight and obese adults. *Medicine and Science in Sports and Exercise*, 55(10S), in press.
3. **Batrakoulis A**, Fatouros IG, Morres I, Poullos A, Draganidis D, Hatzigeorgiadis A, Loules G, Rosvoglou A, Liakou C, Papanikolaou K, Tsimeas P, Angelopoulos T, Jamurtas AZ. (2023). Hybrid exercise training offsets pre-clinical obesity-associated depression and anxiety: a 12-month, dose-response randomized controlled trial. *Sport Psychology*, 29, in press.
4. **Batrakoulis A**, Jamurtas AZ, Perivoliotis K, Tsimeas P, Poullos A, Papanikolaou K, Draganidis D, Deli CK, Fatouros IG. (2022). Dose-response effects of high-Intensity interval neuromuscular training on musculoskeletal fitness in overweight and obese adults. *Medicine and Science in Sports and Exercise*, 54(9S), 70.
5. **Batrakoulis A**, Perivoliotis K, Metsios GS, Jamurtas AZ, Fatouros IG. (2022). Effects of different exercise types on glucose control, lipid metabolism, and blood pressure in overweight and obese adults: A network meta-analysis. *Journal of Strength & Conditioning Research* 36(1): e5–e7.
6. **Batrakoulis A**, Metsios GS, Perivoliotis K, Jamurtas AZ, Fatouros IG. (2021). Effects of different exercise types on VO<sub>2</sub>max, muscular strength and central adiposity in overweight and obese adults: a network meta-analysis. *Journal of Strength & Conditioning Research*, 35(12), e408–e410.
7. **Batrakoulis A**, Metsios GS, Jamurtas AZ, Perivoliotis K, Fatouros IG. (2021). Effects of different exercise types on body composition in overweight and obese adults: a network meta-analysis. *Medicine and Science in Sports and Exercise*, 53(8S), 446.
8. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Jamurtas A, Fatouros I. (2021). A 5-month high-intensity interval neuromuscular interval training program attenuates oxidative stress and improves redox status in obese women. *Journal of Strength & Conditioning Research*, 35(4), e174–e175.

9. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Syrou N, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Fatouros IG. (2020). A 5-month high-intensity interval neuromuscular training program improves cardiometabolic health in obese women. *Medicine and Science in Sports and Exercise*, 52(5), S506.
10. **Batrakoulis A**, Draganidis D, Papanikolaou K, Deli CK, Tsimeas P, Chatzinikolaou A, Laschou V, Georgakouli K, Jamurtas A, Fatouros I. (2020). A 10-month high-intensity interval neuromuscular interval training program improves fundamental movement patterns in previously inactive obese women. *Journal of Strength & Conditioning Research*, 34(1), e50-e51.
11. **Batrakoulis A**, Georgakouli K, Papanikolaou K, Zourbanos N, Draganidis D, Deli CK, Michalopoulou M, Avloniti A, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. (2017). An 8-month small-group circuit functional training program improves body composition and performance of overweight/obese women. *Medicine and Science in Sports and Exercise*, 49(5), S243.
12. **Batrakoulis A**, Draganidis D, Georgakouli K, Papanikolaou K, Jamurtas A, Fatouros I. (2017). Effects of circuit functional high-intensity training on physical fitness in sedentary overweight or obese women. *Journal of Strength & Conditioning Research*, 31(1), e11.
13. **Batrakoulis A**, Georgakouli K, Zourbanos N, Papanikolaou K, Draganidis D, Chatzinikolaou A, Deli CK, Michalopoulou M, Jamurtas AZ, Fatouros AZ. (2016). A 4-month circuit functional high-intensity training program improves body composition and performance of overweight women. *Journal of Strength & Conditioning Research*, 30(1), S91.
14. Al-Mhanna SB, Wan Ghazali WS, Mohamed M, **Batrakoulis A**, Afolabi HA, Badicu G, Gülü M, Rojas-Valverde D. (2023). Effect of combined aerobic and resistance training on body composition, physical function, fasting blood glucose, and lipid profile in overweight and obese type-2 diabetes patients: a systematic review and meta-analysis. *Malaysian Journal of Public Health Medicine*, in press.

