

BELOKA Sofia

Nationality GREEK

Born 15/01/1979

DEJONCKER 25, 1060

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ACADEMIC EXPERIENCE

01/10/2009-present, Scientific Assistant in Cardio Respiratory Physiology, Faculty of Motricity Sciences, Free University of Brussels (ULB), Brussels, Belgium.

Clinical and experimental research in exercise physiology, and coordination of volunteers in laboratory experiments. Tutor of practical exercises, laboratory exercises and seminars on course of cardio-respiratory physiology, guidance of students in Bachelor and Master studies.

01/11/2005 - 31/09/2009, Research Assistant in Exercise Physiology and Rehabilitation, Department of Cardiology, Erasmus University Hospital Free University of Brussels (ULB), Brussels, Belgium.

Experimental and clinical studies in exercise physiology in health and disease, coordination of volunteers in laboratory experiments, scientific research literature, statistical analyses, author and publications of scientific articles in scientific journals, research protocol management and teaching, guidance of students in Bachelor and Master studies.

01/10/2003-31/09/2005, Research Assistant in Rehabilitation Sciences, Catholic University of Leuven (KUL), Leuven, Belgium.

Research in rehabilitation of exercise for chronic disease and disability, experimental protocols and research publications, organization of conferences, coordination of sport and rehabilitation sessions during 2nd and 3rd phase of cardiac rehabilitation, author of manuscripts in Cardiovascular Prevention and Rehabilitation manual of European Prevention and Cardiac Rehabilitation Association.

WORKING EXPERIENCE

01/08/2011-11/09/2012, Wheelchair Rugby Technical Operations Manager, London 2012 Olympic and Paralympic Organizing Committee, London, UK.

Project Management of Athletes Services, Sport Equipment, Field of Play, development of National Technical Officials, development of Paralympic Results and Information System, development of Statisticians, organization of Competition and Training Schedules, Organization of Test Event, planning and coordination with other functional areas.

01/01/2009-ONGOING, Holistic Lifestyle & Rehabilitation Exercise Trainer.

Exercise prescription and Training management, preventive exercise and rehabilitation, holistic lifestyle exercise, adapted exercise programs in disability and

chronic disease, stress management through exercise, physical preparation of recreational athletes.

01/11/2006 – 31/12/2006, Services Manager Cue Sports, 15th Asian Games, Doha, Qatar.

Management and coordination of athletes, volunteers, technical officials. Cooperation with national and international federations and technical delegates. Communication and planning with departments of Venue Operations, Transportation, Equipment, Sport Info, Athletes Village, Doping Control, Media, Accreditation, Medal Ceremonies, Catering, Environment, Technology aiming to the best organisation of the Games.

01/03/2005-31/07/2005, Traineeship in the European Commission, Sport Unit, Department Education & Culture, Brussels, Belgium.

Organization of open communication with the sport movement and European sport organizations of Olympic and Paralympic sports, evaluation of European projects, evaluation of the year Education through Sport 2004 (EYES 2004), Mediterranean Games of Almeria 2005, coordination of on-line open consultation website for the sport competences, funding consulting, communication with citizens in Europe on sport issues.

01/06/2004-31/09/2004, Technical Operations Manager Wheelchair Rugby, Paralympic Games Athens 2004 and Venue Operations of Hellinikon Sport Complex, Olympic games Athens 2004, Greece.

Organisation of the competition of wheelchair rugby, planning competition schedule, project management for sport specific sites, communication and sport specific coordination with participant sport teams, technical officials, national and international officials, Classification, Sport presentation, Results, Timing and Scoring, Medical, Anti-Doping Control, Media, coordination of national teams and venue management, adaptations of sport venues accessible for the athletes, communication with international, national federations and organisations, coordination of volunteers.

01/10/2003-31/12/2003, Administrative Personnel in Rehabilitation Sciences, Catholic University of Leuven, Leuven, Belgium.

Research in rehabilitation field funded from the Flemish Government: 'The expenses of athletes with disabilities'.

01/10/2001-31/04/2002, Administrative personnel in laboratory of Pharmacology Faculty, Aristotle University of Thessaloniki, Thessaloniki, Greece.

Administration of European projects and researches, project assistance with research committee in relation with European projects, briefings, translations, coordination of meetings.

VOLUNTARY WORK

- Classifier of Wheelchair rugby, Level II. Head National Classifier of Greece, France.
- Referee of Wheelchair Rugby.
- Cooperation with the International Wheelchair Rugby Federation (IWRF) and national federations for building up the sport of wheelchair rugby in Greece.

- Member of the `Stage spring 2005` Committee of European Commission, Brussels, Belgium.

