



Short Curriculum Vitae

Maria Michalopoulou, PhD

Rector

Democritus University of Thrace

Professor at the Department of Physical Education and Sport Science

School Of Physical Education Sport Science and Occupational Therapy

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Undergraduate Studies

- 1991: Degree in Physical Education and Sport Science and Certificate of Specialization in Volleyball Coaching, School of Physical Education and Sport Science, National and Kapodistrian University of Athens.

Postgraduate Studies

- 1992: Master of Science (MSc) in Sports Coaching, Department of Medical Physics & Clinical Engineering, University of Sheffield, UK. Master's thesis: "The effect of different starting positions on movement time in defense in Women's Volleyball".
- 1995: Doctorate (PhD) in Physical Education, School of Physical Education and Sport Science, Democritus University of Thrace. Doctoral dissertation: "The effect of athletic performance on the information processing procedure & attentional capacity".

Career History

- 2012 – present: Professor, Depart. PHYED DUTH
- 2005 - 2012: Associate Professor, Depart. PHYED DUTH
- 2003: Tenure granted at the rank of Assistant Professor, School of Physical Education and Sport Science, DUTH.
- 1999 - 2003: Assistant Professor, Depart. PHYED DUTH
- 1995 - 1999: Lecturer, Depart. PHYED DUTH

Administrative Services

- January 2023 – August 2026: Member of the Administration Council, Democritus University of Thrace (DUTH)
 - September 2018 – December 2022: Vice-Rector for Research and Lifelong Learning, Democritus University of Thrace (DUTH)
 - September 2013 – 2017: Dean of the School of Physical Education and Sport Science, Democritus University of Thrace (DUTH)
 - September 2012 – September 2013: Head of Department, Department of Physical Education and Sport Science, Democritus University of Thrace (DUTH)
 - September 2012 – present: Institutional ECTS/DS Coordinator
 - September 2012 – September 2017: Member of the Research Committee, Democritus University of Thrace (DUTH)
 - September 2011 – September 2019: Institutional Erasmus/LLP (now Erasmus+) Coordinator
 - 2023 – present: Vice President of "Study in Greece", Non-Profit Organization for the internationalisation and promotion of Greek Higher Education Institutions
 - 2022 – 2025: Member of the Board of Directors, National Anti-Doping Organization (EOKAN)
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**Research Funding
(2020 – present)**

- Agrifood Climate Resilience Excellence Centre (ACRE), HORIZON-WIDERA-2025-ACCESS-01, HORIZON Coordination and Support Actions | Budget: 12.000.000,00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou
 - Digital Transformation and Green Transition of the Agri-Food Value Chain in Greece (DigiAgriFood 2.0), DIGITAL-2026-EDIH-EU-EEA-09, DIGITAL-SIMPLE | Budget: €1,090,000.44. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - A center for Sustainable Agricultural Innovation and Research Careers in Central and Eastern Europe (AgriTalent Excellent), HORIZON-WIDERA-2025-01-ACCESS-01, HORIZON Coordination and Support Actions | Budget: €544.875,00. Principal Investigator (DUTH): M. Michalopoulou.
 - EIT Food Hub Hellas II – EIT FOOD (2026–2027) | Budget: €144,000.00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - Europe Direct East Macedonia & Thrace – European Commission ED Framework Partnership (2026–2030) | Budget: €166,000.00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - "Sports Gateway: Alexandroupoli" (2026–2028) – NSRF 2021–2027 / Sustainable Urban Development (SUD) Alexandroupoli, ROP East Macedonia & Thrace | Budget: €267,000.00. Principal Investigator: M. Michalopoulou.
 - Boosting Interregional Value Chains on Functional Foods and Medicinal and Aromatic Plants Via Digital Transformation (OFELIA) – European Commission / EISMEA | Budget: €971,000.00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - EIT Food Hub Hellas I – EIT FOOD (2024–2025) | Budget: €144,000.00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - Digital Innovation and Data Technology Network for Rangeland Livestock Farming Systems (DIGIRangeLand) – Horizon Europe | Budget: €289,000.00. Principal Investigator (DUTH): M. Michalopoulou.
 - "Contribution of Deep Learning to the Monitoring and Analysis of Training Load in Indoor Team Sports (ΥΠ3ΤΑ-0559995)" | Budget: €39,000.00. Project: "SUB1.1. Research Excellence Partnerships". Member of the Research Team.
 - "Prevention of Sports Injuries in Team Sports Through Machine Learning and Artificial Intelligence Technologies (IRONMAN - ΥΠ3ΤΑ-0561410)" | Budget: €267,000.00. Project: "SUB1.1. Research Excellence Partnerships". Member of the Project Team.
 - Empowering The Margins of Europe through Regional and Global Engagement (EMERGE) – ERASMUS+ (2025–2028) | Budget: €2,012,327.00. Principal Investigator (DUTH): M. Michalopoulou.
 - Counteracting Diabetes Using Interdisciplinary Educative Programs (DUSE) – EU4Health (2024–2026) | Budget: €243,000.00. Member of the Project Team. (Note: Fixed ending year to 2026 as 2046 was likely a typo).
 - Digital Transformation and Green Transition of the Agri-Food Value Chain in Central and Northern Greece (#DigiAgriFood) – DIGITAL-2021-EDIH-01, Digital Europe Programme | Budget: €1,259,000.00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - Europe Direct East Macedonia & Thrace – European Commission ED Framework Partnership (2021–2025) | Budget: €166,000.00. Coordinator: DUTH, Principal Investigator: M. Michalopoulou.
 - Exercise for Diabetes: Beneficial Effects – Erasmus+ KA2 | Budget: €66,000.00. Member of the Project Team: M. Michalopoulou.
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***Selected Publications
(2000 – present)***