## *Conference Abstracts (Oral and Poster Presentations)*

1. Al-Mhanna SB, Wan Ghazali WS, Mohamed M, **Batrakoulis A**, Afolabi HA, Badicu G, Gülü M, Rojas-Valverde D. Effect of combined aerobic and resistance training on body composition, physical function, fasting blood glucose, and lipid profile in overweight and obese type-2 diabetes patients: a systematic review and meta-analysis. In: *Proceedings of the 1st International Symposium on Essential Oils, Plants, Cosmetics and Health*; 2023 Sep 11–13: Kelantan, Malaysia. Universiti Sains Malaysia; 2023.
2. **Batrakoulis A**, Jamurtas A, Poullos K, Papanikolaou P, Tsimeas N, Syrou D, Draganidis K, Georgakouli C, Deli I, Fatouros I. Hybrid-type, multicomponent interval training improves cardiac morphology in middle-aged overweight and obese adults: A 1-year dose-response pragmatic randomised controlled trial. In: *Proceedings of the 28th Annual*



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*Congress of the European College of Sport Science; 2023 Jul 4–7: Paris, France. European College of Sport Science; 2023.*

3. **Batrakoulis A**, Jamurtas AZ, Poullos A, Papanikolaou K, Tsimeas P, Syrou N, Draganidis D, Deli CK, Georgakouli K, Fatouros IG. (2023). Dose-response effects of hybrid-type, multicomponent interval training on anthropometric and body composition indices in overweight and obese adults. In: *Proceedings of the 46th NSCA National Conference; 2023 Jul 12-15: Las Vegas, NV (USA). National Strength and Conditioning Association; 2023.*
3. **Batrakoulis A**, Fatouros IG, Morres I, Poullos A, Draganidis D, Hatzigeorgiadis A, Loules G, Rosvoglou A, Liakou C, Papanikolaou K, Tsimeas P, Angelopoulos T, Jamurtas AZ. Hybrid exercise training offsets pre-clinical obesity-associated depression and anxiety: a 12-month, dose-response randomized controlled trial. In: *Proceedings of the 16th International Conference of Sport Psychology; 2023 May 26-28: Trikala, Greece. Hellenic Society of Sport and Exercise Psychology; 2023.*
4. **Batrakoulis A**, Jamurtas AZ, Poullos A, Papanikolaou K, Tsimeas P, Syrou N, Draganidis D, Deli CK, Morres ID, Hatzigeorgiadis A, Theodorakis Y, Fatouros IG. Dose-response effects of hybrid-type, multicomponent interval training on mental health-related parameters in overweight and obese adults. In: *Proceedings of the 70th ACSM Annual Meeting; 2023 May 30-Jun 2: Denver, CO (USA). American College of Sports Medicine; 2023.*
5. **Batrakoulis A**, Jamurtas A, Poullos A, Papanikolaou K, Tsimeas P, Syrou N, Draganidis D, Georgakouli K, Deli C, Fatouros I. Hybrid-type, multicomponent interval training program improves cardiorespiratory fitness and body composition in middle-aged overweight and obese adults: A 1-year dose-response randomized controlled trial. In: *Proceedings of the 27th Annual Congress of the European College of Sport Science; 2022 Aug 30–Sep 2: Seville, Spain. European College of Sport Science; 2022.*
6. **Batrakoulis A**, Jamurtas AZ, Perivoliotis K, Tsimeas P, Poullos A, Papanikolaou K, Draganidis D, Deli CK, Fatouros IG. (2022). Dose-response effects of high-Intensity interval neuromuscular training on musculoskeletal fitness in overweight and obese adults. In: *Proceedings of the 69th ACSM Annual Meeting; 2022 May 31-Jun 4: San Diego, CA (USA). American College of Sports Medicine; 2022.*
7. **Batrakoulis A**, Perivoliotis K, Metsios GS, Jamurtas AZ, Fatouros IG. (2021). Effects of different exercise types on glucose control, lipid metabolism, and blood pressure in overweight and obese adults: A network meta-analysis. In: *Proceedings of the 6th International NSCA Conference; 2021 Dec 2-4: Shanghai, China. National Strength and Conditioning Association; 2021.*
8. **Batrakoulis A**, Metsios GS, Perivoliotis K, Jamurtas AZ, Fatouros IG. (2021). Effects of different exercise types on VO<sub>2</sub>max, muscular strength and central adiposity in overweight and obese adults: a network meta-analysis. In: *Proceedings of the 44th NSCA National Conference; 2021 Jul 7-10: Orlando, FL (USA). National Strength and Conditioning Association; 2021.*
9. **Batrakoulis A**, Metsios GS, Jamurtas AZ, Perivoliotis K, Fatouros IG. (2021). Effects of different exercise types on body composition in overweight and obese adults: a network



