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# STAVROS A. KAVOURAS, PhD, FNAK, FACSM, FECSS

## CURRICULUM VITA

(updated January 17<sup>th</sup>, 2025)

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Title: **Professor & Assistant Deann of Graduate Education**  
Founding Director of Hydration Science Lab

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College of Health Solutions  
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Google Scholar Citations <http://bit.ly/kavouras-citations>  
Pubmed Publications <http://bit.ly/KavourasPM>  
Research Gate <http://bit.ly/KavourasRG>  
Orcid <http://orcid.org/0000-0001-7485-8112>

## **EDUCATION**

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1997-1999 **Post-Doctorate in Human Physiology** (NIH Funded)  
YALE UNIVERSITY SCHOOL OF MEDICINE, New Haven, CT  
Department of Epidemiology and Public Health  
The John B. Pierce Laboratory  
Supervisors: Dr. Ethan R. Nadel and Dr. Gary W. Mack

1993-1997 **Doctor of Philosophy (PhD) in Exercise Physiology**  
UNIVERSITY OF CONNECTICUT, Storrs, CT  
Department of Kinesiology  
Supervisors: Dr. Lawrence E. Armstrong and Dr. Carl M. Maresh

1991-1993 **Master of Science (MS) in Exercise Physiology - Nutrition**  
UNIVERSITY OF COLORADO, Colorado Springs, CO  
Department of Biology  
Supervisors: Dr. John P. Troup, Dr. Jacqueline R. Berning, and Dr. Edmund R. Burke

1987-1991 **Bachelor of Science (BS) in Exercise Sciences**  
UNIVERSITY OF ATHENS, Athens, GREECE  
Department of Exercise Sciences  
Supervisors: Dr. Kostas Boudolos

## ***ACADEMIC EXPERIENCE***

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- 2019 - present **Assistant Dean of Graduate Education**  
**ARIZONA STATE UNIVERSITY**, Phoenix, AZ  
 College of Health Solutions
- 2018 - present **Professor of Nutrition**  
**ARIZONA STATE UNIVERSITY**, Phoenix, AZ  
 College of Health Solutions  
 Director of Hydration Science Laboratory
- 2017- 2019 **Adjunct Basic Science Associate Professor in Medicine**  
**UNIVERSITY of ARKANSAS for MEDICAL SCIENCES**, Little Rock, AR  
 Division of Endocrinology
- 2017- 2018 **Professor**  
**UNIVERSITY of ARKANSAS**, Fayetteville, AR  
 Department of Health, Human Performance, and Recreation  
 Director of Hydration Science Laboratory  
 Program Coordinator for Exercise Science
- 2014- 2017 **Associate Professor** (tenured)  
**UNIVERSITY of ARKANSAS**, Fayetteville, AR  
 Department of Health, Human Performance, and Recreation  
 Director of Hydration Science Laboratory  
 Coordinator for Exercise Science Program
- 2012- 2014 **Assistant Professor**  
**UNIVERSITY of ARKANSAS**, Fayetteville, AR  
 Department of Health, Human Performance, and Recreation
- 2010-12 &  
 2007-9 **Interim Director** - Laboratory of Nutrition & Clinical Dietetics  
**HAROKOPIO UNIVERSITY**, Athens, GREECE  
 Department of Nutrition and Dietetics
- 2007- 2012 **Assistant Professor** - tenured since 2010  
**HAROKOPIO UNIVERSITY**, Athens, GREECE  
 Department of Nutrition and Dietetics
- 2002- 2007 **Lecturer** (tenure track)  
**HAROKOPIO UNIVERSITY**, Athens, GREECE  
 Department of Nutrition and Dietetics
- 2001-2002 **Senior Research Associate**  
**HAROKOPIO UNIVERSITY**, Athens, GREECE  
 Department of Nutrition and Dietetics
- 2000 **Instructor**  
**TECHNICAL EDUCATIONAL INSTITUTE**, Athens, GREECE  
 School of Physical Therapy

- 1997-1999     **Adjunct Professor**  
**UNIVERSITY OF CONNECTICUT**, Storrs, CT  
Department of Kinesiology
- 1997-1999     **Post-Doctoral Associate** - (NIH Funded)  
**YALE UNIVERSITY SCHOOL OF MEDICINE**, New Haven, CT  
The John B. Pierce Laboratory  
Thermoregulation and Fluid Balance Laboratory  
Supervisors: Dr. Ethan R. Nadel and Dr. Gary W. Mack
- 1993-1997     **Graduate Research Associate**  
**UNIVERSITY OF CONNECTICUT**, Storrs, CT  
Human Performance Laboratory  
Supervisors: Dr. Lawrence E. Armstrong and Dr. Carl M. Maresh
- 1994-1995     **Research Fellow** (part time)  
**YALE UNIVERSITY SCHOOL OF MEDICINE**, New Haven, CT  
Department of Internal Medicine and Radiology (NMR unit)  
Supervisors: Dr. Gerald I. Shulman and Dr. Thomas B. Price
- 1994 & 1995   **Summer Research Fellow**  
**YALE UNIVERSITY SCHOOL OF MEDICINE**, New Haven, CT  
The John B. Pierce Laboratory  
Thermoregulation and Fluid Balance Laboratory  
Supervisors: Dr. Ethan R. Nadel and Dr. Gary W. Mack
- 1991-1993     **Graduate Research Associate**  
**UNIVERSITY OF COLORADO & INTERNATIONAL CENTER FOR**  
**AQUATIC RESEARCH**, Colorado Springs, CO (joint appointment)  
Supervisors: Dr. John P. Troup and Dr. Jackie R. Berning

## **TEACHING**

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### **ARIZONA STATE UNIVERSITY**

#### Graduate:

- Medical Nutrition (online)
- Hydration for Health and Performance (online)
- NIH F31 Grant Writing
- Thermoregulation & Fluid Balance

#### Undergraduate:

- Introduction to Evidence-Based Research (online)
- Human Nutrition (online)

### **UNIVERSITY OF ARKANSAS**

#### Undergraduate:

- Performance and Drugs

- Laboratory Techniques

Graduate:

- Current Topics on Hydration & Nutrition
- Thermoregulation & Fluid Balance

**HAROKOPIO UNIVERSITY**

Undergraduate:

- Sports Nutrition
- Nutrition for Elite Athletes
- Scientific Research and Presentation

Graduate:

- Exercise Physiology
- Exercise Testing
- Sports Nutrition
- Performance Nutrition
- Physical Activity & Health

**MENTORING**

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**TENURE TRACK / TENURED FACULTY**

**Jason Siegler**, Associate Professor ASU

**Floris Wardenaar**, Assistant Professor ASU

**Stacy Hunter**, Associate Professor Texas State

**POST-DOCTORAL FELLOWS**

**HyunGyu Suh** (8/2018-7/2020)

2021 Senior Scientist - The Coca-Cola Company

2020 Post-Doc, Georgia Institute of Technology

2019 Winner of Emerging Leader in Nutrition competition, American Society of Nutrition

**Evan C Johnson** (2014-2105)

Associate Professor, University of Wyoming

2015 Recipient of Young Investigator Award, International Conference Hydration for Health.

**Costas N. Bardis** (2014)

Founder and Director of Nutrilab

Performance Nutrition & Exercise Physiology, Elite Athlete Consulting

Instructor University of Athens, Department of Sports Sciences

Athens, Greece

**DOCTORAL GRADUATES**

**Sajjad Rezaei** (8/2024 to pres)

Exercise and Nutrition Science, Arizona State University

**Abigail Colburn** (8/2018 to 5/2022)

Post-Doctoral Fellow, Yale University School of Medicine  
2022 Young Researcher Award finalist, Hydration for Health Annual Conference.  
2019 Winner of Emerging Leader in Nutrition competition, American Society of Nutrition

