



Elisana Pollatou

Items	Number
Books	5
Book Chapters	0
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	32
Articles in Journals not Indexed in Bibliographical Databases	2
Refereed International Conference Presentations	87
Invited Presentations	13
Harzing's PorP/Scopus Citation Index (including self-citations)	285/46
Harzing's PorP/Scopus h-index	6/4
Involved in Successful Grant Applications	-

1 EDUCATION

- **1992-1995** Ph.D. Diploma, Democritus University of Thrace, D.P.E.S.S., Komotini, Greece. Title of Doctoral Dissertation: The effect of blocked, serial and random practice methods in learning novel motor skills
- **1989-1991** Master of Science (M.Sc.) in Motor Control and Learning, University of Illinois at Chicago, (U.I.C.), Department of Kinesiology, Chicago, U.S.A. Title of master thesis: Interference during bimanual oscillations with frequency ratios of 1:1, 2:1 and 3:1
- **1984-1988** Undergraduate Diploma, Democritus University of Thrace, D.P.E.S.S., Komotini, Greece. Title of thesis: The P.E. students perception about the role of the P.E. teacher and athletic coach

2 EMPLOYMENT HISTORY

- **10/2015:** Associate professor in 'Learning Motor Skills in Rhythmic & General Gymnastics'
- **2010- 2015:** permanency as assistant professor in 'Learning Motor Skills in Rhythmic & General Gymnastics', University of Thessaly, D.P.E.S.S, Trikala, Greece.
- **2006-2009:** assistant professor in 'Learning Motor Skills in Rhythmic & General Gymnastics', University of Thessaly, D.P.E.S.S, Trikala, Greece
- **2001-2006:** Lecturer in 'Learning Motor Skills in Rhythmic & General Gymnastics', University of Thessaly, D.P.E.S.S, Trikala, Greece
- **1997-2000:** Special Educational Stuff, , University of Thessaly, D.P.E.S.S, Trikala, Greece
- **1992-1996:** Special Educational Stuff, Democritus University of Thrace, D.P.E.S.S., Komotini, Greece

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. **Teaching Rhythmic Gymnastics**
www.pe.uth.gr/moodle/course/view.php?id=13
<http://eclass.uth.gr/eclass/modules/document/?course=ANTMA151>
2. **Motor Learning**
<http://eclass.uth.gr/eclass/modules/document/?course=ANTMA171>
3. **Gymnastics for All**
<http://eclass.uth.gr/eclass/modules/document/?course=ANTMA191>
4. **Motor creativity- creative movement**
eclass.uth.gr/eclass/modules/document/?course=ANTMA180
<http://www.youtube.com/watch?v=3py-jsserAw>
5. **Indoor recreation activities & sport management**
<http://eclass.uth.gr/eclass/modules/document/?course=ANTMA128>

various performances created through the course:

- http://youtu.be/K_16H9oQVho
- <http://www.youtube.com/watch?v=vXw2NkgPKKc&feature=relmfu>
- <http://www.youtube.com/watch?v=eylGsO1lJg8&feature=relmfu>
- <http://www.youtube.com/watch?v=ZyKCgfZba6k>
- <http://www.youtube.com/watch?v=stE4SFbV54A>
- <http://www.youtube.com/watch?v=mQSKdOZ6hxl>
- <http://www.youtube.com/watch?v=jIL68ZsBNzU>
- http://www.youtube.com/watch?v=c_mLijx5omo&feature=youtu.be
- <https://www.youtube.com/watch?v=7cfUH7ujn9w>
- https://www.youtube.com/watch?v=TH3S_vfIWYE

3.2 Postgraduate Teaching

Autonomous teaching from 2006 - today in:

1. **Music & Rhythm in Physical Education (code722)**. Postgraduate Program 'Exercise Science & Quality of Life', D.P.E.S.S. University of Thessaly & Democritus University of Thrace
2. **Development & Learning (code 717)**. Postgraduate Program 'Exercise Science & Quality of Life', D.P.E.S.S. University of Thessaly & Democritus University of Thrace
3. **(2003-2008) Physical Education in Early Childhood**. Postgraduate Program 'Exercise & Health', D.P.E.S.S. . University of Thessaly & Aristotle University of Thessaloniki
4. Lectures in **European Master in Sport Psychology** (2007) University of Thessaly, D.P.E.S.S, Trikala, Greece

3.3 Supervision/Co-supervision of Doctoral Theses

3.3.1 Completed

3.3.2 In Progress

1. Varveri Danai. Aquaticity and music-movement activities

3.4 Supervision of Master's Dissertations

3.4.1 Completed

(26 theses in Greek)

