

Petros Ntinis (Dinas)

Publications and PubMed name: **Dinas PC**

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SUMMARY OF ACADEMIC PROFILE

Published Books	1
Publications in Peer-reviewed Scientific Journals	26
Abstract Publications in Peer-reviewed Scientific Journals	5
Published reports/guidelines for global organizations	1
Cumulative Impact Factor	57.18
Total Citations (Google scholar)	763
h-index (Google scholar)	10
i10-index (Google scholar)	10
Total funding	€ 240,387
Peer-reviewed Conference Proceedings	50
Reviewer Services in Peer-Reviewed Journals	41
Reviewer Services in Conferences	4
Editorial Board	1

EDUCATION-TRAINING

1. **Philosophy Doctor (2013-2017).** Molecular Exercise Physiology. University of Wolverhampton, UK. Dissertation title: Function and activation of human adipose tissue: The role of genes in the link between physical activity and brown adipose-like phenotype, Supervising committee: Professor George Metsios (Clinical Exercise Physiology), Associate Professor Andreas Flouris (Environmental Physiology), Professor Yiannis Koutedakis (Applied physiology).
2. **Diploma certification (2014, distinction, GPA: 86%).** Space Life Sciences, Space Studies Program. International Space University, Canada/France. Project titles: 1. Space for Health, 2. Human Performance under Lunar Lighting Conditions, Supervisors: 1. Dr. Farhan Asrar (Space Medicine), 2. Tricia Larose (Medicine).
3. **Master of science (2011-2012, distinction, GPA: 94.4%).** Exercise and Health. University of Thessaly, Greece. Thesis title: The relationship between physical activity and brown adipose tissue in humans, Supervising committee: Professor Yiannis Koutedakis (Applied physiology), Assistant Professor Panagiotis Georgoulas (Nuclear Medicine), Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).
4. **Bachelor of science (2006-2010, Honors 1st class, GPA: 91.10%).** Physical Education and Exercise Science / Main: Exercise and Health, GPA: 100%. University of Thessaly, Greece. Thesis title: Acute effects of passive tobacco smoking on heart rate variability,

Supervisor: Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).

5. **Bachelor of science (1986-1988, GPA: 77.5%).** Military Academy. School of Non-commissioned Officers, Greece.

FUNDING

1. **2021: (Competitive)** World Health Organization; €28,770, Umbrella Systematic Review – Effect of exposure to heat from any source on pain, burns, cataract and heat-related illnesses.
2. **2019–2022: (Competitive)** European Centre for Disease Prevention and Control; Tender OJ/2018/SRS/10021; €164,000 Assessing the Risk of Fungal and Parasitic Diseases Transmission by Substances of Human Origin via a systematic review and meta-analysis and a risk assessment.
3. **Jan.–July 2016: (Nominated)** Personal grant €10,362 offered from the University of Wolverhampton, UK (FUEGO/FP7/IRSES project) to participate in the research collaboration with the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
4. **Nov. 2015: (Competitive)** Winner of the second prize of the poster competition €150 for the study “The effects of physical activity on PGC-1α and FNDC5 in muscle, circulating Irisin, and UCP1 of white adipocytes in humans: A systematic review”. 5th Conference of Biochemistry and Physiology of Exercise, Hellenic Society of Biochemistry and Physiology of Exercise, 7th Nov 2015, Athens, Greece.
5. **Feb.–Aug. 2015: (Nominated)** Personal grant €8,670 offered from the University of Wolverhampton, UK (U-GENE/FP7/IRSES project) to participate in the research collaboration with the Institute of Gene Biology, Russian Academy of Sciences.
6. **June 2015: (Competitive)** Winner of the poster competition €135 for the study “A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters”. 2nd Annual Research Conference 16th June 2015, University of Wolverhampton, UK.
7. **Mar. 2014: (Competitive)** Scholarship €13,000 offered from the “International Space University, Strasbourg, France” via the “European Space Agency” to attend the “Space Studies Program 2014” in Montreal Canada between 9 June to 9 Aug. 2014.
8. **Feb. 2013: (Nominated)** Scholarship €11,000 as achievement of excellence offered from the “Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Exercise Science, University of Thessaly, Greece” towards my PhD tuition fees.
9. **Sep. 2011: (Nominated)** Scholarship €3,000 as achievement of excellence to complete my MSc studies in “Exercise and Health” offered from the “School of Physical Education and Exercise Sciences, University of Thessaly, Greece”.
10. **Jan. 2011: (Competitive)** Scholarship €1,000 due to the 2nd place in ranking (annually offered to the 1st and the 2nd candidate) for the entry in the MSc program “Exercise and Health”, offered from the “School of Physical Education and Exercise Sciences, University of Thessaly, Greece”.

11. **July 2011: (Nominated)** scholarship **€300** Awarded the W.L. Gore & Associates Postgraduate Student International Conference of Environmental Ergonomics Stipend 2011, Nafplio, Greece.
12. **July 2010: (Competitive)** First graduated student (BSc) of the "School of Physical Education and Exercise Science, University of Thessaly, Greece". GPA: 91.10%.

