



VASSILIS GERODIMOS

Items	Number
Books	9
Book Chapters	7
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. PubMed, Scopus)	65
Articles in Journals Indexed in Google Scholar or not Indexed in Bibliographical Databases	33
Refereed International Conference Presentations	150
Invited Presentations	100
Google Scholar / Scopus Citation Index (including self-citations)	2478/1156
Google Scholar / Scopus h-index	27/20
Involved in Successful Grant Applications	14

1 EDUCATION

- **2002:** Doctorate of Philosophy (Ph.D.) in exercise and sport science. Aristotle University of Thessaloniki, Greece. (*Ph.D. dissertation: Evaluation of the reciprocal muscle group ratio of the knee and ankle and their relationship with jumping ability in young basketball players*).
- **1990-1994:** BSc. in Physical Education and Sport Science offered by the Aristotle University of Thessaloniki, Department of Physical Education and Sport Science (grade 7,56) with specialization "track and field" (grade 8,50).

2 EMPLOYMENT HISTORY

- Professor of Training and Physical Conditioning, Department of Physical Education and Sport Sciences, University of Thessaly (2017-today).
- Associate Professor of Training and Physical Conditioning, Department of Physical Education and Sport Sciences, University of Thessaly (2015-2017).
- Associate Professor of Team Sports, Department of Physical Education and Sport Sciences, University of Thessaly (2013-2015).
- Assistant Professor of Team Sports, Department of Physical Education and Sport Sciences, University of Thessaly (2008-2013).
- Lecturer of Team Sports, Department of Physical Education and Sport Sciences, University of Thessaly (2003-2008).
- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, Aristotle University of Thessaloniki (1999-2003).

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. **2003-today:** Since 2003, Dr. Gerodimos is worked as a faculty member in the Department of Physical Education and Sports Science at the University of Thessaly teaching compulsory and elective courses related to "Physical Conditioning and Evaluation in Health and Sports" including "Design, application and implementation of exercise programs", "Teaching Basketball", "The development of strength and power", "Exercise during the developmental ages", "Training and Physical Conditioning" etc.
2. **1999-2003:** He worked as a part time Lecturer in the Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki teaching courses related to "Training and Coaching".
3. **1997-1999:** Lectures in the courses entitled "Training and Coaching" and "Planning and implementing of power training programs" in the Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki.

3.2 Postgraduate Teaching

1. **2018:** Lecture entitled "Planning of Training programmes for the improvement of flexibility" at the master programme «*Military Fitness and Wellbeing*» of the Department of Physical Education and Sports Science of the University of Thessaly.
2. **2016:** Lecture entitled "The evaluation of strength and power" in the course entitled "*Ergometric evaluation of human performance*" at the master programme "*Human performance and Health*" of the Department of Physical Education and Sports Science of the Aristotle University of Thessaloniki and of the Aristotle University of Thessaloniki at Serres.
3. **2015:** Lecture entitled "Training programmes for the improvement of flexibility and neuromotor abilities" in the course entitled "*Improvement of physical fitness in programmes of exercise and Health*" at the master programme "*Human performance and Health*" of the Department of Physical Education and Sports Science of the Aristotle University of Thessaloniki and of the Aristotle University of Thessaloniki at Serres.
4. **2014 - today:** Lecture entitled «Exercise during the developmental ages» in the course entitled «*Physiology of exercise*» at the master programme «*Exercise, Ergospirometry and Rehabilitation*» of the Department of Physical Education and Sports Science and the Department of Medicine of the University of Thessaly.
5. **2006-today:** Lectures in the course entitled "Isokinetic Dynamometer and Rehabilitation" at the master programme "Exercise and Health" of the Department of Physical Education and Sports Science of the University of Thessaly.
6. **2005-2012:** Lectures in the course entitled «Planning and implementation of training programs in individual and team sports» at the master programme "Exercise and quality of life" of the Department of Physical Education and Sports Science of the University of Thessaly and Democritus University of Thrace.

3.3 Supervision/Co-supervision of Doctoral Theses

3.3.1 Completed

1. C. Batatolis (2025) - supervisor
2. A. Chasialis (2022) - supervisor
3. T. Vasilopoulou (2021) - supervisor
4. J. Kostoulas (2020) - supervisor

5. G. Grivas (2019) - supervisor
6. K. Karatrantou (2014) - supervisor
7. K. Chanou (2011) - supervisor

3.3.2 In Progress

1. N. Manouras - supervisor
2. N. Tsiakaras - supervisor

He has also participated in the graduate committee of more than 20 Doctoral dissertations.

