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## EDUCATION

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### **Ph.D. in Exercise Sciences**

2016 – 2021

University of Toronto, Toronto, ON, Canada

Research Area: Exercise Oncology

Thesis: The role of physical activity and exercise training in modulating clinical, physiological, and psychological outcomes in men with prostate cancer on active surveillance

Supervisor: Dr. Daniel Santa Mina

### **M.Sc. in Applied Health Sciences (Kinesiology)**

2011 – 2013

Brock University, St. Catharines, ON, Canada

Research Area: Pediatric Exercise Physiology

Thesis: Interaction between stress and immunity during a week leading to competition in young athletes

Supervisor: Dr. Panagiota Klentrou

### **B.Sc. in Physical Education and Sports Science**

2006 – 2010

Aristotle University of Thessaloniki, Greece

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## CURRENT ACADEMIC POSITIONS

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**Assistant Professor**, School of Kinesiology

Aug 2023 – present

Louisiana State University, Baton Rouge, LA, USA

## PREVIOUS ACADEMIC POSITIONS AND APPOINTMENTS



9. Cook S., Munteanu C., **Papadopoulos E.**, Abrams H., Stinson J., Pitters E., Stephens D., Emmenegger U., Koneru R., Papadakis J., Shahrokni A., Durbano S., Menjak R., Haase K., Jang R., Krzyzanowska M., Dale C., Jones J., Lemonde M., Alibhai S., Puts M. The development of the electronic geriatric assessment: Comprehensive Health Assessment for My Plan (CHAMP). *Journal of Geriatric Oncology* 14:1:101384 (2023). <https://doi.org/10.1016/j.jgo.2022.09.013>
10. Alibhai S.M.H., **Papadopoulos E.**, Tomlinson G., Durbano S., Santa Mina D., Sabiston C., Matthew A., Ritvo P., Chiarotto J., Souraya S., Culos-Reed N. Preference-based versus randomized controlled trial in prostate cancer survivors: Comparison of recruitment, adherence, attrition, and clinical outcomes. *Frontiers in Oncology*. 12:1033229. doi: 103389/fonc.2022.1033229 (2022).

of stay patient undergoing radical prostatectomy patients. *Journal of Physical Activity and Health* 19(1) 29-36, (2021). <https://doi.org/10.1123/jpah.2021-0314>

20. **Papadopoulos E.**, Gillen J., Moore D., Au D., Kurgan N., Klentrou P., Finelli A., Alibhai S.M.H., Santa Mina D. High-intensity interval training or resistance training versus usual care in men with prostate cancer on active surveillance: A three-arm feasibility randomized controlled trial. *Applied Physiology, Nutrition, and Metabolism* 46(12) 1535-1544, (2021). <https://doi.org/10.1139/apnm-2021-0365>
21. Sattar S, Haase KR, Bradley C, **Papadopoulos E**, Kuster S, Santa Mina D, Tippe M, Kaur A, Campbell D, Joshua AM, Rediger C, Souied O, Alibhai S. Barriers and facilitators related to undertaking physical activities among men with prostate cancer: a scoping review. *Prostate Cancer Prostatic Diseases* 24, 1007-1027 (2021). <https://doi.org/10.1038/s41391-021-00399-0>
22. **Papadopoulos E.**, Alibhai S.M.H., Doré I., Matthew A.G., Tomlinson G.A., Nesbitt M., Finelli A., Trachtenberg J., Santa Mina D. Associations between physical activity, quality of life and emotional well-being in men with prostate cancer on active surveillance. *Psych* .,

Annual Meeting, Chicago IL, US (May 31-June 4, 2024). Journal of Clinical Oncology 42, 12131-12131 (2024). [10.1200/JCO.2024.42.16\\_suppl.12131](https://doi.org/10.1200/JCO.2024.42.16_suppl.12131)

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4. **Papadopoulos E.**, Cook S., Munteanu C., Durbano S., Stinson J., Abrams H., Shahrokni A., Pitters E., Stephens D., Lumchick M., Emmenegger U., Puts M., Alibhai S. The design and usability of an online geriatric assessment tool for older adults with cancer: The Comprehensive Health Assessment for my Plan (CHAMP) study. Multinational Association of Supportive Care in Cancer (MASCC) Annual Meeting, Toronto, Ontario, Canada. Jun 2022 (Poster).
5. **Papadopoulos E.**, Wong AKO., Breunis H., Hansen A., Emmenegger U., Alibhai S. The impact of sarcopenia on disease progression and overall mortality in survivors with metastatic castrate-resistant prostate cancer. Multinational Association of Supportive Care in Cancer (MASCC) Annual Meeting, Toronto, Ontario, Canada. Jun 2022 (Oral presentation).
6. Alibhai S., **Papadopoulos E.**, Tomlinson G., Durbano S., Santa Mina D., Sabiston C., Matthew A., Ritvo P., Chiarotto JA., Sidani S., Culos-Reed N. The effects of a preference-based exercise trial on outcomes in men on androgen deprivation therapy (ADT) for prostate cancer compared to an exercise randomized controlled trial of the same interventions. *American Society of Clinical Oncology (ASCO) Genitourinary Cancers Symposium*. Feb 2022 (Poster).
7. **Papadopoulos E.**, Alibhai S.M.H., Durbano S., Hossain N., Brennestuhl S, Santos B., Cleverley K., Puts M. The development of an online geriatric assessment: Results from a Delphi consensus of experts in oncology. *Canadian Cancer Research Conference*. Nov 2021 (Poster).
8. **Papadopoulos E.**, Petrov D., Timilshina N., Alibhai S.M.H. Does the Frailty Index predict clinically



and Implications for Exercise Prescription. *CSEP Annual Meeting*, Niagara Falls, Ontario, Canada. Sep 2018 (Poster).