**Adam Seal** (graduated 11/2019)

Post-doctoral fellow, Cal Poly State University

**Lisa T Jansen** (graduated 5/2019)

Assistant Professor, University of Arkansas for Medical Sciences  
Post-doctoral fellow Harvard University School of Medicine

**HyunGyu Suh** (graduated 7/2018)

Senior Scientist, The Coca-Cola Company  
Post-doctoral fellow at Georgia Institute of Technology

**JD Adams** (graduated 5/2017)

Assistant Professor, College of Charleston, Department of Health and Human Performance  
Post-doctoral fellow at Mayo Clinic, Rochester, MN  
2018 ACSM Doctoral Student Research Award  
2018 Nutrition Interest Group Award

**Costas N. Bardis** (graduated 4/2013)

Founder and Director of Nutrilab  
Performance Nutrition & Exercise Physiology, Elite Athlete Consulting  
Instructor at University of Athens, Department of Sports Sciences  
Athens, Greece

**Giannis Arnaoutis** (graduated 3/2012)

Assistant Professor, Harokopio University, Department of Nutrition & Dietetics  
Athens, Greece  
2012 Recipient of Young Investigator Award, International Conference Hydration for Health.

**Costas Anastasiou** (graduated 6/2010)

Assistant Professor, Department of Nutrition & Dietetics  
Harokopio University  
Athens, Greece

**MASTER STUDENTS** (main Advisor)

9/2024-pres Ovietobore Dafe-Akpedeye  
7/2024-12/2024 Sai Tejaswari Gopalakrishnan  
8/2023-pres Clarissa Long  
8/2022-5/24 Emily Acri (graduated 24)  
8/2022-12/2023 Tanner Boro (graduated 22)  
8/2021-12/2023 Anthony Sablan  
8/2021-5/2022 Amanda Doyle (graduated 22)  
6/2021 Hunter Kleinschmidt (graduated 21)

Approx. 40 Master Students as the main advisor with Thesis since 2002

**HONOR UNDERGRADUATE STUDENTS**

8/2023-pres Ryan-James Muro

6/2023-pres Abigail Wasserbeck

1/2023-pres Alle Akram

1/2023-12/2023 Natalie Phillips

I supervise approximately one to two honor students every year for their research projects.

**NON-HONOR UNDERGRADUATE STUDENTS**

1/2025-pres Judah Perez

1/2025-pres Adam Stewart

12/2024-pres Brady McCaskill

8/2024-12/24 Vivian Cervantes

11/2023-pres Taryn Gleash

Every year, I supervise one to two non-honor undergraduate students who are interested in research.

**ACADEMIC SERVICE**

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**Arizona State University**

University

2020-pres University Diversity, Equity, Inclusion, and Belonging Committee

2020-23 University Graduate Council

2019-21 Graduate Enrichment Network (Graduate College)

College

2021-22 Chair of a search committee for the Executive Director of Clinical and Community Translational Science.

2020-23 Founding co-chair of the Justice Diversity, Equity, and Inclusion Council

2019-pres Assistant Dean of Graduate Education

2018-pres College of Health Solutions Curriculum Committee

2019-20 Interim Program Coordinator for Exercise & Nutrition Science PhD program

2019-21 Nutrition Curriculum Committee

2019-20 Professor of Nutrition Search Committee

2019 College Grant Challenge Committee

**UNIVERSITY OF ARKANSAS**

University

2014-18 University Research Council Committee

2017-18 University Promotion and Tenure Committee

2016-17 Business Process Committee - Office of Vice Provost of Research and Economic Development

2015-16 College Representative to University Senate

2014-16 All University Academic Integrity Board member  
 2014-15 University Repository Task Force

**College (Education and Health Professions)**

2017-20 College Promotion and Tenure Committee  
 2015-17 College Council Representative  
 2014-15 Dean’s Fellow  
 2014-15 Dean’s Executive Council  
 2014-15 Deans’ Search Committee member  
 2013-14 Ad-hoc Committee for Efficiency and Visibility

**Department (Health, Human Performance and Recreation)**

2017-20 Departmental Promotion and Tenure Committee  
 2013-18 Exercise Science Program Coordinator  
 2014-15 Exercises Science Undergraduate Program Improvement Chair  
 2016-17 Exercise Science Program Review Chair  
 2015 National Academy of Kinesiology Program Review Coordinator  
 2012-16 Member of 4 search committees in Exercise Science

***CONSULTING***

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2023-pres **Owner** of Dr Hydration LLC  
 2022-pres **Member of Science Advisory Board**, Zico Rising  
 2021-pres **Member of Science Advisory Board**, PüL, Hyduro Inc  
 2022-2023 **Member of Science Advisory Board**, Rockley Photonics  
 2022-2023 **Lead Research Aerospace Physiologist Analyst**, Luke Air Force Base  
 2018-2020 **Scientific Consultant**, Standard Process  
 2014-2016 **Science Advisor**, Quest Diagnostics  
 2012-2019 **Occasional Scientific Consultant**, Danone Research, France.  
 2010-2012 **Consulting Scientist**, Gatorade Sports Science Institute for Europe, Asia, and Australia.  
 2009-2010 **Sports Nutrition Consultant** for U21 & U17 of the Olympiacos Soccer Team (Greece)  
 2008 **Exercise Physiology & Nutrition Consultant** for the Greek Olympic Cycling Team  
 2007-09 **Head of the European Advisory Board** for the Gatorade Sports Science Institute  
 2005-07 **Scientific Consultant** for the Greek Anti-Doping Organization  
 2001-04 **Exercise Physiology & Nutrition Consultant** for the Greek Olympic Aquatic Teams (swimming, water polo & synchronized swimming)

***EDITING - PEER REVIEWING***

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**Editor-in-Chief:**

❖ Nutrients • Hydration Section (Impact Factor: 6.706) – 1/2022 to 2/2024

**Section Editor:**

- ❖ European Journal of Nutrition (Impact Factor: 4.865)

**Associate Editor:**

- ❖ Frontiers in Nutrition, Sports and Exercise Nutrition Section (Impact Factor: 6.59)

**Editorial Board:**

- ❖ Medicina Sportiva (English, Published in Poland)
- ❖ Pensar y Movimiento - Scientific Advisory Board (English & Spanish, Published in Costa Rica)

**Grant Reviewer:**

- ❖ Thrasher Foundation (2021)
- ❖ Arizona State University, College of Health Solutions Jumpstart grant (2019 & 20)
- ❖ Natural Science and Engineering Research Council of Canada (2017)
- ❖ University of Arkansas Chancellor's Discovery and Innovation Fund (2017)
- ❖ European Commission – Research Directorate General, Directorate E – Biotechnology, agriculture and food (2004-2012)
- ❖ Department of Veterans Affairs USA- Medical Research Service (1999)

