

# Christina Karatzaferi

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Items	Number
Books	3
Book Chapters	4
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	>33
Articles in Journals not Indexed in Bibliographical Databases	-
Refereed International Conference Presentations	>30
Invited Presentations	>6
Harzing's PorP/Scopus Citation Index (including self-citations)	842/557
Harzing's PorP/Scopus h-index	14/11
Involved in Successful Grant Applications	>13

## 1 EDUCATION

- **BSc** National and Kapodistrian University of Athens; Dept. PE and Sport Science, Greece (1993)
- **MSc** Loughborough University; Dept. of PE, Sport Science and Recreation Management, UK (1996)
- **PhD** Manchester Metropolitan University; Dept. of Exercise and Sport Sciences, UK (2000)

## 2 EMPLOYMENT HISTORY

- Assistant Professor (Senior Lecturer) in Exercise Physiology, Dept. of PE and Sports Science, University of Thessaly (UTh), GR. Currently on sabbatical leave visiting at the University of Kent, UK (Dept. Biosciences, hosted by Prof. M.A. Geeves) (2010-present)
- Physiology Research Coordinator and founding member of the Institute of Human Performance and Rehabilitation (PERFOTECH), at the Centre for Research Technology – Thessaly (CERETETH), GR (2006-present)
- Lecturer in Exercise Physiology, Dept. of PE and Sports Science, UTh, GR (2005-2010)
- Teaching and Research Personnel (contract), UTh, GR (2004-2005)
- AHA Research Fellow and Ass. Researcher, Dept. of Biochemistry & Biophysics & CVRI, UCSF, USA (2002-2004)
- Teaching Personnel (part-time), University of California Berkeley Extension, USA (2002-2003)
- Post-Doctoral Research Fellow, with Roger Cooke, Dept. Biochem. Biophysics & Cardiovascular, Research Institute (CVRI), UCSF, USA (2001-2002)
- Lecturer in Exercise Physiology, Dept. PE Sport & Leisure, University of Edinburgh, UK (1999-2001)
- Teaching and Research Personnel, Dept. of Exercise & Sport Sciences, MMU, UK (1996-1999)

## 3 ACADEMIC & SCIENTIFIC EXPERIENCE

### 3.1 Undergraduate Teaching

1. Department of Physical Education & Sport Science, University of Thessaly, Instructor «Physiology of Exercise» and «Assessment of Performance in Field Tests» (2011- present)
2. Department of Physical Education & Sport Science, University of Thessaly, Head Instructor of «Sports Medicine», «Health and Exercise for Special Populations» & «Safely Training and Instant First Aid» (2013-present)
3. Department of Physical Education & Sport Science, University of Thessaly, Instructor «Exercise & Health» (I & II) (2011- present)
4. Department of Physical Education & Sport Science, University of Thessaly, Instructor «Physiology of exercise: Sport Performance and Survival in Adverse Conditions» (2005-present)
5. Department of Physical Education & Sport Science, University of Thessaly, Head Instructor Division of Health, Leisure & Sports Management 5<sup>th</sup> term «Physiology of Exercise» (2008-2011)
6. Department of Physical Education & Sport Science, University of Thessaly, Head Instructor Division of Health, Leisure & Sports Management 6<sup>th</sup> term «Assess of performance with field trial test» (2008-2011).
7. Department of Physical Education & Sport Science, University of Thessaly, Head Instructor Division of Elite Performance 3<sup>rd</sup> Year «Physiology of exercise» (2008-2011).
8. Department of Physical Education & Sport Science, University of Thessaly, Head Instructor «Exercise and Health I & II» Division of Health, Leisure & Sports Management. Head Instructor of «Exercise and Health III» & « Exercise and Health IV» (2006-2011).
9. Department of Physical Education & Sport Science, University of Thessaly, Instructor «Identification of physiological parameters in the Lab» winter term (2006-2011).
10. Department of Physical Education & Sport Science, University of Thessaly, Teaching associate «Anatomy I& II», «Greek Traditional Dances» (2005-2006).
11. University of California, Berkeley, Extension, USA, Teaching associate «Human Physiology» (2002-2003).
12. University of Edinburgh, UK, Teaching associate «Physiology of Exercise» & «Basketball» (1999-2001).
13. Manchester Metropolitan University UK, Teaching associate «Physiology of Exercise» (1996-1999)

