

Bardopoulou Mari

Her scientific work spans a broad field of Therapeutic exercise in Clinical Populations, with a focus in recent years on Aging and older adults, as well as research topics in Exercise Physiology related to neurodegenerative diseases. The research studies in which she participates extend to the investigation of functional, biochemical, and physical responses of neurodegenerative symptoms following the impact of exercise. Her research interests include the exercise physiology on neurodegenerative diseases (Dementia, Parkinson's, Multiple Sclerosis, etc.), the effect of exercise on biomarkers, cognitive function, and the characteristics of the diseases. She has collaborated with Neurology Departments of University Hospitals (Attikon, Aiginiteio), municipalities centres for elderly, and Elderly Care Units to create group exercise programs for individuals with dementia and MCI. She has attended and participated in numerous conferences, seminars, workshops, and in oral and poster publications in Greece and abroad. He is a research associate at the Laboratory of Physiology, School of Medicine, NKUA and at 1st Neurology Clinic, "AIGINITEIO" University Hospital, NKUA.