- meta-analysis. In: *Proceedings of the 68th ACSM Annual Meeting*; 2021 June 1-5: Virtual. American College of Sports Medicine; 2021.
10. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Jamurtas A, Fatouros I. (2020). A 5-month high-intensity interval neuromuscular interval training program attenuates oxidative stress and improves redox status in obese women. In: *Proceedings of the 43rd NSCA National Conference*; 2020 Jul 8-11: Las Vegas, NV (USA). National Strength and Conditioning Association; 2020.
  11. **Batrakoulis A**, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Syrou N, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Fatouros IG. (2020). A 5-month high-intensity interval neuromuscular training program improves cardiometabolic health in obese women. In: *Proceedings of the 67th ACSM Annual Meeting*; 2020 May 26-30: San Francisco, CA (USA). American College of Sports Medicine; 2020.
  12. **Batrakoulis A**, Draganidis D, Papanikolaou K, Deli CK, Tsimeas P, Chatzinikolaou A, Laschou V, Georgakouli K, Jamurtas A, Fatouros I. A 10-month high-intensity interval neuromuscular interval training program improves fundamental movement patterns in previously inactive obese women. In: *Proceedings of the 42nd NSCA National Conference*; 2019 Jul 10-13: Washington, DC (USA). National Strength and Conditioning Association; 2019.
  13. Fatouros I, **Batrakoulis A**, Jamurtas A, Georgakouli K, Draganidis D, Deli C, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Michalopoulou M. A functional high-intensity circuit training program improves functional movement screen scores in overweight/obese women. In: *Proceedings of the 8th Congress of Exercise Biochemistry and Physiology*; 2018 Oct 19-21: Thessaloniki (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2018. p. 91.
  14. **Batrakoulis A**, Georgakouli K, Papanikolaou K, Zourbanos N, Draganidis D, Deli CK, Michalopoulou M, Avloniti A, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. An 8-month small-group circuit functional training program improves body composition and performance of overweight/obese women. In: *Proceedings of the 64th ACSM Annual Meeting*; 2017 May 30 - Jun 3: Denver, CO (USA). American College of Sports Medicine; 2017.
  15. **Batrakoulis A**, Draganidis D, Georgakouli K, Papanikolaou K, Jamurtas A, Fatouros I. Effects of circuit functional high-intensity training on physical fitness in sedentary overweight or obese women. In: *Proceedings of the 5th NSCA International Conference*; 2017 January 27-29: Chiba, Japan. National Strength and Conditioning Association; 2017.
  16. **Batrakoulis A**, Rieger T, Santos Rocha R. The relationship between special populations and credentials for the European fitness professionals. In: *Proceedings of the 28th Symposium of the International Council for Physical Activity and Fitness Research (ICPAFR)*; 2016 Aug 24-27: Kaunas (Lithuania). Lithuanian Sports University; 2016. p. 27.
  17. **Batrakoulis A**, Georgakouli K, Zourbanos N, Papanikolaou K, Draganidis D, Chatzinikolaou A, Deli CK, Michalopoulou M, Jamurtas AZ, Fatouros AZ. A 4-month circuit functional high-intensity training program improves body composition and