### 3.2 Postgraduate Teaching

1. Department of Physical Education & Sport Science, University of Thessaly, Teaching associate «Overuse of the musculoskeletal system» MSc in Military Fitness & Wellbeing (2015 – present).
2. Department of Physical Education & Sport Science, University of Thessaly, Teaching associate B' Semester, «Exercise for Special Populations» (2015-present).
3. Department of Physical Education & Sport Science and School of medicine, University of Thessaly, Instructor and Head teacher, A' Semester, «Physiology of Exercise» MSc Exercise, Ergospirometry and Rehabilitation (2014- present).
4. Department of Physical Education & Sport Science, University of Thessaly, Instructor and Head teacher, A' Semester «Physiology of exercise and Coaching» & «Physiology of Adverse conditions» MSc in Military Fitness & Wellbeing (2014 – present).
5. Department of Physical Education & Sport Science, University of Thessaly, Instructor and Head teacher, B' Semester «Muscle Physiology: function and plasticity» MSc Exercise & Health (2008-present).
6. Department of Physical Education & Sport Science, University of Thessaly, Instructor and Head teacher, A' Semester «Methodology, Data Presentation and Authoring dissertation», «Exercise & Obesity» & καί B' Semester « Exercise: Prevention and Rehabilitation in Cardiovascular Disease» MSc Exercise & Health (2006-present).

### **3.3 Supervision/Co-supervision of Doctoral Theses**

#### **3.3.1 Completed**

1. P. Zigoulis (2013) – committee member
2. A. Theos (2013) - committee member

#### **3.3.2 In Progress**

1. M. Avramidou - committee member
2. D. Varveri - committee member
3. E.E. Rodite – committee member
4. S. Grigoriou – supervisor
5. G. Mitrou –supervisor
6. K. Poulianiti – supervisor
7. B. Gkizlis – committee member
8. G. Theofilides– supervisor
9. A. Krase- committee member
10. M. Tsekoura - committee member

### **3.4 Supervision/Co-supervision of Master's Dissertations**

#### **3.4.1 Completed**

1. N. Magkoutis – committee member
2. I. Loukas - committee member
3. P. Mpourlios – supervisor
4. D. Tzika – committee member
5. V. Gkizlis – supervisor
6. C. Tsarouzas – supervisor
7. A. Tsarouzas – committee member
8. B. Mpouglas – committee member
9. P. Adamidou – supervisor
10. E.A. Dimitriadou - supervisor
11. E.A. Constantinidou – supervisor
12. P. Xidirioti – supervisor
13. G. Mitrou – supervisor
14. N. Rizos – supervisor
15. I. Dende – supervisor
16. E.E. Rodite - committee member

#### **3.4.2 In Progress**

1. D. Kalivas – supervisor

### **3.5 Funding**

#### **3.5.1 Competitive International**

1. MSCA-RISE-2014 -"Muscle Stress Relief: An integrated research program linking together basic research on secondary myopathies in stress states to innovative translation in applied myology." (Coordinator S. Labeit, our budget 144k, Grant agreement no: 645648), Co-PI (2015).
2. FP7- Marie Curie Intra European Fellowship Scheme, 153,665€. The effect of physical activity on muscle biology and health in statin-treated older individuals, Team member (2009-2011).

3. FP7- Marie Curie International Research Staff Exchange Scheme, 151,200€ “ICARUS: International cooperation for the advancement of research on the underlying system of human thermoregulation, Team member.
4. FP7- Marie Curie International Reintegration Grant, 153,665€ “THERMOMICS: Unravelling the functional architecture of the human thermoregulatory system through immunological, circadian and sensory mechanisms: focus on the mature European population” Team member.
5. Herbert Boyer Fellowship - University of California San Francisco Funds, 45000\$. Transition to independence award: mechanisms of muscle function (did not use the award as I accepted a tenure-track post in Greece) PI (July 2004).
6. American Heart Association (AHA) AHA#0225075Y, 71000\$. Mechanisms of Fatigue in Skeletal and Cardiac Muscle, PI (2002-2004).
7. University of California San Francisco Internal Funds (PI Dr Scanlan) 14,000\$ Effects of thyroxine metabolites in cardiac function, team member (January 2003).
8. Sports Scotland, Scottish Institute of Sport, UK (with Prof. Mike Stone), 180,000£ Scientific Sport Science Support to the Scottish National Teams, named investigator (1999-2001).

