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

CURRICULUM VITA

(updated January 10th, 2024)

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

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

Pubmed Publications <http://bit.ly/KavourasPM>

Research Gate <http://bit.ly/KavourasRG>

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EDUCATION

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. Vassilis Klissouras & Dr. Kostas Boudolos

ACADEMIC EXPERIENCE

- 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

ARIZONA STATE UNIVERSITY

Graduate:

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

Undergraduate:

- 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

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

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)

8/2023-pres Clarissa Long
8/2022-pres Emily Acri
8/2022-12/2023 Tanner Boro (graduated 22)
8/2021-pres 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

1/2023 Alle Akram
1/2023 Natalie Phillips
6/2023 Abigail Wasserbeck

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

NON-HONOR UNDERGRADUATE STUDENTS

11/2023 Taryn Gleash

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

ACADEMIC SERVICE

Arizona State UniversityUniversity

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 ARKANSASUniversity

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

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

Editor-in-Chief:

- ❖ Nutrients • Hydration Section (Impact Factor: 6.706)

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

- 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

- **Fellow of the National Academy of Kinesiology (#637, inducted 9/2023)**
- **Top 2% world's most cited scientists (2019, 2020, 2021, & 2022) [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

- Fellow of the National Academy of Kinesiology (#637) 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

ACTIVE:

- 2023-24 **Principal Investigator**, Liquid iv. Rehydration efficiency during Ad-libitum fluid intake.
- 2023-25 **co-Investigator**, DHS: Federal Emergency Management Agency (FEMA). Hydration self-assessment in wildland firefighters.
- 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.
- 2022-24 **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.
- 2019-23 **Principal Investigator**, ASU College of Health Solution Jumpstart grant. The impact of vasopressin on glucose regulation.

COMPLETED:

- 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

- 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

Citation Indices (2024-01)	All	Since 2019
Citations	11,502	4,662
h-index (# publication with at least h # of citations)	58	37
i-10 index (# of publication with at least 10 citations)	134	112

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

2023 (n=8)

- 173.** Mourtakos S, **Kavouras S**, Vasiliou S, Soultanakis H, Bardis C, Sidossis 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.
- 172.** 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

171. 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 of Nutr In Press*
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.* (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=6)

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.

2021 (n=15)

159. Seal AD, **Kavouras SA**. A review of risk factors and prevention strategies for exercise associated hyponatremia. *Autonomic Neurosci* 238: 102930, 2021. doi: 10.1016/j.autneu.2021.102930.
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, 2021. doi: 10.1159/000520480.
157. Fiol AP, McDermott BP, Ridings CB, Moyon NE, Ganio MS, **Kavouras SA**. Effect of breathing cooled air during cycling on physiology and performance in the heat. *The J Sports Med and Phys Fit. In Press. IF: 1.637*
156. 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*
155. 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. *IF: 3.334*
154. Suh H, Lieberman HR, Jansen LT, Colburn AT, Adams JD, Seal AD, Butts CL, Kirkland TM, Melander O, Vanhaecke T, Dolci A, Lemetais G, Perrier ET, **Kavouras SA**. Cellular dehydration acutely degrades mood mainly in women: a counterbalanced, crossover trial. *Brit J Nutr* 125: 1092–1100, 2020. doi: 10.1017/s0007114520003475. *IF: 3.334*
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.
152. Wardenaar F, Ortega-Santos CP, Vento K, Olzinski S, Olig J, **Kavouras S**, Johnston C. Reliability of 3 Urine Specific Gravity Meters for Measuring Brix and Urine Solutions at Different Temperatures. *J Athl Training* 56: 389–395, 2021. doi: 10.4085/1062-6050-0142.20. *IF: 2.478*
151. Giersch GEW, Morrissey MC, Butler CR, Colburn AT, Demarais ZS, **Kavouras SA**, Jay O, Charkoudian N, Casa DJ. Sex difference in initial thermoregulatory

