

Elpida Michael

Doctoral Researcher

Contact details

Email exm230@bham.ac.uk (<mailto:exm230@bham.ac.uk>)

School of Sport, Exercise and Rehabilitation Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK



About

PhD thesis title: Sports and Exercise Sciences

Supervisors: Dr Frank Eves (The University of Birmingham, UK) - Dr Marios Hadjicharalambous (The University of Nicosia, CYP)

Ms Elpida is a highly motivated student and passionate for her work and she is demonstrating self-discipline and thoroughness.

Qualifications

- MSc Sports Physiology
- BSc Physical Education and Sports Sciences
- Certificate Group Exercise and Personal Trainer
- International Judge in Women's Artistic Gymnastics

Biography

During my MSc degree, I explored the reactivity of blood pressure to 24-hours of free living physical activity investigating the reliability of the indices and comparing people with obstructive sleep apnea syndrome and healthy controls. Moreover I was awarded 4 scholarships for my academic excellence during my undergraduate studies

Research

- Physiological adaptations to stair climbing
- Obstructive sleep apnea effects on blood pressure
- Artistic gymnastics effects on puberty

Other activities

- Women's Artistic gymnastics international judge by the Cyprus Gymnastics Federation
- Inspector of team and individual sports in Cyprus by the Cyprus Sports Organization
- Volunteer in the Institution of Kidney Diseases
- Charity work for people with obstructive sleep apnea Lectures in Exercise Physiology and kinesiology
- Representative of "Olympism" selected by the National Olympic Committee