### 3.5.2 Competitive National

1. THALIS - Mechanisms of muscle function: fatigue and oxidative stress (Muscle Fun) - (€600 K, NSRF/Thales/2012, MIS 377260, Coordinator, Y. Koutedakis). Co-PI (2012).
2. THALIS - Exercise, smoking, & alcohol: investigation of mechanisms, & interventions for prevention, cessation & awareness (€600K, NSRF/Thales/730, MIS: 375607, Coordinator. I. Theodorakis), Team member (2012).
3. Remedial and Rehabilitation Tourism in Thessaly έργο με κωδικό 11ΣΥΝ\_10\_1289 «Remedial and Rehabilitation Tourism in Thessaly» (ReTour), Operational Programme "Competitiveness and Entrepreneurship", Team member (2007-2013).
4. General Secretariat for Research and Technology, 27.064 € Human Networks of Research and Technological Education in Biofunctional Foods, team member. (August 2007).
5. General Secretariat for Research and Technology- Research Weeks, 29,000€. Science and Technology Week, co-PI (August 2007).
6. General Secretariat for Research and Technology, 112.000 €. Innovation Pole – Thessaly (2006).
7. NSRF 2007-20013/ Call:Thales/Support of the interdisciplinary and/or inter-institutional research and innovation (Coordinator Y. Koutedakis, Principal Investigators Team 1: C. Karatzaferi, Team 2: I. Stefanidis, Team 3: A. Jamurtas, Team 4: G.K. Sakkas), 600,000€ (incl. 12% overhead). Mechanisms of muscle function: fatigue and oxidative stress (Muscle Fun)-MIS 377260 <http://www.pe-uth.gr/musclefun/index.php?lang=en> (October 2011- September 2015).
8. General Secretariat for Research and Technology- Research Weeks, 32,900€. Science and Technology Week (August 2008).
9. University of Thessaly Internal Funds- 3550, 2900€. Establishing a uremic animal model at the University of Thessaly Animal House to support future research activities, PI (September 2007).

### 3.5.3 Miscellaneous

1. COST ACTION – CM1306 “Understanding Movement and Mechanism in Molecular Machines” (oc-2013-1-15384, Coordinator: Fraser MacMillan, 2014-2018), MC member.
2. Alliance for Health – Exercise (MIS 374077, PI: V. Gerodimos, Hellenic Ministry of Health, €526K, 2012). Alliance for Health – Exercise: development of exercise programmes as a means for the prevention and rehabilitation of chronic diseases – interventional programmes, Team member (2012).

### 3.6 Participation in International Scientific and Administrative Committees

1. Member of Education Committee, International Union of Physiological Sciences, 2013-2017.
2. Advisory board member, 44th European Muscle Conference, Warsaw, Poland 2015.
3. Scientific board member, 43rd EMC, Salzburg Austria, 2014.
4. President of Hellenic Society of Biochemistry and Physiology of Exercise (2013-2014).
5. Member of Hellenic Society of Biochemistry and Physiology of Exercise (2010-2012 & 2012-2014).
6. Reviewer of Hellenic Society of Biochemistry and Physiology of Exercise.
7. Reviewer of EMC 2012.
8. Team member American College of Sports Medicine, USA.
9. Former member of the Hellenic Society of Biomechanics.
10. Reviewer of Hellenic Society of Biochemistry and Physiology of Exercise (Workshop).
11. Member of Living Labs (EnoLLs 3rd Wave), September 2008.
12. Editorial Board: Frontiers in Striated Physiology, Advances in Physiology Education.

### 3.7 Membership in International Professional Organizations

1. Member of European Society for Muscle Research.
2. Member of American Physiological Society, USA (2002 - present).
3. Member of Hellenic Society of Biochemistry and Physiology of Exercise
4. Ex member of American College of Sports Medicine, USA.
5. Ex member of Hellenic Society of Biochemistry and Physiology of Exercise
6. Ex member of Biophysical Society, USA

## 4 PUBLICATIONS

### 4.1 Books

1. **Karatzaferei C.** (ed.) Manual for Physical assessment of athletes: Laboratory and Field Testing for the scientific support of competitive sports (in Greek), Sep 2015
2. **Karatzaferei C.** Tsimeas P. Stauroopoulos – Kalinoglou A. & Tziamourtas A. Proceedings of the 4<sup>th</sup> Biochemistry & Physiology of Exercise Conference, 24-26 Oct 2014, Trikala, Greece (in Greek)
3. Chase P.B. & **Karatzaferei C.** (eds) "Muscle fatigue and muscle weakness: what we know and what we wish we did", August 2013, Frontiers in Physiology ebook, Publisher: Frontiers Media SA. ISBN: 978-2-88919-163-5.