WORK EXPERIENCE

1. **2019 19th June- 24th July:** Investigator on the project: Occupational heat strain assessment and mitigation in Qatar. A research work by the FAME Laboratory for the International Labor Organization, the Qatar Ministry of Administrative Development, Labor and Social Affairs, and the Supreme Committee for Delivery and Legacy.
2. **2016-present:** Senior Researcher in human physiology, FAME Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
3. **2017-2018:** Investigator on ICI-THROUGH Marie Skłodowska-Curie grant no 645710 H2020 EU, on non-invasive techniques to estimate human brown adipose tissue activity, FAME Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece & Biomedical Research Foundation of Academy of Athens, Greece.
4. **2014-2016:** Research Assistant in human physiology (U-GENE grant no. 319010 FP7-PEOPLE-2013-IRSES, on cardiometabolic disorders and UCP1 gene polymorphisms), Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.
5. **2014-2016:** Visiting Lecturer in Exercise Physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK (please see teaching experience).
6. **2016:** Researcher (6-month secondment, FP7-PEOPLE-2012-IRSES, FUEGO grant no. 612547) in the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
7. **2015:** Researcher (6-month secondment, U-GENE grant no. 319010 FP7-PEOPLE-2013-IRSES, on cardiometabolic disorders and UCP1 gene polymorphisms) in the Institute of Gene Biology, Russian Academy of Sciences, Moscow, Russia.
8. **2013-2016:** Adjunct Researcher, FAME Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
9. **2013-present:** Collaborative Researcher in the Department of Exercise Science, Chatham University, Pittsburgh, USA.
10. **2011-2013:** Lab Manager and Research Assistant (Volunteer), FAME Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
11. **2003-2004, 2007:** Special Forces, Master Chief Instructor of static line Paratroopers, Greek Army.
12. **2005:** Leader of a Special Forces Greek Team in Afghanistan for the International Security Assistant Force.
13. **2001-2003:** Officer in charge in recruitment of Greek Special Forces soldiers and officer in charge of the security in the local barrack, Greek Army.

14. **1988-2007:** Manager of military equipment systems and Special Forces Officer, Greek Army.

TEACHING EXPERIENCE

1. **2020:** Visiting Lecturer at the School of Physical Education and Sport Sciences, **University of Thessaly**, Trikala, Thessaly, Greece. MSc "Exercise and Health" and "Military Fitness", module: Statistics, Session: Statistics to methods and writing to systematic review and meta-analysis (One session).
2. **2019:** Workshop to the Faculty of the Department of Experimental Therapy, L. Hirsfeld Institute of Immunology & Experimental Therapy, Polish Academy of Sciences, (22-05-2019, Trikala, Greece). "Systematic review and meta-analysis. A step by step approach".
3. **2018:** Workshop to the Faculty at **Chatham University**, USA (12-11-2018, Pittsburgh). "Systematic review and meta-analysis. A step by step approach".
4. **2018:** Visiting Lecturer at the School of Health Sciences, **Chatham University**, USA (two sessions). "Brown adipose tissue physiology". Venue: School of Health Sciences, Chatham University, Pittsburgh, USA. (Nov 2018).
5. **2018:** Visiting Lecturer at Space Studies Program 2018 within the **International Space University**. Workshop: Literature Review, July 12th, 2018, Delft University of Technology, The Netherlands.
6. **2017:** Visiting Lecturer at the School of Physical Education and Sport Sciences, **University of Thessaly**, Trikala, Thessaly, Greece. MSc "Exercise and Health" and "Military Fitness", module: 604 Exercise in extreme Environments, Session: Space Physiology (One session).
7. **2017:** Visiting Lecturer at the School of Health Sciences, **Chatham University**, USA (five sessions). "Research methods", "Writing and presentations skills", "Exercise and depression", "Brown adipose tissue physiology", "Space physiology". Venue: School of Health Sciences, Chatham University, Pittsburgh, USA. (Nov 2017).
8. **2017:** Workshop instructor at the **Hellenic Society of Biochemistry and Physiology of Exercise** annual conference (20-10-2017, Athens). "Systematic review and meta-analysis. A step by step approach".
9. **2016:** Visiting Lecturer (two sessions) for the students of **Chatham University**, USA (May 2016). "Research methods" & "Writing Skills". Venue: FAME Lab, Trikala, Greece.
10. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (4SR026-undergraduate) Physical Activity, Sedentary Behaviour, and Health. (One semester).
11. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (4SR027-undergraduate) Research Skills for Sport and Exercise Science (One semester).
12. **2015-2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (6SR002-undergraduate) Applied Sport and Exercise Physiology (One semester).
13. **2014-2015:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (6SR004-undergraduate) Clinical Cardiopulmonary Exercise Testing (One semester).

14. **2013-2014:** Honorary teaching staff at the School of Physical Education and Sport Sciences, **University of Thessaly**, Trikala, Thessaly, Greece. 2013-2014. Module: (MK045-undergraduate) Human Physiology (Two semesters).
15. **2008 and 2010:** Teaching of Physical Education at an Elementary and a High School (overall three semesters) in Trikala, Thessaly, Greece.
16. **1988-2007:** Teaching of a variety of military modules.

SCIENTIFIC ADVISOR/SUPERVISOR

1. 2020-present: Scientific advisor for Claire Karpodini (PhD studies), Faculty of Education Health and Wellbeing, University of Wolverhampton, UK. Thesis title: The effects of rhythm, movement and fitness training on motor and non-motor parameters in patients with Parkinson disease.
2. Supervisor for Kelsey Heenan, Chatham University, USA (agreement ID: ABBDC9E6-5814-47B5-9E81-3FAEFDA19A88). Internship for the a) systematic review investigating dietary factors that stimulate changes in brown and/or white adipose tissue thermogenic activity and b) dietary analysis and management for a study investigated brown adipose tissue in humans. 27-4-2020 to 8-7-2020 in FAME Laboratory, University of Thessaly, Trikala, Greece.
3. Scientific advisor for Konstantinos Ntallas, MSc thesis in molecular and applied physiology: Exercise induced changes in heart failure patients considering VO₂peak, quality of life and hospitalization: A systematic review and meta-analysis. September 2018, Medical School of Athens.