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. G Kazazidis G (2025)- supervisor
2. G Papagianis (2024)- supervisor
3. G. Kalaitzoglidis (2023)- supervisor
4. V. Patsoudis (2022)- supervisor
5. K. Papazeti (2021)- supervisor
6. C. Batatolis (2020) - supervisor
7. A. Soula (2020) - supervisor
8. P. Hasioti (2019) - supervisor
9. T. Papavasiliou (2019) - supervisor
10. C. Katsoula (2017) - supervisor
11. K. Kakardaki (2016) - supervisor
12. D. Psychou (2014) - supervisor
13. I. Papaioannou (2014) - supervisor
14. T. Kriki (2013) - supervisor
15. M. Dimopoulou (2012) - supervisor
16. K. Karatrantou (2010) - supervisor
17. T. Vasilopoulou (2009) - supervisor
18. G. Kosmatos (2008) - supervisor
19. S. Sotiriadis (2008) - supervisor

3.4.2 In Progress

1. E. Soulas - supervisor
2. C. Doublantonis - supervisor

He has also participated in the graduate committee of more than 30 Masters' dissertations.

3.5 Funding

3.5.1 Competitive National

1. **2018-2021:** Research Project funded by the General Secretariat for Research and Technology (GSRT) and the Hellenic Foundation for Research and Innovation (HFRI) entitled “*Health-promoting effects of a multicomponent workplace wellness program in sedentary workers – HealPWorkers*” (coordinator Dr. Karatrantou K., budget 180.000€) (research partner).

2. **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”* (Budget 526.300€) (coordinator).
3. **2015:** Research partner to a research project entitled *“Dual career of athletes of the University of Peloponnese* (coordinator Kriemadis A., University of Peloponnese), budget 1.354.000€ (participant).
4. **2012-2013:** Research Project funded by the Hellenic Ministry of Health, NSRF 2007 - 2013 entitled *“Sport For All - Scientific Support”* (coordinator Koustelios A., University of Thessaly), budget 420.000€ (Participation in proposal preparation) (participant).
5. **2011-2015:** Research Project funded by the Hellenic Ministry of Education, NSRF 2007 - 2013 entitled *“Mechanisms of muscle function: fatigue and oxidative stress”* (coordinator Koutedakis Y., University of Thessaly), budget 600.000€ (participant).
6. **2010-2013:** Research Project funded by the Hellenic Ministry of Education, NSRF 2007 – 2013 entitled *“Quality Assurance at the University of Thessaly”* (coordinator Theodorakis Y., University of Thessaly) budget 400.000€ (Participation in proposal preparation) (participant).
7. **2006-2007:** Research Project funded by the Hellenic Ministry of Education entitled *“The Kalipatira project. From sport to daily life. All equal - all differed”* (coordinator Theodorakis Y., University of Thessaly) budget 250.000€ (participant).
8. **2006-2007:** Research Project funded by the Hellenic Ministry of Education entitled *“Students’ practice of DPESS of University of Thessaly”* (coordinator Theodorakis Y., DPESS-University of Thessaly) budget 200.000€ (participant).
9. **2003-2004:** Research Project funded by the Hellenic Ministry of Education entitled *“Efficiency and function of Greek Athletic Schools”* (coordinator Kellis S., DPESS-Aristotle University) budget 75.000€ (Participation in proposal preparation) (participant).
10. **2003-2004:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled *“Entrepreneurship in Sport”* (coordinator Kellis S., DPESS-Aristotle University) (participant).
11. **1997-1998:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled *“Scientific support of Athletes”* (coordinator Kioumourtzoglou E., DPESS-Aristotle University) (participant).

