

Petros Ntinias (Dinas)

Publications and PubMed name: **Dinas PC**

Contact details:

(Tel): GR: +306974010118

UK: +447756745186

Email: petros.cd@gmail.com

SUMMARY

Peer-reviewed Publications	12
Peer-reviewed Abstract Publications	2
Cumulative Impact Factor	29.30
Total Citations (Google Scholar)	~199
Scientific Conference Presentations	37
Reviewer Services in Peer-Reviewed Journals	19
Personal grants-Scholarships-Academic awards	€ 47,617
Dissertations/Projects	5

QUALIFICATIONS

Degree/Certification	University/Institute	Subject/GPA	Year(s)
PhD	Institute of Sport, University of Wolverhampton (UK)	Molecular Exercise Physiology	2013-Present (Successful Viva 23-9-2016)
Diploma (distinction)	International Space University (Canada and Strasbourg France)	Space Studies Program GPA: 86%	2014
MSc (distinction)	School of Physical Education & Exercise Science, University of Thessaly (Greece)	Exercise and Health, GPA: 94.4%	2011-2012
BSc (Honors 1st class)	School of Physical Education & Exercise Science, University of Thessaly (Greece)	Physical Education and Exercise Science, GPA: 91.10%. Main: Exercise and Health, GPA: 100%	2006-2010
BSc	School of Non- commissioned Officers (Greece)	Military Academy, GPA: 77.5%	1986-1988

PERSONAL GRANTS – SCHOLARSHIPS – ACADEMIC AWARDS

1. **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.
2. **Nov. 2015:** Winner of the second prize of the poster competition **€150** for the study “The effects of physical activity on PGC-1a 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.
3. **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.
4. **June 2015:** 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.
5. **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.
6. **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.
7. **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”.
8. **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”.
9. **July 2011:** Nominated scholarship **€300** Awarded the W.L. Gore & Associates Postgraduate Student International Conference of Environmental Ergonomics Stipend 2011, Nafplio, Greece.
10. **July 2010:** First graduated student (BSc) of the “School of Physical Education and Exercise Science, University of Thessaly, Greece”. GPA: 91.10%.

TEACHING EXPERIENCE

1. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (4SR026) Physical Activity, Sedentary Behaviour, and Health. (One semester).

2. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (4SR027) Research Skills for Sport and Exercise Science (One semester).
3. **2015-2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (6SR002) Applied Sport and Exercise Physiology (One semester).
4. **2014-2015:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (6SR004) Clinical Cardiopulmonary Exercise Testing (One semester).
5. **2013-2014:** Honorary teaching staff at the School of Physical Education and Sport Sciences, **University of Thessaly**, Trikala, Greece. 2013-2014. Module: (MK045) Human Physiology (Two semesters).
6. **2008 and 2010:** Teaching of Physical Education at an Elementary and a High School (overall three semesters) in Trikala, Greece.
7. **1988-2007:** Teaching of a variety of military modules.

PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. **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. **IF*: N/A**.
2. 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. **IF*: 1.61**.
3. **Petros C. Dinas**, Christian Mueller, Nathan Clark, Tim Elgin, Seyed Ali Nasseri, 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. **IF*: 1.14**.
4. Andreas D. Flouris and **Petros C. Dinas**. Impact of regular exercise on classical brown adipose tissue. *Clinical Endocrinology*, Oct;83(4):591-3, 2015. **IF*: 3.35**.
5. **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. **IF*: 3.35**.
6. **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**.
7. 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. **IF*: 1.20.**
8. **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. **IF*: 1.20.**
 9. Konstantinos Kostikas, Markos Minas, Eftyxia Nikolaou, Papaioannou Andriana, Panayiotis Liakos, Sofia Gougoura, Konstantinos I. Gourgoulisanis, **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. **IF*: 2.58.**
 10. **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. **IF*: 6.80.**
 11. Mania Vafeiadou, **Petros C. Dinas**. Effects of colostrum supplementation on humans. *Hellenic Journal of Nutrition and Dietetics*, 2012, 3(2), 107–115. **IF*: NA.**
 12. **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. **IF*: 0.69.**

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

PUBLISHED CONFERENCE ABSTRACTS

1. 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**
2. **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)

SUBMITTED PAPERS IN PEER-REVIEWED JOURNALS

1. **Petros C. Dinas**, Ian M. Lahart, James A. Timmons, Yiannis Koutedakis, Per-Arne Svensson, Cesar Boguszewski, and George S. Metsios. The effects of physical activity on the link between PGC-1α and FNDC5 in muscle, circulating irisin and UCP1 of white adipocytes in humans: A systematic review. *PLOS one* (PONE-D-16-36396) (Under review).

2. 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. JoVE (JoVE55593) (Under review). * Shared first authorship
3. Andreas D. Flouris, **Petros C. Dinas**, Angelica Valente, Cláudia Marlise Balbinotti Andrade, Nair Honda Kawashita, Paraskevi Sakellariou. Exercise-induced effects on UCP1 expression in classical brown adipose tissue: a systematic review. Hormone Molecular Biology and Clinical Investigation, (HMBCI.2016.0048) (Under review).