PUBLISHED REPORTS FOR GLOBAL ORGANIZATIONS

1. Flouris A.D., Ioannou L.G., Dinas P.C., Mantzios K., Gkiata P., Gkikas G., Vliora M., Amorim T., Tsoutsoubi L., Kapnia A., Dallas K., Nintou E., Testa D.J., Sfakianakis K., Agaliotis G. (2019). Assessment of occupational heat strain and mitigation strategies in Qatar – Key Findings. *International Labour Organization. United Nations*. Link: https://www.ilo.org/beirut/projects/qatar-office/WCMS_723545/lang--en/index.htm

PUBLISHED BOOKS

1. Takahasi A., Nasser A., Blanc A., Michallet A., Zuo C., Mueller C., Bolles D., Yaffe E., Erinfolami F., Jazebizadeh H., Huang J., Liu J., Kljajic J., Li J., Muto M., Czapski M., Moroz M., Sarkar M., Clark N. Ntinas (Dinas) P., Thangamani S., Jewell S., Black T., Folliard T., Hou T., Elgin T., Shen Y., Okada Y. Space for Health (2014). *International Space University Publications. Strasbourg, France*; published by Illkirch-Graffenstaden (France) (Diploma work). https://isulibrary.isunet.edu/index.php?lvl=notice_display&id=9175

PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Nico Kolokythas, George S. Metsios, Petros C. Dinas, Shaun M. Galloway, Nick Allen, Matthew A. Wyon. Growth, maturation and overuse injuries in dance and aesthetic sports: a systematic review. *Research in Dance Education*, 2021, Jan. 24, 1-23. IF*: N/A
2. Konstantinos Dallas, Petros C. Dinas, Costas Chryssanthopoulos, George Dallas, Maria Maridaki, Michael Koutsilieris, Anastassios Philippou. The effects of exercise on VO2peak, Quality of Life and Hospitalization in heart failure patients: A Systematic Review with Meta-analyses. *European Journal of Sport Science*, 2020, 3:1-26: IF*: 2.78
3. Kelsey A. Heenan, Andres E. Carrillo, Jacob L. Fulton, Edward J. Ryan, Jason R. Edsall, Dimitrios Rigopoulos, Melissa M. Markofski, Andreas D. Flouris and Petros C. Dinas. Effects of nutrition/diet on brown adipose tissue in humans: A systematic review and meta-analysis. *Nutrients*, 2020,12 (9), 2752; doi:10.3390/nu12092752: IF*: 4.54
4. Petros C. Dinas, Argyro Krase, Eleni Nintou, Alexandros Georgakopoulos, Marnie Granzotto, Marinos Metaxas, Elena Karachaliou, Marco Rossato, Roberto Vettor, Panagiotis Georgoulas, Tiago S. Mayor, John Koutsikos, Konstantinos Athanasiou, Leonidas G. Ioannou, Paraskevi Gkiata, Andres E. Carrillo, Yiannis Koutedakis, George S. Metsios, Athanasios Z. Jamurtas, Sofia Chatziioannou, Andreas D. Flouris. Human white-fat thermogenesis: Experimental and meta-analytic findings. *Temperature*, 2021;8;1;p. 39-52, <https://doi.org/10.1080/23328940.2020.1769530>: IF*: N/A (partly PhD work)
5. Amin Daoulah, Salem M. Al-Faifi, Ahmad S Hersi, Petros C. Dinas, Ali A. Youssef, Mohammed Alshehri, Fahad Baslaib, Mohamed Maghrabi, Mushabab Al-Murayeh, Muhammad Adil Adil Soofi, Abdulaziz Alasmari, Mirvat Alasnag, Adel Khalifa Hamad, Mamdouh Morshid, Yosri M. A. Morsi, Ziad Dahdouh, Nader Alasousi, Khalid Tammam, Mohammed Almansori, Abdullah Alkhushail, Jairam K. Aithal, Abdulrahman H. Alqahtani, Amir Lotfi. Spontaneous coronary artery dissection in relation to physical and emotional stress: A retrospective study in four Arab gulf countries. *Current Problems in Cardiology*, 2019 (in press): IF*: 3.33
6. Andreas D. Flouris, Petros C. Dinas, Leonidas G. Ioannou, Lars Nybo, George Havenith, Glen P. Kenny, Tord Kjellstrom. Workers' health and productivity under occupational heat strain: a systematic review and meta-analysis. *The Lancet Planetary Health*, 2018; Dec, 2: e521-31. IF*: N/A
7. Farhan M. Asrar+, Annie Hui Wen+, S. Ali Nasser+, Petros C. Dinas+, Cory Newman+, Angie Bukley, Kevin Crist and Dennis Irwin. Space technologies for Monitoring Health and Environmental Impacts of Hydraulic Fracturing. *The Lancet Planetary Health*, 2018, Nov; Vol 2 (11) e469-e470. + Shared first authorship. IF*: N/A
8. Jacob L Fulton, Petros C. Dinas, Andres E. Carrillo, Jason R. Edsall, Emily J. Ryan, Edward J. Ryan. Impact of Genetic Variability on Physiological Responses to Caffeine in Humans: A Systematic Review. *Nutrients*, 2018, 10 (10), 1373. IF*: 4.19
9. Kyriakos I. Tsitoglou, Yiannis Koutedakis and Petros C. Dinas. Validation of the Polar RS800CX for assessing heart rate variability during rest, moderate cycling and post-exercise recovery. *F1000Research*, 2018, 7:1501 (<https://doi.org/10.12688/f1000research.16130.1>). IF*: N/A
10. Petros C. Dinas, Eleni Nintou, Dimitra Psychou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and

Andreas D. Flouris. Association of fat mass profile with natriuretic peptide receptor alpha in subcutaneous adipose tissue of medication-free healthy men – A cross-sectional study. *F1000Research*, 2018 Mar 15 [revised 2018 Jan 1];7:327. IF*: N/A (PhD work).