3.5 Funding

3.5.1 Competitive International

3.5.2 Competitive National

2012-2014: Research Project funded by the Hellenic Ministry of Health, NSRF 2007 - 2013 entitled "Exercise as an intervention strategy for promotion of health and for prevention and rehabilitation of chronic diseases" (coordinator, Gerodimos V., University of Thessaly), budget 526.300€,

(participant). See more in www.exerciseforhealth.gr

4 PUBLICATIONS

4.1 Books

4 books in Greek, 2 in teaching rhythmic movements & 2 poetic collections

4.2 Book Chapters

4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)

1. Pateraki, V., **Pollatou, E.**, Papastergiou, M. & Karadimou, K. (2014). **Journal of Education & Training**- February 2014). *Multimedia Environment and Gender, in Motor-Rhythmic Performance of a Dance Routine with Ball, Accompanied by an Adjusted Music Composition* (abstract available in <http://www.macrothink.org/journal/index.php/jet/article/view/4403>)

http://www.google.gr/url?sa=t&rct=j&q=&esrc=s&source=web&cd=4&ved=0CC0QFjAD&url=http%3A%2F%2Fwww.macrothink.org%2Fjournal%2Findex.php%2Fjet%2Farticle%2Fdownload%2F4403%2F3602&ei=N0wHVY7YJYnzaol7gKAG&usq=AFQjCNEkW4BkDWjuwmuW2tng86H-YpUkcg&sig2=0o10eF32rYoNG5jQT_EEbQ&bvm=bv.88198703,d.d2s
2. Marina Papastergiou, **Elisana Pollatou**, Ioannis Theofylaktou, Konstantina Karadimou (2013). *Examining the potential of web-based multimedia to support complex fine motor skill learning: An empirical study. Education and Information Technologies* (available in <http://link.springer.com/article/10.1007/s10639-013-9256-x#page-1>)

(DOI: 10.1007/s10639-013-9256-x)
3. **Pollatou Elisana**, Pantelakis George, Agdiniotis Ilias, Mpenta Nikoleta, Zissi Vasiliki, Karadimou Konstantina (2012). *How is the rhythmic ability of pre-school children affected by the implementation of a music-movement program? European Psychomotricity Journal*, **5,1,49-56** (available in <http://www.psychomotor.gr/contents/archive/vol-5/first-issue/82-how-is-the-rhythmic-ability-of-pre-school-children-affected-by-the-implementation-of-a-music-movement-program.html>)

4. Maria Bougiesi, Vassiliki Zisi, Stefania Gregoriou, & Elisana Pollatou (2011) (in Greek, Abstract in English) Greek Folk Dance Systematic Participation Affects Quality of Life in Young and Middle Age Adults http://www.pe.uth.gr/hape/images/stories/emag/vol9_2/Hape407.pdf
5. Nikos Mantzouranis, Theofilos Pilianidis, Nikos Aggelousis, **Elizana Polatou**, Michalis Proios (2012). *SkipTest: Description and reliability assessment of a new anaerobic performance field test. Studies in Physical Culture and Tourism, Vol.19, No1, 2012, 16-20*, <http://www.wbc.poznan.pl/dlibra/docmetadata?id=217188&from=publication>
6. **Elisana Pollatou**, Nikoleta Bakali, Yannis Theodorakis and Marios Goudas (2010). *Body image in female professional and amateur dancers. Research in Dance Education, vol. 11, no 2, June 2010, 131-137*
7. Ilias Agdiniotis, **Elisana Pollatou**, Vassilios Gerodimos, Vassiliki Zisi, Konstantina Karadimou & Fani Yiagoudaki (2009). *Relationship between rhythmic ability and type of motor activities in preschool children. European Psychomotricity Journal 2009; 2; 1, 24-34* (<http://www.psychomotor.gr/contents/archive/vol-2/first-issue/43-relationship-between-rhythmic-ability-and-type-of-motor-activities-in-preschool-children>)
8. Zachopoulou, E., Makri, A. & **Pollatou, E.** (2009). *Evaluation of children's creativity: psychometric properties of Torrance's 'Thinking Creatively in Action and Movement' test. Early Child Development and Care, 179(3), 317-328.* (<http://www.tandfonline.com/toc/gecd20/179/3#VCxuy1eLDIU>) DOI:10.1080/03004430601078669
9. Zisi, V., Giannitsopoulou, E., Vassiliadou, O., **Pollatou, E.** & Kioumourtzoglou, E. (2009). *Performance level, abilities and psychological characteristics in young junior rhythmic gymnasts : the role of sport experience. International Quarterly of Sport Science, 4, 1-13.* http://www.iqss.eu/issue/20094/1_Zisi%20et%20al_IQSS_2009_4.pdf
10. Vasiliki Zisi, Sofia Boura, Elisana Polatou, Evgenia Gianitsopoulou, & Efthimios Kioumourtzoglou (2009) Construction of a Questionnaire Evaluating Secondary Education Students' Knowledge about Rhythmic Gymnastics (in Greek, Abstract in English) http://www.pe.uth.gr/hape/images/stories/emag/vol7_2/hape343.pdf
11. **Pollatou E.**, Gerodimos V., Zissi V., Zervanou D. & Karadimou K. (2008). *Spatial orientation ability in boys and girls toddlers. Scientific Journal of Orienteering, vol. 17, 39-45*, (<http://orienteering.org/wp-content/uploads/2010/12/Scientific-Journal-of-Orienteering-volume-17.pdf>)
12. **Pollatou E.**, Karadimou K., Gerodimos V. (2005). *Gender differences in musical aptitude, rhythmic ability and motor performance in preschool children. Journal of Early Child Development and Care, vol.175, no 4/May, 361-369* (<http://www.tandfonline.com/toc/gecd20/175/4#VCxsfleLDIU>) DOI:10.1080/0300443042000270786
13. **Pollatou Elisana**, Savrami Katia, Karadimou Konstandina (2004). *Introducing aesthetic features in gymnastic skills. Teaching Elementary Physical Education, March, p 33-34*

