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**ABBREVIATED CURRICULUM VITAE**  
**Stamatis Agiovlasis, Ph.D., FACSM**

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**Contact Information**

Mississippi State University  
Department of Kinesiology  
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**Education**

2007-2009	University of Illinois at Urbana-Champaign Post-doctoral Training in Exercise Physiology College of Applied Health Sciences Exercise and Cardiovascular Research Laboratory
2003-2007	Oregon State University Ph.D. in Exercise and Sport Science Area of Concentration: Movement Studies in Disability Supporting Area: Exercise Science
1996-1998	Queens College, City University of New York Master of Science Area of Concentration: Exercise Science
1992-1996	Queens College, City University of New York Bachelor of Science Area of Concentration: Physical Education

**Research Interests**

- Physical activity, physical fitness, mobility and health in people with disabilities
- Physical activity assessment in persons with disabilities
- Applied exercise physiology in persons with disabilities
- Physiological and biomechanical aspects of gait in persons with Down syndrome

**Fellowships and Professional Certifications**

- Certified Clinical Exercise Physiologist<sup>SM</sup> (*American College of Sports Medicine*)
- Certified Strength and Conditioning Specialist® (*National Strength and Conditioning Association*)
- Certified Heartsaver® First Aid, CPR, AED (*American Heart Association*)

**Professional Affiliations**

- American College of Sports Medicine (Fellow)
- International Federation of Adapted Physical Activity
- North American Federation of Adapted Physical Activity (President-elect)

**Academic Experience**

- 2015 – Present Associate Professor  
*Department of Kinesiology, Mississippi State University*
- 2009 – 2015 Assistant Professor  
Awarded tenure Summer 2015  
*Department of Kinesiology, Mississippi State University*
- 2007 – 2009 Post-doctoral Research Associate  
*Exercise and Cardiovascular Research Laboratory, College of Applied Health Sciences, University of Illinois at Urbana-Champaign*
- 2003 – 2007 Graduate Teaching Assistant  
*Department of Nutrition and Exercise Sciences, Oregon State University*

**Current Teaching**

- EP 8603—Disability, Physical Activity and Health
- EP 8243—Cardio-respiratory Exercise Physiology
- EP 4143—Aging & Disability
- EP 4133—Exercise Programming for Clinical Populations
- EP 2013—Introduction to Exercise Science, *Lecture on Disability*

**Peer-reviewed Journal Articles** (*In Print or Accepted*)

43. Jin, J., Yun, J., & **Agiovlasis, S.** (Accepted for Publication). Impact of enjoyment on physical activity and health among children with disabilities in schools. *Disability & Health Journal*. doi: 10.1016/j.dhjo.2017.04.004
42. Bertapelli, F., **Agiovlasis, S.**, Machado, M.R., do Val Roso, R., & Guerra-Junior, G. (Accepted for Publication). Growth charts for Brazilian children with Down syndrome: Birth to 20 years of age. *Journal of Epidemiology*. doi: 10.1016/j.je.2016.06.009
41. Love, A., & **Agiovlasis, S.** (2016). How is physical activity perceived by adults with Down syndrome? *Adapted Physical Activity Quarterly*, 33(3), 253-270. doi: 10.1123/APAQ.2015-0042
40. **Agiovlasis, S.**, Beets, M.W., Lamberth, J., Pitetti, K.H., & Fernhall, B. (2016). Accuracy of a piezoelectric pedometer in persons with and without Down syndrome. *Research in Developmental Disabilities*, 59, 73-79. doi:10.1016/j.ridd.2016.08.003
39. Bertapelli, F., Pitetti, K.H., **Agiovlasis, S.**, & Guerra-Junior, G. (2016). Overweight and obesity in children and adolescents with Down syndrome—prevalence, determinants, consequences, and interventions: A literature review. *Research in Developmental Disabilities*, 57, 181-192. doi:10.1016/j.ridd.2016.06.018
38. **Agiovlasis, S.**, & Motl, R.W. (2016). Cross-validation of oxygen uptake prediction during walking in persons with multiple sclerosis. *NeuroRehabilitation*, 38, 191-197. doi:10.3233/NRE-161310