- performance of overweight women. In: *Proceedings of the 39th NSCA National Conference*; 2016 Jul 6-9: New Orleans, LA (USA). National Strength and Conditioning Association; 2016.
18. **Batrakoulis A**, Chatzinikolaou A, Douroudos I, Draganidis D, Barbero JC, Mohr M, Leontsini A, Stampoulis T, Michailidis Y, Ermidis G, Avloniti A, Koutedakis Y, Jamurtas AZ, Fatouros IG. Inflammatory and performance responses during a simulated in-season football microcycle. In: *Proceedings of the 3rd Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 13.
  19. Gounelas G, **Batrakoulis A**, Chatzinikolaou A, Draganidis D, Stampoulis T, Douroudos I, Michailidis Y, Leontsini A, Tsoukas D, Barbero JC, Mohr M, Ermidis G, Avloniti A, Koutedakis Y, Jamurtas AZ, Fatouros IG. The effects of a football match on muscle architecture and performance. In: *Proceedings of the 3rd Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 14.
  20. Pontidis T, Chatzinikolaou A, **Batrakoulis A**, Avloniti A, Douroudos I, Draganidis D, Leontsini A, Barbero JC, Mohr M, Stampoulis T, Michailidis Y, Ermidis G, Koutedakis Y, Jamurtas AZ, Fatouros IG. Maximal oxygen consumption and you-yo IR2 may be associated with performance recovery following a football match. In: *Proceedings of the 3rd Congress of Exercise Biochemistry and Physiology*; 2013 Nov 8-9: Athens (Greece). Hellenic Society of Biochemistry and Physiology of Exercise; 2013. p. 13.
  21. **Batrakoulis A**, Tsoulis M. Relationship between obesity and fitness club individuals. In: *Proceedings of the 4<sup>th</sup> International Congress on Physical Education & Sport Science*; 1996 May 17-19: Komotini (Greece). Department of Physical Education and Sport Science; 1996. p. 232.

## *Invited International Lectures*

1. “Hybrid-type, multicomponent interval training in obesity: Does it work?” Invited Keynote Speaker. *5th International Conference of Sport Sciences and Physical Activity*; 2024 Apr 29-30: Riyadh, Saudi Arabia.
2. “Redesigning Personalized Interval Training in Obesity: The Hybrid Model” Invited Speaker. ACSM’s International Health & Fitness Summit; 2023 Feb 22-25: Chicago, IL, USA.
3. “Hybrid Interval Training in Obesity for Musculoskeletal Health and Fitness Improvements” Invited Keynote Speaker. *Asia Conference on Kinesiology*; 2023 Aug 24-25: Tsukuba, Japan.
4. “Health is the New Wealth: Get Ready ACSM Certified Pros!” Invited Speaker. *ACSM’s International Health & Fitness Summit*; 2023 Mar 16-18: Arlington, VA, USA.
5. “HIITing the Obesity Epidemic: Mission Possible!” Invited Speaker. *NASM’s OPTIMA Conference*; 2022 Oct 13-15: Virtual.
6. “Training the Adult with Metabolic Syndrome” Invited Speaker. *ACSM’s International Health & Fitness Summit*; 2022 Apr 1-3: Dallas, TX, USA.