### 4.2 Book Chapters

1. **Karatzaferei C.** Myofibrillar contribution to muscle fatigue. Scientific collection: 20 year Anniversary of University of Thessaly edition (Ed. M. Zoumpoulakis) ISBN 978-960-9439-08-4, pp 397-411, 2011 (in Greek).
2. Sakkas G.K, Tsianas N, **Karatzaferei C.** «Exercise and Haemodialysis patients». Exercise as tool of prevention and rehabilitation of chronic disease. (Ed.B Gerodimos) Ministry of Health 2013
3. Grigoriou S.S, **Karatzaferei C** & Sakkas G.K . Assessing health-related quality of life in chronic kidney disease patients: the use of general and specific instruments. Outcomes Assessment in End - Stage Kidney Disease - Measurements and Applications in Clinical Practice DOI: 10.2174/9781608057351113010007, p.p: 25-46 (2012)

4. M. H. Stone and **C. Karatzaferi**. Connective tissue and bone response to strength training. In *Strength and Power in Sport (Encyclopaedia of Sports Medicine vol. 3)*, P. V. Komi (ed), Blackwell Science Inc, Chapter 18, pp 343-360, 2003 (≥35 citations, Google Scholar, Sept 2013).

#### 4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)

1. Kaltsatou A, Sakkas GK, Poulianiti KP, Koutedakis Y, Tepetes K, Christodoulidis G, Stefanidis I, **Karatzaferi C**. Uremic myopathy: is oxidative stress implicated in muscle dysfunction in uremia? *Front Physiol.* (accepted in March 2015).
2. Sakkas GK, Giannaki CD, **Karatzaferi C**, Maridaki M, Koutedakis Y, Hadjigeorgiou GM, Stefanidis I. Current trends in the management of uremic restless legs syndrome: A systematic review on aspects related to quality of life, cardiovascular mortality and survival. *Sleep Med Rev.* pii: S1087-0792(14)00080-X. **Aug 2014** [Epub ahead of print] **[IF: 9.141]**
3. Giannaki CD, Hadjigeorgiou GM, **Karatzaferi C**, Pantzaris MC, Stefanidis I, Sakkas GK. Epidemiology, impact, and treatment options of restless legs syndrome in end-stage renal disease patients: an evidence-based review. *Kidney Int.*; 85(6):1275-82. **Jun 2014** **[IF: 8.52]**
4. Giannaki CD, Sakkas GK, **Karatzaferi C**, Hadjigeorgiou GM, Lavdas E, Kyriakides T, Koutedakis Y, Stefanidis I. Effect of exercise training and dopamine agonists in patients with uremic restless legs syndrome: a six-month randomized, partially double-blind, placebo-controlled comparative study. *BMC Nephrol.*; 14(1):194. **Sep 2013** **[IF: 1.644]**.
5. Giannaki CD, Hadjigeorgiou GM, **Karatzaferi C**, Maridaki MD, Koutedakis Y, Founta P, Tsianas N, Stefanidis I, Sakkas GK. A single-blind randomized controlled trial to evaluate the effect of 6 months of progressive aerobic exercise training in patients with uraemic restless legs syndrome. *Nephrol Dial Transplant.* **Aug 2013** **[IF: 3.371]**
