

# CURRICULUM VITAE

## PERSONAL INFORMATION

**NAME:** BARDIS N. COSTAS  
**STREET:** KHFISOU 20 A – Nea Kifisia  
**ZIP. CODE:** 15669  
**CITY:** ATHENS  
**COUNTRY:** GREECE  
**DATE OF BIRTH:** 02/08/1982  
**PLACE OF BIRTH:** SPARTA LAKONIAS  
**PHONE:** 210 - 3003535, 6977949494  
**EMAIL:** [bardismtb@gmail.com](mailto:bardismtb@gmail.com)

## EDUCATION

- Postdoctoral Researcher – University of Arkansas USA (Human Performance Laboratory – Kinesiology Department). (2014-2015).
- 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

### *Academic Journals*

- **Bardis CN**, Kavouras SA, Adams JD, Geladas ND, Panagiotakos DB and Sidossis LS. Prescribed Drinking Leads to Better Cycling Performance than Ad Libitum Drinking. *Medicine & Science in Sports & Exercise*. 2017;49(6): 1244-1251.
- Seal AD, **Bardis CN**, Gavrieli A, Grigorakis P, Adams JD, Arnaoutis G , Yannakoulia M, Kavouras SA. Coffee with High but Not Low Caffeine Content Augments Fluid and Electrolyte Excretion at Rest. *Frontiers in Nutrition*. 2017; 4:40.
- Johnson EC, **Bardis CN**, Jansen LT, Adams JD, Kirkland TW, Kavouras SA. Reduced water intake deteriorates glucose regulation in patients with type 2 diabetes. *Nutrition research*. 2017; 43:25-32.
- Kavouras SA, **Bardis CN**, Adams JD. Response. *Medicine & Science in Sports & Exercise*. 2017; 49(7):1494.
- AdamsJD, KavourasSA, RobillardJI, **Bardis CN**, JohnsonEC, Ganio MS, McDermott BP, White MA. Fluid Balance of Adolescent Swimmers During Training. *J Strength Cond Res*. 2016 Mar;30(3):621-5.
- Kavouras SA, **Bardis CN**. Response: Does mild hypohydration really reduce **cycling endurance performance** in the heat? *Medicine & Science in Sports & Exercise*2014;46(1):208.
- **Bardis CN**, Kavouras SA, Kosti L, Markousi M, and Sidossis LS. Mild hypohydration decreases **cycling performance** in the heat. *Medicine & Science in Sports & Exercise*. 2013;45(9): 1782-9.
- **Bardis CN**, Kavouras SA, Arnaoutis G, Panagiotakos DB, and Sidossis LS. Mild dehydration and **cycling performance** during 5-kilometer hill climbing. *Journal of Athletic Training*. 2013;48(6):741-7.

- Arnaoutis G, Kavouras SA, Kotsis YP, Tsekouras YE, Makrillos M, and **Bardis CN**. Ad libitum fluid intake does not prevent dehydration in suboptimally hydrated young soccer players during a training session of a summer camp. *International Journal of Sport Nutrition and Exercise Metabolism*. 2013;23(3):245-51.
- **Bardis CN**, Atkinson G. Effects of time of day on power output and thermoregulation responses during cycling. *Biology Of Exercise*. 2008; 4:17-26.