7. “Designing the Ultimate HIIT Workout for Special Populations” Invited Speaker. *ExPRO Convention; 2021 May 7-8: Singapore.*
8. “Training the Adult with Obesity” Invited Speaker. *ACSM’s International Health & Fitness Summit; 2021 Apr 7-10: Washington, DC, USA.*
9. “HIIT in Obesity: What's the evidence?” Invited Speaker. *2<sup>nd</sup> International Congress of Athletic Performance and Health in Sports; 2020 Oct 23-25: Nisantasi University, Istanbul, Turkey.*
10. “HIIT in Health and Disease” Invited Speaker. *IDEA China Convention; 2020 Aug 7-9: Shanghai, China.*
11. “HIIT for Clients with Obesity” Invited Speaker. *IDEA Personal Training Institute; 2020 Mar 5-8: Alexandria, VA, USA.*
12. “Exercise and Obesity” Invited Speaker. *Educational Forum; 2020 Feb 21: General Sports Authority’s Leadership Institute, Riyadh, Saudi Arabia.*
13. “Tackling Obesity Through Hybrid Interval Training” Invited Speaker. *2<sup>nd</sup> International Medical Fitness and Corrective Exercise Congress; 2019 Dec 13-15: Medical Exercise and Fitness Trainers Institution, Istanbul, Turkey.*
14. “ACSM’s European Fitness Trends – Do We Know Our Future?” Invited Speaker. *10<sup>th</sup> International Standards Meeting; 2019 Nov 21-22: EuropeActive, Copenhagen, Denmark.*
15. “Exercise and Health” Invited Speaker. *International Congress of Athletic Performance and Health in Sports; 2019 Oct 25-27: Nisantasi University, Istanbul, Turkey.*
16. “Functional Interval Training for Clients with Obesity” Invited Speaker. *IDEA China Convention; 2019 Aug 16-18: Shanghai, China.*
17. “The Art and Science of Coaching Special Populations” Invited Speaker. *ExPRO Convention; 2019 Jun 29-30: Singapore.*
18. “Impacting Obesity Through Hybrid Interval Training” Invited Speaker. *ACSM’s International Health & Fitness Summit; 2019 Mar 21-24: Chicago, IL, USA.*
19. “Health is the New Wealth: Exploring the International Fitness Trends” Invited Speaker. *IWF Shanghai Convention; 2019 Mar 7-8: Shanghai, China.*
20. “High-Intensity Circuit Functional Training for Individuals with Overweight or Obesity” Invited Speaker. *26<sup>th</sup> International Congress of Physical Education and Sport Science; 2018 May 18-20: School of Physical Education and Sport Sciences, Democritus University of Thrace, Komotini, Greece.*
21. “Growing the Fitness Sector through Advanced and Specialty Certification Programs” Invited Speaker. *8<sup>th</sup> International Standards Meeting; 2017 Nov 23-24: EuropeActive, Rome, Italy.*
22. “Exercise for Overweight or Obesity: Bridging the Gap Between Theory and Practice” Invited Speaker. *FIBO European Convention; 2017 Apr 8-9: Reed Exhibitions, Cologne, Germany.*
23. “Engaging special populations in the European fitness industry” Invited Speaker. *FIBO Innovation Tour 2017; 2017 Jan 26: EuropeActive and FIBO Global Fitness, London, UK.*
24. “Engaging special populations in the European fitness industry” Invited Speaker. *FIBO Innovation Tour 2017; 2017 Jan 31: EuropeActive and FIBO Global Fitness, Paris, France.*
25. “Engaging special populations in the European fitness industry” Invited Speaker. *FIBO Innovation Tour 2017; 2017 Feb 7: EuropeActive and FIBO Global Fitness, Vienna, Austria.*
26. “Engaging special populations in the European fitness industry” Invited Speaker. *FIBO Innovation Tour 2017; 2017 Feb 9: EuropeActive and FIBO Global Fitness, Riga, Latvia.*
27. “Engaging special populations in the European fitness industry” Invited Speaker. *FIBO Innovation Tour 2017; 2017 Feb 14: EuropeActive and FIBO Global Fitness, Barcelona, Spain.*

