Frederick University

Academic Personnel Short Profile / Short CV

University:	FREDERICK UNIVERSITY
Surname:	RIGANAS
Name:	CHRISTOS
Rank/Position:	COLLABORATIVE ACADEMIC STAFF
School:	HEALTH SCIENCES
Department:	LIFE AND HEALTH SCIENCES
Scientific Domain:	EXERCISE PHYSIOLOGY

Academic qualifications

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
BACHELOR IN SPORTS SCIENCE & PHYSICAL EDUCATION	2001	ARISTOTLE UNIVERSITY OF THESSALONIKI	PHYSICAL ADUCATION AND SPORTS SCIENCE	
MASTER OF SCIENCE IN EXERCISE AND HEALTH	2004	ARISTOTLE UNIVERSITY OF THESSALONIKI	PHYSICAL ADUCATION AND SPORTS SCIENCE	
Ph.D in HUMAN PERFORMANCE AND HEALTH	2008	ARISTOTLE UNIVERSITY OF THESSALONIKI	PHYSICAL ADUCATION AND SPORTS SCIENCE	
POST DOC THESIS	2011	GREEK STATE SCHOLARSHIP FOUNDATION	Oxidative Stress of Exercise	

Employment history in Academic Institutions/Research Centers				
Period of employment		Employer	Location	Position
From	To			
09/2025	NOW	FREDERICK	NICOSIA, CYPRUS	Collaborative Academic Staff
1/1/2006	31/12/2016	Laboratory of Physiology, Sports Medicine, Hygiene and Biochemistry, Aristotle University of Thessaloniki, Department of Sports Science	THESSALONIKI, GREECE	Laboratory Associate Researcher – Exercise Physiologist
1/1/2004	31/12/2016	Exercise Biology Sector, Aristotle University of Thessaloniki, Department of Sports Science	THESSALONIKI, GREECE	Laboratory Associate Researcher – Exercise Physiologist
1/1/2012	31/12/2016	Sports Medicine Sector, Aristotle University of Thessaloniki, Department of Sports Science	THESSALONIKI, GREECE	Laboratory Associate Researcher – Clinical Exercise Physiologist

Key *refereed* journal papers, monographs, books, conference publications etc.						
Ref. Number	**Year**	**Title**	**Other authors**	**Journal and Publisher / Conference**	**Vol.**	**Pages**
1	2019	Inspiratory muscle training effects on oxygen saturation and performance in hypoxemic rowers: Effect of sex	Christos Riganas, Zacharoula Papadopoulou, Nikos V Margaritelis, Kosmas Christoulas, Ioannis S Vrabas	Journal of Sports Sciences	37 (22)	2513-21
2	2015	The rate of lactate removal after maximal exercise: The effect of intensity during active recovery	C S Riganas, Z Papadopoulou, N Psichas, D Skoufas, I Gissis, M Sampanis, V Paschalis, I S Vrabas	The Journal of sports medicine and physical fitness	55 (10)	1058-63
3	2014	The effect of natural and artificial grass on sprinting performance in young soccer players	Vasileios Kanaras, Thomas I. Metaxas, Athanasios Mandroukas, Ioannis Gissis, Andreas Zafeiridis, Christos S. Riganas, Evaggelos Manolopoulos, Vassilis Paschalis, Ioannis S. Vrabas.	American Journal of Sports Science	2 (1)	1-4
4	2013	Energy cost during running and cycling in climbers and mountain bike riders	Prantsidis D., Christoulas K., Riganas C., Vamvakoudis E., Stefanidis P.	Journal of Physical Education and Sport	13 (3)	313-320
5	2012	Evaluation of soccer performance in professional, semi-professional and amateur players of the same club	Evangelia Papaevangelou, Thomas Metaxas, Christos Riganas, Athanasios Mandroukas, Efstratios Vamvakoudis	Journal of Physical Education and Sport	12 (3)	362-370
6	2012	The effect of exercise-induced hypoxemia on blood redox status in well-trained rowers	Antonios Kyparos, Christos Riganas, Michalis G. Nikolaidis, Michalis	European Journal of Applied Physiology	112	2073-83

			Sampanis, Maria D. Koskolou, Gerasimos V. Grivas, Dimitrios Kouretas and Ioannis S. Vrabas			
7	2011	Cardiorespiratory and Metabolic Alterations During Exercise and Passive Recovery After Three Modes of Exercise	Mandroukas, A., Heller, J., Metaxas, T.I., Sendelides, T., Riganas, C., Vamvakoudis, E., Christoulas, K., Stefanidis, P., Karagiannis, V., Kyparos, A.,Mandroukas, K.	Journal of Strength and Conditional Research	25 (6)	1664-72
8	2011	The effect of different exercise-testing protocols on atrial natriuretic peptide	Mandroukas A., Heller J., Christoulas K., Vamvakoudis E., Riganas C.S., Sentelides T., Stefanidis P., Karamouzis M., Mandroukas K.	Clinical Physiology and Functional Imaging	31 (1)	5-10
9	2010	Isokinetic Strength and Joint Mobility Asymmetries in Oarside Experienced Oarsmen	Riganas C.S., Vrabas I.S., Papaeuagelou E., Mandroukas K.	Journal of Strength and Conditional Research	24 (11)	3166-72
10	2009	Increased Oxidative Stress Blood Markers in Well-Trained Rowers Following Two Thousand-Meter Rowing Ergometer Race	Kyparos A., Vrabas I.S., Nikolaidis M.G., Riganas C.S., Kouretas D	Journal of Strength and Conditional Research	23 (5)	1418-26
11	2009	Performance differences during a simulated all–out race and a VO2max incremental test between lightweight and heavyweight Greek rowers	Papadopoulou Z., Riganas C.S., Vrabas I.S., Mandroukas K.	Acta Universitatis Carolinae - Kinatropologica	45 (2)	99-107
12	2009	Aerobic mechanism relative contribution during a simulated 2000m "all-out" race	CS Riganas, IS Vrabas, K. Mandroukas	Inquiries in Sports and Physical Education	7	57-62