**Journal Reviewer:**

- ❖ Medicine and Science in Sports and Exercise
- ❖ Journal of Applied Physiology
- ❖ British Medical Journal
- ❖ The Journal of Clinical Endocrinology and Metabolism
- ❖ The British Journal of Sports Medicine
- ❖ Sports Medicine
- ❖ British Journal of Nutrition
- ❖ Science
- ❖ Nutrients
- ❖ Nutrition Reviews
- ❖ Public Health and Nutrition
- ❖ Preventive Medicine
- ❖ Applied Physiology, Nutrition, and Metabolism
- ❖ Appetite
- ❖ Journal of Parenteral and Enteral Nutrition
- ❖ Journal of Human Nutrition and Dietetics
- ❖ International Journal of Sports Nutrition & Exercise Metabolism
- ❖ Scandinavian Journal of Medicine and Science in Sports
- ❖ The International Journal of Sports Medicine
- ❖ Journal of Sport Sciences
- ❖ Journal of Athletic Training
- ❖ Journal of Science and Medicine in Sports
- ❖ European Journal of Sports Sciences
- ❖ European Journal of Applied Physiology
- ❖ Metabolism



## ***RELATED EXPERIENCE***

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- Member, CDC - NOPREN (Nutrition & Obesity Network) **Drinking Water group** (2020-present)
- Chair, **Minority and Diversity Affairs**, American Society for Nutrition (2019-2020)
- Mentor, **Minority, and Diversity Mentoring Program**, American College of Sports Medicine (2019-present)
- National Committee Member, **Minority and Diversity Affairs**, American Society for Nutrition (2015-2021)
- **Medical and Science Advisory Board**, Korey Stringer Institute (2015- present)
- Academic-at-Large Member, **Energy, and Macronutrient Metabolism Research Interest Section** (EMM-RIS) for the American Society for Nutrition (2014-2016)
- National Member **Research Award Committee**, American College of Sports Medicine (2005-2007)
- National Committee Member, **Bylaws & Constitution Committee**, American College of Sports Medicine (2005-2007)
- **Department Representative**, University Senate, Harokopio University (2006-8)
- **Vice President, Greek Atherosclerosis Society**, Lifestyle and Psychosocial Aspects of Atherosclerosis - Working Group (2010-2012)

## ***HONORS & AWARDS***

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- **Fellow of the National Academy of Kinesiology (#637**, inducted 9/2023)
- **Top 2% world's most cited scientists in Nutrition & Exercise Science for the last 5 years (2019, 2020, 2021, 2022, 2023) [link](#)**
- **American Society of Nutrition (2021)** – Volunteer of the Year award as a member of the Minority and Diversity Affairs Committee.
- **American College of Sports Medicine (2021)** – Presidential Lecture Speaker
- **ASU PhD Mentor Award Finalist (2020)**
- **George Denny Star Faculty Award (2014-5)**  
For outstanding Research, Teaching, Service and Advising  
College of Education and Health Professions  
University of Arkansas, Fayetteville, AR
- **Outstanding Research Award (2013-4)**  
Department of Health, Human Performance and Recreation  
University of Arkansas, Fayetteville, AR
- **Young Investigator Award (1998)**  
American Physiological Society, Environmental & Exercise Physiology Section,  
Bethesda, MD
- **Outstanding Doctoral Student of the Year (1996)**  
American College of Sports Medicine, New England Chapter, Storrs, CT
- **Doctoral Dissertation Fellowship (1996)**  
University of Connecticut, Research Foundation, Storrs, CT
- **International Students Scholarship (Spring 94, Fall 94, and Spring 95)**  
University of Connecticut, Research Foundation, Storrs, CT
- **Academic Award (1991)**

- Greek Maritime Foundation, Piraeus, GREECE
- Greek National **Swimming Champion** (1985-87)  
Greek Record Holder, and World Championship Participant (1985-87)

### ***MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS***

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- Fellow of the National Academy of Kinesiology (#637)- **Fellow** since 2023
- American College of Sports Medicine (1992-present)- **Fellow** since 2008
- European College of Sports Science (2007-present)- **Fellow** since 2010
- American Physiological Society (1995-present)
- American Society for Nutrition (2014- present)
- Obesity Society (2016-present)
- American Association for the Advancement of Science (2016-2018)
- Professionals in Sports and Exercise Science (2012-present)
- Interest Group in Nutrition of the American College of Sports Medicine (2003-present)
- Hellenic Bioscientific Association in the USA (2016-present)

### ***RESEARCH GRANTS***

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#### **ACTIVE:**

- 2024-25 **Principal Investigator**, Unilever. The role of caffeine and carbohydrates on exercise performance.
- 2023-25d **Principal Investigator**, Unilever. Rehydration efficiency during Ad-libitum fluid intake.
- 2023-25 **co-Investigator**, DHS: Federal Emergency Management Agency (FEMA). Hydration self-assessment in wildland firefighters.
- 2022-25 **Principal Investigator**, Standard Process. The impact of meal replacement shakes on glucose and body weight regulation on overweight and obese adults: a feeding study.
- 2022-25 **co-Principal Investigator**, NSF-CBET Grant: (2214152) GOALI: Microscale fundamentals of sweat evaporation.
- 2021-23 **co-Principal Investigator**, NSF Acquisition of a High Heat Compatible Sweating Thermal Manikin for Interdisciplinary Research and Education on Human Thermal Exposure and Safety.

#### **COMPLETED:**

- 2023-24 **Principal Investigator**, Kraft Heinz. Kids Rehydration During Exercise.
- 2023-24 **Principal Investigator**, USDA. Rehydration After Exercise with a High-Potassium, Milk-Based Sports Drink.
- 2019-23 **Principal Investigator**, Danone Research. Reference Values and Determinants of Hydration in Children 3-13 y Part II. (Registered at ClinicalTrials.gov #CT02937038).
- 2020-21 **Principal Investigator**, ASU Global Sport Institute. The impact of adequate water intake on exercise performance and mood in men and women.

- 2019-22 **Principal Investigator**, Standard Process. Glycemic responses to amylopectin-containing drinks.
- 2015-18 **Principal Investigator**, Danone Research. Reference Values and Determinants of Hydration in Children 3-13 y Part I. (Registered at ClinicalTrials.gov #CT02937038).
- 2015-18 **Principal Investigator**, Danone Research. The Effect of Vasopressin on Glucose Regulation.
- 2014-17 **Principal Investigator**, Danone Research. Dietary water intake: A Validation study.
- 2012-14 **Principal Investigator**, Danone Research. Hydration biomarkers: The validation of urine color in kids.
- 2007-09 **Principal Investigator**, Danone Research. Increased water intake and exercise performance in children.
- 2005-06 **Principal Investigator**, Gatorade Sports Science Institute. The effect of sodium ingestion during exercise.
- 2005-06 **Principal Investigator**, Gatorade Sports Science Institute. Hyponatremia during prolonged exercise.
- 2003-04 **Principal Investigator**, Greek Department of Education. EPEAEK, a national program for improvement of the undergraduate studies.
- 2003-05 **Principal Investigator**, Greek General Secretariat of Research and Technology. Advanced method of anaerobic threshold assessment.
- 2001-04 **co-Principal Investigator**, (co-PI: L. Sidossis) Greek Swimming Federation. Nutritional status, body composition and physiological assessment of aquatic sports athletes.
- 2001-02 **co-Principal Investigator**, (co-PI: L. Sidossis) Novartis Consumer Health, Nyon, Switzerland. The effect of maltose ingestion during exercise.
- 1996-97 **Student Investigator**, (PI: L. Armstrong, C. Maresh) General Nutrition Corporation. The use of glycerol as a rehydration agent.