28. “Career Professional Development: What to Expect and What to Deliver?” Invited Speaker. *7<sup>th</sup> International Standards Meeting; 2016 Nov 17-18: EuropeActive, Athens, Greece.*
29. “Evolutionary Personal Training and Weight Management: the New Era of the European Fitness Industry” Invited Speaker. *6<sup>th</sup> International Standards Meeting; 2015 Oct 28-29: EuropeActive, Lisbon, Portugal.*
30. “EHFA’s Barometer on the Top Trends in Fitness Education & Training for 2013” Invited Speaker. *4<sup>th</sup> International Standards Meeting; 2013 Nov 21-22: EuropeActive, Budapest, Hungary.*
31. “Standards for Exercise Professionals in the Prevention and Treatment of Chronic Conditions” Invited Speaker. *3<sup>rd</sup> International Standards Meeting; 2012 Nov 8-9: EuropeActive, Barcelona, Spain.*

## ***Books Published***

1. Santos Rocha R, Jimenez A, Rieger T. *EuropeActive’s Essentials for Fitness Instructors* (P. Sidiropoulos, **Batrakoulis A.** editing for the Greek publication). Thessaloniki: SALTO (Original publication 2015), 2018.
2. Wonders K. *Exercise Oncology Instructor: Principles & Practice* (**A. Batrakoulis**, editing for the Greek publication). Cedarville, OH: Maple Tree Cancer Alliance (Original publication 2022), 2024.
3. **Batrakoulis A.** *The Exercise Professional’s Guide to Obesity and Weight Management*. Champaign, IL: Human Kinetics, 2025.

## ***Books Chapters Author***

1. **Batrakoulis A.** Nervous System. In Rieger T, Jones B, Jimenez A. (Eds.). *EuropeActive’s Essentials for Personal Trainers* (pp. 126–134), Champaign, IL: Human Kinetics, 2016.
2. Rieger T, **Batrakoulis A.** Innovations in Fitness Education: The European Approach of Standards Development for Specialist Occupations. In Middelkamp J, Rutgers H. (Eds.). *Growing the fitness sector through Innovation* (pp. 149–164), Brussels, Belgium: EuropeActive & BlackBox Publishers, 2016.
3. **Batrakoulis A.** Comprehensive Program Design. In T.A. Hargens (Ed.), *ACSM’s Resources for the Personal Trainer*, 6<sup>th</sup> edition (pp. 364–384). Philadelphia, PA: Lippincott Williams & Wilkins, 2021.
4. Sovatzidis A, Chatzinikolaou A, Fatouros IG, Panagoutsos S, Draganidis D, Nikolaidou E, Avloniti A, Michailidis Y, Mantzouridis I, **Batrakoulis A.**, Pasadakis P, Vargemezis V. Intradialytic Cardiovascular Exercise Training Alters Redox Status, Reduces Inflammation and Improves Physical Performance in End Stage Renal Disease Patients under Hemodialysis. In N. A. Qureshi (Ed.), *Recent Developments in Medicine and Medical Research, Vol. 13* (pp. 29–44). Hooghly, West Bengal, India: B P International, 2021.
5. Snarr R, **Batrakoulis A.** Resistance Exercise Technique. In B. Schoenfeld, R. Snarr (Eds.), *NSCA’s Essentials of Personal Training*, 3<sup>rd</sup> edition (pp. 317–376). Champaign, IL: Human Kinetics, 2021.

6. Tsitskari E, Tzetzis G, **Batrakoulis A**. The Fitness Sector in Greece: Business Models and Marketing Perspectives. In J. García-Fernández, P. Gálvez-Ruiz (Eds.), *The Global Private Health & Fitness Business: A Marketing Perspective* (pp. 33–39). Bingley, UK: Emerald Publishing Limited, 2021.
7. Tsitskari E, **Batrakoulis A**. To Become Digital or Not... The Case of Greece. In J. García-Fernández, M. Valcarce-Torrente, S. Mohammadi, P. Gálvez-Ruiz (Eds.), *The Digital Transformation of the Fitness Sector: A Global Perspective* (pp. 31–37). Bingley, UK: Emerald Publishing Limited, 2022.