11. Chachopoulos Vasileios+, **Dinas Petros C.+**, Chasioti Markella, Jamurtas Athanasios Z., Koutedakis Yiannis and Flouris Andreas D. A technique for subcutaneous abdominal adipose tissue biopsy via a non-diathermy method. *Journal of Visualized experiments*, 2017 Sep 30;(127). + Shared first authorship. IF*: 1.23 (PhD work).
12. **Petros C. Dinas**, Angelica Valente, Marnie Granzotto, Marco Rossato, Roberto Vettor, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Browning formation markers of subcutaneous adipose tissue in relation to resting energy expenditure, physical activity and diet in humans. *Hormone Molecular Biology and Clinical Investigation*, 2017, Jul 5;31(1). IF*: N/A (PhD work).
13. **Petros C. Dinas**, Ian M. Lahart, James A. Timmons, Per-Arne Svensson, Yiannis Koutedakis, Andreas D. Flouris, George S. Metsios. Effects of physical activity on the link between PGC-1a and FNDC5 in muscle, circulating Irisin and UCP1 of white adipocytes in humans: A systematic review. *F1000Research* 2017, 6:286 (doi: 10.12688/f1000research.11107.1). IF*: N/A (PhD work).
14. Andreas D. Flouris, **Petros C. Dinas**, Angelica Valente, Cláudia Marlise Balbinotti Andrade, Nair Honda Kawashita and Paraskevi Sakellariou. Exercise-induced effects on UCP1 expression in classical brown adipose tissue: a systematic review. *Hormone Molecular Biology and Clinical Investigation*, in press (accepted 11-11-2016). IF*: N/A.
15. **Petros C. Dinas**, Sreerekha Suresh, Subbananthan Thangamani, and Alan Zide. Human physical performance under simulated lunar lighting conditions. Is it possible to walk on the Moon? *Hypothesis*, 2016, 14(1): e2 (doi:10.5779/hypothesis. v14i1.472). IF*: N/A (Diploma work).
16. Andreas D. Flouris, **Petros C. Dinas**, Kiriakos Tsitoglou, Ioanna Patramani, Koutedakis Yiannis, Glen P. Kenny. Non-invasive measurements of tibialis anterior muscle temperature during rest, cycling exercise, and post-exercise recovery. *Physiological Measurements*, 2015 May 27; 36 (7): N103-N113 (PMID: 26012697). IF*: 1.61.
17. **Petros C. Dinas**, Christian Mueller, Nathan Clark, Tim Elgin, Seyed Ali Nasser, Etai Yaffe, Scott Madry, Jonathan B. Clark, and Farhan Asrar. Innovative methods to benefit public health using space technologies during disaster relief. *Disaster Medicine and Public Health Preparedness*, 2015 Apr; 14:1-10 (PMID: 25869234). IF*: 1.14. (Diploma work).
18. Andreas D. Flouris and **Petros C. Dinas**. Impact of regular exercise on classical brown adipose tissue. *Clinical Endocrinology*, Oct;83(4):591-3, 2015 (PMID: 25580858). IF*: 3.35.
19. **Petros C. Dinas**, Alexandra Nikaki, Athanasios Z. Jamurtas, Vassilios Prassopoulos, Roxani Efthymiadou, Yiannis Koutedakis, Panagiotis Georgoulas, and Andreas D. Flouris. Association between habitual physical activity and brown adipose tissue activity in individuals undergoing PET-CT scan. *Clinical Endocrinology*, 2015 Jan; 82(1):147-54 (PMID: 25262810). IF*: 3.35 (MSc Thesis work).

20. **Petros C. Dinas**, Aleksandra S. Markati, and Andres E. Carrillo. Exercise-Induced Biological and Psychological Changes in Overweight and Obese Individuals: A Review of Recent Evidence, *ISRN Physiology*, vol. 2014, Article ID 964627, 11 pages, 2014. doi:10.1155/2014/964627. **IF*: NA (PhD work)**.
21. Andreas D. Flouris, **Petros C. Dinas**, Manolis N. Tzatzarakis, Giorgos S. Metsios, Konstantinos Kostikas, Athanasios Z. Jamurtas, Aristidis M. Tsatsakis, and Yiannis Koutedakis. Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia. *International Journal of Environmental Health Research*, 2014 Jun; 24(3):189-94 (PMID: 23802614). **IF*: 1.20 (BSc Thesis work)**.
22. **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Manolis N. Tzatzarakis, A. Wallace Hayes, Yiannis Koutedakis, Aristidis M. Tsatsakis, and Andreas D. Flouris. Acute effects of secondhand smoke on complete blood count. *International Journal of Environmental Health Research*, 2014 Feb; 24(1):56-62 (PMID: 23544435). **IF*: 1.20**.
23. Konstantinos Kostikas, Markos Minas, Eftyxia Nikolaou, Papaioannou Andriana, Panayiotis Liakos, Sofia Gougoura, Konstantinos I. Gourgoulialis, **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Andreas D. Flouris, Yiannis Koutedakis. Secondhand smoke induces acute acidification and oxidative stress. *Respiratory Medicine*, 2013, Feb; 107(2):172-9 (PMID: 23218453). **IF*: 2.58**.
24. **Petros C. Dinas**, Yiannis Koutedakis, and Andreas D. Flouris. Effects of active and passive tobacco cigarette smoking on heart rate variability. *International Journal of Cardiology*, 2013, Feb; 163 (2):109-115 (PMID: 22100604). **IF*: 6.80 (BSc Thesis work)**.
25. Mania Vafeiadou, **Petros C. Dinas**. Effects of colostrum supplementation on humans. *Hellenic Journal of Nutrition and Dietetics*, 2012, 3(2), 107–115. **IF*: NA**.
26. **Petros C. Dinas**, Yiannis Koutedakis and Andreas D. Flouris. Effects of exercise and physical activity on depression. *Irish Journal of Medical Science*, 2011 Jun; 180(2):319-25 (PMID: 21076975). **IF*: 0.69**.

(IF*: Impact factor at the time of acceptance, NA: Not applicable)

PUBLISHED CONFERENCE ABSTRACTS

1. **P.C. Dinas**, A Krase+, E. Nintou+, A. Georgakopoulos+, M. Granzotto+, M. Metaxas+, E. Karachaliou+, M. Rossato, R. Vettor, P. Georgoulis, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of Human White-Fat: The Actual Picture, *Multidisciplinary Digital Publishing Institute Proceedings 2019*, 25(1), 2. + Shared second authorship **IF*: NA (partly PhD work)**
2. A. Georgakopoulos, J. Koutsikos, A. Krase, E. Nintou, M. Metaxas, K. Athanasiou, P. Georgoulis, P. Gkiata, Y. Koutedakis, **P. Dinas**, A. Flouris, S. Chatziioannou. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. *European Journal of Nuclear Medicine and Molecular Imaging*, 2018/10/1, (45) S691-S69. **IF*: 7.7**
3. Carrillo A.E., **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. Assessment of the Relationship Between Macronutrient Intake and Browning of White Fat in Adult Males. *Medicine &*

