



## Academic Personnel Short CV

<b>University:</b>	Frederick University
<b>Surname:</b>	Papacosta
<b>Name:</b>	Elena
<b>Rank/Position:</b>	Assistant Professor
<b>School:</b>	School of Health Sciences
<b>Department:</b>	Life and Health Sciences
<b>Scientific Domain:</b>	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	date	Frederick University	Limassol	Assistant Professor, Coordinator BSc Physical Education and Sport Sciences, Head of Department	
2016	2020	Frederick Institute of Technology	Limassol	Lecturer, Coordinator	
2015	2017	European University Cyprus	Nicosia	Scientific collaborator	
2010	2017	Cyprus College	Nicosia and Limassol	Scientific collaborator	

Key refereed journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2021	Promoting active sports tourism through technology and evaluating its economic impact: experiences from Cyprus.	Achilleas A, Makrominas M, Markides C, Alexandrou R, Konstantinidis A, Constantinides P, Zikouli E & Tselepos L	Journal of Sport & Tourism	DOI: 10.1080 /147750 85.2021 .196500	
2	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

3	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
4	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
5	2013	Effects of intensified training and taper on immune function (invited review).	Gleeson M.	Revista Brasileira de Educação Física e <i>Esporte</i>	27(1)	159-176
6	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
7	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
8	2015	Responses of salivary cortisol, salivary testosterone, SIgA and psychological arousal in winners and losers of a judo competition.	Nassis GP and Gleeson M.	The International Society of Exercise and Immunology, 12 <sup>th</sup> ISEI Symposium, Austria, Vienna		
9	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 <sup>th</sup> Annual Congress of the ECSS, Brussels, Bruges		
10	2010	Effects of time of day on skills and soccer-specific physiological tests	Nassis GP.	Wingate Institute, 1 <sup>st</sup> Wingate Congress of Exercise and Sport Sciences, Israel		

<b>Research Projects</b>				
<b>Ref. Number</b>	<b>Date</b>	<b>Title</b>	<b>Funded by</b>	<b>Project Role</b>
1	9/2021-12/2021	Customer satisfaction for Sport For All program of Cyprus Sports Organisation	Cyprus Sports Organisation	Researcher
2	1/2021-12/2022	A whole school approach promoting health-enhancing physical activity – HEPA	Erasmus+ Sport	Project Coordinator
3	1/2021-12/2022	An integrated approach for the prevention, detection and combat of sexual harassment in sports – iSports	Erasmus+ Sport	Partner Coordinator
4	1/2022-6/2025	Physical Fitness of Secondary Education Students in Cyprus	Ministry of Education, Youth and Sport	Project Coordinator
5	7/2022-07/2024	Building innovation capacity and entrepreneurship in sport science HEIs	European Commission - EIT- HEI Initiative	Researcher
6	12/2021-06/2023	TEachers' TRaining to combat Gender-based violence In Sports	ERASMUS+ KA2	Researcher

<b>Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees</b>				
<b>Ref. Number</b>	<b>Period</b>	<b>Organization</b>	<b>Title of Position or Service</b>	<b>Key Activities</b>
1	2021-2024	Cyprus Sports Organisation	Council Board Member	National stakeholder of Sport in Cyprus