## ***SCIENTIFIC INTERESTS***

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- Water intake, vasopressin, and glucose homeostasis
- Hydration determinants in children and childhood obesity
- Fluid and electrolyte balance during exercise
- Hydration assessment & biomarkers
- Hydration and cardiovascular health

## ***REFEREED RESEARCH PUBLICATION IN ACADEMIC JOURNALS***

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<b>Citation Indices (2024-12)</b>	<b>All</b>	<b>Since 2020</b>
Citations	12,680	4,798

h-index (# publication with at least h # of citations)	59	37
i-10 index (# of publication with at least 10 citations)	140	112

Based on Google Scholar <http://bit.ly/kavouras-citations>

#### **2024** (n=4)

- 176.** Wardenaar FC, Navarro S, Caballero R, Vento KA, **Kavouras SA**, Vanos J. Combined active and passive isothermic heating leads to similar core temperature compared to exercise alone. Doi: 10.4085/1062-6050-0448.24.
- 175.** Armstrong LE, Bergeron MF, Muñoz CX, **Kavouras SA**. Low daily water intake profile—is it a contributor to disease? *Nutr Heal* 30: 435–446, 2024. doi: 10.1177/02601060241238826.
- 174.** Jaiswal AK, Jose CT, Ramesh R, Nanani VK, Sadeghi K, Joshi A, Kompally K, Pathikonda G, Emady HN, Bheda B, **Kavouras SA**, Rykaczewski K. Simultaneous imaging of multi-pore sweat dynamics and evaporation rate measurement using wind tunnel ventilated capsule with infrared window. *iScience* 27: 110304, 2024. doi: 10.1016/j.isci.2024.110304.
- 173.** Wardenaar FC, Whitenack L, Vento KA, Seltzer RGN, Siegler J, **Kavouras SA**. Validity of combined hydration self-assessment measurements to estimate a low vs. high urine concentration in a small sample of (tactical) athletes. *Eur J Nutr* 63: 185–193, 2024. doi: 10.1007/s00394-023-03254-1.

#### **2023** (n=7)

- 172.** Mourtakos S, **Kavouras S**, Vasiliou S, Soultanakis H, Bardis C, Sidosis L, Tenta R. Bone Mineral Content Distribution in Response to Long-term Training of Elite Rowers. *Vivo* 37: 611–617, 2023. doi: 10.21873/invivo.13119.
- 171.** Colburn AT, Buman MP, Wutich A, Vega-López S, Ohri-Vachaspati P, **Kavouras SA**. Determinants of tap water mistrust among Phoenix, Arizona Latinx adults. *J Water Health* 21: 702–718, 2023. doi: 10.2166/wh.2023.267
- 170.** Chang DC, Stinson EJ, Dodd KW, Bowles HR, Herrick KA, Schoeller DA, Barrett B, Votruba SB, Krakoff J, **Kavouras S.A.** Validation of total water intake from the Automated Self-Administered 24-h recall, 4-d food records, and a food-frequency questionnaire using doubly labeled water. *J Nutr* 153: 3049–3057, 2023. doi: 10.1016/j.tjnut.2023.08.027.
- 169.** Hunter, S. D., **Kavouras, S. A.** & Rahimi, M. Exploring heated exercise as a means of preventing the deleterious effects of high-sodium intake in Black women. *Am. J. Physiol.-Hear. Circ. Physiol.* 324, H833–H839 (2023).
- 168.** Naldo, R., Boeckman, J., Vanos, J. K., **Kavouras, S. A.** & Wardenaar, F. C. Short hydration education video and hiker fluid selection and consumption at trails, a

non-randomized quasi-experimental field study. *Nutrition Heal* 026010602211503 (2023) doi:10.1177/02601060221150303.

167. Seal AD, Colburn AT, Johnson EC, Péronnet F, Jansen LT, Adams JD, Bardis CN, Guelinckx I, Perrier ET, **Kavouras SA**. Total water intake guidelines are sufficient for optimal hydration in United States adults. *Eur J Nutr* 62: 221–226, 2023. doi: 10.1007/s00394-022-02972-2.
166. Wardenaar FC, Seltzer RG, Kavouras SA. Accuracy and reliability of college athletes' scoring of artificial urine color samples to determine hydration status. *Int J Sports Sci Coach* 18: 1550–1557, 2023. doi: 10.1177/17479541221114748.

## 2022 (n=10)

165. Gioxari A, Grammatikopoulou MG, Katsarou C, Panagiotakos DB, Toutouza M, **Kavouras SA**, Sidossis LS, Maraki MI. A Modified Mediterranean Diet Improves Fasting and Postprandial Glucoregulation in Adults with Overweight and Obesity: A Pilot Study. *Int J Environ Res Pu* 19: 15347, 2022. doi: 10.3390/ijerph192215347.
164. Vento KA, Koskan A, Lynch H, **Kavouras S**, Johnston C, Wardenaar FC. Effect of increased water intake on uropathogenic bacterial activity of underhydrated menstruating young adult women: A randomized crossover trial. *Nutr and Health. In Press*.
163. Chang DC, Penesova A, Bunt JC, Stinson EJ, **Kavouras SA**, Gluck ME, Paddock E, Walter M, Piaggi P, Krakoff J. Water intake, thirst, and copeptin responses to two dehydrating stimuli in lean men and men with obesity. *Obesity* 30: 1806–1817, 2022. doi: 10.1002/oby.23520.
162. Atkins WC, McDermott BP, Colburn AT, **Kavouras SA**. Response to a Water Bolus in Long Term Oral Contraceptive Users. *Frontiers Sports Active Living* 4: 857719, 2022. doi: 10.3389/fspor.2022.857719.
161. Zheng M, Wutich A, Brewis A, **Kavouras S**. Health impacts of water and sanitation insecurity in the Global North: a scoping literature review for U.S. colonias on the Mexico border. *J Water Health* 20: 1329–1342, 2022. doi: 10.2166/wh.2022.085.
160. Adams JD, Barlow AE, Farzam DZ, Butts CL, Ludwig A, **Kavouras SA**. Comparing thirst and spot urine concentrations in humans of differing body sizes: An observational study. *Physiol Behav* 245: 113673, 2022. doi: 10.1016/j.physbeh.2021.113673.
159. Fiol AP, McDermott BP, Ridings CB, Moyen NE, Ganio MS, **Kavouras SA**. Effect of breathing cooled air during cycling on physiology and performance in the heat. *J Sports Med Phys Fit* 62: 1294–1300, 2022. doi: 10.23736/s0022-4707.21.12770-7.
158. Morin C, Gandy J, Moreno LA, **Kavouras SA**, Martinez H, Salas-Salvado J, Bottin J. What Characterizes Fluid Intake Patterns across the World? *Ann Nutr Metab* 77: 12–14, 2022. doi: 10.1159/000520480.

157. Seal AD, **Kavouras SA**. A review of risk factors and prevention strategies for exercise associated hyponatremia. *Auton Neurosci* 238: 102930, 2022. doi: 10.1016/j.autneu.2021.102930.
156. Chouraqui J-P, Thornton SN, Seconda L, **Kavouras SA**. Total water intake and its contributors in infants and young children. *Br J Nutr* 128: 531–541, 2022. doi: 10.1017/s0007114521003469.

