



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
**Southeast Chapter**



## Candidate for Member at Large

---



**Zacharias Papadakis, PhD, FACS**

*Barry University*

As an accomplished academic and Associate Professor of Exercise Physiology & Wellness at Barry University, I am honored by the nomination for the position of Member at Large for SEACSM. My dedication to advancing exercise science seamlessly aligns with SEACSM's mission, and I am enthusiastic about leveraging my expertise for the organization's initiatives. My extensive background in Kinesiology, Exercise Science, and Health Promotion, coupled with my role as the Human Performance Laboratory Director, uniquely positions me to foster collaboration and drive impactful research within SEACSM. Serving as the Exercise Physiology Undergraduate Program Coordinator, I possess a profound understanding of the educational landscape in our field. This ensures a holistic approach to SEACSM's goals, emphasizing student involvement through the integration of scientific research into educational and practical applications. I am particularly drawn to SEACSM's commitment to diversity, equity, and inclusion, aligning with my longstanding advocacy, evident since 2011 with the Texas ACSM chapter and since 2018 with SEACSM.

My dedication to promoting health and wellness is demonstrated through achievements such as the EIM Silver Award and other professional distinctions. At Barry University, I have implemented innovative teaching practices in exercise physiology-related classes and conducted interdisciplinary projects exploring the impact of physical activity levels and lifestyle behaviors. These accolades underscore my commitment to excellence and innovation, qualities I intend to bring to SEACSM.

Through active participation in SEACSM, I aim to facilitate networking opportunities, mentor emerging professionals, and provide valuable insights to enhance the organization's impact. My leadership, research aspirations, and passion for advancing exercise science position me as a valuable candidate for Member at Large, and I eagerly anticipate contributing meaningfully to SEACSM's continued success.

Thank you for considering my nomination.

# ZACHARIAS PAPADAKIS

**Ph.D., ACSM-EP, FACSM, Associate Professor of Exercise, Physiology, and Wellness**

*My research interests are aimed at understanding how the human body responds and adapts to continuous moderate-intensity exercise and high-intensity interval exercise and training programs, psychological, nutritional, and pharmaceutical stimuli, and how these responses influence cardiometabolic processes in humans under the perspective of the Network Physiology of Exercise and Lifestyle Medicine.*

Updated 10 January, 2024



## EDUCATION

2011 –  
2018

● **Baylor University, Waco, TX**

Ph.D. in Kinesiology, Exercise Science, Nutrition, and Health Promotion

Dissertation: The Effects of Short Sleep on Metabolic and Vascular Responses to Exercise

2004 –  
2008

● **Sheffield Hallam University, Sheffield, United Kingdom**

M.S. in Exercise Physiology

Thesis: Contrast Stretch Shortening Cycle Weight Training Programme. The Effects of 2 Sets vs. 4 Sets on Lower Body Power and Jumping Performance

1994 –  
1998

● **Aristotle University of Thessaloniki, Thessaloniki, Greece**

B.S. in Sports and Exercise Science and Physical Education

Thesis: Annual Basketball Strength and Conditioning Periodization



## SELECTED TEACHING EXPERIENCE

2018 –  
Present

● **Undergraduate Level: Exercise Physiology (Lecture/Labs), Clinical Exercise Physiology (Lecture/Labs), Fitness Assessment and Exercise Prescription (Lecture/Labs), Directed Readings, Exercise is Medicine, and Honor Thesis**  
Barry University

2018 –  
Present

● **Graduate Level: Advanced Exercise Physiology (Lecture/Labs), Clinical Exercise Physiology (Lecture/Labs), Advanced Statistics in Sport and Exercise Science, Exercise is Medicine, and Thesis**  
Barry University

## RESEARCH SUMMARY

### Peer-Reviewed Publications\*

127 total peer-reviewed publications 21 as first author 106 as corresponding and/or non-first author

### Google Scholar Metrics

citations: 179

h-index: 7

i10-index: 6

\* *Google Scholar indexed*

### Funding (Awarded)

\$196,489 total as PI

## SKILLS

Experienced in clinical research methods, design and scientific writing, medical statistics and programming using Jamovi, JASP, R, and SPSS

## LINKS

[Google Scholar](#)

[ORCID](#)

## CONTACT INFO

✉ [zpapadakis@barry.edu](mailto:zpapadakis@barry.edu)

[LinkedIn](#)

[Instagram](#)

[Twitter](#)

*This resume was made with the R package [pagedown](#).*



## SELECTED RESEARCH EXPERIENCE

2018 –  
Present

### ● **Barry University - Human Performance Laboratory Director**

- Effects of Caffeine Ingestion on Jumping Performance in Collegiate Players: A Randomized, Double-Blind, Crossover, Placebo-Controlled Study
- Mental Toughness on Female Collegiate Rowers: Its Significance on an Individual and Team Level
- Pilot study: Effects of acute continuous moderate-intensity exercise (CMIE) and high-intensity interval exercise (HIIE) on Apelin expression and other related to cardiovascular disease cytokines
- Physiological and psychological responses while exercising with a face mask during COVID19: A pilot study
- eSports: To be or not to be. Characterizing the physiological and sensorimotor profile of competitive gamers
- Predicting firefighter's physical ability test (PAT) from anaerobic fitness parameters and mental toughness component
- Physical activity sleep, mental toughness, and metabolic syndrome in a university work site



## SELECTED PUBLICATIONS

2022

### ● **Preventive Medicine via Lifestyle Medicine Implementation Practices Should Consider Individuals' Complex Psychosocial Profile**

Healthcare - IF: 2.8, CiteScore: 2.7

Z Papadakis, A Stamatias, M Manierre, A Boolani

2022

### ● **Effects of Acute Partial Sleep Deprivation and High-Intensity Interval Exercise on Postprandial Network Interactions**

Frontiers in Network Physiology - IF: 4.744, CiteScore: 6.6

Z Papadakis, S Garcia-Retortillo, P Koutakis

2022

### ● **Effects of Acute Exercise on Cardiac Autonomic Response and Recovery in Non-Dialysis Chronic Kidney Disease Patients**

Research Quarterly for Exercise and Sport - IF: 2.098, CiteScore: 3.7

Z Papadakis, PW Grandjean, JS Forsse

2020

### ● **Effects of High-Intensity Interval Exercise and Acute Partial Sleep Deprivation on Cardiac Autonomic Modulation**

Research Quarterly for Exercise and Sport - IF: 2.098, CiteScore: 3.7

Z Papadakis, JS Forsse, MN Peterson

2020

### ● **Acute partial sleep deprivation and high-intensity interval exercise effects on postprandial endothelial function**

European Journal of Applied Physiology - IF: 3.346, CiteScore: 5.6

Z Papadakis, JS Forsse, MN Peterson