Science in Sports & Exercise, Volume 49, Issues 5S, page 990, May 2017. IF: 4.14 (PhD work)*

4. N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine & Science in Sports & Exercise, Volume 47, Issues 5S, May 2015, P684. IF*: 3.98 (PhD work)*
5. **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to second hand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder, *Toxicology Letters, Volume 196, Supplement 1, 17 July 2010, Page S88. IF*: 3.4.*

(IF*: Impact factor at the time of acceptance)

REVIEWER SERVICES IN PEER-REVIEWED JOURNALS AND CONFERENCES

1. International Journal of Environmental Research and Public Health (2021): **IF: 2.85**
2. Critical Reviews in Food Science and Nutrition (2021): **IF: 7.86**
3. International Journal of Environmental Research and Public Health (2020-two papers): **IF: 2.85**
4. Physiological measurement (2020): **IF: 2.24**
5. Nutrients (2020): **IF: 4.17**
6. Disaster Medicine and Public Health Preparedness (2020): **IF: 1.03**
7. BMC Pulmonary Medicine (2020): **IF: 2.18**
8. Member of the scientific committee of the 9th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 18-20th Oct 2019, Thessaloniki, Greece.
9. Journal of adolescent health (2019): **IF: 4.02**
10. European Journal of Sport Science (2019): **IF: 2.89**
11. Journal of Heart Failure (2019): **IF: 3.94**
12. Scandinavian Journal of Medicine & Science in Sports (2019): **IF: 3.33**
13. Member of the scientific committee of the 8th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 19-21st Oct 2018, Thessaloniki, Greece.
14. Frontiers in Physiology (2018): **IF: 3.39**
15. Archives of Women's Mental Health (2018): **IF: 3.39**
16. Journal of Applied Biomedicine (2017): **IF: 1.43**
17. AIDS care (2017): **IF: 2.09**
18. European Journal of Sport Science (2017): **IF: 1.78**
19. Member of the scientific committee of the 7th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 22-24th Oct 2017, Athens, Greece.
20. Clinical Chemistry and Laboratory Medicine (2017): **IF: 3.43**
21. Disaster Medicine and Public Health Preparedness (2017, two papers): **IF: 0.92**
22. International Journal of Disaster Risk Reduction (2017, two papers): **IF: 1.24**
23. Member of the scientific committee of the 6th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 4-6th Nov 2016, Athens, Greece.
24. Environmental Toxicology and Pharmacology (2016): **IF: 2.18**
25. BMC Research Notes (2016): **IF: NA**
26. Irish Journal of Medical Science (2016): **IF: 0.83**

27. Environmental Science and Pollution Research (2016): IF: 2.83
28. Stress & Health (2016): IF: 1.81
29. International Journal of Environmental Research and Public Health (2015), IF: 2.06
30. Respiration (2015), IF: 2.94
31. Tobacco Induced Diseases (2015), IF: 1.50
32. Clinical Endocrinology (2014), IF: 3.35
33. PLOS One (2014), IF: 3.53
34. Disability and Rehabilitation (2014), IF: 1.83
35. Vascular Medicine (2014), IF: 1.61
36. American Journal of Preventive Medicine (2014), IF: 3.94
37. Frontiers in Psychiatry (2013), IF: NA
38. BMC Research Notes (2011), IF: NA
39. BMC Research Notes (2012, two papers), IF: NA
40. Child and Adolescent Psychiatry and Mental Health (2010), IF: NA
41. Depression Research and Treatment (2010), IF: NA

EDITORIAL BOARD

1. Hellenic Journal of Biochemistry and Physiology of Exercise

INVITED CONFERENCE PRESENTATIONS

1. **P. Dinas.** The role of physical activity/exercise in brown adipose tissue and brown adipose-like phenotype (round table). 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct. 2017, Athens, Greece.
2. **P. Dinas.** Can brown and brown-like adipose tissue benefit human health? The role of exercise. Functional Architecture of Mammals in Their Environment Laboratory, Science Innovation Forum 2016, May 11–13th, 2016, School of Exercise Science, University of Thessaly, Trikala, Greece.
3. **P. Dinas** and A. Flouris. Acute and intermittent effects of secondhand smoke. 11th Conference of the International Society for the Prevention of Tobacco Induced Diseases, Dec 9-11th, 2013, Athens, Greece.
4. **P. Dinas.** The role of the exercise expert in improving quality of life in special and clinical populations: collaboration with Physicians (round table). April 2010, 16th Conference of Greek Medical Students and young Physicians, Athens, Greece.

CONFERENCE PROCEEDINGS

5. **P.C. Dinas,** A. Krase, E. Nintou, A. Georgakopoulos, M. Granzotto, M. Metaxas, E. Karachaliou, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of Human White-Fat: The Actual Picture. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki, Greece, 18–20 Oct. 2019.
6. **P. Dinas;** A. Krase; E. Nintou; A. Georgakopoulos; M. Granzotto; M. Metaxas; E. Karachaliou; M. Rossato; R. Vettor; P. Georgoulas; A. Jamurtas; J. Koutsikos; K.

