

## Professor Yannis Theodorakis

Yannis Theodorakis is a vice rector and professor of Sport Psychology in the Department of Physical Education and Sport Science at the University of Thessaly, Greece. He was member of the Managing Council of European Society of Sport Psychology (1999-2003), head of his Department (2000-2004 & 2006-8), president of the Greek Society of Sport Psychology (2004-2006), member of the Editorial Board of "Psychology of Sport and Exercise" (1999-2013), president of the Hellenic Academy of Physical Education (2008-2012) and the editor of the open access journal "Inquiries in Sports and Physical Education" (2003-2018). He has a BEd in physical education and sport science and PhD in sport and exercise psychology. He has published 25 books and chapters, and more than 190 articles in Greek and international journals, in the areas of sport and exercise psychology, health psychology, health education, goals setting, self-talk, and attitude and behavior relationships. He has been involved in projects related to physical activity promotion, health education, exercise and smoking, exercise program in patient with dementia by using virtual reality, reintegration through sport, and equality in the society through sports.

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- 107) Zourbanos, N., Kalymniou, A., Bhavsar, N., Apostolou, L., Theodorakis, Y., & Hatzigeorgiadis A. (2015). The development of Automatic Self-Talk Questionnaire for Exercise. *Proceedings of the 14<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (pp.124). Bern Switzerland.
- 108) Evangelos Galanis, Antonis Hatzigeorgiadis, Nikos Zourbanos, Athanasios Papaioannou, Yannis Theodorakis. The attentional function of self-talk: Testing the alertness and vigilance dimensions of attention through the Vienna Test System. *Proceedings of the 14<sup>th</sup> European Congress of Sport Psychology – FEPSAC*.(pp.316). Bern Switzerland.

- 109) Aristeia Karamitrou, Nikos Zourbanos, Yannis Theodorakis, Antonis Hatzigeorgiadis. A self-determination approach to the understanding of athletes' self-talk *Proceedings of the 14<sup>th</sup> European Congress of Sport Psychology – FEPSAC*. (pp.374). Bern Switzerland.
- 110) Karamitrou, A., Comoutos, N., Hatzigeorgiadis, A., & Theodorakis, Y. (2017). The mediational role of autonomous and controlled motivation in the relationships between basic psychological needs satisfaction and athletes' self-talk. *Proceedings of the 14<sup>th</sup> World Congress of Sport Psychology – ISSP* (p. 641). Sevilla, Spain.

### 9. Project Coordinator

1. ΕΡΕΥΝΩ ΚΑΙΝΟΤΟΜΩ (2020). Project coordinator (2020-2023). Development of a Virtual Reality Application for Exercise Rehabilitation of Patients with Chronic Neurological Disorders (Multiple Sclerosis)
2. ΕΡΕΥΝΩ ΚΑΙΝΟΤΟΜΩ (2017). Project coordinator (2018-2021). A virtual reality application for the exercise of dementia and Alzheimer patients.
3. Erasmus + (2019). Reintegration Through Sport plus-RTS+ - 613034-EPP-1-2019-1-EL-SPO-SCP. Partner.
4. Erasmus + (2019). Interactive Living for mental Health. Partner.
5. Erasmus + (2019). Sportspeople Education and Training for Dual Career. Partner
6. THALIS PROJECT. National Strategic Reference Framework). Project coordinator (2012-2015) (560.000€). EXERCISE, SMOKING, & ALCOHOL: INVESTIGATION OF MECHANISMS, & INTERVENTIONS FOR PREVENTION, CESSATION & AWARENESS
7. The Kalipatira project. From sport to daily life. All equal – all differed. Hellenic Ministry of Education (2006). Project Coordinator.
8. Walking, physical activity, movement, and mental health in elderly people. General Secretariat for Research and Technology (2005). Project coordinator.
9. Walking and health (ENTER, General Secretariat for Research and Technology. (2003). Project coordinator.
10. Actions on Health Education. Public and private Schools (Primary and Secondary education). University of Thessaly. Project Coordinator. (2006-2015).
11. Quality Assurance at the University of Thessaly, (National Strategic Reference Framework). Project coordinator (2010-2013).
12. Bureau of Employment and Career, University of Thessaly, (National Strategic Reference Framework). Project coordinator (2010-2013).
13. Hellenic academic open courses of the University of Thessaly. (National Strategic Reference Framework). Project coordinator (2012-2015).
14. KALLIPOS. ΕΛΛΗΝΙΚΑ ΑΚΑΔΗΜΑΙΚΑ ΣΥΤΤΑΜΑΤΑ. Project coordinator). (2015-2016).
15. The effect of psychological techniques on physical exercise. Democritus University of Thrace (1997).
16. Attitudes, perceptions and behaviors in different settings (physical education, exercise, healthy lifestyle. Hellenic Ministry of Education (1998).
17. Internship in exercise and physical education, University of Thessaly, Project coordinator (2002, 2006).
18. Curriculum development, University of Thessaly (Project coordinator (2003).
19. Psychological support in injury rehabilitation, program development. General Secretariat of Research and Technology (1996).
20. International seminars on Exercise Psychology, (European Committee EURATHLON. Project coordinator (1996).
21. Exercise smoking and nutrition. Democritus University of Thrace, (1996). Project coordinator.
22. The development of a model for the prediction of exercise behavior. Democritus University of Thrace (1994) Project coordinator.

#### Other projects as participant

23. Erasmus + Teaching Awareness of Ethical Governance in Sport (TAGS)
24. Erasmus + R.T.S.: Reintegration through Sports". Project partner in collaboration with KETHEA.
25. Erasmus + Identifying and Motivating youth who mostly need Physical ACTivity.  
[https://www.sportgoverno.it/media/101339/2esport2016\\_r2\\_collaborative\\_eu\\_guidelines.pdf](https://www.sportgoverno.it/media/101339/2esport2016_r2_collaborative_eu_guidelines.pdf)
26. Erasmus + SPACe\_Supporting Policy and Action for Active Environments

### Editorial board

Editor "Inquiries in Sports and Physical Activity" since (2001-)  
 Editorial Board "Psychology of Sport and Exercise" 1999-2012  
 Editorial Advisory Board "Journal of Sports Sciences", 1996-2000  
 Bulletin Board "International Journal of Sport Psychology".  
 Editorial Board "European Yearbook of Sport Psychology"  
 Editorial Board "Hellenic Journal of Psychology"  
 Editorial Board "Sport Psychology"

### Congress

Congress director: Quality assurance in higher Education. Larissa Λάρισα. 28-29 September 2011.  
 Congress director of the "12<sup>th</sup> European Congress of Sport Psychology", FEPSAC, 2007 Halkidiki, Greece.  
 Congress co-director of 10<sup>th</sup> World Congress of Sport Psychology. ISSP, 2001, Skiathos, Greece.  
 Congress director 2<sup>nd</sup> International Congress of Sport Psychology, (1998) Trikala, Greece.

*Congress director 1<sup>st</sup> International Congress of Sport Psychology, (1996) Komotini, Greece.*