## *Books Chapters Reviewer*

1. Basic Exercise Physiology and Applied Kinesiology for the Group Exercise Instructor (Chapter 2). Group Dynamics and Group Cohesion (Chapter 8), and Communication Skills: Adherence and Motivation (Chapter 9). In *ACSM's Resources for the Group Exercise Instructor* (2nd edn.). ed. Philadelphia, PA: Lippincott Williams & Wilkins (in press).
2. Liguori G. Exercise Prescription for Individuals with Metabolic Diseases and Cardiovascular Disease Risk Factors. In G. Liguori (Ed.), *ACSM's Guidelines for Exercise Testing and Prescription* (11th edn.). Philadelphia, PA: Lippincott Williams & Wilkins, 2021.
3. Naclerio F. & Moody J. (2015). Resistance Training. In R. Santos Rocha, T. Rieger, A. Jimenez (Ed.), *EuropeActive's Essentials of Fitness Instructors*. Champaign, IL: Human Kinetics.
4. Andersen C. (2016). Cardiorespiratory System. In T. Rieger, B. Jones, A. Jimenez (Ed.), *EuropeActive's Essentials of Personal Trainers*. Champaign, IL: Human Kinetics.

## *Editorial Board in Refereed Scientific Journals*

1. **Journal:** ACSM's Health & Fitness Journal (ISSN 2075–4663)  
**Editorial Board:** Μέλος  
**Publisher:** American College of Sports Medicine / Lippincott Williams & Wilkins  
<https://journals.lww.com/acsm-healthfitness/Pages/editorialboard.aspx>
2. **Journal:** Diseases (ISSN 2079-9721)  
**Special Issue:** Psychophysiological Responses to Physical Activity, Exercise and/or Nutrition Interventions in Overweight and Obese Individuals  
**Publisher:** Multidisciplinary Digital Publishing Institute (MDPI)  
**Deadline:** 30 November 2023
3. **Journal:** Sports (ISSN 2075–4663)  
**Topical Advisory Panel:** Member  
**Publisher:** Multidisciplinary Digital Publishing Institute (MDPI)  
[https://www.mdpi.com/journal/sports/topical\\_advisory\\_panel](https://www.mdpi.com/journal/sports/topical_advisory_panel)



4. **Journal:** International Journal of Environmental Research and Public Health (ISSN 1660–4601)  
**Topical Advisory Panel:** Member  
**Section:** Sport and Health  
**Publisher:** Multidisciplinary Digital Publishing Institute (MDPI)  
[https://www.mdpi.com/journal/ijerph/topic\\_editors/sport\\_health](https://www.mdpi.com/journal/ijerph/topic_editors/sport_health)
5. **Journal:** Applied Sciences (ISSN 2076-3417)  
**Topical Advisory Panel:** Member  
**Section:** –  
**Publisher:** Multidisciplinary Digital Publishing Institute (MDPI)  
[https://www.mdpi.com/journal/applsci/topic\\_editors](https://www.mdpi.com/journal/applsci/topic_editors)
6. **Journal:** Healthcare (ISSN 2227-9032)  
**Topical Advisory Panel:** Member  
**Section:** –  
**Publisher:** Multidisciplinary Digital Publishing Institute (MDPI)  
[https://www.mdpi.com/journal/healthcare/topical\\_advisory\\_panel](https://www.mdpi.com/journal/healthcare/topical_advisory_panel)
7. **Journal:** Physiotherapy and Sports Injury  
**Editorial Board:** Member  
**Publisher:** E-Science Information  
<https://www.esciinfo.com/journals/physiotherapy-sports-injury-journal/editors>
8. **Journal:** Exercise Medicine (ISSN: 2508-9056)  
**Editorial Board:** Member  
**Publisher:** Sapiientia Publishing Group  
<https://www.exercmed.org/about/editorial.php>
9. **Journal:** Heliyon (ISSN: 2405-8440)  
**Advisory Board:** Member  
**Section:** Sports Medicine  
**Publisher:** Cell Press  
<https://www.cell.com/heliyon/home>