13	2008	Specific inspiratory muscle training does not improve performance V̇O2max levels in well trained rowers	Riganas C.S., Vrabas I.S., Christoulas K., Mandroukas K.	Journal of Sports Medicine and Physical Fitness	48 (3)	285-292
14	2008	Inspiratory Muscle Training-Induced Alterations on Breathing Pattern in Severely Hypoxemic Female Rowers: 2137	Riganas C.S., Vrabas I.S.	Medicine and Science in Sports & Exercise	40 (5)	S386
15	2008	Exercise-Induced Arterial Hypoxemia Does Not Magnify Oxidative Stress in Well-Trained Rowers	Vrabas I.S., Kyparos A., Riganas C.S., Nikolaidis M.G.	Medicine and Science in Sports & Exercise	40 (5)	S384
16	2007	Does Inspiratory Muscle Training Reduce Exercise-Induced Arterial Hypoxemia in Female Rowers?: 1178	Vrabas I.S., Riganas C.S., Benaxides N., Mandroukas K	Medicine and Science in Sports & Exercise	39 (5)	S149-150
17	2006	Resting, Exercise and Recovery Energy Expenditure and RQ Differences in Females with Bulimia Nervosa vs. Comparable-Mass Controls	Vrabas I.S., Konstantinidou K., Riganas C.S., Simos G.	Medicine and Science in Sports & Exercise	38 (5)	S358
19	2005	Inspiraratory Muscle Training: Effects On Performance In Well-trained Rowers	Vrabas I.S., Riganas C.S	Medicine and Science in Sports & Exercise	37 (5)	S450
21	2005	The effects of cycle ergometer training on blood pressure in young basketball players and untrained boys.	Galazoulas C., Tsadimas C., Vamvakoudis E. ,Metaxas T., Riganas C.	Inquiries in Sports and Physical Education	3 (2)	141-147
22	2005	Speed differences between forehand and backhand in intermediate level tennis players.	Mavvidis A., Koronas K., Riganas C., Metaxas T.	Kinesiology	37 (2)	159-163

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees				
Ref. Number	**Period**	**Organization**	**Title of Position or Service**	**Key Activities**
1	2006-2016	Laboratory of Physiology, Sports Medicine, Hygiene and Biochemistry, Department of Sports Science and Physical Education at Serres, Aristotle University of Thessaloniki,	Laboratory Associate Researcher	Cardiovascular Measurements, VO2max, VO2peak, Rest Pulmonary Function Evaluation, Rest Metabolic Rate Evaluation, Muscular Rehabilitation, (50% Sport Performance Evaluation-50% Rehabilitation)
2	2004-2016	Laboratory of Exercise Physiology - Ergometry, Exercise Biology Sector, Department of Sports Science and Physical Education, Aristotle University of Thessaloniki	Laboratory Associate Researcher	Muscle biopsies, Lactate Removal Assessments, Anaerobic Threshold, VO2kinetic, VO2max, Anaerobic Evaluation, Isokinetic Strength Measurements, Balance and muscle strength evaluation
3	2012-2016	Laboratory Associate Researcher, Sports Medicine Sector, Department of Sports Science and Physical Education, Aristotle University of Thessaloniki	Laboratory Associate Researcher	ECG, Heart Failure, Chronic Disease, Cardiovascular preparticipation screening of athletes, Exercise testing and quality of life, Cardiovascular Disorders Testing

Awards / International Recognition			
Ref. Number	**Date**	**Title**	**Awarded by:**
1	2010	Post Doctoral Thesis	GREEK STATE SCHOLARSHIP FOUNDATION

Other Achievements			
Ref. Number	**Date**	**Title**	**Key Activities:**
1	2012-2016	Course leader at Department of Physical Education and Sports Science, Aristotle University of Thessaloniki: Rowing	
2		Course leader at Public Institute of Vocational Education: Sports Specialization, Anatomy, Exercise Physiology	
3	2009-2016	Course Leader at Private School for Personal Training, MP Balatsinos: Physiology, Exercise Physiology, Human Exercise Anatomy, Energy demands of exercise	
4	2004-2016	Teaching Experience in Graduate level: Exercise Physiology, Ergometry, Physiology, Department of Physical Education and Sports Science, Aristotle University of Thessaloniki,	
5	2004-2008	Teaching Experience in Post Graduate Level: Limiting factors of sport performance (Code 561), Applied exercise physiology in sports – Exercise laboratory testing (Lesson 521), Post	

		Graduate Program, Aristotle University of Thessaloniki,	
6	2013-2014	Teaching Experience in Post Graduate Level: Physical Activity and Quality of Life, Aristotle University of Thessaloniki,	
7	2009-2012	Teaching Experience in private school for personal trainers: Exercise physiology, coaching, human exercise anatomy, physiology, nutrition, Base Training Athens	
8	20110-2011	Teaching Experience in Graduate Level: Body improvement by exercise, Technological educational institution at Serres,	
9	2010-11	Teaching Experience in Graduate Level: Indoor Training, Hellenic Air Force Administrative NCO Academy,	