### 2021 (n=11)

155. Colburn AT, **Kavouras SA**. Tap Water Consumption and Perceptions in United States Latinx Adults. *Nutrients* 13: 2999, 2021. doi: 10.3390/nu13092999. *IF*: 5.717
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153. Giersch GEW, Charkoudian N, Morrissey MC, Butler CR, Colburn AT, Caldwell AR, **Kavouras SA**, Casa DJ. Estrogen to Progesterone Ratio and Fluid Regulatory Responses to Varying Degrees and Methods of Dehydration. *Frontiers Sports Active Living* 3: 722305, 2021. doi: 10.3389/fspor.2021.722305.
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10. Hacker FTJ, **Kavouras SA**, Herrera JA, Casa DJ, Armstrong LE, Scheett TP, Bilodeau TN, and Maresh CM. Effects of glycerol rehydration on whole body fluid balance and indices of kidney function. *Medicine and Science in Sports and Exercise* 30: S332, 1998.
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8. **Kavouras SA**, Casa DJ, Herrera JA, Hacker FTJ, Scheett TP, Armstrong LE, and Maresh CM. Rehydration with glycerol: endocrine, cardiovascular, and thermoregulatory effects during exercise in 37°C. *Medicine and Science in Sports and Exercise* 30: S332, 1998.
7. Nagashima K, Nadel ER, Wu J, Wemple RD, **Kavouras SA**, and Mack GW. Bolus saline infusion induces extracellular fluid-protein redistribution in the upright posture. *The FASEB Journal* 12: A125, 1998.
6. **Kavouras SA**, Nagashima K, Wu J, Wemple RD, Nadel ER, and Mack GW. Renal sodium handling after exercise induced plasma volume expansion. *The FASEB Journal* 12: A1117, 1998.
5. Armstrong LE, Kenefick RW, Castellani JW, **Kavouras SA**, and Maresh CM. Bioimpedance spectroscopy measurements of intracellular, extracellular, and total body water. *Medicine and Science in Sports and Exercise* 29: S56, 1997.
4. Kenefick RW, Armstrong LE, Maresh CM, Castellani JW, Riebe D, Echegaray M, Whittlesey M, **Kavouras S**, Casa D, and LaGasse K. Comparison of body water compartments: multiple frequency bioelectrical-impedance versus D<sub>2</sub>O and NaBr dilutional techniques. *Medicine and Science in Sports and Exercise* 26: S118, 1995.

3. **Kavouras SA**, Berning JR, Ratliff K, Hackbarth PH, and Troup JP. Effect of high carbohydrate and high fat diet prior to 45 minutes of intense cycling exercise. *Medicine and Science in Sports and Exercise* 26: S9, 1994.
2. Trappe TA, **Kavouras SA**, and Troup JP. The effects of varying work to rest ratio on energy system contribution during interval swimming training at 100% VO<sub>2</sub>max. *Medicine and Science in Sports and Exercise* 25: S93, 1993.
1. **Kavouras SA**, Barzdukas AP, and Troup JP. Growth and developmental characteristics of elite age group swimmers. *Medicine and Science in Sports and Exercise* 25: S122, 1993.

## **BOOK CHAPTERS & MONOGRAPHS**

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12. Sekiguchi Y, **Kavouras SA**, Yeargin SW, Ng JTW, Calbrese PS. Hydration and Heat Strategies in Soccer. In: Curtis R, Benjamin C, Huggins R, and Casa DJ, editors. *Elite Soccer Players: Maximizing Performance and Safety*. New York, Routledge; 2019. pp. 327-354.
11. Seal AD, Suh H, Jansen LT, Summers LG, **Kavouras SA**. Hydration and Health. In: Pounis G, editor. *Analysis in Nutrition Research*. London: Elsevier Inc; 2018. pp. 299–319.
10. Ganio MS, Armstrong LE, **Kavouras SA**. Hydration. Chapter 6. In: Casa, DJ, Stearns RL. *Sport and Physical Activity in the Heat: Maximizing Performance and Safety*. New York, NY: Springer Nature. 2018.
9. **Kavouras SA**. Sodium Balance during Exercise and Hyponatremia. In: *Fluid Balance Hydration and Athletic Performance*. Meyer F, Szygula Z, Wilk B, eds. Boca Raton, FL: CRC Press; 2015:23-29
8. Casa DJ, Armstrong LE, Ganio MS, **Kavouras SA**, Stearns RS, and Wingo JE. Hydration for High-level Athletes. In: *Nutrition for Elite Athletes*. Eds. E. Rawson, S. Volpe, Boca Raton, FL: CRC Press, 2015, 249-272
7. Adams JD and **Kavouras SA**. Water vs. Sports Drink: Exercise performance, heat illness, and hyponatremia. Quick Questions. In: *Heat-Related Illness and Hydration: Expert Advice in Sports Medicine*. Eds. R. M. Lopez, E. L. Sauers, Thorofare, NJ: Slack Incorporated, 2015, 195-198
6. Johnson EC and **Kavouras SA**. Is it possible to be well hydrated and still experience exertion heat illness? In: *Heat-Related Illness and Hydration: Expert Advice in Sports Medicine*. Eds. R. M. Lopez, E. L. Sauers, Thorofare, NJ: Slack Incorporated, 2015, 209-213
5. Magkos F and **Kavouras SA**. Caffeine. In: *Nutritional ergogenic aids*, edited by Wolinsky IW and Driskell JA. Boca Raton, FL: CRC Press, 2004, p. 275-323.
4. Ekkekakis P, **Kavouras SA**, Casa DJ, Herrera JA, Armstrong LE, Maresh CM, and Petruzzello SJ. Affective responses to a bout of exhaustive exercise in the heat in dehydrated and rehydrated states: in search for physiological correlates. In: *Innovations in Sport Psychology: linking theory and practice*, edited by Lidor R and Bar-Eli M. Netanya, Israel, p. 253-255, 1997.
3. **Kavouras SA** and Troup JP. Growth and developmental changes in selected characteristics of elite age group swimmers. In: *Biomechanics and Medicine in Swimming VII*, edited by Troup JP, Hollander AP, Strass D, Trappe SW, Cappaert JM and Trappe TA. New York: SPAN, p. 234-240, 1996.
2. **Kavouras SA**. *Developmental stages of competitive swimmers*. Colorado Springs, CO: United States Swimming Press, p. 1-132, 1992.
1. **Kavouras SA**. Developmental stages of the age group swimmers. In: *International Center for Aquatic Research Annual 1991-92. Studies by the International Center for Aquatic*



*Research*, edited by Troup JP. Colorado Spring, CO: United States Swimming Press, p. 3-16, 1992.

## ***DISSERTATION/THESIS***

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- **Kavouras, S.A.** 1997. Fluid Regulating Factors during Rehydration with Glycerol: Effect on Subsequent Exercise Performance in a Hot (36 °C) Environment. Doctoral Dissertation, Department of Kinesiology, University of Connecticut, USA.
- **Kavouras, S.A.** 1993. Muscle Glycogen Concentration Effects on Utilization and Resynthesis Rate in Cyclists. Masters' Thesis, Department of Biology, University of Colorado at Colorado Springs, USA.