- Athanasίου; L. Ioannou; P. Gkiata; A. Carrillo; Y. Koutedakis; G. Metsios; T. Mayor; S. Chatziioannou; A. Flouris. Human white-fat thermogenic capacity evaluation via experimental and meta-analysis studies. International Conference on Environmental Ergonomics, July 7th - 12th 2019, Amsterdam, The Netherlands.
7. Nintou E., Chatziioannou S., Krase A., Georgakopoulos A., Metaxas M., Koutsikos J., Athanasίου K., Georgoulas P., Vliora M., Gkiata P., Koutedakis Y., **Dinas P.** and Flouris A.D. Association of human brown and white adipose tissue thermogenic activity with daily environmental temperature exposure. 7th International Conference on the Physiology and Pharmacology of Temperature Regulation, October 7-12, 2018, Split, Croatia.
 8. **P. Dinas**, A. Georgakopoulos, E. Nintou, A. Krase, M. Metaxas, K. Athanasίου, J. Koutsikos, P. Georgoulas, Y. Koutedakis, S. Chatziioannou, and A.D. Flouris. Human white adipose tissue activity assessed via positron emission tomography/computed tomography is positively associated with habitual physical activity. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
 9. E. Nintou, **P. Dinas**, D. Phychou, M. Granzotto, M. Rossato, R. Vettor, A. Jamurtas, Y. Koutedakis, G. Metsios, and A.D. Flouris. Associations of fat mass and physical activity with natriuretic peptide receptor alpha in subcutaneous adipose tissue in healthy men. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
 10. M. Vliora, E. Nintou, P. Sakellariou, P. Gkiata, L. Ioannou, **P. Dinas**, A. Flouris. Association of A-3826G polymorphism of UCP1 with physical activity levels in patients with cardiovascular syndrome. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
 11. K. Ntallas, L. Ioannou, E. Nintou, **P. Dinas**, Y. Koutedakis, A. Flouris. Effects of physical inactivity on body and muscle temperatures following a pre-heating protocol. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
 12. Georgakopoulos A., Koutsikos J., Krase A., Nintou E., Metaxas M., Athanasίου K., Georgoulas P., Gkiata P., Koutedakis Y., **Dinas P.**, Flouris A.D. and Chatziioannou S. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. Annual Congress of the European Association of Nuclear Medicine 13 – 17 October, 2018, Düsseldorf, Germany.
 13. Maria Vliora, **Petros C. Dinas**, Leonidas Ioannou, Eleni Nintou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Seasonal changes in environmental temperature increase UCP1 in subcutaneous white adipocytes. 17th International conference on Environmental Ergonomics, Kobe, Japan, 12th-17th Nov 2017.
 14. Carrillo A.E., Krase A., Nintou E., Georgakopoulos A., Pianou N., Metaxas M., Chatziioannou S., Georgoulas P., Athanasίου K., Koutsikos J., Amorim T., Moldovan O., Stasinopoulos Y., Koutedakis Y., **Dinas P.**, and Flouris A.D. Sympathetic nervous system activation during cold exposure is related to body mass index. 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct 2017, Athens, Greece.

15. Nintou E., Krase A., Metaxas M., Pianou N., Georgakopoulos A., Chatziioannou S., Georgoulas P., Koutsikos J., Athanasiou K., Amorim T., Vliora M., Moldovan O., Stasinopoulos Y., Koutedakis Y., **Dinas P.** and Flouris A.D. Brown adipose tissue activity is associated with the environmental temperature of the last week independently of physical activity levels in healthy men: preliminary evidence. 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct 2017, Athens, Greece.
16. Carrillo A.E., **Dinas P.**, Valante A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. (Accepted). Assessment of the relationship between macronutrient intake and browning of white fat in adult males. Annual Meeting of the American College of Sports Medicine. May 30 – June 3, Denver, Colorado.
17. **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Carrillo A., Davies N., Jamurtas A., Koutedakis Y., Metsios G, and Flouris A. Seasonal variations in browning formation indices of subcutaneous white adipose tissue in humans: a cross sectional study. 6th Conference of Exercise Biochemistry and Exercise Physiology, 4-6th Nov 2016, Athens, Greece.
18. Eleni Nintou, **Petros C. Dinas**, Maria Vliora, Marnie Granzotto, Marco Rossato, Roberto Vettor, Angelica Valente, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Chronic exercise and detraining on browning formation of subcutaneous adipose tissue in humans: a randomized controlled trial. 6th International Conference on the Physiology and Pharmacology of Temperature Regulation 5-9th Dec, 2016, Ljubljana, Slovenia.
19. Maria Vliora, **Petros C. Dinas**, Eleni Nintou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Angelica Valente, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Physical activity levels and browning formation indices of subcutaneous adipose tissue in humans: a cross sectional study. 6th International Conference on the Physiology and Pharmacology of Temperature Regulation 5-9th Dec, 2016, Ljubljana, Slovenia.
20. T.Subbananthan, Mohanchur Sarkar, Dr. Farhan Asrar, **Petros C.Dinas**, Masanuri Muto. An Integrated Innovative Systems Approach for Disaster Relief Using Space Technology. LAMSYS-2016 conference, Indian Society of Systems for Science and Engineering, Satish Dhawan Space Centre, 24-25 June 2016, Sriharikota, India.
21. **Dinas P.**, Metsios G., Zacharopoulou K., Phychou D., Gkiata P., Granzotto M., Rossato M., Vettor R., Valente A., Jamurtas A., Koutedakis Y., Flouris A.D. The effects of different types of exercise on mRNA expression of UCP1 and PPAR α of subcutaneous adipose tissue in humans: Preliminary evidence from a randomized controlled trial. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
22. **Dinas P.**, Metsios G., Zacharopoulou K., Gkiata P., Phychou D., Jamurtas A., Koutedakis Y., Flouris A.D. Equations to predict resting metabolic rate in adult men: Sensitivity during exercise programs and de-training. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.