6. Giannaki CD, **Karatzaferi C**, Hadjigeorgiou GM, George KP, Stefanidis I, Sakkas GK. Periodic limb movements in sleep and cardiovascular disease: time to act. *Front Neurol.* 22;4:97. doi: 10.3389/fneur.2013.00097. **Jul 2013**
7. **Karatzaferi C.**, & Chase, P. B. (2013). Muscle fatigue and muscle weakness: What we know and what we wish we did. *Frontiers in Physiology*, **4** **MAY 2013** **[IF:2.8]**
8. **Karatzaferi C.**, & Sakkas, G. K. (2012). Editorial on special issue "lifestyle and ageing in muscle disease". *Journal of Muscle Research and Cell Motility*, 33(3-4), 153-154
9. Mitrou GI, Grigoriou SS, Konstantopoulou E, Theofilou P, Giannaki CD, Stefanidis I, **Karatzaferi C**, Sakkas GK. Exercise training and depression in ESRD: a review. *Semin Dial.*; 26(5):604-13. doi: 10.1111/sdi.12112. **Sep-Oct 2013** **[IF:2.07]**
10. **Karatzaferi C**, Chase PB. Muscle fatigue and muscle weakness: what we know and what we wish we did. *Front Physiol.* 30; 4:125. doi: 10.3389/fphys.2013.00125. **May 2013** **[IF:2.8]**
11. Giannaki CD, Zigoulis P, **Karatzaferi C**, Hadjigeorgiou GM, George KP, Gourgoulis N, Koutedakis Y, Stefanidis I, Sakkas GK. Periodic limb movements in sleep contribute to further cardiac structure abnormalities in hemodialysis patients with restless legs syndrome. *J Clin Sleep Med.*; 9(2):147-53 **Feb 2013** **[IF: 2.928]**
12. Gkizlis V, Giannaki CD, **Karatzaferi C**, Hadjigeorgiou GM, Mihos C, Koutedakis Y, Stefanidis I, Sakkas GK. Uremic versus idiopathic restless legs syndrome: impact on aspects related to quality of life. *ASAIO J.*;58(6):607-11 **Nov- Dec 2012** **[IF:1.491]**
13. Sakkas GK, **Karatzaferi C**. Hemodialysis fatigue: just "simple" fatigue or a syndrome on its own right? *Front Physiol.* 31; 3:306. doi:10.3389/fphys.2012.00306. **Jul 2012** **[IF:2.8]**.
14. **Karatzaferi C**, Sakkas GK. Editorial on special issue "lifestyle and ageing in muscle disease". *J Muscle Res Cell Motil.*; 33 (3-4):153-4. **Aug 2012** **[IF: 1.934]**
15. Giannaki CD, Sakkas GK, **Karatzaferi C**, Hadjigeorgiou GM, Lavdas E, Liakopoulos V, Tsianas N, Koukoulis GN, Koutedakis Y, Stefanidis I. Evidence of increased muscle atrophy and impaired quality of life parameters in patients with uremic restless legs syndrome. *PLoS One*; 6(10):e25180 **2011** **[IF:4.092]**
16. Tsarouhas K, **Karatzaferi C**, Tsitsimpikou C, Haliassos A, Kouretas D, Pavlidis P, Veskoukis A, Adamopoulos S, Kyriakides Z, Constantinou L, Koutedakis Y, Rentoukas E. Effects of walking

