

Chrysostomos Sahinis

Doctoral Student

PERSONAL INFORMATION

DATE OF BIRTH
21.05.1998

CITIZENSHIP
Greece

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PROFILES
<https://scholar.google.com/citations?user=I5YWpAEAAAAJ&hl=en&oi=ao>

SOCIAL MEDIA
<https://x.com/sahinischryso>

EDUCATION

Ph.D. candidate in Kinesiology, Aristotle University of Thessaloniki, Greece

May 2022 - now

Faculty of Physical Education & Sport Science at Serres

Thesis: Neuromuscular and Muscle-tendon Unit Adaptations of Hamstrings in Response to Exercise

Supervisor: Professor Elefterios Kellis

Master of Science in Kinesiology, Aristotle University of Thessaloniki

October 2020 - February 2022

Faculty of Physical Education & Sport Science at Serres

Thesis: Muscle Quality and Force Production Capacity

Supervisor: Professor Elefterios Kellis

Bachelor in Sport Sciences, Aristotle University of Thessaloniki

October 2016 - June 2020

Faculty of Physical Education & Sport Science at Serres

Thesis: Sonographic Appearance of the Fifth Head of Quadriceps Femoris

Supervisor: Professor Elefterios Kellis

PUBLICATION RECORD (Sept. 2024)

Peer-reviewed journal publications: 26 (Google Scholar)
h-Index: 8 (Google Scholar)

SELECTED PUBLISHED MANUSCRIPTS

- **Sahinis, C.**, & Kellis, E. (2024). Distal hamstrings tendons mechanical properties at rest and contraction using free-hand 3-D ultrasonography. *Scandinavian journal of medicine & science in sports*, 34(4), e14621.
- **Sahinis, C.**, Amiridis, I. G., Kannas, T., Farina, D., Enoka, R. M., & Kellis, E. (2024). Distinct Neural Drives along the Semitendinosus Muscle. *Medicine & Science in Sports & Exercise*, 10-1249.
- Kellis, E., **Sahinis, C.**, & Baltzopoulos, V. (2023). Is hamstrings-to-quadriceps torque ratio useful for predicting anterior cruciate ligament and hamstring injuries? A systematic and critical review. *Journal of Sport and Health Science*, 12(3), 343.
- Kellis, E., & **Sahinis, C.** (2022). Effect of knee joint angle on individual hamstrings morphology quantified using free-hand 3D ultrasonography. *Journal of Electromyography and Kinesiology*, 62, 102619-102619

SELECTED CONFERENCE ABSTRACTS

- **Sahinis, C.**, Amiridis, I. G., Lykidis, A., Farina, D., Enoka, R. M., & Kellis, E. Discharge characteristics of motor units in two hamstring muscles during submaximal isometric contractions (2024). *International MotoNeuron Society meeting*
- **Sahinis, C.**, Amiridis, I. G., Lykidis, A., Avrillon, S., & Kellis, E. Muscle synergies between hamstrings: teammates or competitors (2023). *Neurophysiological Bases of Human Movement*
- **Sahinis, C.**, & Kellis, E. Variability in Mechanical Properties of Hamstring Tendons (2023) *SCS 6th Annual Meeting—EEVFA—11th International Congress of Biochemistry and Physiology of Exercise*

TEACHING EXPERIENCE

I assist in teaching undergraduate courses in training science and biomechanics

EDITORIAL ACTIVITIES

Invited reviewer for journals such as *Journal of Sports Sciences*, *International Journal of Sports Medicine*, *Scientific Reports*, *Frontiers in Sports and Active Living*, and *Physiological Reports*.