37. **Agiovlasitis, S.**, Sandroff, B.M., & Motl, R.W. (2016). Step-rate cut-points for physical activity intensity in patients with multiple sclerosis: The effect of disability status. *Journal of the Neurological Sciences*, 361, 95-100. doi:10.1016/j.jns.2015.12.027
36. **Agiovlasitis, S.**, Sandroff, B.M., & Motl, R.W. (2016). Prediction of oxygen uptake from walking speed in ambulatory persons with multiple sclerosis. *Journal of Rehabilitation Research and Development*, 53(2), 199-206. doi:10.1682/JRRD.2014.12.0307
35. **Agiovlasitis, S.**, McCubbin, J.A., Yun, J., Widrick, J.J., & Pavol, M.J. (2015). Gait characteristics of adults with Down syndrome explain their greater metabolic rate during walking. *Gait and Posture*, 41(1), 180-185.
34. **Agiovlasitis, S.**, Rossow, L.M., Yan, H., Ranadive, S.M., Fahs, C.A., Motl, R.W., & Fernhall, B. (2014). Predicting METs from the heart rate index in persons with Down syndrome. *Research in Developmental Disabilities*, 35(10), 2423-2429.
33. Sandroff, B.M., Riskin, B.J., **Agiovlasitis, S.**, & Motl, R.W. (2014). Accelerometer cut-points derived during over-ground walking in persons with mild, moderate, and severe multiple sclerosis. *Journal of the Neurological Sciences*, 340(1-2), 50-57.
32. Kappus, R.M., Fahs, C.A., Smith, D., Horn, G.P., **Agiovlasitis, S.**, Rossow, L.M., Sae, Y.J., Heffernan, K.S., & Fernhall, B. (2014). Obesity and overweight are associated with increased carotid diameter and decreased arterial function in young otherwise healthy men. *American Journal of Hypertension*, 27(4), 628-634.
31. **Agiovlasitis, S.**, & Motl, R.W. (2014). Step-rate thresholds for activity intensity in people with multiple sclerosis. *Adapted Physical Activity Quarterly*, 31(1), 4-18.
30. Fahs, C.A., Rossow, L.M., Yan, H., Ranadive, S.M., **Agiovlasitis, S.**, Wilund, K.R., Baynard, T., & Fernhall, B. (2013). Resting and post-exercise arterial-ventricular coupling in endurance trained men and women. *Journal of Human Hypertension*, 27(9), 552-556.
29. Hu, M., Yan, H., Ranadive, S.M., **Agiovlasitis, S.**, Fahs, C.A., Atiq, M., Atique, N., & Fernhall, B. (2013). Arterial stiffness response to exercise in persons with and without Down syndrome. *Research in Developmental Disabilities*, 34(10), 3139-3147.
28. Pitetti, K.H., Baynard, T., & **Agiovlasitis, S.** (2013). Children and adolescents with Down syndrome, physical fitness and physical activity. *Journal of Sport and Health Science*, 2, 47-57.
27. **Agiovlasitis, S.**, Beets, M.W., Motl, R.W., & Fernhall, B. (2012). Step-rate thresholds for moderate- and vigorous-intensity activity in persons with Down syndrome. *Journal of Science and Medicine in Sport*, 15, 425-430.
26. **Agiovlasitis, S.**, Motl, R.W., Foley, J.T., & Fernhall, B. (2012). Prediction of oxygen uptake from wrist-accelerometry in people with and without Down syndrome. *Adapted Physical Activity Quarterly*, 29(3), 179-190.
25. Ranadive, S.M., Fahs, C.A., Yan, H., Rossow, L.M., **Agiovlasitis, S.**, & Fernhall, B. (2012). Comparison of the acute impact of maximal arm and leg aerobic exercise on arterial stiffness. *European Journal of Applied Physiology*, 112(7), 2631-2635.