-Porte-parole `Stage spring 2005` in DG EAC: organising meetings among other DGs, info sessions and lunch conferences with EC representatives.

-Volunteer Physical educator of sport rehabilitation in Europe: Developing Wheelchair Rugby in Greece, introducing Wheelchair rugby in various European countries on national level, organisation of sport specific activities and camps, introducing civil and social education through sports, adaptation of environment and available tools, implementation of youth programmes, psychomotricity, integration and inclusion.

-Ifaistos Athletics for Blind athletes; Down Syndrome Institute, Thessaloniki, 54 621, Greece.

-GSTV, Gehandicapt Sporten Lommel, 4901, Belgium.

-Handicap Sport Federation, Wheelchair Rugby, Paris, France.

-Dutch Wheelchair Rugby Federation, Amsterdam, Holland.

-Alli Opsi NGO, Thessaloniki, Greece.

-Flying Wheels, London,UK.

Doureios Ippos,Athens,Greece.

-'The Aspire Foundation', Mentor on professional guidance, 2012-present.

EDUCATION & TRAINING

1/10/2005-25/10/2011, PhD in Exercise Physiology, Faculty of Mobility Sciences, Free University of Brussels, ULB, Brussels, Belgium.

Research title: `Sympathetic nervous system modulation of exercise capacity: effects of b- blocker and b2 stimulant drugs`.

1/10/2005-11/12/2007, European Master of Post Graduate Studies in `Sport Business Management` Solvay Business School, ULB, Brussels, Belgium.

Project Title: `Business plan: How to fund a cardiac rehabilitation centre in Greece` Distinction.

18/08/2002-04/07/2003, European Master Degree in Adapted Physical Activity Catholic University of Leuven - KU Leuven, Belgium.

Project title: `The 25m shuttle run test for wheelchair athletes`.

1/10/1998-18/07/2002, Bachelor of Sport Science and Physical Education, Aristotle University, Thessaloniki, Greece.

Project title: `Blind athletes in track and field`

Specializations: 1. Therapeutic Exercise: Prevention & Rehabilitation,
2. Outdoor activities & Extreme sports.

Awards & Prizes

2009: European Hypertension Society 'Travel Grant', Milano, Italy

2009: ASH Annual Meeting 'Travel Grant', San Francisco, USA

2008: "Michael Ringborn Young Investigator" award in research, Bologna, Italy

2007: Price by 'David and Alice Van Buren' Foundation, Belgium

2005-2008 ULB, Research scholarship, Belgium

2004-2007 Post graduate Scholarship by the State Scholar Foundation of Greece (IKY), Greece

2004-2005 Post graduate Scholarship by the Flemish Ministry of Education of Belgium to Greek students.

Personal skills and competences

Mother tongue **GREEK**

Other languages

English, French, Dutch, German, Italian, Spanish, Chinese

Social skills and competences

- Organising, team player, flexible, innovated, motivated.
- Athlete of 100m hurdles, and volleyball, long distance running.
- Lifelong learning while attending and presentations in seminars and conferences.
- Seminars of Photography, Greek Traditional and International dances.
- First Aid certificate (CPR).

Continuous Education

- 'Applied Statistics', Public Health, ULB, Brussels, Belgium, 2008.
- 'Physiopathology in training and rehabilitation, Centre of Multidisciplinary Physical Rehabilitation, University Erasmus Hospital, Brussels, Belgium, 2007.
- 'Wellness Training', Salvea & Passage Fitness, Brussels, Belgium, 2007-08.
- 'Mindfulness & Body Mind', Shambo: Yoga & Pilates, Gent, Belgium, 2007.
- 'CHEK Holistic Lifestyle Coach I', C.H.E.K. Institute USA, 2010.

Computer skills and competences

Word, Excel, Windows, PowerPoint, Internet, statistics SAS, SPSS

Driving license

B category vehicle.