3.5.2 Miscellaneous

1. **2021-2023:** Educational program entitled *«Exercise and Wellness programs for health promotion: Group and Personal Training»* of the Center of Training and Lifelong Learning of the University of Thessaly (research partner).
2. **2022:** Educational program entitled *«Technical Courses for Coaches: Physical Conditioning in Wrestling»* of the Center of Training and Lifelong Learning of the University of Thessaly with coordinator Dr. Vassilis Gerodimos, Professor of the Department of Physical Education and Sports Science of the University of Thessaly (coordinator).
3. **2020-2021:** Educational program entitled *«Workplace Wellness Programs: Exercise, Nutrition, Ergonomics and Healthy Habits»* of Center of Training and Lifelong Learning of the University of Thessaly with coordinator Dr. Vassilis Gerodimos, Professor of the Department of Physical Education and Sports Science of the University of Thessaly (coordinator).
4. **2017-2019:** Educational project of DPESS of the University of Thessaly entitled: *“Exercise for Health: Group and Personal Training”* (coordinator).
5. **2016-today:** Educational Project of DPESS of the University of Thessaly entitled: *“SummerSchool: Learn through participation in physical activities”* (coordinator).

6. **2011-2012:** Research Project funded by the University of Thessaly entitled "Maximal handgrip strength of wrestlers and basketball players during the developmental years" (coordinator).
7. **2011-2012:** Research Project of the University of Thessaly entitled "Students' practice of University of Thessaly" (coordinator Goudas M., University of Thessaly) (participant).
8. **2008-2009:** Research Project funded by Trikala Dairy Industry & Greek Org. of Football Prognostics entitled "Physical activity and eating habits of western Thessaly students" (coordinator).
9. **2008-2009:** Research Project funded by the University of Thessaly entitled "The acute effects of different whole-body vibration amplitudes and frequencies on flexibility" (coordinator).
10. **2003-2007:** Research Project funded by the University of Thessaly entitled "Curriculum Development" (coordinator Theodorakis Y., DPESS-University of Thessaly) (participant).
11. **2002-2004:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled "Laboratory of Training and Coaching" (coordinator Kellis S., DPESS-Aristotle University) (participant).
12. **2000-2002:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled "Evaluation of physical performance" (coordinator Kellis S., DPESS-Aristotle University; Participation in proposal preparation) (participant).
13. **1999:** Research project of the Department of Physical Education and Sports Sciences of the University of Thessaly entitled "Curriculum development and job experience program" (coordinator Mpagiatis K., DPESS-University of Thessaly) (participant).
14. **1999:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled "Organization of a specific center for the scientific support of athletes" (coordinator Deligiannis A., DPESS-Aristotle University) (participant).

4 PUBLICATIONS

4.1 Books

1. **Gerodimos V.** & Karatrantou K. (2021). Exercise for health: Prevention and Rehabilitation. Konstantaras Medical Publications: Athens.
2. Karatrantou K. & **Gerodimos V.** (2020). Measurement and evaluation tests in the field. Konstantaras Medical Publications: Athens.
3. **Gerodimos, V.**, Perkios S., Tsimeas, P., Krommidas, C., Karatrantou, K., & Ioakimidis, P. (2020). The teaching of basketball at developmental ages. Kyriakidis Bros Publications S.A.: Thessaloniki.
4. **Gerodimos, V.** & Karatrantou K. (2019). «Periodization-Theory and Methodology of Training». Broken Hill: Cyprus. [translation and redaction of Bompa T & Buzzichelli C. (2019). Periodization-Theory and Methodology of Training - 6th edition. Champaign, IL: Human Kinetics].
5. **Gerodimos, V.** (2013). "*Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases.*" www.exerciseforhealth.gr/uploads/Book.pdf (2666 downloads) (editor).
6. Perkios, S., **Gerodimos, V.**, & Goudas, M. (2007). "*Basketball. Steps to Success*". Thessaloniki, Christodoulidis. [Translation and redaction of Wissel, H. (2004). Basketball. Steps to Success. Champaign, IL: Human Kinetics] (translation and redaction of book).
7. **Gerodimos, V.**, & Perkios, S. (2006). "*Basketball. Theory, Technique, Tactic, Methodology, Teaching & Rules, Multiple Choice Questions & Responses*". Thessaloniki, Salto (author).
8. Goudas, M., Hasandra, M., Papaxarisis, V., & **Gerodimos V.** (2006). "*Physical Education (Book for the Teacher)*", OPTB, Athens, Greece (author).

9. **Gerodimos V.** (2004). *"Basketball. Exam questions for the Supreme Council for Civil Selection"*. Salto: Thessaloniki, Greece (author).

