

## Curriculum vitae

**NAME** Stavroula  
**SURNAME** Spetsioti  
**ADDRESS** Speusippou 29, Athens  
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### STUDIES

- 2008-2012** Post-graduated Diploma in Biology of Exercise of the Faculty of Physical Education and Sport Sciences, National and Kapodistrian University of Athens, Greece.
- 2003-2007** Degree of the Faculty of Physical Education and Sport Sciences, National and Kapodistrian University of Athens, Greece.
- 2002-2003** Lyceum of Lavrio.

### RESEARCH EXPERIENCE

- 2009-today** Rehabilitation program in patients with chronic heart failure, Sotiria Hospital.
- 2008-2010** Conducting clinical study (Pfizer) with code A4471008/205.365 in patients with COPD.
- 2007-today** Clinical Researcher, "Thorax Foundation" Research Center of Intensive and Emergency Thoracic Medicine
- 2007-today** Respiratory Rehabilitation program in patients with Chronic Obstructive Pulmonary Disease, clinical intensive care Hospital "Evangelismos" and Sotiria Hospital.

**PUBLICATIONS IN JOURNALS**

1. Louvaris Z, Kortianou EA, **Spetsioti S**, Vasilopoulou M, Nasis I, Asimakos A, Zakynthinos SG, Vogiatzis I. Intensity of daily physical activity is associated with central hemodynamic and leg muscle oxygen availability in COPD. **J Appl Physiol**. 2013 Jul 11.
2. Vasilopoulou MK, Vogiatzis I, Nasis I, **Spetsioti S**, Cherouveim E, Koskolou M, Kortianou EA, Louvaris Z, Kaltsakas G, Koutsoukou A, Koulouris NG, Alchanatis M. On- and off-exercise kinetics of cardiac output in response to cycling and walking in COPD patients with GOLD Stages I-IV. **Respir Physiol Neurobiol**. 2012 May 31;181(3):351-8.
3. Vogiatzis I, Andrianopoulos V, Louvaris Z, Cherouveim E, **Spetsioti S**, Vasilopoulou M, Athanasopoulos D. Quadriceps muscle blood flow and oxygen availability during repetitive bouts of isometric exercise in simulated sailing. **J Sports Sci**. 2011;29(10):1041-9.
4. Vogiatzis I, Terzis G, Stratakos G, Cherouveim E, Athanasopoulos D, **Spetsioti S**, Nasis I, Manta P, Roussos C, Zakynthinos S. Effect of pulmonary rehabilitation on peripheral muscle fiber remodeling in patients with COPD in GOLD stages II to IV. **Chest**. 2011;140(3):744-52.

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5. Kortianou E, Nasis I, **Spetsioti S**, Daskalakis A, Vogiatzis I. Effectiveness of interval exercise training in patients with COPD. **Cardiopulmonary Physical Therapy Journal** 2010,21(3): 12-19.
6. Nasis IG, Vogiatzis I, Stratakos G, Athanasopoulos D, Koutsoukou A, Daskalakis A, **Spetsioti S**, Evangelodimou A, Roussos Ch. and Zakynthinos S. Effects of interval-load versus constant-load training on the BODE index in COPD patients. **Respiratory Medicine** 2009; 103(9) 1392-1398

### AWARDS

- 2004-2005** Annual scholarship from the State Scholarships Foundation for the fourth place in the standings at the end of the first year of undergraduate studies in the Department of Physical Education and Sport Science.
- 2004-2003** Annual scholarship from the State Scholarships Foundation for the fifth place of introduction in the Department of Physical Education and Sport Science.

### CONGRESSES/SEMINARS

1. ERS Seminar in COPD ‘‘Physical Activity, Nutritional Status and Systemic Inflammation in COPD’’, Florence, Italy, 2011
2. European Respiratory Society-Annual Congress, Barcelona, Spain, 2010

### MEMBERSHIPS

1. European Respiratory Society (ERS)
2. Hellenic Society of Biochemistry and Physiology of Exercise (EEVFA)