## ***INVITED LECTURES***

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### **2024 (n=7)**

- 113. Kavouras SA** Post-exercise rehydration: What we know and what's new. Integrative Physiology of Exercise Annual Conference. State College PA
- 112. Kavouras SA** Optimizing Performance Through Hydration. Phoenix Bioscience Core, Phoenix, AZ
- 111. Kavouras SA** Hydration for Health. Unilever R&D Nutrition. New Jersey
- 110. Kavouras SA** Hydration and Health. Gatorade Sports Science Institute Mexico (online)
- 109. Kavouras SA** Debunking myths and understanding truths in hydration science for performance optimization. Sports Nutrition Webinar ASU (online)
- 108. Kavouras SA.** Hydration for Health. A drop on knowledge in an Ocean of Opinions. Annual Conference of The American Society of Nutrition. Chicago, IL.
- 107. Kavouras SA.** Fluid Intake, underhydration, and health. The Coca Cola company. (online)

### **2023 (n=9)**

- 105. Kavouras SA.** Hidratation por la vida. Una gota de conocimiento en un Abismo de opiniones. University of Costa Rica. San Jose, Costa Rica. 12/2023
- 104. Kavouras SA.** Hydration and Health. A drop of knowledge in an Ocean of Opinions. Federation of European Nutrition Conference. Belgrade, Serbia. 11/2023
- 103. Kavouras SA.** Hydration: The foundation for 24/7 Nutrition. Gatorade Sports Science Expert Group meeting. Chicago, IL. 11/2023
- 102. Kavouras SA.** Hydration Hypothesis. NIH, NIDDK, Obesity and Diabetes Clinical Research Section. Phoenix, AZ. 9/2023

- 101. **Kavouras SA.** The impact of water, and itake on health. Universitas Muhammadiyah Sumatera Utara, Indonesia. Online 5/2023.
- 100. **Kavouras SA.** Beyond the great column, understanding the science of optimal hydration. Pepsico Health& Nutrition Science. Online (~2,500 live participants). 5/2023
- 99. **Kavouras SA.** The impact of low water intake on glucose regulation. CDC - NOPREN (Nutrition & Obesity Network) Drinking Water group. Online - 4/2023
- 98. **Kavouras SA.** Innovation on Functional Beverages. Natural Products Expo West. Anaheim CA. 3/2023
- 97. **Kavouras SA.** Hydration and Health. American Beverage Association. Washington DC. 2/2023

**2021 (n=7)**

- 96. **Kavouras SA.** Hydration and Health. 16<sup>th</sup> Greek National Conference of Nutrition & Dietetics. (Greece online) 12/2021
- 95. **Kavouras SA.** The impact of water intake on health and metabolism. Portuguese Nutrition Conference In recognition of the World Food Day. (Portugal online) 10/2021
- 94. **Kavouras SA.** Nutrition and Hydration for Performance Recovery. ROTC ASU. 8/2021
- 93. **Kavouras SA.** Fluid and Electrolyte Needs during Exercise. International Olympic Committee’s Sports Nutrition Certificate. (online) 6/2021
- 92. **Kavouras SA.** TO DRINK OR NOT TO DRINK: A drop of Knowledge in an Ocean of Opinions. Annual Conference American College of Sports Medicine 2021 Presidential Lecture. (online) 6/2021
- 91. **Kavouras SA.** Hydration and Implications on Glucose Regulation. Arizona Association for Nutrition and Dietetics (online) 2/2021
- 90. **Kavouras SA.** The Impact of Hydration on Performance and Beyond. Penn State University. Noll Lecture (online) 1/2021

**2020 (n=6)**

- 90. **Kavouras SA.** Optimal Hydration for Swimming Performance. World Fin-Swimming Coaches Conference (Greece – online) 11/2020
- 89. **Kavouras SA.** Hydration for Good Life. ASU OLLI Lecture (online) 11/2020
- 88. **Kavouras SA.** Optimal Hydration for Aging and Immunity. International Online course by the Indonesian Wellness Academy, 5/2020.
- 87. **Kavouras SA.** The impact of water intake on health and well-being, American Chiropractic Association Rehabilitation Council Annual Educational Symposium. Tempe, AZ, 3/2020.
- 86. **Kavouras SA.** Well-being and Sports. ASU Global Sport Institute, Phoenix, AZ, 2/2020. (cancelled due to COVID)

85. **Kavouras SA.** Water intake beyond Hydration: Implications on Glucose Regulation. National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, Ground rounds. Phoenix, AZ, 1/2020.

**2019** (n=8)

84. **Kavouras SA.** Hydration assessment. HEATT Innovation Technology Summit. Storrs, CT, 10/2019
83. **Kavouras SA.** Hydration assessment. Masters Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 08/2019
82. **Kavouras SA.** Water metabolism. Master Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 08/2019.
81. **Kavouras SA.** Hydration for health & performance. Indonesian Hydration Working Group. Jakarta, Indonesia, 08/2019.
80. **Kavouras SA.** Measuring hydration in daily life. 13<sup>th</sup> Asian Congress of Nutrition, Bali, Indonesia, 08/2019
79. **Kavouras SA.** Water the emerging nutrient. Hydration for Health Academy. Evian, France, 05/2019.
78. **Kavouras SA.** Hydration planning during exercise. Far West Regional conference for the National Athletic Training Association. San Diego, CA, 04/2019
77. **Kavouras SA.** Hydration: A drop of information in the ocean of opinions. University of Wyoming, Laramie, WY, 3/2019

**2018** (n=5)

76. **Kavouras SA.** Ten years of science of hydration. IMERI Conference. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2018.
75. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2018.
74. **Kavouras SA.** Water metabolism. Master Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 11/2018.
73. **Kavouras SA.** Fluid intake in children. Indonesian Hydration Working Group. Jakarta, Indonesia, 11/2018.
72. **Kavouras SA.** Water metabolism. Hydration for Health Academy. Evian, France, 2018.

**2017** (n=8)

71. **Kavouras SA.** Kid's Fluid Intake Patterns. IMERI Conference. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2017.
70. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2017.
69. **Kavouras SA.** Water metabolism. Master Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 11/2017.
68. **Kavouras SA.** Publishing a Research Study – From the Idea to the Paper. Indonesian Hydration Working Group. Jakarta, Indonesia, 11/2017.

- 67. **Kavouras SA.** Water the forgotten nutrient and its health implications. International Congress of Nutrition, Buenos Aires, Argentina, 10/2017.
- 66. **Kavouras SA.** Water metabolism and Hydration Assessment. Hydration for Health Academy. Evian, France, 2017.
- 65. **Kavouras SA.** The effect of water intake on health, beyond hydration. Public Health Ground rounds. Peking University, Beijing, China, 5/2017.
- 64. **Kavouras SA.** Measuring Hydration with specific focus on sensitive target (kids). 13th Chinese Congress of Nutrition. Beijing, China, 5/2017.

**2016 (n=10)**

- 63. **Kavouras SA.** Water intake and health implications in older adults. Pepper Center Seminar. Reynolds Aging Institute, University of Arkansas for Medical Sciences, Little Rock, AR, 2016.
- 62. **Kavouras SA.** Hydration and glucose regulation: Is vasopressin the culprit? Endocrinology Ground rounds. University of Arkansas for Medical Sciences, Little Rock, AR, 2016.
- 61. **Kavouras SA.** Water metabolism and Hydration Assessment. Hydration for Health Academy. Evian, France, 2016.
- 60. **Kavouras SA.** Do you ever talk about hydration? Hydration Basics & Assessment. European Association for the Study of Obesity (EASO) Summer Workshop: “Train the Trainer”, Geneva, Switzerland 2016.
- 59. **Kavouras SA.** Water and electrolyte balance during exercise in a hot environment. Indonesian Sports Medicine Association. Jakarta, Indonesia, 2016.
- 58. **Kavouras SA.** Publishing a Research Study in an International Journal: insights from the editor’s office. Methodology class on the Indonesian Hydration Working Group. Jakarta, Indonesia, 2016.
- 57. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2016.
- 56. **Kavouras SA.** Water metabolism. Master & Doctorate Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 2016.
- 55. **Kavouras SA.** Hydration in Children. 1st Indonesian Hydration for Health Conference. Jakarta, Indonesia, 2016.
- 54. **Kavouras SA.** How to measure hydration: the role of biomarkers. 1st Indonesian Hydration for Health Conference. Jakarta, Indonesia, 2016.