- on heart rate recovery, endothelium modulators and quality of life in patients with heart failure. *Eur J Cardiovasc Prev Rehabil* (Now called *European Journal of Preventive Cardiology*);18(4):594-600, **Aug 2011** Epub Feb 2011 **[IF:2.638]**
17. Giannaki CD, Stefanidis I, **Karatzaferei C**, Liakos N, Roka V, Ntente I, Sakkas GK. The effect of prolonged intradialytic exercise in hemodialysis efficiency indices. *ASAIO J.*;57(3):213-8 **May-Jun 2011 [IF:1.394]**
  18. Giannaki CD, Sakkas GK, Hadjigeorgiou GM, **Karatzaferei C**, Patramani G, Lavdas E, Liakopoulos V, Koutedakis Y, Stefanidis I. Non-pharmacological management of periodic limb movements during hemodialysis session in patients with uremic restless legs syndrome. *ASAIO J.*; 56(6):538-42. **Nov-Dec 2010 [IF:1.221]**
  19. Giannaki CD, Sakkas GK, Hadjigeorgiou GM, Liakopoulos V, Anifandis G, **Karatzaferei C**, Koutedakis Y, Stefanidis I. Quality of life score is primarily affected by the mental rather than the physical component in patients with restless legs syndrome. *Mov Disord.* 15;25(1):135-6; author reply 136-7. doi: 10.1002/mds.22753. **Jan 2010 [IF: 5.634]**
  20. Sakkas GK, **Karatzaferei C**, Zintzaras E, Giannaki CD, Liakopoulos V, Lavdas E, Damani E, Liakos N, Fezoulidis I, Koutedakis Y, Stefanidis I. Liver fat, visceral adiposity, and sleep disturbances contribute to the development of insulin resistance and glucose intolerance in nondiabetic dialysis patients. *Am J Physiol Regul Integr Comp Physiology* 295(6): R1721-9 **DEC 2008. [IF:3.66]**
  21. Vassilis P, Vassilios B, Vassilis M, Athanasios JZ, Vassilis T, **Christina K**, Yiannis K. Isokinetic eccentric exercise of quadriceps femoris does not affect running economy. *Journal of Strength and Conditioning Research*, 22: 1222-1227, **JULY 2008. [IF: 1.3]**
  22. Sakkas GK, Liakopoulos V, Karatzaferei C, Stefanidis I. Sleep quality and dialysis efficacy affect functional capacity in patients receiving haemodialysis therapy. *Nephrol Dial Transplant.* 2008 Aug;23(8):2703-4; author reply 2704. **[IF: 3.488]**
  23. Sakkas GK, Hadjigeorgiou GM, **Karatzaferei C**, Maridaki MD, Giannaki CD, Mertens PR, Rountas C, Vlychou M, Liakopoulos V, Stefanidis I. Intradialytic aerobic exercise training ameliorates symptoms of restless legs syndrome and improves functional capacity in patients on hemodialysis: a pilot study. *Journal of American Society of Artificial Internal Organs (ASAIO J.)* 54(2):185-90 **MAR-APR 2008. [IF: 1.53]**
  24. Sakkas GK, **Karatzaferei C**, Liakopoulos V, Maridaki MD, Lavdas E, Giannaki CD, Gourgoulisanis KI, Stefanidis I. Polysomnographic evidence of sleep apnoea disorders in lean and overweight haemodialysis patients. *Journal Ren Care* 33(4):159-64 **OCT-DEC 2007 [SJR 0,53/2006]**
  25. **Karatzaferei C**, Franks-Skiba K, Cooke R. Inhibition of shortening velocity of skinned skeletal muscle fibers in conditions that mimic fatigue. *Am J Physiol Regul Integr Comp Physiology* 294(3):R948-55 **MAR 2008.** Epub DEC 2007. **[IF 3.66]**
  26. Sakkas GK, Gourgoulisanis KI, **Karatzaferei C**, Liakopoulos V, Maridaki MD, Pastaka C, Lavdas E, Soher BJ, Dovas S, Fezoulidis I, Hadjigeorgiou GM, Stefanidis I. Haemodialysis patients with sleep apnoea syndrome experience increased central adiposity and altered muscular composition and functionality. *Nephrol Dial Transplant* 23(1):336-44 **JAN 2008;** Epub SEP 2007. **[IF 3.3]**
  27. Paschalis V, Nikolaidis MG, Fatouros IG, Giakas G, Koutedakis Y, **Karatzaferei C**, Kouretas D, Jamurtas AZ. Uniform and prolonged changes in blood oxidative stress after muscle-damaging exercise. *In Vivo.* 21(5):877-83 **SEP-OCT 2007. [IF 1.3]**
  28. Vinogradova MV, Stone DB, Malanina GG, **Karatzaferei C**, Cooke R, Mendelson RA, Fletterick RJ. Ca(2+)-regulated structural changes in troponin. *Proc Natl Acad Sci USA* 5;102(14):5038-43 **APR 2005. [IF10.272]**
  29. **Karatzaferei C**, Chinn MK, Cooke R The force exerted by a muscle cross-bridge depends directly on the strength of the actomyosin bond *Biophysical Journal* 87 (4): 2532-2544 **OCT 2004. [IF 4.463]**
  30. Sakkas GK, Sargeant AJ, Mercer TH, Ball D, Koufaki P, **Karatzaferei C** Naish PF Changes in muscle morphology in dialysis patients after 6 months of aerobic exercise training. *Nephrology Dialysis Transplantation* 18 (9): 1854-1861 **SEP 2003. [IF 2.607]**