14. **Pollatou Elisana**, Hatzitaki Vassilia, Karadimou Kostandina (2003). *Rhythm or music? Contrasting two types of auditory stimuli in the performance of a dancing routine*. **Perceptual and Motor Skills**, **97:99-106**. (doi: 10.2466/pms.2003.97.1.99)
15. Aggelousis, N., Mavromatis, G., Gourgoulis, V., **Pollatou, E.**, Malliou, V., Kioumourtoglou, E. (2001). *Modifications of neuromuscular activity and improvement in performance of a novel motor skill*. **Perceptual and Motor Skills**, **93:239-248**. (doi: 10.2466/pms.2001.93.1.239)
16. **Pollatou E.**, Hatzitaki, V. (2000). *The influence of a rhythmical-motor activity program on the development of fundamental motor skills in pre-school children*. **Journal of Human Movement Studies**, **40: 101-113**.
17. **Pollatou, E.**, Tzetzis, G., Hatzitaki, V. (2000). *The effect of visual and kinesthetic feedback on the performance of a balance task in rhythmic gymnastics*. **Journal of Human Movement Studies**, **40: 171-183**.
18. **E. Pollatou**, E. Kioumourtoglou, N. Agelousis, G. Mavromatis (1997). *Contextual Interference Effects in Learning Novel Motor Skills*. **Perceptual and Motor Skills**, **1997, 84, 487-496**. (doi: 10.2466/pms.1997.84.2.487)
19. Walter C.B., Swinnen S.P., Corcos D.M., **Pollatou E.**, Pan H.Y. (1997). *Coping with systematic bias during bilateral movement*. **Psychological Research**, **1997, 60 (4): 202-213**.
20. Tzetzis, G., Micalopoulou, M., **Pollatou, E.**, Kioumourtoglou, E. (1994). *The relation of mental abilities and speed of information processing for elite athletes in basketball*. **Human Movement Studies**, **1994, 27: 143 –15**

4.4 Articles in Journals not Indexed in Bibliographical Databases (Greek peer-reviewed journals)

14 articles

5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Pollatou Elisana, Tsapatori Eleni, Gerodimos Vasilis, Zisi Vasiliki, Karadimou Konstantina (2011). *Music and movement in combination with mathematics: a new learning perspective for first graders in the primary school*. Full paper in **ICERI 2011, 4th International Conference of Education, Research and Innovation, Madrid, Spain, 14th-16th of November, 2011 (www.iceri2011.org), ICERI2011 Proceedings, pp. 4929-4934** <http://library.iated.org/view/POLLATOU2011MUS> (abstract) [full-paper]
2. Tsapatori Eleni, Pollatou Elisana, Gerodimos Vassilis & Mavromatis George (2009). *The effect of an intervention music-movement program on maths ability on first grade primary school students*. **Proceedings of the 2009 EMUNI Conference for Higher Education and Research, Portoroz, Slovenia, 25-26 September 2009** [full-paper]
3. Pollatou, E., Walter, C., Kioumourtoglou, E., Mavromatis, G. (1991). *Interlimb interference in simple ratios*. **VIII European Congress of Sport Psychology, 10-15 September, Koln, Germany** [full-paper]