**2015 (n=6)**

- 53. **Kavouras SA.** Assessing Hydration in Children. 17th Latin American Congress in Nutrition. Punta Cana, Dominican Republic, 11/2015
- 52. **Kavouras SA.** Hydration, Health and Exercise Performance. Arkansas AHPERD convention. Eureka Springs, AR, 11/2015
- 51. **Kavouras SA.** Educational Programs on Hydration in Children. 12th National Congress of Nutrition. Beijing, China, 5/2015.
- 50. **Kavouras SA.** Assessing Hydration in Children: from physiology to practical tools. 12th National Congress of Nutrition. Beijing, China, 5/2015.

- 49. **Kavouras SA.** Assessing Hydration in Adults and Children. Asian Congress of Nutrition. Yokohama, Japan, 5/2015.
- 48. **Kavouras SA.** Assessing Hydration in Children. European Congress of Obesity, Prague, Czech Republic, 5/2015.

#### 2014 (n=9)

- 47. **Kavouras SA.** From the Idea to the Published Paper. Methodology class on the Indonesian Hydration Working Group. Jakarta, Indonesia, 2014.
- 46. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2014.
- 45. **Kavouras SA.** Water metabolism. Master & Doctorate Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2014.
- 44. **Kavouras SA.** Myths and Best Practiced on Hydration during Exercise. Indonesian Sports Medicine Association. Jakarta, Indonesia, 2014.
- 43. **Kavouras SA.** Healthy Hydration in Kids. Roundtable discussion with the Indonesian Ministry of Health and Education. Jakarta, Indonesia, 2014.
- 42. **Kavouras SA.** Hydration and Exercise Performance. Central States Annual Regional Conference of the *American College of Sports Medicine*, Overland Park, KS, 2014.
- 41. **Kavouras SA.** Beating the heat with hydration: the physiological significance of drinking during exercise. Physiology and Pharmacology of Temperature Regulation. Skukuza, South Africa, 2014.
- 40. **Kavouras SA.** Assessing Hydration in Children. *Hydration for Health 2014.* Evian, France, 2014.
- 39. **Kavouras SA.** The effect of mild hypohydration in endurance exercise performance. Symposium Chair & Speaker. National ACSM Conference, Orlando, FL, 2014

#### 2013 (n=7)

- 38. **Kavouras SA.** Physiological changes of dehydration: Why athletes do not drink enough. Mid-Atlantic Annual Regional Conference of the *American College of Sports Medicine*, Harrisburg, PA, 2013.
- 37. **Kavouras SA.** The importance of water in dietary guidelines. *National Nutrition Conference.* Yogyakarta, Indonesia, 2013.
- 36. **Kavouras SA.** Publishing and presenting scientific papers. Methodology class on the Indonesian Hydration Working Group. Jakarta, Indonesia, 2013.
- 35. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2013.
- 34. **Kavouras SA.** Water metabolism. Master & Doctorate Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2013.
- 33. **Kavouras SA.** European health claims: water intake is essential for the maintenance of normal physical function and thermoregulation - a scientific review. International Congress of Nutrition. Granada, Spain, 2013

32. **Kavouras SA.** Scientific evidence on the maintenance of hydration status. Symposium on Chinese Water Adequate Intake. Hangzhou, China, 2013.

**2012 (n=9)**

31. **Kavouras SA.** Metabolism stimulation through dietary manipulation. *FINA World Sports Medicine Conference*. Istanbul, Turkey, 2012.
30. **Kavouras SA.** Debate: This House believes that nutritional supplementation is essential for sporting success. *FINA World Sports Medicine Conference*. Istanbul, Turkey, 2012.
29. **Kavouras SA.** Consequences for assessing the hydration state, setting water adequate intakes and identifying at risk groups. *ILSI Europe*. Brussels, Belgium, 2012.
28. **Kavouras SA.** Water: The most important nutrient. *National Nutrition Conference*. Yogyakarta, Indonesia, 2012.
27. **Kavouras SA.** Hydration assessment techniques. Masters Class. *Faculty of Medicine, University of Indonesia*. Jakarta, Indonesia, 2012.
26. **Kavouras SA.** Water metabolism and hydration assessment. *Indonesian Hydration Working Group - Inauguration Conference*. Jakarta, Indonesia, 2012.
25. **Kavouras SA.** New experimental data on thirst. *Hydration for Health 2012*. Evian, France, 2012.
24. **Kavouras SA.** Water metabolism & hydration assessment. Iranian Nutrition Society 50th conference. Tehran, Iran, 2012.
23. **Kavouras SA.** Assessing hydration: from science to practice. European Congress of Obesity, Lyon, France, 2012.

**2011 (n=5)**

22. **Kavouras SA.** Water metabolism & hydration. Chinese CDC Hydration conference, Beijing, China, 2011.
21. **Kavouras SA.** Hydration and water metabolism. Cellular hydration conference. Tubingen, Germany, 2011.
20. **Kavouras SA.** Recent advances and concerns in body fluid replenishment. *International Congress of Environmental Ergonomics*, Nafplio, Greece, 2011.
19. **Kavouras SA.** Improving Hydration in Active Youth. *Hydration for Health 2011*, Evian, France, 2011.
18. **Kavouras, S. A.** (2011) Water and sodium balance during exercise. Can we trust thirst? *In Sports & Performance Nutrition 2011*, Amsterdam, The Netherlands, 2011.

**2010 (n=2)**

17. **Kavouras SA.** The effect of hydration in exercise performance in hot and humid environment. *Philippine Sports Science Congress*, Manila, Philippines, 2010.
16. **Kavouras SA.** The effect of hydration in preventing heat injuries. Physiology and metabolism of water. *Philippine Sports Science Congress*, Manila, Philippines, 2010.

**1994-2009 (n=15)**

15. **Kavouras SA.** Physiology and metabolism of water. *Hydration for Health 2009*, Paris, France, 2009.
14. **Kavouras SA.** Nutritional needs for elite basketball players. International Basketball Federation (*FIBA Summer School*, Crete, Greece, 2008.
13. **Kavouras SA.** Assessing Hydration Status. *Danone Hydration Day 2007*, Paris, France, 2007.
12. **Kavouras SA.** Strategies to enhance performance in the heat. *Sports Science Conference for the Asian Games*, Doha, Qatar, 2006.
11. **Kavouras SA.** Nutrition and swimming performance: insights from evaluation and intervention programs. *Swimming Coaches European Seminar*, Madrid, Spain, 2004.
10. **Kavouras SA.** Ergogenic aids and swimming performance: Food for the body or food for thought. *Swimming Coaches European Seminar*, Madrid, Spain, 2004.
9. **Kavouras SA.** Performance testing for elite swimmers. *7th Annual Congress of the European College of Sports Science*, Athens, Greece, 24-28/7/2003.
8. **Kavouras SA.** Physiological testing for elite swimmers and water polo players. *World Swimming Coaches Seminar*, Barcelona, Spain, 2003.
7. **Kavouras SA.** The role of glycerol in fluid balance and exercise performance. *New England Chapter of the American College of Sports Medicine*, Providence, RI, USA, 1998.
6. **Kavouras, S. A.** Ergogenics: Shortcuts to success in sports. *Quinipiac College, Physical Therapy Department*, New Haven, CT, December 1998.
5. **Kavouras, S. A.** Exercise in a hot environment: how to avoid heat injuries and increase performance. *Southern Connecticut State University*, New Haven, CT, November, 1998.
4. **Kavouras SA.** Fluid volume regulation during exercise. *New York City Marathon Sports Experience*, New York City, 1997.
3. **Kavouras SA.** High and Dry: Reducing the risk of high body temperature and dehydration during exercise. *New England Chapter of the American College of Sports Medicine*, Boxborough, MA, USA, 1995.
2. **Kavouras, S. A.** Youth Development. *US Swimming, Major City Coaching Clinic*. Mystic, CT, April 1995.
1. **Kavouras, S. A.** and J. Wood. Developing the age group swimmer. *VII International Symposium on Biomechanics and Medicine in Swimming*. Atlanta, GA: 1994.

