



Academic Personnel Short Profile / Short CV

University:	Frederick University
Surname:	Papacosta
Name:	Elena
Rank/Position:	Lecturer
School:	Education and Social Sciences
Department:	Education (Physical Education and Sports Sciences)
Scientific Domain:	Exercise Physiology

Academic qualifications				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2015	Loughborough University	School of Sport, Exercise and Health Sciences	Training, taper and recovery strategies for effective competition performance in judo
MSc	2009	Loughborough University	School of Sport, Exercise and Health Sciences	Salivary and plasma testosterone and cortisol responses to different exercise loading schemes
BSc	2008	Athens National and Kapodistrian University	Physical Education and Sport Science	Comparison of somatotypes in Cypriot athletes of different sports Specialization: Exercise, Fitness and Health

Employment history in Academic Institutions/Research Centers				
Period of employment		Employer	Location	Position
From	To			
2018	present	Frederick University	Limassol	Lecturer

2016	2018	Limassol	Frederick Institute of Technology	Coordinator, Teaching staff
2015	2017	Nicosia	European University Cyprus	Scientific collaborator

Key refereed journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2015	Effects of acute post-exercise chocolate milk consumption during intensive judo training on the recovery of salivary hormones, salivary IgA, mood state, muscle soreness and judo-related performance	Nassis GP and Gleeson M.	Applied Physiology Nutrition and Metabolism	40	1-7
2	2015	Salivary hormones and anxiety in winners and losers of an international judo competition.	Nassis GP and Gleeson M.	Journal of Sports Sciences,	34 (13)	1281-1287
3	2013	Salivary hormones, IgA and performance during intense training and tapering in judo athletes.	Gleeson M and Nassis GP.	Journal of Strength and Conditioning Research	27(9)	2569–2580
4	2013	Effects of intensified training and taper on immune function (invited review).	Gleeson M.	Revista Brasileira de Educação Física e Esporte	27(1)	159-176
5	2011	Saliva as a tool for monitoring steroid, peptide, immune markers in sport and exercise science.	Nassis GP.	Journal of Science and Medicine in Sports	14	424-434
6	2011	Plasma and salivary steroid hormone responses of men to high-intensity cycling and resistance exercise.	Hough JP, Wraith E and Gleeson M	Journal of Strength and Conditioning Research	25(1)	23–31
7	2015	Responses of salivary cortisol, salivary testosterone, SIgA and	Nassis GP and Gleeson M.	The International Society of Exercise and Immunology,		

		psychological arousal in winners and losers of a judo competition.		12 th ISEI Symposium, Austria, Vienna		
8	2012	Salivary hormones, IgA and performance during intense training and tapering in judo athletes.	Gleeson M and Nassis GP.	European College of Sport Science, 17 th Annual Congress of the ECSS, Brussels, Bruges		
9	2010	Effects of time of day on skills and soccer-specific physiological tests	Nassis GP.	Wingate Institute, 1 st Wingate Congress of Exercise and Sport Sciences, Israel		
10	2010	Repeated sprint ability and Yo-Yo intermittent recovery test in semi-professional soccer players.	Nassis GP.	Wingate Institute, 1 st Wingate Congress of Exercise and Sport Sciences, Israel		

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	07/2020	Frontiers in Nutrition, Frontiers in Sports and Active Living	Review Editor	Revising and providing comments for submitted research articles