24. Yan, H., Fahs, C.A., Ranadive, S.M., Rossow, L.M., Lane, A.D., **Agiovlasis, S.**, Echols, G.H., Smith, D., Horn, G., Rowland, T., & Fernhall, B. (2012). Evaluation of carotid wave intensity in firefighters following firefighting. *European Journal of Applied Physiology*, *112*(7), 2385-2391.
23. **Agiovlasis, S.**, Baynard, T., Pitetti, K.H., & Fernhall, B. (2011). Heart rate complexity in response to upright tilt in persons with Down syndrome. *Research in Developmental Disabilities*, *32*, 2102-2107.
22. **Agiovlasis, S.**, Motl, R.W., Fahs, C.A., Ranadive, S.M., Yan, H., Echols, G.H., Rossow, L.M., & Fernhall, B. (2011). Metabolic rate and accelerometer output in people with Down syndrome. *Medicine and Science in Sports and Exercise*, *43*(7), 1322-1327.
21. **Agiovlasis, S.**, Motl, R.W., Ranadive, S.M., Fahs, C.A., Yan, H., Echols, G.H., Rossow, L.M., & Fernhall, B. (2011). Energetic optimization during over-ground walking in people with and without Down syndrome. *Gait and Posture*, *33*, 630-634.
20. Fahs, C.A., Yan, H., Ranadive, S.M., Rossow, L.M., **Agiovlasis, S.**, Echols, G.H., Smith, D., Horn, G., Rowland, T., & Fernhall, B. (2011). Acute effects of firefighting on arterial stiffness and blood flow. *Vascular Medicine*, *16*(2), 113-118.
19. Kim, J., Mutyala, B., **Agiovlasis, S.**, & Fernhall B. (2011). Health behaviors and obesity among U.S. children with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder by gender and medication use. *Preventive Medicine*, *52*, 218-222.
18. **Agiovlasis, S.**, Motl, R.W., Ranadive, S.M., Fahs, C.A., Yan, H., Echols, G.H., Rossow, L.M., & Fernhall, B. (2011). Prediction of oxygen uptake during over-ground walking in people with and without Down syndrome. *European Journal of Applied Physiology*, *111*, 1739-1745.
17. **Agiovlasis, S.**, Pitetti, K.H., Guerra, M., & Fernhall, B. (2011). Prediction of  $VO_{2peak}$  from the 20-m shuttle-run in youth with Down syndrome. *Adapted Physical Activity Quarterly*, *28*(3), 146-156.
16. Motl, R.W., Snook, E.M., & **Agiovlasis, S.** (2011). Does an accelerometer measure steps taken under controlled conditions in ambulatory adults with multiple sclerosis? *Disability and Health Journal*, *4*(1), 52-57.
15. Motl, R.W., Suh, Y., Dlugonski, D., Weikert, M., **Agiovlasis, S.**, Fernhall, B., & Goldman, M. (2011). Oxygen cost of treadmill and over-ground walking in mildly disabled persons with multiple sclerosis. *Neurological Sciences*, *32*(2), 255-262.
14. Ranadive, S.M., Fahs, C.A., Yan, H., Rossow, L.M., **Agiovlasis, S.**, & Fernhall, B. (2011). Heart rate recovery following maximal arm and leg-ergometry. *Clinical Autonomic Research*, *21*(2), 117-120.
13. **Agiovlasis, S.**, Heffernan, K.S, Jae, S.Y., Ranadive, S.M., Lee, M., Mojtahedi, M.C., & Fernhall, B. (2010). Effects of paraplegia on cardiac autonomic regulation during static exercise. *American Journal of Physical Medicine and Rehabilitation*, *89*(10), 817-823.
12. **Agiovlasis, S.**, Motl, R.W., & Fernhall B. (2010). Prediction of oxygen uptake during level treadmill walking in individuals with multiple sclerosis. *Journal of Rehabilitation Medicine*, *42*, 650-655.