**PRESENTATIONS IN CONFERENCES** *not including published abstracts or invited lectures*

23. **Kavouras SA.** Does mild dehydration impair performance? Annual National Conference of the American College of Sports Medicine. Orlando, FL, 05/2019

22. **Kavouras SA.** Hydration considerations during intense exercise in the heat. *Annual Meeting of the American College of Sports Medicine*, Denver, CO, USA, 2017.
21. **Kavouras SA.** Hydration & Glucose Regulation? Central States Annual Regional Conference of the *American College of Sports Medicine*, Fayetteville, AR, USA, 2016.
20. **Kavouras SA.** Can thirst maintain fluid balance during exercise? *Annual Meeting of the American College of Sports Medicine*, San Diego, CA, USA, 2015.
19. **Kavouras SA.** The effect of mild hypohydration in exercise performance? *Annual Meeting of the American College of Sports Medicine*, Orlando, FL, USA, 2014.
18. **Kavouras SA.** Hydration and exercise performance. Central States Annual Regional Conference of the *American College of Sports Medicine*, Warrensburg, MO, USA, 2013.
17. **Kavouras SA.** Thermoregulation during sports: are youth in disadvantage? *Annual Meeting of the American College of Sports Medicine*, San Francisco, CA, USA, 2012.
16. **Kavouras SA.** Glycerol. *2007 Annual Meeting of the American College of Sports Medicine*, New Orleans, LA, USA, 2007.
15. **Kavouras S.** Fluid and electrolyte needs during ultra-endurance events: the Spartathlon experience. *2005 Annual Meeting of the American College of Sports Medicine*, Nashville, TN, USA, 2005.
14. Lentzas I, Panagiotakos DB, Pitsavos C, Chrisohoou S, **Kavouras S**, Mariolis A, and Stephanadis C. Association between physical activity-inflammatory-thrombotic markers. *11th Conference of the European Society of General Practics and Family Medicine*, Kos Island, Greece, 2005.
13. **Kavouras SA.** Hyponatremia: a real threat or the worst-case scenario? *2004 Pre-Olympic Conference*, Thessaloniki, Greece, 6-11/8/2004.
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5. **Kavouras, SA**, J. P. Troup, and J. Wood. US swimming age group development program: methods, results, and practical considerations. *XIth FINA World Swimming Sports*



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4. **Kavouras, SA.** Metabolic monitoring of swimming training. *XIth FINA World Swimming Sports Medicine Congress. Athens, Greece, 1995.*
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## PODCASTS

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### **Run with FitPage India • May 2024**

Episode 176: The role of hydration during the summer

### **Science Vs • September 2022**

Hydration: Are You Drinking Enough Water?

<https://gimletmedia.com/shows/science-vs/xjhz6kn>

### **The Fitcast • October 2021**

Hydration & Performance in Greek with Stavros Kavouras

<https://www.youtube.com/watch?v=OOGtMfVEQHg>

### **Koop Cast Ultra Training Banter • June 2020**

Hydration for Ultramarathons with Stavros Kavouras

<https://www.youtube.com/watch?v=Vx8bdx1kt7A&t=4s>

### **Inside Science • September 2019**

Most adults don't drink enough water

[https://www.youtube.com/watch?time\\_continue=2&v=1LjOrAG4jwU](https://www.youtube.com/watch?time_continue=2&v=1LjOrAG4jwU)

### **Holistic Matters • February 2019**

Hydration is Key for Both Exercise Performance and General Well-being

<https://wholisticmatters.com/hydration-is-key-for-both-exercise-performance-and-general-well-being/>

### **University of Arkansas New Short Talks • June 2018**

Kavouras Discusses Dehydration, Benefits of Water Consumption

<https://news.uark.edu/articles/42085/new-short-talks-kavouras-discusses-dehydration-benefits-of-water-consumption?platform=hootsuite>

**Dr Bubs: Nutrition-Performance-Health • February 2018**

S2-Episode 5: Hydration & Heat Acclimatization in Athletes

<https://drbubbs.com/season-2-podcast-episodes/2018/2/s2-episode-5-hydration-heat-acclimatization-in-athletes-stavros-kavouras>

**Institute of Performance Nutrition • February 2017**

Episode 93 – Hydration and Performance

<https://theiopn.com/episode-93-hydration-and-performance-with-stavros-kavouras/>

## **MEDIA INTERVIEWS**

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24-11 • **Vox** [link](#)

Do I actually need electrolytes to stay hydrated?

24-09 • **Time** [link](#)

Do you need to take electrolytes to stay hydrated?

24-08 • **KJZZ Phoenix** [link](#)

Staying hydrated is important — but how much water do you actually need every day?

24-08 • **Scientific American** [link](#)

How Much Water Should You Drink to Stay Hydrated?

24-07 **in.gr** (Greek) [link](#)

Cost of drinking water

24-07 • **CNN** [link](#)

Americans on TikTok are outraged about European tap water. Here's what's really going on

2024-03 • **Mens Health** – The thirst trap [link](#)

2023-11 • AARP - Can You Die From Drinking Too Much Water? [link](#)

2023-09 • Inverse - Does Cold Water Actually Cool You Off? [link](#)

2023-08 • Runners' world, Why Heat Acclimatization Is Important for Runners—and How to Do It, [link](#)

2023-07 • The New York Times - Can You Work Out Safely in Extreme Heat? Here's How to Stay Cool. [link](#)

2023-07 • The Atlantic – Drink more water, [link](#)

2023-06 • Forbes - What Is Dehydration? Symptoms, Causes and Treatment, [link](#)

2023-02 • BuzzFeednews - Here's How To Hack Your Hydration, According To TikTok [link](#)

2023-02 • AAPR - Do You Really Need 8 Glasses of Water a Day? [link](#)

2022-10 • Health Digest – Myths You Should Stop Believing About Hydration [link](#)

2022-07 • Inverse – Do you need 8 glasses of water a day? Hydration scientists demystify the number, [link](#)

2022-05 • Outside - Your Guide to Using Electrolytes Properly, [link](#)

2022-05 • Outside - How Can I Make Sure I'm Hydrated for Hot End-of-Summer Workouts? [link](#)

2022-01 • Outside - These New Devices Aim to Simplify Hydration, [link](#)

2019-12 Corewell Health – Mind your winter water, [link](#)

## **VOLUNTEERING**

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- **Volunteer** for the Exerciser Testing of the Team Break the Cycle for the Cycling Race Across America (2012-3)
- **Volunteer** for Annual Spartathlon Ultra-Marathon 246 km running race (2001-2011)
- **Volunteer** for Boston Marathon medical service (1994 & 5)

## **OTHER SKILLS**

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- Advanced **communication** and **team building** skills
- Excellent **collaboration** and **mentorship** skills, with a focus on innovation and research
- Outstanding **organization** skills with effective electronic workflows
- Ability to work effectively and supervise personnel during business **traveling**

## **LANGUAGES**

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English (fluent), Greek (native), Spanish (intermediate), French (beginning)

## **INTERESTS**

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Road Cycling, Photography, Fountain Pens, Music, Swimming, and Traveling