31. **Karatzaferei C**, Myburgh KH, Chinn MK, Franks-Skiba K, Cooke R Effect of an ADP analog on isometric force and ATPase activity of active muscle fibers *American Journal of Physiology-Cell Physiology* 284 (4): C816-C825 **APR 2003. [IF 4.103]**
32. **Karatzaferei C**, de Haan A, Ferguson RA, van Mechelen W, Sargeant AJ Phosphocreatine and ATP content in human single muscle fibres before and after maximum dynamic exercise. *Pflugers Archiv-European Journal of Physiology* 442 (3): 467-474 **JUN 2001. [IF 2.063]**
33. **Karatzaferei C**, de Haan A, van Mechelen W, Sargeant AJ Metabolic changes in single human muscle fibres during brief maximal exercise *Experimental Physiology* 86 (3): 411-415 **MAY 2001 [IF 1.22]**
34. **Karatzaferei C**, De Haan A, Offringa C, Sargeant AJ Improved high- performance liquid chromatographic assay for the determination of "high- energy" phosphates in mammalian skeletal muscle - Application to a single-fibre study in man *Journal of Chromatography B'* 730 (2): 183-191 **JUL 9 1999 [IF 2.085]**
35. **Karatzaferei C**, Giakas G, Ball D Fatigue profile: a numerical method to examine fatigue in cycle ergometry *European Journal of Applied Physiology and Occupational Physiology* 80 (5): 508-510 **OCT 1999 [IF 1.493]**

#### 4.4 Articles in Journals not Indexed in Bibliographical Databases

n/a

### 5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. **Karatzaferei C.**, G.I. Mitrou, M.A. Geeves. Observations on 'uremic' muscle: Effect of pH on mechanical performance. 42th EMC, Amsterdam, September 21-25, 2013.
2. Mitrou G.I., K.P. Poulianiti, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, **C. Karatzaferei**. Observations on the effect of uremia on isometric force, 42<sup>nd</sup> EMC, Amsterdam, September 21-25, 2013.
3. Poulianiti K.P., G.I. Mitrou, A. Jamurtas, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, **C. Karatzaferei**. Observations on the effects of uremia on redox status, 42<sup>nd</sup> EMC, Amsterdam, September 21-25, 2013.
4. Oustampasidou N., G. K. Sakkas, M. Mplekou, C.D. Giannaki, E. Patrikalou, **C. Karatzaferei**, I. Stefanidis. Effect of one year detraining on aspects of health- related quality of life in patients receiving hemodialysis therapy. 42nd EDTNA/ERCA International Conference, 31st Aug- 3rd Sep, Malmo Konserthus, Sweden (1<sup>st</sup> prize for best paper).
5. **Karatzaferei C.**, M.A. Geeves. Temperature and fatigue effects on ATP induced actomyosin dissociation kinetics, IUPS, Birmingham, UK, July 21-26, 2013.
6. **Karatzaferei C.**, G.K. Sakkas. Using clinical exercise physiology, case studies in physiology teaching, IUPS, Birmingham, UK, July 21-26, 2013.
7. **Karatzaferei C.**, M.A. Geeves. Fatigue effects on ATP-induced actomyosin dissociation kinetics at 350C. 41st EMC, Rhodes, Greece, September 1-5, 2012, *J Muscle Res Cell Motil* 33: 266, 2012.
8. Theos, M. Maridaki, A. Philippou, A. Nezos, **C. Karatzaferei**, M. Koutsilieris. The role of uPa/ TGF- $\beta$ 1 bioregulation system in the regulation of eccentric exercise induced muscle damage. 41st EMC, Rhodes, Greece, September 1-5, 2012, *J Muscle Res Cell Motil* 33: 276, 2012 (best poster award).
9. Sakkas G.K., **C. Karatzaferei**. Muscle size and metabolism in end stage renal failure patients. 41st EMC, Rhodes, Greece, September 1-5, 2012, *J Muscle Res Cell Motil* 33: 284, 2012.
10. Chidirioti R., C.D. Giannaki, N. Papparizos, Y. Koutedakis, G.K. Sakkas, **C. Karatzaferei**. Muscle atrophy and impaired quality of life in patients with uremic Restless Legs Syndrome. 40th EMC, Berlin, Germany, September 14-18, 2011, *J Muscle Res Cell Motil* 32: 352, 2011.
11. Sakkas G.K., C.D. Giannaki, E. Tsaknaki, G. Mitrou, Y. Koutedakis, I. Stefanidis, **C. Karatzaferei**. Long-term effects of exercise training and dopamine agonists in patients with uremic restless legs syndrome: a six- month randomized, double blind, placebo-controlled study. 39th EMC, Abano Terme, Padova, Italy, September 11-15, 2010, *J Muscle Res Cell Motil* (2011)32: 153, 2011.
12. **Karatzaferei C.**, G.K. Sakkas, M. Nikolaidis, V. Paschalis, G. Tsiotra, A. Jamurtas, D. Kouretas, Y.



