

Summary

Lecturer in Clinical Exercise Physiology

Research Groups:

Physical Activity, Health and Rehabilitation Thematic Research Group

Clinical, Health and Rehabilitation Research Team (CHaRT)

Biography

I joined the School of Sport, Health and Exercise Science at the University of Portsmouth in 2019 as a Lecturer in Clinical Exercise Physiology. As part of the Physical Activity, Health and Rehabilitation Thematic Research Group, and Clinical, Health and Rehabilitation Research Team (CHaRT) my research focusses on cardiovascular physiology and the use of exercise to inform the prevention, delay and treatment of cardiovascular disease. I have extensive experience measurements assessing vascular function and structure.

I completed my BSc and MSc studies in Sports Science at the National and Kapodestrian University of Athens. In 2014 I was awarded a full time PhD scholarship from the University of the Sunshine Coast in Australia, where I completed my doctoral studies that focused on the effect of exercise in vascular health of individuals with abdominal aortic aneurysm. During 2018 I was a post-doctoral fellow at the Queensland University of Technology, exploring the effect of low carbohydrate diet on cardiometabolic parameters in obese individuals. During 2020, I secured a grant from the Physiological Society that will explore the effect of prolonged head-down tilt surgery on vascular haemodynamics.

Research interests

My research interests are exploring the effect of different stimuli (exercise, physical inactivity, posture, nutrition) on cardiovascular health in an effort to help improve and inform clinical treatment.

Teaching Responsibilities

Physical Activity and Exercise for Healthy Agein (module co-ordinator, Level 5)

Introduction to Sport and Exercise Physiology (Level 4)

Clinical Exercise Physiology (Level 7)

Undergraduate and MSc level research projects

PhD Research Supervisor