REVIEWER SERVICES IN PEER-REVIEWED JOURNALS AND CONFERENCES

1. 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.
2. Environmental Toxicology and Pharmacology (2016): **IF: 2.18**
3. BMC Research Notes (2016): **IF: NA**
4. Irish Journal of Medical Science (2016): **IF: 0.83**
5. Environmental Science and Pollution Research (2016): **IF: 2.83**
6. Stress & Health (2016): **IF: 1.81**
7. International Journal of Environmental Research and Public Health (2015), **IF: 2.06**
8. Respiration (2015), **IF: 2.94**
9. Tobacco Induced Diseases (2015), **IF: 1.50**
10. Clinical Endocrinology (2014), **IF: 3.35**
11. PLOS One (2014), **IF: 3.53**
12. Disability and Rehabilitation (2014), **IF: 1.83**
13. Vascular Medicine (2014), **IF: 1.61**
14. American Journal of Preventive Medicine (2014), **IF: 3.94**
15. Frontiers in Psychiatry (2013), **IF: NA**
16. BMC Research Notes (2011), **IF: NA**
17. BMC Research Notes (Two papers-2012), **IF: NA**
18. Child and Adolescent Psychiatry and Mental Health (2010), **IF: NA**
19. Depression Research and Treatment (2010), **IF: NA**

INVITED CONFERENCE PRESENTATIONS

1. **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.
2. **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.
3. **P. Dinas.** Participation in a round table. The role of the exercise expert in improving quality of life in special and clinical populations: collaboration with Physicians. April

2010, 16th Conference of Greek Medical Students and young Physicians, Athens, Greece.

CONFERENCE PROCEEDINGS

4. **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.
5. 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.
6. 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.
7. 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.
8. **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.
9. **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.
10. **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.
11. 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.
12. **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.
 13. 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.
 14. **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.
 15. 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.
 16. 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.
 17. 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.
 18. **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.
 19. 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.
 20. 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.
 21. **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.
 22. 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.
23. **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.
 24. 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.
 25. 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.
 26. **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.
 27. 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.
 28. **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.
 29. **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.
 30. **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.
 31. **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.
 32. 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.
 33. 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.

34. **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.
35. **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.
36. 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.
37. 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.

WORK EXPERIENCE

1. **2016-present:** Researcher in human physiology, Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
2. **2014-2016:** Research Assistant in human physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.
3. **2014-2016:** Visiting Lecturer in Exercise Physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK (please see teaching experience).
4. **2016:** Collaborative Researcher in the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
5. **2015:** Collaborative Researcher in the Institute of Gene Biology, Russian Academy of Sciences, Moscow, Russia.
6. **2013-2016:** Adjunct Researcher, Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
7. **2013-present:** Collaborative Researcher in the Department of Exercise Science, Chatham University, Pittsburgh, USA.
8. **2011-2013:** Lab Manager and Research Assistant (Volunteer), Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
9. **2003-2004, 2007:** Special Forces, Master Chief Instructor of static line Paratroopers, Greek Army.
10. **2005:** Leader of a Special Forces Greek Team in Afghanistan for the International Security Assistant Force.
11. **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.

12. **1988-2007:** Manager of military equipment systems and Special Forces Officer, Greek Army.

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.

DISSERTATIONS/PROJECTS

1. **PhD Thesis, 2016:** Function and activation of human adipose tissue: The role of physical activity on brown adipose-like phenotype. University of Wolverhampton, Director of Studies: Professor George Metsios, Supervisors: Professor Yiannis Koutedakis, Associate Professor Andreas D. Flouris.
2. **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 (Chair of team project “Space and Public Health”)
3. **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 MD Georgoulas Panagiotis (Nuclear Medicine).
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:** A Medal awarded by North Atlantic Treaty Organization (NATO) for my services in Afghanistan, Afghanistan.
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:** Greek Special Forces certification offered by the Greek Military Special Forces School, Rentina, Thessaloniki, Greece. First graduated student.
10. **Sep. 1988:** Basic management certification of military equipment offered by the Officers Military Management School, Lamia, Greece.

REFERENCES (AS PER SERIES OF ACQUAINTANCE)

1. Dr. Andreas D. Flouris: Associate Professor, Founder of the Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Sciences, University of Thessaly, Trikala, Greece. Manager Living Lab Thessaly. 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. Dr. 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. Giorgos Sakkas: Associate Professor in Clinical Exercise Physiology at the University of St Mark & St John, Plymouth, UK. E-mail: gsakkas@marjon.ac.uk, Tel: +441752 636700 Ext 2037.
6. Dr. Ian Lahart: Senior Lecturer in Exercise Physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, Walsall, UK. Email: I.Lahart@wlv.ac.uk.
7. Dr. Farhan Asrar: Lecturer and clinical teacher of medicine, University of Toronto, Ontario, Canada. Email: farhan.asrar@medportal.ca.