23. **Dinas P.**, Lahart I., Flouris A.D., Koutedakis Y., Svensson P., Boguszewski C., and Metsios G. The effects of physical activity on PGC-1 α and FNDC5 in muscle, circulating irisin, and UCP1 of white adipocytes in humans: A systematic review. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
24. Gkiata P., **Dinas P.**, Carrillo A., Jamurtas A., Zacharopoulou K., Phychou D., Metsios G., Fatouros I., Koutedakis Y., Flouris A.D. The influence of different exercise programs on health indicators: A randomized controlled trial. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
25. **P. Dinas**, The "Space for Health Team" of the Space Studies Program 2014. A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters. University of Wolverhampton, 2nd Annual Research Conference 2015, 16th June 2015, Wolverhampton, UK.
26. N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. ACSM's 62nd Annual Meeting, 6th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise Fatigue, May 26-30, 2015, San Diego, California.
27. **P. Dinas**, P. Vitalis. Human Physical Performance Under Simulated Lunar Lighting Conditions. 4th Conference of Exercise Biochemistry and Exercise Physiology, 24-26 Oct 2014, Trikala, Greece.
28. M. Chasioti, **P. Dinas**, K. Tsitoglou, I. Patramani, Y. Koutedakis, and A. Flouris. Prediction of core temperature during rest, exercise and recovery. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
29. M. Chasioti, **P. Dinas**, A. Jamurtas, Y. Koutedakis, and A. Flouris. A new prediction of resting metabolic rate. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
30. M. Chasioti, **P. Dinas**, A. Jamurtas, Y. Koutedakis, P. Georgoulis, and A. Flouris. The relationship between physical activity levels and human brown adipose tissue. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
31. **P. Dinas**, K. Zacharopoulou, E. Vogiatzis, E. Dinas, P. Gkiata, A. Jamurtas, Y. Koutedakis, and A. Flouris. A new equation to predict resting metabolic rate in adult men. 3rd Conference of Exercise Biochemistry and Exercise Physiology, 8-9th Nov 2013, Athens, Greece.
32. E. Tsigaras, K. Tsitoglou, **P. Dinas**, Y. Koutedakis, and A. D. Flouris. Temperature variability: A Novel physiological indicator. 3rd Conference of Exercise Biochemistry and Exercise Physiology, 8-9th Nov 2013, Athens, Greece.
33. A. Flouris, **P. Dinas**, A. Nikaki, A. Jamurtas, V. Prassopoulos, R. Efthymiadou, Y. Koutedakis, and P. Georgoulis. Link between habitual physical activity and brown adipose tissue activity: First human evidence. "Metabolic syndrome: Experiment, clinics and therapy". International Scientific Meeting, Grodno, the Republic of Belarus, October 23–25th, 2013, pages: 103-107.
34. **P. Dinas**, A. Nikaki, P. Georgoulis, V. Prassopoulos, Y. Koutedakis, A. Jamurtas and A. Flouris. The effects of physical activity on brown adipose tissue in human. 2nd

Conference of Exercise Biochemistry and Exercise Physiology, Oct 12-13th 2012, Athens, Greece.

35. A. Flouris, **P. Dinas**, K. Tsitoglou, I. Patramani, and Y. Koutedakis. Non-invasive prediction of muscle temperature in humans during rest, moderate exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, Oct 12-13th 2012, Athens, Greece.
36. **P. Dinas**, K. Tsitoglou, I. Patramani, Y. Koutedakis and A. Flouris. Non-invasive prediction of core temperature in humans during rest, moderate exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, 12-13th Oct 2012, Athens, Greece.
37. K. Tsitoglou, **P. Dinas**, Y. Koutedakis, A. Flouris. Examination of the validity of Polar RS800CX for assessing heart rate variability during rest, exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, 12-13th Oct 2012, Athens, Greece.
38. A. Flouris, **P. Dinas**, Y. Koutedakis, A. Carrillo. Effect of Environmental Temperature on Mortality in Greece between 1999 and 2008. XIV International Conference on Environmental Ergonomics, July 10-15th, 2011, Nafplio, Greece.
39. **P. Dinas**, A. Carrillo, Y. Koutedakis, A. Flouris. Effects of Environmental Temperature on the Occurrence of Vehicle Accidents in Greece. XIV International Conference on Environmental Ergonomics, July 10-15th, 2011, Nafplio, Greece.
40. A. Carrillo, **P. Dinas**, D. Oikonomou, G. Metsios, A. Jamurtas, Y. Koutedakis and A. Flouris. Influence of environmental tobacco smoke exposure on the complete blood count of adult humans. Third International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference, June 19-24th, 2011, Skiathos Island, Greece.
41. **P. Dinas**, Carrillo, A., Oikonomou, D., Metsios, G., Jamurtas, A., Koutedakis, Y., Flouris, A. Acute effects of passive smoking on complete blood count. 1st conference of Exercise Biochemistry and Exercise Physiology, May 20-21st 2011, Komotini, Greece.
42. **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to second hand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder. XII International Congress of Toxicology, July 19-23rd 2010, Barcelona, Spain.
43. **P. Dinas**, Oikonomou, D., Metsios, G., Jamurtas, A., Koutedakis, Y., Flouris, A. Effects on Heart Rate Variability during passive smoking exposure. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
44. **P. Dinas**, Christodoulou, V., Oikonomou, D., Minas, M., Metsios, G., Kostikas, K., Jamurtas, A., Koutedakis, Y., Flouris, A. Passive smoking is accompanied by endogenous lung acidosis and obstructive pulmonary disorder. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
45. Christodoulou, V., **P. Dinas**, Koutedakis, Y., Flouris, A. Validity of the Polar RS800CX for assessing Heart Rate Variability during rest and exercise. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.

46. Christodoulou, V., **P. Dinas**, Balamis, N., Flouris, A. Changes in Heart Rate Variability during archery competition. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
47. **P. Dinas**, D. Oikonomou, G. Metsios, A. Tziamourtas, Y. Koutedakis, A. Flouris (2010). Effects of passive smoking on Heart Rate Variability. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
48. **P. Dinas**, D. Oikonomou, M. Minas, E. Nikolaou, E. Tagtalianidou, K. Kostikas, K., Gourgoulisanis, A. Tziamourtas, G. Metsios, Y. Koutedakis, A. Flouris. Acute respiratory effects of passive smoking. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
49. V. Christodoulou, **P. Dinas**, Y. Koutedakis, A. Flouris. Validity coefficients for the polar RS800CX for heart rate variability measurements. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
50. V. Christodoulou, **P. Dinas**, N. Mpaliamis, Y. Koutedakis, A. Flouris. Fluctuations of Heart Rate Variability during an archery competition and links with performance. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.

