

# Curriculum Vitae

## Personal Information:

**NAME:** BARDIS N. COSTAS  
**STREET:** VIZANTIOU 59 PAPAGOU  
**ZIP. CODE:** 15669  
**CITY:** ATHENS  
**COUNTRY:** GREECE  
**DATE OF BIRTH:** 02/08/1982  
**PLACE OF BIRTH:** SPARTA LAKONIAS  
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## Degrees:

PhD: Harokopio University of Athens, Department of Science of Nutrition - Dietetics, 2009-2013 under the supervision of **Dr. Stavros Kavouras** with thesis on thermoregulation responses and hydration status during hill cycling in the heat.

- M.S., Liverpool John Moores University, Sports Physiology, 2007-2008 under the supervision of **Dr. Greg Atkinson** with thesis on the diurnal patterns of thermoregulation during cycling.
- B.S., University of Athens, Exercise Sciences, 2000-2005 with thesis about three different race strategies according to metabolic parameters and performance.
- Certificate of mountain bike coaching from the International Cycling Union in Covacica, Serbia «Level 1, UCI Coaching Certificate». (10/2011).
- Certificate of education according to the world Anti-Doping Code. Champion or Cheat? (27/10/2011).

## Research Interests:

- Fluid/electrolyte balance, thermoregulation, performance and health
- Nutrition, physical activity and exercise performance

## Publications:

- **Bardis C.**, Atkinson G. *Effects of time of day on power output and thermoregulation responses during cycling*. *Biology Of Exercise* 2008; 4:17-26.
- **Costas N. Bardis**, Stavros A. Kavouras, Demosthenes B. Panagiotakos, Giannis Arnaoutis and Labros S. Sidossis "*Mild dehydration decreases cycling performance during 5 km hill climbing*". National Athletic Training Association (in Press). 2012
- Giannis Arnaoutis, Stavros A. Kavouras, Yiannis P. Kotsis, Yiannis E. Tsekouras, Michalis Makrillos, **Costas N. Bardis**. "*Ad libitum fluid intake does not prevent dehydration in sub-optimally hydrated young soccer players during a summer camp*". *International Journal of Sport Nutrition & Exercise Metabolism*. (in Press). 2012
- **Costas N Bardis**, Stavros A. Kavouras, Lena Kosti, Marietta Markousi, Labros S. Sidossis. "*Mild Hypohydration Decreases Repeated Hill Cycling Performance in the Heat*" *Medicine and Science in Sports and Exercise*" (under review). 2012

#### Conference Presentations:

- Presentation at the European Conference of the sport: "European College of Sport Science" "ECSS" in Estoril, Portugal:  
**Bardis C.** *Effects of time of day on power output and thermoregulation responses during cycling (9-12/07/2008).*
- Presentation at the American College of Sports Medicine "ACSM" in Baltimore, USA:  
**Bardis N. Costas.**, Stavros A. Kavouras, Anna Gavrieli & Mary Yannakoulia. *"Effects of Caffeine Ingestion on Fluid Balance at Rest"* (2-5 / 06 / 2010).
- American College of Sports Medicine "ACSM" in Baltimore, USA:  
Arnaoutis Giannis, Stavros A. Kavouras, Irimi Christaki, **Bardis N. Costas**, Labros S. Sidossis, *"Small Amount of Water Ingestion but not Mouth Rinse Improves Exercise Performance in Dehydrated Athletes"* (2-5 / 06 / 2010).
- Presentation at the European Conference of the sport: "European College of Sport Science" "ECSS" in Antalia, Turkey:  
**Bardis N. Costas**, Stavros A. Kavouras, Anna Gavrieli & Mary Yannakoulia. *Effects of Caffeine Ingestion on Fluid Balance at Rest in High and Low Coffee Drinkers (23-26 / 06 / 2010).*
- European Conference of the sport: "European College of Sport Science" "ECSS" in Antalia, Turkey:  
Arnaoutis Giannis, Stavros A. Kavouras, Kotsis Yiannis, **Bardis N. Costas**, Labros S. Sidossis *"Prevalence of Dehydration in Young Soccer Players"* (23-26 / 06 / 2010).

