



Short Curriculum Vitae: Maria Michalopoulou

**Current
Position:**

DigiAgriFood project Coordinator
Member of the Democritus University of Thrace
Management Board
Professor in Skill Acquisition in Physical Activity
and Sports

**Undergraduate
Education:**

B.Sc. in Physical Education and Sport Science,
Department of Physical Education and Sport Science,
National & Kapodistrian University of Athens,
Athens, Greece

**Graduate
Studies:**

PhD in Education, Department of Physical Education and
Sport Science, University of Thrace (1995).
1991-1992: MSc. In Sport Science, Dept. Of Clinical
Physics and Medical Engineering University of
Sheffield UK,

**Areas
of Interest**

Well being and health effects of physical activity
Behavioral analysis of sedentary behavior and physical
activity children in adolescents.
Skill acquisition and cognitive behavior in elite
performance

**Professional
Experience**

- 2022 - today: Member of the Democritus University of Thrace Management Board and DigiAgriFood project Coordinator
- 2018 - 2022: Vice Rector of Research and Long-Life Education
- 2018 - President of the Research Committee
- 2013-2017: Elected Dean of the School of Physical Education and Sport Science, DUTH, Komotini, GR.
- 2012-2013: Elected Chair of the Department of Physical Education and Sport Science, DUTH, Komotini, GR.
- 2012- today: Member of the Democritus University of Thrace Senate.
- 2011 - today elected Member of The Research Committee

Batrakoulis A, Jamurtas AZ, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Bouglas V, Michalopoulou M, Fatouros High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial IG.PLoS One. 2018 Aug 23;13(8):e0202390. doi: 10.1371/journal.pone.0202390. eCollection 2018.

**Representative
publications**

Draganidis D, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, Tsimeas P, Chondrogianni N, Koutedakis Y, Karagounis LG, Fatouros IG. Nutrients. Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. 2018 May 4;10(5):566. doi: 10.3390/nu10050566.



Bounova A, Michalopoulou M, Agelousis N, Kourtessis T, Gourgoulis Home and Neighborhood Environment Predictors of Adolescents' Screen Viewing. *V.J Phys Act Health*. 2016 Dec;13(12):1310-1316. doi: 10.1123/jpah.2015-0508. Epub 2016 Aug 24.

Bounova A, Michalopoulou M, Agelousis N, Kourtessis T, Gourgoulis V The parental role in adolescent screen related sedentary behavior. (2016). *Int J Adolesc Med Health*. Oct 4;30(2):/j/ijamh.2018.30.issue-2/ijamh-2016-0031/ijamh-2016-0031.xml. doi: 10.1515/ijamh-2016-0031.

Tsonga T, Michalopoulou M, Malliou P, Godolias G, Kapetanakis S, Gkasdaris G, Soucacos Analyzing the History of Falls in Patients with Severe Knee Osteoarthritis. *P.Clin Orthop Surg*. 2015 Dec;7(4):449-56. doi: 10.4055/cios.2015.7.4.449. Epub 2015 Nov 13. PMID: 26640627.

Michopoulou, E., Avloniti, A., Kambas, A., Leontsini, D., Michalopoulou, M, Tournis, S. & Fatouros, I. (2011). Elite Premenarcheal Rhythmic Gymnasts Demonstrate Energy and Dietary Intake Deficiencies During Periods of Intense Training. *Pediatric Exercise Science*, 23,560-572