15. **Papadopoulos E.**, Gillen J., Moore D., Locke M., Sabiston C.M., Matthew A., Finelli A., and Santa Mina D. High-Intensity Training for Men with prostate cancer on Active Surveillance: A randomized feasibility study. *The 2018 Saltin International Graduate Course in Exercise & Clinical Physiology*, The Blue Mountains, Ontario, Canada. Sep 2018 (Poster).
16. Santa Mina D., Au D., **Papadopoulos E.**, O'Neill M., Diniz C., Lianne L.B., Lipton J., Chang E. and Jones JM. Early Termination of Cardiopulmonary Tests in People with Cancer: Frequency, Reasons, and Implications for Exercise Prescription. *Prehabilitation World Conference*, Eindhoven, Netherlands. Jun 2018 (Poster).
17. **Papadopoulos E.**, Santa Mina, D. High Intensity Training for Men with Prostate Cancer on Active Surveillance: A proposal. *The first Hellenic Canadian Academic Association of Ontario (HCAAO)*, Toronto, Ontario, Canada. Apr 2017 (Oral presentation).
18. **Papadopoulos E.**, Sabiston, C.M., Santa Mina, D. High Intensity Training for Men with Prostate Cancer on Active Surveillance: A proposal. *Ontario Exercise Physiology (OEP) ontgys veillarri@.15 0)11.0TT3I*

5. **Papadopoulos E.** (Guest Speaker). *SARC-F for Screening of Sarcopenia Among Older Adults With Cancer*, Geriatric Oncology Journal Club, University Health Network, Aug 2021
6. **Papadopoulos E.** (Invited Speaker). *The Role of Physical Activity and*

2. **Papadopoulos E (PI)**., Irving B., Spielmann G., Johannsen N., The effects of TAURine and resistance training on indices of frailty among prefrail African American older adUltS. 2024 US National Academy of Medicine (NAM) Catalyst Award Competition (March 2024). Amount: \$50,000

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## GRANTS & FUNDING RECEIVED

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1. **Papadopoulos E (PI)**., Spielmann G., Johannsen N., Holston D., Greene M., Irving B. The

survivors on androgen-directed therapy: A phase II double-blind placebo-controlled randomized trial. Prostate Cancer Foundation (PCF). Young Investigator Award 2022 (\$225,000). *Not Funded*

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## TEACHING

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### Undergraduate Courses taught at Louisiana State University

- School of Kinesiology, **Course Instructor**  
(KIN 3535) Exercise Testing and Prescription 2023 - present

### Undergraduate Courses taught at Brock University

- Department of Health Sciences, **Course Instructor**  
(HLSC 2P95 & KIN 1P90) Human Systems Anatomy Sep 2022-Apr 2023

### Undergraduate Courses taught at the University of Toronto

- Faculty of Kinesiology and Physical Education, **Course Instructor**  
(KPE 426) Exercise and Cancer Survivorship Jan 2023 – Apr 2023

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## CONFERENCE SESSION CHAIR/MODERATOR

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- **ACSM Annual Meeting**, Orlando, Florida, United States, May 2019. **Role:** Assisting with registering attendees and other administrative tasks.
- **Bodies of Knowledge (BOK) Conference**, University of Toronto, May 2017. **Role:** Session Moderator: Nutrition and Physiology (Paper Session).
- **18<sup>th</sup> Annual Bertha Rosenstadt National Undergraduate Research Conference**, University of Toronto, Mar 2017. **Role:** Session Moderator: Exercise and Chronic Disease (Paper Session).

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## PROFESSIONAL CLINICAL EXPERIENCE

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- Wellspring Cancer Support Network, Toronto, Ontario

- Panno Medical Inc., Toronto, Ontario  
**First Aid Responder** Oct 2014-Oct 2016
- Avalon Fitness, Etobicoke, Ontario  
**Registered Kinesiologist** Feb 2014-Oct 2014

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## PROFESSIONAL DEVELOPMENT AND CERTIFICATIONS

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- Pediatric Oncology Course, Cancer Care Ontario (Jun 2020)
- Teaching Fundamentals Certificate Program, Centre for Teaching Support & Innovation, University of Toronto, Toronto, ON (Nov 2019)
- Basic Life Support (BLS) course, Heart and Stroke Foundation of Canada (Apr 2019)
- The 2018 Saltin International Graduate Course in Exercise & Clinical Physiology, The Blue Mountains, ON (Sep 2018)
- Good Clinical Research Practice (GCRP) Principles, University Health Network (UHN), Toronto, ON (Aug 2017)
- Transportation of Dangerous Goods (TDG) Course, Ontario Ministry of Transportation (MTO) (Aug 2017)

