

Personal Details

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Education

PhD in Exercise and Health, University of Thessaly, Greece (2012- present)

Master of Science in Exercise and Health, University of Thessaly, Greece(2010-2011)
Thesis Title: *"Fatigue induced changes on single-leg landing strategies after anterior cruciate ligament reconstruction"*

Bachelor of Science (4-year degree), Department of Sports Science, University of Thessaly, (Skiing, Outdoor Activities and Sport Management) Greece (2004-2008)
Thesis Title: *"Race morphological characteristics and correlation between uphill grade and velocity in Ski Mountaineering"*

Employment Record

Ski and climbing instructor, Mountaineering and Skiing Club of Trikala,Greece.(www.soxt.gr).
I have been working with children (4-12 years old). The main part of my work was in the indoor climbing wall and the local ski centre as well. (9/2011-present)

Intern employer, Vicon Motion Systems, Oxford, United Kingdom (www.vicon.com).
As part of my MSc training I worked (intern) for the support team and I was mainly involved in delivering installation and training to Vicon customers.(5/2011-8/2011)

Part- time employer, Biomechanical Solutions, Greece (www.bme.gr).
I worked in the customers support team, delivering installation and training for customers for several equipment used for human biomechanics. Furthermore, I worked at the customized shoe orthotics production section of the company.(9/2009- 3/2011)

National level ski mountaineering coach, Hellenic Federation of Mountaineering and Climbing, Greece (www.eooa.gr)
I have been working as a trainer with the young talented team.(10/2009- 10/2010)

Ski and climbing instructor, Mountaineering and Skiing Club of Trikala,Greece.(www.soxt.gr).
I have been working with children (4-12 years old). The main part of my work was in the indoor climbing wall and the local ski centre as well.(10/2009-3/2011)

Greek Army (Greece has mandatory military service for male citizens).(8/2008- 8/2009)

Researcher at the Institute of Human Performance and Rehabilitation, Centre for Research and Technology, Thessaly, Greece, as part of my undergraduate training.
(<http://perfotech.cereteth.gr/>) (2008)

Research - Laboratory Experience

2010- present:

Research student (PhD and MSc) at the Department of Physical Education and Sports Science, with research experience on human biomechanics. My research interests include the Biomechanics of the musculoskeletal system in normal and pathological conditions.

My main MSc project is: Effect of fatigue on landing strategies after ACL reconstruction.

As part of my MSc training I have participated in the following research projects:

- Knee rotational stability after ACL Single and Double Bundle Reconstruction.
- Gait biomechanics after total knee arthroplasty.
- Good and bad sitting posture. How bad posture affects spinal proprioception.

2006-2008:

Research student (BSc) in the Biomechanics Lab of the Institute of Human Performance and Rehabilitation in Greece. I have participated in the following research projects:

- Effects of exercise induced muscle damage on walking and running biomechanics.
- Sit-to-stand motion task after exercise-induced muscle damage.

I am familiar with:

- Using forceplates, electromyography and optoelectronic system (Vicon) for biomechanical analysis of human movement in sports and activities of daily life.
- Using Biomechanics software package Vicon Nexus, Polygon.
- Using Biomechanical Modeling software, Vicon Bodybuilder.
- Testing procedures for physical fitness.

Scholarships

2012:

PhD Scholarship, Institute of Human Performance and Rehabilitation, Centre of Research and Technology, Thessaly, Greece.

2011:

Erasmus Program for working experience, University of Thessaly, Greece.

MSc Scholarship, Institute of Human Performance and Rehabilitation, Centre of Research and Technology, Thessaly, Greece.

2010:

MSc Scholarship, sponsored by the Research Committee, University of Thessaly, Greece.

Publications

Tsarouhas, A., Giakas, G., Spyropoylos, Y., Sideris, V., Christel, P., Malizos, K., Hantes, M (in press) *Impact of fatigue on tibial rotation after single-and double-bundle anterior cruciate ligament reconstruction*. American Journal of Sports Medicine.

Conference presentations and proceedings

Sideris, V., Spyropoulos, G., Tsaopoulos, D., Tsatalas, T., Giakas, G.(2012) *Fatigue induces changes on single-leg landing strategies after anterior cruciate ligament reconstruction*. 20th International Congress on Physical Education and Sport 18-20 May, Komotini, Greece.

Tsatalas, T., **Sideris, V.**, Spyropoulos, Y., Tsaopoulos, D., Giakas, G. (2012) *The effects of muscle damage on walking biomechanics: a kinematic and kinetic evaluation*. 20th International Congress on Physical Education and Sport 18-20 May, Komotini, Greece.

Sideris, V., Konstantakos, G., Voutselas, V., Giakas, G.(2010) *Spatiotemporal Characteristics of ski mountaineering race during steep uphill*. 5th International Congress on Science and Skiing, December 14-20, St. Christoph am Arlberg, Austria.

Sideris, V., Tsatalas, T., Lapas, T., Spyropoulos, Y., Koutentakis, Y., Giakas, G.(2010) *Different effects of muscle damage on pelvic and lower limb kinematics during walking and running at the same speed*. 18th International Congress on Physical Education and Sport 21-23 May, Komotini, Greece.

Constantopoulou, E., **Sideris, V.**, Spyropoulos, Y., Tsatalas, T, Tsaopoulos, D., Koutentakis, Y., Giakas, G.(2010). *Biomechanical analysis of sit-to-stand motion task after exercise-induced muscle damage*. 18th International Congress on Physical Education and Sport 21-23 May, Komotini, Greece.

Iosifidis, M., Tsarouhas, A., Kotzamitelos, D., Tsatalas, Th., Spyropoulos, I., **Sideris, V.**, Xatzigeorgiadis, A., Giakas, I., Traios, S., Giantsis, G., (2009). *Three- dimensional Kinematic Analysis of Knee Rotation Stability Following Double Bundle ACL Reconstruction*. 7th Biennial ISAKOS Congress, April 5-9, Osaka, Japan.

Sideris, V., Voutselas, V., Lazopoulou, V., Soulas, D., Papanikolaou Z., Kritikos, A. (2007). *Race morphological characteristics and correlation between uphill grade and velocity in Ski Mountaineering*. 4th International Congress on Science and Skiing, December 14-20, St. Christoph am Arlberg, Austria.