- Koutedakis. Redox status and fitness after green tea extract supplementation. IUPS Meeting, Kyoto, Japan, Journal of Physiological Sciences, 56 (suppl 1) pg. 218, 2009 (APS travel award).
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  38. **Karatzaferi C.**, A. de Haan, C. Offringa, W. van Mechelen, R. A. Ferguson and A.J. Sargeant. Phosphocreatine and contractile protein expression at rest, post-exercise and during recovery: a single fibre study of human muscle. In Proceedings of the Third Annual Congress of the European College of Sport Science, Manchester, UK, p. 138, 1998. (ECSS Young Investigators Awards, 4th place).

## 6 INVITED PRESENTATIONS

1. "Muscle Fatigue: mechanisms and mechanics" at the Federal University of Mato Grosso – Brazil (2014).
2. "Muscle Fatigue: a functional perspective" at the Symposium: Muscle Fatigue: A Cross Discipline Approach, Experimental Biology, 29 April, 2014
3. IUPS 2013: Competency based education in physiology, a European perspective, Birmingham, UK (2013).
4. IUPS Teaching Workshop 2013: Using-self Assessment in our teaching strategy, Bristol, UK (with N. Digelidis) (2013).
5. 1st International Conference Football: Muscle fatigue in soccer players, Trikala, Greece (2005).

6. PEPPA: Exercise & Health: Muscle Fatigue. Athens, Greece Αθήνα,(2004)
7. Gordon Research Conference, Muscle: Contractile proteins, USA (2002)
8. Biomedical Sciences Physiology Honors, Skeletal muscle: a molecular metabolic machine, University of Edinburgh, UK (2000)

## 7 MISCELLANEOUS

### Editorials Boards / Symposia/Special Issues

- Editorial Board Member in Advances in Physiology Education
- Invited and supported by the APS Muscle Biology Interest Group to organise, together with Mike Geeves (Kent, UK) a symposium entitled Muscle Fatigue: A Cross Discipline Approach, Experimental Biology, 29 April, 2014. Other support by Supported By: Cytokinetics Inc., Elliott Scientific and Lightspeed Technologies (speakers were: M.A. Geeves, Univ. of Kent UK, N. Debold Univ. of Massachusetts USA, S. Labeit Univ. of Heidelberg, C. Karatzaferi, Univ. of Thessaly, L. Karagounis Nestle, Switzerland)
- Associate Review Editor in the Frontiers in Striated Muscle Physiology journal
- Edited together with P. Bryant Chase (Florida, USA) a special research topic issue entitled “Muscle fatigue and muscle weakness: what we know and what we wish we did”, published in the Frontiers Journal in Striated Muscle Physiology
- Organised, together with Dr G K Sakkas (CERETETH, GR), a special issue at the JMRCM entitled “Lifestyle and Ageing in Muscle Disease & Proceedings of the 41st European Muscle Conference, 1-5 Sept 2012”.

### External examiner

- External examiner for an MSc thesis, the University of Stellenbosch (Feb 2012)
- External for a PhD thesis, University of Athens 2012

Also external member of selection committees for junior faculty members (Aristotelian University of Thessaloniki, School of PE and Sports Science, Serres)

### Referee in peer-reviewed Journals:

- Referee in international and national scientific journals and proceedings (e.g. American Journal of Physiology, Journal of Muscle Research and Cell Motility, Autophagy, Inquiries in Sport & Physical Education, Journal of Obesity, Journal of Applied Physiology etc).

### Reviewer of Grant Applications:

- Grant reviewer for the agency of Research Promotion Foundation (RPF) of Cyprus, for the 2011 Public Health call.
- Grant reviewer for the Deutsche Forschungsgemeinschaft (German Research Foundation-DFG) March 2013, for the Life Sciences 2 sector.
- Grant reviewer for the Natural Sciences and Engineering Research Council of Canada (NSERC), Dec 2014-Jan 2015, Biological Systems and Functions Evaluation Group

Also, highlighted for Academic and Research excellence for the year 2012 (excellence.minedu.gov.gr)