### *Conference Presentations*

- JI Robillard, JD Adams, EC Johnson, **CN Bardis**, LG Summers, et al. Fluid balance of adolescent swimmers during training. *International Journal of Exercise Science*: (31/03/2015).
- RA Mishler, JD Adams, **CN Bardis**, EC Johnson, LS Summers, et al (2015). Effect of hypohydration on dynamic balance in type II diabetics. *International Journal of Exercise Science*: (31/03/2015).
- EC Johnson, **CN Bardis**, JD Adams, L Summers, W Murray, et al. Blood glucose kinetics are related to hydration status in men with type II diabetes mellitus. *International Journal of Exercise Science*: (31/03/2015).
- Robillard, J.I., Adams, J.D., Johnson, E.C., **Bardis, C.N.**, Summers, L.G., Huffman, A,...& Kavouras FASCM, S.A. (2014). Fluid balance of adolescent swimmers during training. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 11, No. 2, p. 48).
- Mishler, R.A., Adams, J.D., **Bardis, C.N.**, Johnson, E.C., Summers, L.S., Murray, W.G., & Kavouras FASCM, S.A. (2014). Effect of hypohydration on dynamic balance in type II diabetics. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 11, No. 2, p. 37).
- Johnson E.C., **Bardis, C.N.**, Adams, J.D., Summers, L., Murray, W., Robillard, J., Kavouras FASCM, S.A. (2014). Blood glucose kinetics are related to hydration status in men with type II diabetes mellitus. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 11, No. 2, p. 29).
- **Costas N. Bardis**, Konstantinos S. Danias, Eleni Samara, Lili Karagiorgou, Giorgos Stais, Eleuthera Axioti, Labros S. Sidossis, Stavros A. Kavouras. “Prescribed Hydration Improves Cycling Performance in the Heat” (31/05-

- 04/06/2013). Presentation at the American College of Sports Medicine “ACSM” in Indianapolis, 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 - 04/06/2013). Presentation at the American College of Sports Medicine “ACSM” on Indianapolis, USA.
  - **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). Presentation at the second conference in Harokopio University (the second conference of the postgraduate program in applied dietetics - nutrition).
  - 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). 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). 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). Presentation at the American College of Sports Medicine “ACSM” in San Francisco, USA.
  - Mourtakos, S.P., Kavouras S.A., **Bardis, K.N.**, Vasiliou S., Tenta R., Sidossis, L.S., . The effect of rowing on bone content redistribution (06 - 09/ 07/ 2011). European Conference of the sport: "European College of Sport Science" "ECSS" in Liverpool, UK.
  - 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). 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 American College of Sports Medicine "ACSM" in Denver, USA.
- 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 first conference in Harokopio University (the first conference of the postgraduate program in applied dietetics - nutrition).
- Kaouni Elsa, **Bardis N. Costas** "Obesity and self-perception in children with and without mental retardation." (23-26 / 06/2010). Pedagogical Institute in Athens.
- Arnaoutis Giannis, Stavros A. Kavouras, Kotsis Yiannis, **Bardis N. Costas**, Labros S. Sidossis "Prevalence of Dehydration in Young Soccer Players" (23-26 / 06 / 2010). 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). Presentation at the European Conference of the sport: "European College of Sport Science" "ECSS" in Antalia, Turkey.
- 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). 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). Presentation at the American College of Sports Medicine "ACSM" in Baltimore, USA.
- **Bardis C.** Effects of time of day on power output and thermoregulation responses during cycling (9-12/07/2008). Presentation at the European Conference of the sport: "European College of Sport Science" "ECSS" in Estoril, Portugal.

## 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).

## WORKING EXPERIENCE

- Research Fellow: School of Physical Education and Sport Science in Greece: Teaching the undergraduate course of Cycling.
- Founder and Scientific Director at “Nutrilab” (Physiology and Nutrition Center in Athens: [www.nutrilab.gr](http://www.nutrilab.gr) (since 2013)
- Participation in research and data collection in 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.
- Participation in research and data collection in laboratory of respiratory capacity and exercise physiology “M. Simou, (Evangelismos Hospital)” Intensive research center and emergency medicine of chest “**THORAX**”. (2009-2013)
- Nutrition advices in patients with lung and heart diseases (in the laboratory of respiratory capacity and exercise physiology “M. Simou, (Evangelismos Hospital)” Intensive research center and emergency medicine of chest “**THORAX**”. (2009-2013)
- 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).

### **OUTSTANDING ATHLETIC ACHIEVEMENTS**

- 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.