4.2 Book Chapters

1. **Gerodimos V.** & Karatrantou K. (2021). Exercise programs for health promotion. In V. Gerodimos and K. Karatrantou (Ed.), *"Exercise for health: Prevention and Rehabilitation"*. (pp. 15-110) Konstantaras Medical Publications: Athens.
2. Karatrantou K. & **Gerodimos V.** (2021). Exercise, Healthy behaviors and Quality of life. In V. Gerodimos and K. Karatrantou (Ed.), *"Exercise for health: Prevention and Rehabilitation"*. (pp. 1-13) Konstantaras Medical Publications: Athens.
3. Karatrantou K., Vasilopoulou T., Tsara L. & **Gerodimos V.** (2021). Exercise during pregnancy. In V. Gerodimos and K. Karatrantou (Ed.), *"Exercise for health: Prevention and Rehabilitation"*. (pp. 97-110) Konstantaras Medical Publications: Athens.
4. Karatrantou K., **Gerodimos V.**, Tsaklis P., Batatolis C., Ioakimidis P. & Tsiokanos A. (2021). Exercise, Ergonomy and muscular discomforts in daily life. In V. Gerodimos and K. Karatrantou (Ed.), *"Exercise for health: Prevention and Rehabilitation"*. (pp. 139-165) Konstantaras Medical Publications: Athens.
5. **Gerodimos, V.**, Karatrantou, K., Manou, V., Paschalis, V., & Kellis, S. (2013). Exercise prescription for health promotion. In V. Gerodimos (Ed.), *"Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases"* (pp. 4-111). www.exerciseforhealth.gr/uploads/Book.pdf
6. Paschalis, V., Nikolaidis, M., Dipla, K., Jamurtas, A., Karatrantou, K., Melissopoulou, A., & **Gerodimos, V.** (2013). Exercise and obesity. In V. Gerodimos (Ed.), *"Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases"* (pp. 258-292). www.exerciseforhealth.gr/uploads/Book.pdf
7. **Gerodimos, V.**, Karatrantou, K., Manou, V., Paschalis, V., & Kellis, S. (2014). Exercise for health. In A. Koustelios (Ed.), *"Sport for all"* (5-58).

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

1. Batatolis C, Karatrantou K., Vasilopoulou T., Chanou K., Tsiakaras N. and **Gerodimos V.** (2025). Test-Retest Reliability of Cervical Strength Testing Protocols with Handheld Dynamometer in Prepubertal and Pubertal Untrained Boys. *J. Funct. Morphol. Kinesiol.* 10(2), 173. (IF₂₀₂₃: 2,6, PubMed).
2. Chasandra, A., Karatrantou, K., Papazeti, K., Melissopoulou, A., Batatolis, C., Mourounoglou, M., Sioupi, R. V., & **Gerodimos, V.** (2025). Measurement and Evaluation of Health, Functional Capacity, Physical Fitness, and Daily Habits of Greek Female Healthcare Professionals Working in a Hospital Environment. *Healthcare (Basel, Switzerland)*, 13(4), 383. (IF₂₀₂₃: 2,4, PubMed).
3. Karatrantou, K. & **Gerodimos, V.** (2024). A comprehensive workplace exercise intervention to reduce musculoskeletal pain and improve functional capacity in office workers: a randomized controlled study. *Healthcare*, 12(9): 915 (IF₂₀₂₃: 2,4, PubMed).
4. Karatrantou, K., Pappas, K., Batatolis, C., Ioakimidis, P. & **Gerodimos, V.** (2024). A 3-month modified basketball exercise program as a health-enhancing sport activity for middle-aged individuals. *Life*, 14(6), 709. (IF₂₀₂₃: 3,2, PubMed).
5. Adamopoulou, E., Karatrantou, K., Kaloudis, I., Krommidas, C., & **Gerodimos, V.** (2024). An Effective and Playful Way of Practicing Online Motor Proficiency in Preschool Children. *Children (Basel, Switzerland)*, 11(1), 130 (IF₂₀₂₃: 2,0, PubMed).