- response to dehydrated exercise in the heat. *Physiological Reports* 9: e14947, 2021. doi: 10.14814/phy2.14947. *IF*: 2.261
150. Colburn AT, Johnson EC, Péronnet F, Jansen LT, Capitan-Jimenez C, Adams JD, Guelinckx I, Perrier ET, Mauromoustakos A, **Kavouras SA**. Validity and Reliability of a Water Frequency Questionnaire to Estimate Daily Total Water Intake in Adults. *Frontiers Nutrition* 8: 676697, 2021. doi: 10.3389/fnut.2021.676697. *IF*: 6.576
149. Wardenaar FC, Ortega-Santos CP, Vento KAS, Beaumont JS, Griffin SC, Johnston C, **Kavouras SA**. A 5-day Heat Acclimation Program Improves Heat Stress Indicators While Maintaining Exercise Capacity. *J Strength Cond Res* 35: 1279–1286, 2021. *IF*: 3.755
148. **Kavouras SA**, Suh H-G, Vallet M, Daudon M, Mauromoustakos A, Vecchio M, Tack I. Urine osmolality predicts calcium-oxalate crystallization risk in patients with recurrent urolithiasis. *Urolithiasis* 49: 399–405, 2021. doi: 10.1007/s00240-020-01242-2. *IF*: 3.436
147. Adams JD, Arnautis G, Johnson EC, Jansen LT, Bougatsas D, Capitan-Jimenez C, Mauromoustakos A, Panagiotakos DB, Perrier ET, Guelinckx I, **Kavouras SA**. Combining urine color and void number to assess hydration in adults and children. *Eur J Clin Nutr* 75: 1262–1266, 2021. doi: 10.1038/s41430-020-00834-w. *IF*: 4.016
146. Atkins WC, McDermott BP, Kanemura K, Adams JD, **Kavouras SA**. Effects of Hydration Educational Intervention in High School Football Players. *J Strength Cond Res* 35: 385–390, 2021. doi: 10.1519/jsc.0000000000003866. *IF*: 3.775
145. Perrier ET, Armstrong LE, Bottin JH, Clark WF, Dolci A, Guelinckx I, Iroz A, **Kavouras SA**, Lang F, Lieberman HR, Melander O, Morin C, Seksek I, Stookey JD, Tack I, Vanhaecke T, Vecchio M, Péronnet F. Hydration for health hypothesis: a narrative review of supporting evidence. *Eur J Nutr* 60: 1167–1180, 2021. doi: 10.1007/s00394-020-02296-z. *IF*: 5.614

2020 (n=7)

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17. **Kavouras SA**, Anastasiou CA, Koutsari K, Georgakakis C, Skenderi C, Beer M, and Sidossis LS. Effect of maltose containing sports drinks on exercise performance. *The FASEB Journal* 16: A630, 2002.
16. Casa DJ, **Kavouras SA**, Herrera JA, Hacker FT, Scheett TP, Stoppani J, Armstrong LE, and Maresh CM. Intravenous versus oral rehydration during a brief period: Stress hormone responses to subsequent exhaustive exercise in the heat. *Medicine and Science in Sports and Exercise* 31: S332, 1999.
15. **Kavouras SA**, Wu J, Wemple RD, Nadel ER, and Mack GW. Plasma volume modulates the osmotically stimulated thirst in humans. *The FASEB Journal* 13: A708, 1999.
14. Casa DJ, Maresh CM, Armstrong LE, **Kavouras SA**, Herrera Soto JA, Keith NR, Elliott TA, and Hacker FTJ. Intravenous versus oral rehydration during a brief period: Heat illness symptoms responses to subsequent exercise in the heat. *Journal of Athletic Training* 33: S-36, 1998.
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11. Casa DJ, Maresh CM, Armstrong LE, **Kavouras SA**, Herrera Soto JA, Keith NR, Elliott TA, and Hacker FTJ. Intravenous versus oral rehydration during a brief period: Responses to subsequent exercise in the heat. *Medicine and Science in Sports and Exercise* 30: S332, 1998.
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.