## *Reviewer for Scientific Journals*

1. NSCA’s Personal Training Quarterly
2. NSCA’s Strength and Conditioning Journal
3. ACSM’s Health & Fitness Journal
4. Journal of Sports Sciences
5. Frontiers in Sports and Active Living
6. Journal of Sport and Health Science
7. PLoS One
8. Sports Medicine – Open
9. Oxidative Medicine and Cellular Longevity
10. International Journal of Environmental Research and Public Health

11. Sports
12. Sustainability
13. Antioxidants
14. Nutrients
15. Reviews in Cardiovascular Medicine
16. Nutrire
17. Behavioral Sciences
18. BMC Sports Science, Medicine and Rehabilitation
19. BMC Public Health
20. European Journal of Applied Physiology
21. Diseases
22. Journal of Clinical Medicine
23. Journal of Science and Medicine in Sport
24. Applied Sciences
25. Infectious Disease Reports
26. Cogent Public Health
27. AIMS Public Health
28. Journal of Functional Morphology and Kinesiology
29. Scientific Reports
30. Biomedicines
31. International Journal of Clinical and Health Psychology
32. Heliyon
33. JMIR Research Protocols

## ***Scholarships, Honors, and Awards***

- Scholarship (National Higher Education Entrance Examination), BS in Physical Education and Sport Science, Aristotle University of Thessaloniki (1993)
- Scholarship (Higher GPA), MS in Exercise and Health, University of Thessaly (2014-2016)
- Scholarship, PhD in Clinical Exercise Physiology, University of Thessaly (2019-2020)
- Scholarship (Teaching Assistant), BSc Physical Education and Sport Science courses, University of Thessaly (2020-2021, spring semester).
- NSCA Certified Personal Trainer Emeritus (2016)
- IDEA Personal Trainer of the Year Award Finalist (2017)
- IDEA Personal Trainer of the Year Award Recipient (2018)
- IDEA China Fitness Innovator Award Recipient (2019)
- NSCA Personal Trainer of the Year Recipient (2020)
- MedFit Professional of the Year Finalist (2020)
- PFP Trainer of the Year Award Recipient (2021)
- ACSM Certified Professional of the Year Finalist (2021)
- ACSM Certified Professional of the Year (2022)
- NSCA Education Recognition Program (ERP) Sponsor, University of Thessaly (2020–2023)
- ACSM Fellow (2023)

## ***Professional Bodies/Associations***



## ***Membership***

- American College of Sports Medicine (ACSM) (2011 – ...)
- National Strength and Conditioning Association (NSCA) (2014 – ...)
- Hellenic Society of Biochemistry and Physiology of Exercise (2014 – ...)
- Panhellenic Association of Sports and Exercise Professionals (2021 – ...)
- European College of Sport Science (ECSS) (2022 – ...)

## ***Committees***

- ACSM Exercise is Medicine Credential Committee Member (2017–2023)
- ACSM Professional Education Committee Member (2018–2021)
- ACSM Health & Fitness Summit Program Committee Member (2018–2021 & 2022 – ...)
- ACSM Certification and Registry Boards Certified Professional of the Year (2022–2023)
- ACSM Certification and Registry Boards International Subcommittee Chair (2022 – ...)
- ACSM Consumer Outreach Committee Member (2021 – ...)
- ACSM International Relations Committee Member (2022 – ...)
- NSCA Awards and Honors Committee Member (2021 – ...)
- NSCA Membership Committee Member (2020 – ...)
- NSCA Personal Trainers Special Interest Executive Council Member (2019–2020)
- NSCA Personal Trainers Special Interest Executive Council Vice Chair (2020–2023)
- EuropeActive Technical Expert Group Member (2012–2013)
- EuropeActive Technical Expert Group Leader (2013–2014)
- EuropeActive Professional Standards Committee Member (2013–2019)