4. Kioumourtzoglou, E., Mavromatis, G., Pollatou, E., Taxildaris, K., Kabitsis, Ch. (1990). *Perception of Course Requirements for P.E. Teachers and Coaches by the Physical Education Students. International Congress on “ Youth, Leisure and Physical Activity” , Belgium, Brussels, May 21-25, 1990.* [full-paper]

5. Pollatou Elisana & Karadimou Konstantina (2014). *Handstand & living educational values. International Congress in Living Values in Education 3-6/7/2014, Zakynthos, Greece*
<http://livingvalueszante.weebly.com/programme.html>
<https://www.youtube.com/watch?v=gBupTqTDGsM&feature=youtu.be> [short paper]

6. Elisana Pollatou, Konstantina Karadimou & Taxiarchis Diamantopoulos (2014). School yard: the suitable spatiotemporal area for the promotion of educational values. **International Congress in Living Values in Education 3-6/7/2014, Zakynthos, Greece**
<http://livingvalueszante.weebly.com/programme.html>
http://livingvalueszante.weebly.com/uploads/2/5/3/2/25322058/avli2_elizana.pdf [short paper]

7. 25 more in Greek, presented in various International Conferences

8. 55 abstracts in refereed international conference presentations

6 INVITED PRESENTATIONS

- 17 invited lectures & presentations in various issues concerning Gymnastics for All, alternative ways of fitness & dance, ways of using of music & movement in educational settings

7 MISCELLANEOUS

- **Scientific journals reviewer**
 - Perceptual and Motor Skill & in 4 Greek Scientific Journals

- **Coaching experience**
 - Rhythmic Gymnastics National Greek Team (1988-1989), Athens, Greece
 - Rhythmic Gymnastics & General Gymnastics (1991-1996). Proteas athletic club. Grevena, Greece. (athlete Morfoula Dona , 7th position in Sydney Olympic Games -2000).

- **Seminar attendance**
 - Several seminars about dancing techniques, art therapy, bullying, life saving, CPR etc. (see Greek CV for details)

- **Organizing Seminars**
 - Responsible (writing, updating & seminar teaching for the evaluation criteria for Cosmogym Contest, Gymnastics for All (2012-2015), (www.cosmogym.gr) & several others (see Greek CV for details)

- **Erasmus mobility**

- Invited speaker in Otto Von Guericke Universitat Magdeburg, Institut fur Sportwissenschaft, Germany: 23-26 October 2009. Teaching subjects: Motor Learning in Sport, Rhythmic and Dance Activities with Music Accompaniment. Responsible : Annita Hokelmann, professor.
- Invited speaker in University of Copenhagen, Department of Exercise and Sport Sciences, Denmark: 16-20 November 2009. Teaching subjects : Motor Learning in Sport, Teaching Dance Activities- Embodiment, Music Accompaniment in Movement Combinations, Responsible: Reinhard Stelter, professor, Head of research group: Body, Learning & Identity.

- **Performances with Dance-Gymnastic Team of D.P.E.S.S.**

Continual participation in several World/ International/ Greek Gymnastic Festivals, Contests & Opening ceremonies (1998- today). Some of them are cited in:

http://youtu.be/K_16H9oQVho

<http://www.youtube.com/watch?v=vXw2NkgPKKc&feature=relmfu>

<http://www.youtube.com/watch?v=eyIGsO1Jg8&feature=relmfu>

<http://www.youtube.com/watch?v=3py-jsserAw>

<https://www.youtube.com/watch?v=7cfUH7ujn9w>

– <http://www.youtube.com/watch?v=stE4SFbV54A>

– <http://www.youtube.com/watch?v=mQSKdOZ6hxl>

– <http://www.youtube.com/watch?v=jIL68ZsBNzU>

– http://www.youtube.com/watch?v=c_mLijx5omo&feature=youtu.be

– https://www.youtube.com/watch?v=TH3S_vfIWYE

- **Citations:**

- ScholarGoogle:285 (<http://scholar.google.gr/scholar?hl=el&q=Pollatou+E.&btnG=>)

- Google: 49

- YouTube: 17