- Body Composition and Bone Status Through Lifespan in a Greek Adult Population: Establishing Reference Curves. *Obesities*. Balabanos et al., 2026. DOI: 10.3390/obesities6010007
 - Exploring Bone Health Determinants in Youth Athletes Using Supervised and Unsupervised Machine Learning. *Dietetics*. Retzepis et al., 2025. DOI: 10.3390/dietetics4040044
 - Real-Time Monitoring of Particulate Matter in Indoor Sports Facilities Using Low-Cost Sensors: A Case Study in a Municipal Small-to-Medium-Sized Indoor Sport Facility. *Eng.* Katsiri et al., 2025. DOI: 10.3390/eng6100258
 - Structural and Functional Asymmetries in Male Basketball Players: A Cross-Sectional Analysis of Body Composition, Bone Status, and Performance. *Journal of Functional Morphology and Kinesiology*. Pantazis et al., 2025. DOI: 10.3390/jfmk10030359
 - Multicomponent-Type High-Intensity Interval Training Improves Vitamin D Status in Adults with Overweight/Obesity. *Obesities*. Protopapa et al., 2025. DOI: 10.3390/obesities5030051
 - Interpretable Machine Learning for Osteopenia Detection: A Proof-of-Concept Study Using Bioelectrical Impedance in Perimenopausal Women. *Journal of Functional Morphology and Kinesiology*. Balabanos et al., 2025. DOI: 10.3390/jfmk10030262
 - New Bioelectrical Impedance-Based Equations to Estimate Resting Metabolic Rate in Young Athletes. *Methods and Protocols*. Stampoulis et al., 2025. DOI: 10.3390/mps8030053
 - Explainable Siamese Neural Networks for Detection of High Fall Risk Older Adults in the Community Based on Gait Analysis. *Journal of Functional Morphology and Kinesiology*. Kokkotis et al., 2025. DOI: 10.3390/jfmk10010073
 - The Effect of Protein Supplementation and Playing Time on Recovery Kinetics During a Congested Basketball Schedule. *Nutrients*. Pantazis et al., 2024. DOI: 10.3390/nu17010128
 - A Biologically Inspired Movement Recognition System with Spiking Neural Networks for Ambient Assisted Living Applications. *Biomimetics*. Passias et al., 2024. DOI: 10.3390/biomimetics9050296
 - Gait analysis comparison between manual marking, 2D pose estimation algorithms, and 3D marker-based system. *Frontiers in Rehabilitation Sciences*. Menychtas et al., 2023. DOI: 10.3389/fresc.2023.1238134
 - High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS One*. Batrakoulis et al., 2018. DOI: 10.1371/journal.pone.0202390
 - Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients*. Bounova et al., 2018. DOI: 10.3390/nu10050566
 - The parental role in adolescent screen related sedentary behavior. *International Journal of Adolescent Medicine and Health*. Bounova et al., 2018. DOI: 10.1515/ijamh-2016-0031
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- Gait analysis comparison between manual marking, 2D pose estimation algorithms, and 3D marker-based system. *Frontiers in Rehabilitation Sciences*. Menychtas et al., 2023. DOI: 10.3389/fresc.2023.1238134
 - High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS One*. Batrakoulis et al., 2018. DOI: 10.1371/journal.pone.0202390
 - Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients*. Bounova et al., 2018. DOI: 10.3390/nu10050566
 - The parental role in adolescent screen related sedentary behavior. *International Journal of Adolescent Medicine and Health*. Bounova et al., 2018. DOI: 10.1515/ijamh-2016-0031
 - Home and Neighborhood Environment Predictors of Adolescents' Screen Viewing. *Journal of Physical Activity & Health*. Bounova et al., 2016. DOI: 10.1123/jpah.2015-0508
 - Physical activity is associated with bone geometry of premenarcheal girls in a dose-dependent manner. *Metabolism: Clinical and Experimental*. Michalopoulou et al., 2013. DOI: 10.1016/j.metabol.2013.08.006
 - Step counts and body mass index among 9-14 years old Greek schoolchildren. *Journal of Sports Science & Medicine*. Michalopoulou et al., 2011. PMC: PMC3737892
 - Effect of rhythmic gymnastics on volumetric bone mineral density and bone geometry in premenarcheal female athletes and controls. *The Journal of Clinical Endocrinology and Metabolism*. Tournis et al., 2010. DOI: 10.1210/jc.2009-2382
 - Validity and reliability of physical activity measures in Greek high school age children. *Journal of Sports Science & Medicine*. Argiropoulou et al., 2004. PMC: PMC3905297
 - The effects of high- and moderate-resistance training on muscle function in the elderly. *Journal of Aging and Physical Activity*. Kalapotharakos et al., 2004. DOI: 10.1123/japa.12.2.131