11. **Agiovlasitis, S.**, Collier, S.R., Baynard, T., Echols, G.H., Goulopoulou, S., Figueroa, A., Beets, M.W., Pitetti, K.H., & Fernhall, B. (2010). Autonomic response to upright tilt in people with and without Down syndrome. *Research in Developmental Disabilities, 31*(3), 857-863.
10. Beets, M.W., **Agiovlasitis, S.**, Fahs, C.A., Ranadive, S.M., & Fernhall, B. (2010). Adjusting step-count recommendations for variations in leg length. *Journal of Science and Medicine in Sport, 13*(5), 509-512.
9. Motl, R.W., Dlugonski, D., Suh, Y., Weikert, M., **Agiovlasitis, S.**, Fernhall, B., & Goldman, M. (2010). Multiple Sclerosis Walking Scale-12 scores and oxygen cost of walking. *Gait and Posture, 31*(4), 506-510.
8. Fahs, C.A., Yan, H., Ranadive, S.M., Rossow, L.M., **Agiovlasitis, S.**, Wilund, K.R., & Fernhall, B. (2010). The Effect of acute fish oil supplementation on endothelial function and arterial stiffness following a high-fat meal. *Applied Physiology Nutrition and Metabolism, 35*(3), 294-302.
7. Rossow, L.M., Yan, H., Fahs, C.A., Ranadive, S.M., **Agiovlasitis, S.**, Wilund, K.R., Baynard, T., & Fernhall, B. (2010). Postexercise hypotension in an endurance-trained population of men and women following high-intensity interval and steady-state cycling. *American Journal of Hypertension, 23*(4), 358-367.
6. Fahs, C.A., Smith, D., Horn, G., **Agiovlasitis, S.**, Rossow, L.M., Echols, G.H., Heffernan, K. S., & Fernhall, B. (2009). Impact of excess body weight on arterial structure, function, and blood pressure in firefighters. *American Journal of Cardiology, 104*(10), 1441-1445.
5. Motl, R.W., Snook, E.M., **Agiovlasitis, S.**, & Suh, Y. (2009). Calibration of accelerometer output in ambulatory adults with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation, 90*(10), 1778-1784.
4. **Agiovlasitis, S.**, McCubbin, J.A., Yun, J., Mpitsos, G., & Pavol, M. J. (2009). Effects of Down syndrome on three-dimensional motion during walking at different speeds. *Gait and Posture, 30*(3), 345-350.
3. **Agiovlasitis, S.**, McCubbin, J.A., Widrick, J.J., Yun, J., & Pavol, M. J. (2009). Economy and preferred speed of walking in adults with and without Down syndrome. *Adapted Physical Activity Quarterly, 26*(2), 118-130.
2. **Agiovlasitis, S.**, Yun, J., Pavol, M. J., McCubbin, J.A., & Kim, S. (2008). Gait transitions of persons with and without intellectual disability. *Research Quarterly for Exercise and Sport, 79*(4), 487-494.
1. Fernhall, B., & **Agiovlasitis, S.** (2008). Arterial function in youth: Window into cardiovascular risk. *Journal of Applied Physiology, 105*(1), 325-333.

### **Book Chapters**

1. **Agiovlasitis, S.** (2013). Disability: Exploring health disparities. In S. P. Brown (Ed.), *Fundamentals of kinesiology* (pp. 33-46). Dubuque, IA: Kendall Hunt.

2. Pitetti, K.H., Baynard, T. & **Agiovlasitis, S.** (2017). Intellectual disability and Down syndrome. In J. K. Ehrman (Ed.), *ACSM Guidelines for Exercise Testing and Prescription, 10<sup>th</sup> Edition*. Baltimore, MD: Lippincott Williams & Wilkins.

### **Book Review**

**Agiovlasitis, S.** (2011). Review of: *Arguing about disability: Philosophical perspectives* edited by Kristiansen, K., Vehmas, S., & Shakespeare, T. *Adapted Physical Activity Quarterly*, 28(3), 173-174.

### **Achievements and Awards**

Fellow, American College of Sports Medicine (2015).

2013 Research Award sponsored by the Offices of the Vice President for Research and Economic Development and the Vice President for Agriculture, Forestry, and Veterinary Medicine. *Mississippi State University*.

James W. Bagley Faculty Award (2011). Award for faculty who contribute to the mission of teaching, research, and service of Mississippi State University. *Mississippi State University Foundation*.

Invited Member of the Student Delegation to the Special Olympics World Winter Games Idaho 2009. *Special Olympics*.

Steven O. Skaggs Award for academic excellence in Movement Studies in Disability Program (2007). Department of Nutrition and Exercise Sciences. *Oregon State University*.

Honors in Physical Education and Exercise Science (1996). Division of Mathematics and Natural Sciences. *Queens College, City University of New York*.