SKILLS

1. Good clinical practice, National Institute for Health and Research, UK, 22-1-2016.
2. A0FAQ Level 3 Award in First Aid at Work (QCF), Ultimate Care (Midlands) Ltd., 20-5-2015, Certification number TP495T153366C35140.
3. Phlebotomist. Certification number 07756534, Aurum Training Ltd., 8-11-2014
4. Proficient user of Microsoft packages, SPSS, Endnote
5. Leadership, communication, and time-management abilities

SCIENTIFIC WORKSHOPS – COURSES

1. "Risk Assessment". Workshop (22-9-2015) offered by the University of Wolverhampton, UK
2. "For those who teach". Workshop (11-6-2015) offered by the University of Wolverhampton, UK
3. "Keeping up to date". Workshop (26-11-2014) offered by the University of Wolverhampton, UK
4. "Searching the literature". Workshop (26-11-2014) offered by the University of Wolverhampton, UK
5. "Writing a Literature Review". Workshop (27-10-2014) offered by the University of Wolverhampton, UK
6. "Writing in the sciences". Online course (Sep 24th - Nov. 26th, 2012) offered by Dr. Kristin Sainani, School of Medicine, Stanford University, USA (Certification with distinction). Grade: 93.3%
7. "1st workshop of clinical exercise physiology and rehabilitation", 11-10-2012 offered by Sotiria Hospital, Athens, Greece.

THESIS/ DISSERTATIONS/PROJECTS

1. **PhD Dissertation, 2017:** Function and activation of human adipose tissue: The role of genes in the link between physical activity and brown adipose-like phenotype, University of Wolverhampton. Director of Studies: Professor George Metsios (Clinical Exercise Physiology), Supervisory Committee: Professor Yiannis Koutedakis (Applied Physiology), Associate Professor Andreas D. Flouris (Environmental Physiology). Examiners: Professor Matthew A. Wyon (Exercise Physiology and Dance Science – University of Wolverhampton, UK), Dr Lee Hamilton (Molecular Exercise Physiology – University of Stirling, UK), Dr Leigh Breen (Exercise Physiology and Metabolism – University of Birmingham, UK).
2. **Diploma Team Project, 2014:** Space for Health. Space Studies Program 2014, International Space University, Montreal, Canada. Grade “A” (grade scale “A”: $\geq 86\%$). Supervisor: Dr. Farhan Asrar (Space Medicine – Chair of team project “Space and Public Health”)
3. **Diploma Individual Project, 2014:** Human Performance under Lunar Lighting Conditions. Space Studies Program 2014, International Space University, Montreal, Canada. Grade “A” (grade scale “A”: $\geq 86\%$). Supervisor: Tricia Larose (Head of Department of Human Performance in Space)
4. **MSc Thesis, 2012:** The relationship between physical activity and brown adipose tissue in humans. School of Physical Education and Sport Sciences, University of Thessaly, Trikala, Greece. Grade: 100%, Scientific advisor: Dr. Andreas D. Flouris (Environmental Physiology). Supervisory committee: Professor Yiannis Koutedakis (Applied Physiology), Associate Professor Jamurtas Athanasios (Exercise Biochemistry), and Assistant Professor Georgoulas Panagiotis (Nuclear Medicine – Medical School, University of Thessaly).
5. **BSc Thesis, 2010:** Acute effects of passive tobacco smoking on heart rate variability. School of Physical Education and Sport Sciences, University of Thessaly, Trikala, Greece. Grade: 100%, Scientific advisor: Dr. Andreas D. Flouris (Environmental Physiology). Supervisor: Assistant Professor Jamurtas Athanasios (Exercise Biochemistry).

NON-ACADEMIC CERTIFICATIONS – AWARDS

1. **May 2006:** Master of management of military equipment offered by the Officers Military Management School, Lamia, Greece. First graduated student. Grade 95.5%.
2. **Sep. 2005:** “Medal” awarded by the North Atlantic Treaty Organization (NATO) for my services in Afghanistan, Asia.
3. **Sep. 2003:** “A class medal” awarded by the Minister of Greek National Defense for my exceptional services in the Greek Army.
4. **Dec. 2001:** Honorary award offered by the Greek Climbing Club of Acharnon for my distinction in ultra-marathon races, Acharnes, Attiki, Greece.
5. **July 2001:** “B class medal” awarded by the Minister of Greek National Defense for my exceptional services in the Greek Army.
6. **Aug. 1998:** Free-fall jump certification offered by the Greek Military Paratroopers School, Aspropyrgos, Attiki, Greece.

7. **Nov. 1996:** Static line jump master certification offered by the Greek Military Paratroopers School, Aspropyrgos, Attiki, Greece.
8. **Feb. 1996:** Static line paratrooper certification offered by the Greek Military Paratroopers School, Aspropyrgos, Attiki, Greece.
9. **Dec. 1995:** Special Forces certification offered by the Greek Military Special Forces School, Rentina, Thessaloniki, Greece. First graduated student.
10. **Sep. 1988:** "Management certification" of military equipment offered by the Officers Military Management School, Lamia, Greece.

REFERENCES (AS PER SERIES OF ACQUAINTANCE)

1. Associate Professor Andreas D. Flouris: Associate Professor in environmental physiology, Founder of the Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece. Karies, Trikala, GR 42100, Greece. E-mail: andreasflouris@gmail.com, Tel: +302431500601.
2. Professor George Metsios: Professor in Clinical Exercise Physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, Walsall, UK. Email: G.Metsios@wlv.ac.uk, Tel: +44(0)1902323104.
3. Professor Yiannis Koutedakis: Professor in Applied Physiology, Dean of School of Physical Education and Sport Sciences, Thessaly University, Karies, Trikala, GR 42100, Greece. Professor in Applied Physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, Walsall, UK: Email: y.koutedakis@pe.uth.gr, Tel: +3024310 47056.
4. Associate Professor Andres E. Carrillo: Assistant Professor in Exercise Physiology. Department of Exercise Science, Chatham University, Pittsburgh, PA 15232 USA. E-mail: aecarrill@gmail.com, Tel. +1 412 365 1166.
5. Dr. Farhan Asrar: Lecturer and clinical teacher of medicine, University of Toronto, Ontario, Canada. Email: farhan.asrar@medportal.ca.