PUBLICATIONS

- ⑤ de Bisschop C, **Beloka S**, Groepenhoff H, Overbeek MJ, van der Plas M, Guenard H, Naeije R. "Is there a competition in the perfusion of respiratory and limb muscles?". MSSE 2013 (article submitted for review)
- ⑤ Groepenhoff H, Overbeek MJ, Mule M, van der Plas M, Argiento P, Villafuerte FC, **Beloka S**, Faoro V, Macarlupu JL, Guenard H, de Bisschop C, Martinot JB, Vanderpool R, Penalzoa D, Naeije R. Exercise pathophysiology in patients with chronic mountain sickness. *Chest*. 2012; 142 (4): 877-884.
- ⑤ **Beloka S**, Janssen C, Woff E, Brasine E, Deboeck G, Randria J, Philippart de Foy V, van de Borne P, Naeije R. Effects of β 2-adrenergic stimulation on exercise capacity in normal subjects. *Eur J Appl Physiol*. 2011; 111(9): 2239-2247.
- ⑤ **Beloka S**, van de Borne P, Naeije R. Special Communication: Response Medicine & Science in Sports & Exercise 2009; 41: 968.
- ⑤ **Beloka S**, Gujic M, Deboeck G, Niset G, Ciarka A, Argacha JF, Adamopoulos D, Naeije R, van de Borne P. Effects of b-adrenergic blockade on metabo and chemoreflex contributions to the ventilatory response to exercise in normal subjects. *Med Sci Sports Exerc* 2008; 40:1932-1938.
- ⑤ **Beloka S**, Gouveia S, Gujic M, Rocha AP, Van de Borne P. Differential effects of oral beta blockade on cardiovascular and sympathetic regulation during normoxia. *J Cardiovasc Pharmacol Ther* 2009; 14: 323-331.
- ⑤ Janssen C, Lheureux O, **Beloka S**, Deboeck G, Adamopoulos D, Naeije R, van de Borne P. Digoxin increases peripheral chemosensitivity and the ventilatory response to exercise in normal subjects. *Clin Exp Pharmacol Physiol*. 2010;37:303-308.
- ⑤ Janssen C, Lheureux O, **Beloka S**, Adamopoulos D, Naeije R, van de Borne P. Effects of digoxin on muscle reflexes in normal humans. *Eur J Appl Physiol*. 2009;10: 581-586.
- ⑤ Janssen C, **Beloka S**, Kayembe P, Deboeck G, Adamopoulos D, Naeije R, van de Borne P. Decreased ventilatory response to exercise by dopamine-induced inhibition of peripheral chemosensitivity. *Respir Physiol Neurobiol*. 2009 Sep 30;168:250-253.
- ⑤ Gouveia S, Rocha AP, Laguna P, Gujic M, **Beloka S**, Van de Borne P, Lago P. BRS Analysis from Baroreflex sequences and baroreflex events compared using spontaneous and drug induced data. *Computers in Cardiology* 2008; 35: 737-740.
- ⑤ Adamopoulos D, Lemogoum D, Ngatsou W, Janssen C, **Beloka S**, Lheureux O, Kayembe P, Argacha JF, Degaute JP, van de Borne P. Intensified large

artery and microvascular response to cold adrenergic stimulation in African blacks. *American Journal of Hypertension* 2009; 22(9):958-963.

- ⑤ Argacha JF, Xhaet O, Gujic M, Adamopoulos D, **Beloka S**, Dreyfuss C, Degaute JP, van de Borne P. Nicotine increases chemoreflex sensitivity to hypoxia in non smokers. *J Hypertens* 2008;26:284-294.
- ⑤ Gujic M, Dreyfuss C, Argacha JF, **Beloka S**, Adamopoulos D, Xhaet O, Patak A, van de Borne P. Effects of enoximone on peripheral and central chemoreflex responses in humans. *Am J Physiol Heart Circ Physiol* 2008; 294: H322-H329.
- ⑤ Gujic M, Laude D, Houssiere A, **Beloka S**, Argacha JF, Adamopoulos D, Xhaet O, Elghozi JL, van de Borne P. Differential effects of metaboreceptor and chemoreceptor activation on sympathetic and cardiac baroreflex control following exercise in hypoxia. *J Physiol* 2007; 585: 165-174.
- ⑤ Vanhees L, **Beloka S**, Martens M, Stevens A. Rehabilitation in Patients with Implantable Devices. *Cardiovascular Prevention and Rehabilitation* edition:1 pages:416-427. Springer-Verlag ISBN 1846284627.
- ⑤ Vanhees L, Martens M, **Beloka S**, Stevens A, Avram A, Gaita D. Cardiac rehabilitation: Europe. *Cardiovascular Prevention and Rehabilitation* edition:1 pages:30-33. Springer-Verlag ISBN 1846284627.
- ⑤ **Beloka S**, Tsimaras V, Abatzidis G, Aggelopoulou-Sakadami N. 'Blind athletes in track and field'. *Galinos*. 2004; 45 (6): 649-662.