- Presentation at the American College of Sports Medicine “ACSM” in Denver, USA:  
**Bardis N. Costas**, Stavros A. Kavouras, Elena Bellou, Aikaterini P. Spagi, Labros S. Sidossis. “*Mild dehydration decreases cycling performance in the Heat*” (31/05- 04/06/ 2011).
- Presentation at the first conference in Harokopio University (the first conference of the postgraduate program in applied dietetics - nutrition)  
Anastasia Georgioudaki, **Costas N. Bardis**, Stavros A. Kavouras, Anna Gavrieli & Mary Yannakoulia. “*The role of coffee in fluid balance at rest*” (16/11/2010).
- Presentation at the second conference in Harokopio University (the second conference of the postgraduate program in applied dietetics - nutrition)  
**Bardis N. Costas**, Kavouras A. Stavros, Kosti Lena, Markousi Marietta & Sidossis S. Labros “MILD HYPOHYDRATION DECREASES REPEATED HILL CYCLING PERFORMANCE IN THE HEAT”(01/03 - 02/03/2013).
- European Conference of the sport: "European College of Sport Science" "ECSS" in Liverpool, UK:  
MOURTAKOS, S.P., KAVOURAS, S.A., **BARDIS, K.N.**, VASILIOU, S., TENTA, R., SIDOISSIS, L.S. *The effect of rowing on bone content redistribution* (06 - 09/ 07/ 2011).
- American College of Sports Medicine “ACSM” in Denver, USA:  
Arnaoutis Giannis; Kavouras A. Stavros, Angelopoulou Athanasia, Skoulariki Chara, Bimpikou Stefani, **Bardis Konstantinos**, Mourtakos Stamatis, Sidossis S. Labros “*Prevalence of dehydration in Elite Young Athletes throughout a Training Day*” (31/05 - 04/06/2011).

- Presentation at the American College of Sports Medicine “ACSM” in San Francisco, USA:  
**Bardis N. Costas**, Kavouras A. Stavros, Arnaoutis Giannis, Markousi Marietta, Kosti Lena, Sidossis S. Labros “*Mild Dehydration Decreases Repeated Hill Cycling Performance in the Heat*” (31/05 - 04/06/2012).
- American College of Sports Medicine “ACSM” in San Francisco, USA:  
Kavouras A. Stavros, **Bardis N. Costas**, Petros Gregorakis, Anna Gavrieli, Mary Yannakoulia, Sidossis S. Labros “*High But not Low Caffeine Ingestion Has an Acute Diuretic Effect At Rest*”(31/05 - 04/06/2012).
- American College of Sports Medicine “ACSM” in San Francisco, USA:  
Arnaoutis Giannis, Kavouras A. Stavros, Kotsis P. Yiannis, **Bardis N. Costas** “*Drinking According to Thirst does not Prevent Dehydration in Sub-optimally Hydrated Young Soccer Players*”(31/05 - 04/06/2012).
- Presentation at the American College of Sports Medicine “ACSM” in Indianapolis, USA:  
**Costas N. Bardis**, Konstantinos S. Danias, Eleni Samara, Lili Karagiorgou, Giorgos Stais, Eleuthera Axioti, Labros S. Sidossis, Stavros A. Kavouras. “*Prescribed Hydratiosn Improves Cycling Performance in the Heat*” (31/05-04/06/2013).
- Presentation at the American College of Sports Medicine “ACSM” on Indianapolis, USA:  
Stavros A. Kavouras, **Costas N. Bardis**, Petros Grigorakis, Georgia Georgiou, Anna Gavrieli, Mary Yannakoulia “*High But not Low Caffeine Ingestion Augments Fluid and Electrolyte Excretion at Rest*” (31/05-04/06/2013).
- Pedagogical Institute in Athens:  
Kaouni Elsa, **Bardis N. Costas** "Obesity and self-perception in children with and without mental retardation." (23-26 / 06/2010).

- Participation in research and data collection in the laboratory of respiratory capacity and exercise physiology "M.Simou, (Evangelismos Hospital)" 'Intensive research center and emergency medicine of chest "THORAX. "«Effects of Exercise - Induced Arterial Hypoxemia and Work Rate on Diaphragmatic Fatigue in Highly Trained Endurance Athletes» 09-10/2006.

#### Membership:

- Member of the American College Of Sports Medicine "ACSM" (since 31/10/2008).
- Member of the European Congress of Sports Science "ECSS" (since 24/06/2009).
- Member of the American Physiology Society "APS" (since 4/01/2009).
- Member of the Greek Society of Atherosclerosis (since 31/07/2009).

#### Work Experience:

- Contract work with the Greek Cycling Federation: Exercise Physiologist - Nutritionist. (01-03-2011-31-10/2011).
- Sweat rate measurements in athletes under the guidance of Dr. Stavros Kavouras: GATORADE SPORTS SCIENCE INSTITUTE  
World Class cricket athletes: Dubai (03/01/2011).  
Amateur Runners: Madrid (08/06/2010).  
Belgium Olympic male Team: Field Hockey: Brussels (12/06/2012).  
Belgium Olympic female Team: Field Hockey: Brussels (25/06/2012).
- Nutritionist of the Greek National Road Team during 18<sup>th</sup> Tour Of Greece (15-20/05/2012).

- Contract work with the Greek Cycling Team (E.O.S. Acharnon) Exercise Physiologist - Nutritionist: (01/05/2007 – 10/10/2012).

#### Important Athletic Successes

- Member of the Greek National Team (MTB-Cross Country) from 1998 to 2006.
- Balkan Champion in 2003 (U-23) and 20<sup>th</sup> place in world ranking list (U23) for the same year (Cross Country).
- 3 times Greek Champion and 7 times on the podium (Cross Country, DH and Four Cross).
- Substitute Member (Cross Country) of the Olympic Games in Athens 2004.