9. Ekkekakis P, **Kavouras SA**, Casa DJ, Herrera JA, Armstrong LE, and Maresh CM. Affective modulation of HPA axis activation in response to exhaustive exercise. *Medicine and Science in Sports and Exercise* 30: S119, 1998.
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 D₂O 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% VO₂max. *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

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. Sauer, 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. Sauer, 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

- **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

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. 16th 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. 13th 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.
12. Skenderi KP, Tsironi M, Premetis E, Hatzi E, Matalas AL, **Kavouras SA**, Stamoulakatou A, and Papisotiriou I. Effect of low intensity and continue exercise on inflammatory response and erythropoiesis. *5th International Conference on Nutrition and Fitness*, Athens, Greece, 9-12/6/2004.
11. Makrillos M, Dedoussis G, Louizou E, **Kavouras SA**, Matalas AL, and Yannakouris N. Interleukin-6 gene -174G/C polymorphism among ultra-endurance runners and association with performance. *5th International Conference on Nutrition and Fitness*, Athens, Greece, 9-12/6/2004.
10. Anastasiou CA, **Kavouras SA**, Yannakouris N, Skenderi KP, Tsekouras Y, and Matalas AL. Hyponatremia: a common phenomenon during ultra endurance exercise. *5th International Conference on Nutrition and Fitness*, Athens, Greece, 9-12/6/2004.
9. Echegaray M, **Kavouras SA**, Skenderi KP, Matalas AL, Tsekouras Y, and Rivera MA. ACE I/D polymorphism in ultra-endurance runners. *VIIth IOC Olympic World Congress on Sport Sciences*, Athens, Greece, 7-11/10/2003.
8. Karipidou M, Yannakoulia M, **Kavouras SA**, Anastasiou CA, Georgakakis C, Niakaris C, and Sidossis LS. Effect of type of activity on total bone mineral density. *7th Annual Congress of the European College of Sports Science*, Athens, Greece, 24-28/7/2002.
7. Farajian P, **Kavouras SA**, Yannakoulia M, Anastasiou CA, Georgakakis C, and Sidossis LS. Dietary intake and nutritional practices of elite Greek athletes of aquatic sports. *7th Annual Congress of the European College of Sports Science*, Athens, Greece, 24-28/7/2002.
6. **Kavouras, SA** and J. P. Troup. The profile of the olympic swimmer. *XIth FINA Word Swimming Sports Medicine Congress*. Athens, Greece, 1995.
5. **Kavouras, SA**, J. P. Troup, and J. Wood. US swimming age group development program: methods, results, and practical considerations. *XIth FINA Word Swimming Sports*

- Medicine Congress*. Athens, Greece, 1995.
4. **Kavouras, SA**. Metabolic monitoring of swimming training. *XIth FINA World Swimming Sports Medicine Congress*. Athens, Greece, 1995.
 3. **Kavouras, SA**, L. E. Armstrong, C. M. Maresh, L. Alquist, C. L. V. Gabaree, J. R. Hoffman, and M. F. Bergeron. Body temperature measurements in different hydration states. *New England American College of Sports Medicine*. Boxborough, MA, USA, 1994.
 2. Kenefick, R. W., L. E. Armstrong, C. M. Maresh, J. W. Castellani, D. Riebe, M. Echegaray, M. Whittlesey, **S. Kavouras**, D. Casa, and K. LaGasse. Comparison of body water compartments: multiple frequency bioelectrical-impedance versus D₂O and NaBr dilutional techniques. *New England American College of Sports Medicine*. Boxborough, MA, USA, 1994.
 1. Castellani, J. W., R. W. Kenefick, D. Riebe, M. Whittlesey, M. Echegaray, K. LaGasse, **S. Kavouras**, D. Casa, L. E. Armstrong, and C. M. Maresh. Uniformed and non-uniformed males during interval running in the heat: a preliminary study of physiological and subjective responses. *New England American College of Sports Medicine*. Boxborough, MA, USA, 1994.

PODCASTS

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

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

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 • AARP - 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

- **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

- 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

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

INTERESTS

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