INTERNATIONAL COMMUNICATIONS

- ⑤ **S. Beloka**, C. Janssen, V. Phillipart de Foy, E. Woff, R. Naeije & P. van de Borne. 'Effect of salbutamol on chemoreflex contribution to endurance performance and muscle strength in nonasthmatic men'. 19th European Meeting on Hypertension, Milan, 12-16/06/2009.
- ⑤ **S. Beloka**, C. Janssen, V. Phillipart de Foy, E. Woff, R. Naeije & P. van de Borne. 'Effect of salbutamol on metaboreflex to endurance performance in men. 24th ASH Annual Meeting , San Francisco, 7-10/ 05/ 2010.
- ⑤ **S. Beloka**, C. Janssen, G. Deboeck, J. Randria, R. Naeije & P. van de Borne. 'Effect of salbutamol on chemoreflex and metaboreflex contribution to endurance performance and muscle strength in nonasthmatic men. ACSM – American College of Sport Medicine 56th Annual Meeting, Seattle, USA, 27-30/05/2009.
- ⑤ **S. Beloka**, M. Gujic, S. Gouveia, AP. Rocha, P. van de Borne. Differential Effects of Oral B Blockade on Cardiovascular and Sympathetic Regulation

during Normoxia and Hypoxia. Computers in Cardiology, Bologna, Italy, 14-17/09/2008.

- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J F. Argacha, D. Adamopoulos, R. Naeije, P. van de Borne. Effects of b-adrenergic blockade on metabo- and chemoreflex contributions to the ventilatory response to exercise in normal subjects. Preolympic Congress CHINA 2008, Nanjing, China, 5-7/08/2008.
- ⑤ **S. Beloka**, M. Gujic, S. Gouveia, AP. Rocha, P. Van de Borne. Differential effects of oral beta blockade on cardiovascular and sympathetic regulation during normoxia and hypoxia. 18th European Meeting on Hypertension". Berlin, Germany, 14-19/06/2008.
- ⑤ **S. Beloka**, P. van de Borne. Effects of b-adrenergic blockade on chemoreflex contributions to aerobic exercise capacity. 3ème congrès panhellénique d'éducation physique thérapeutique et 8 ème symposium de physique adaptée. Thessalonique, Salle des Cérémonies, Bâtiment de l'Ancienne Faculté de Littérature, 01-03/03/ 2008.
- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J.F. Argacha, D. Adamopoulos, J.P.Degaute, R. Naeije, P. van de Borne. b-adrenergic blockade on chemo-reflex contributions to the ventilatory response to exercise in normal subjects. 27es journées de l'hypertension arterielle-1st meeting of French society of hypertension, Paris, France, 12-14/12/2007.
- ⑤ **S. Beloka**, M. Gujic, A. Ciarka, J.F. Argacha, J.P.Degaute, R. Naeije, P. van de Borne. Effects of b-blockade on hemodynamics and muscle sympathetic activity in normal subjects. 27es journées de l'hypertension arterielle-1st meeting of French society of hypertension, Paris, France, 12-14/12/2007.
- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J.F. Argacha, D. Adamopoulos, J.P.Degaute, R. Naeije, P. van de Borne. Effects of Strg-adrenergic blockade on metabo- and chemo-reflex contributions to the ventilatory response to exercise in normal subjects'.Joint Meeting with the Belgian Hypertension Committee Bruxelles, Medical Campus Erasme, December 7th, 2007.
- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J.F. Argacha, J.P.Degaute, R. Naeije, P. van de Borne. Chemoreflex Contribution to the Exercise Ventilatory Response. Sport Cardiology Congress, Aristotle University Thessaloniki, Greece, 9-12/11/ 20
- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J.F. Argacha, J.P.Degaute, R. Naeije, P. van de Borne. Beta Blockers Enhance the Chemoreflex Contribution to the Ventilatory Response to Exercise in Normal Men. ESC congress 2007, European Society of Cardiology, 1-5/09/2008 Vienna, Austria.

- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J.F. Argacha, J.P.Degaute, R. Naeije, P. van de Borne. Chemoreflex Contribution to the Ventilatory Response to Exercise under Beta Blockade. Association Sport scientists of North Greece, 17-19/03/2008, Thessaloniki, Greece.
- ⑤ **S. Beloka**, M. Gujic, G. Deboeck, G. Niset, A. Ciarka, J.F. Argacha, D. Adamopoulos, J.P.Degaute, R. Naeije, P. van de Borne. Beta Blockers Enhance the Chemosensitivity to the Ventilatory Response.Europrevent 2007 of European Association of cardiovascular prevention and rehabilitation, 19-21/04/2007, Madrid, Spain.
- ⑤ **S. Beloka**, Verellen J, van de Vliet P, Vanlandewijck Y. 'The 25m shuttle running test and VO2 max in athletes with spinal cord injury'. Preolympic Congress ATHENS 2004. 6-11/08/2004, Thessaloniki, Greece.
- ⑤ **S. Beloka**, Antritsou M. 'Exercise benefits in Elderly'. 1st Congress of Therapeutic & Adapted Physical Activity; Department of Sport Science & Physical Education. 1-2/12/2002, Thessaloniki, Greece.