6. Papagiannis, G., Karatrantou, K., Batatolis, C., Ioakimidis, P., & **Gerodimos, V.** (2024). Individuality Affects the Efficiency of Basketball Pre-Game Warm-Up on Players' Performance. *Sports*, 12(12), 353 (IF₂₀₂₃: 2,2, PubMed).
7. Kostoulas, I., Kounalakis, S., Toubekis, A., Karagiannis, A., Kaniadakis, A., Karatrantou, K. & **Gerodimos, V.** (2024). Surface combat swimming performance and shooting ability after training with or without military equipment. *Journal of Special Operations Medicine* 24(4), 97-101. (PubMed).
8. Kostoulas I., Kalaitzoglidis G., Tsalis G., Karatrantou K., Toubekis A., & **Gerodimos V.** (accepted for publication). Physiological responses to repeated maximum intensity efforts in surface and underwater fin swimming. *Journal of Human Kinetics* (IF₂₀₂₃: 1,9, PubMed).
9. Karatrantou, K., & **Gerodimos, V.** (2023). Does Obesity Affect Neuromuscular and Cardiovascular Adaptations after a 3-Month Combined Exercise Program in Untrained Premenopausal Middle-Aged Women? *Sports (Basel, Switzerland)*, 11(4), 82 (IF₂₀₂₃: 2,2, PubMed).
10. Karatrantou, K., & **Gerodimos, V.** (2023). A comprehensive wellness profile in sedentary office employees: Health, musculoskeletal pains, functional capacity, and physical fitness indices. *Work (Reading, Mass.)*, 74(4), 1481-1489 (IF₂₀₂₃: 1,7, PubMed).
11. Karatrantou, K., Papavasiliou, T., Batatolis, C., Vasilopoulou, T., Ioakimidis, P., & **Gerodimos, V.** (2023). A Chair-Based Music-Kinetic Combined Exercise Program as an Alternative Approach for Increasing Health, Functional Capacity, and Physical Fitness Indices in Middle-Aged Pre-Menopausal Women. *Journal of Functional Morphology and Kinesiology*, 8(2), 81 (IF₂₀₂₃: 2,6, PubMed).
12. Karatrantou, K., Batatolis, C., Chatzigiannis, P., Vasilopoulou, T., Melissopoulou, A., Ioakimidis, P., & **Gerodimos, V.** (2023). An Enjoyable Workplace Combined Exercise Program for Health Promotion in Trained Employees: Yoga, Pilates, and Circuit Strength Training. *Sports (Basel, Switzerland)*, 11(4), 84 (IF₂₀₂₃: 2,2, PubMed).
13. Batatolis C., Karatrantou K., Gymnopoulos V., & **Gerodimos V.** (2023). Functional capacity profile of the cervical joint in young adults: Sex-related differences. *Applied Sciences*, 13 (20), 11326 (IF₂₀₂₃: 2,5, Scopus).
14. **Gerodimos, V.**, Karatrantou, K., Batatolis, C., & Ioakimidis, P. (2023). Sport-Related Effect on Knee Strength Profile during Puberty: Basketball vs. Soccer. *Journal of Functional Morphology and Kinesiology*, 8(2), 57 (IF₂₀₂₃: 2,6, PubMed).
15. Kostoulas, I. D., Kounalakis, S. N., Toubekis, A. G., Karagiannis, A., Kaniadakis, A., Mavraganis, D., Karatrantou, K., & **Gerodimos, V.** (2023). The Effect of Wet Conditions and Surface Combat Swimming on Shooting. *Military Medicine*, 188(1-2), e235–e241 (IF₂₀₂₃: 1,2, PubMed).
16. Manouras N., Batatolis C., Ioakimidis P., Karatrantou K., & **Gerodimos V.** (2023). The reliability of linear speed with and without ball possession in pubertal soccer players. *Journal of Functional Morphology and Kinesiology*, 8 (4), 147 (IF₂₀₂₃: 2,6, PubMed).
17. Kapnia, A. K., Dallas, C. N., **Gerodimos, V.**, & Flouris, A. D. (2023). Impact of Warm-Up on Muscle Temperature and Athletic Performance. *Research quarterly for exercise and sport*, 94(2), 460–465. (IF₂₀₂₃: 1,4, PubMed).
18. **Gerodimos, V.**, Karatrantou, K., Papazeti, K., Batatolis, C., & Krommidas, C. (2022). Workplace exercise program in a hospital environment: an effective strategy for the promotion of employees physical and mental health. A randomized controlled study. *International Archives of Occupational and Environmental Health*, 95(7), 1491–1500 (IF₂₀₂₂: 3,0, PubMed).
19. Grivas, G. V., Karatrantou, K., Chasialis, A., Batatolis, C., Ioakimidis, P., & **Gerodimos, V.** (2022). Serial vs. Integrated Outdoor Combined Training Programs for Health Promotion in Middle-Aged Males. *Sports (Basel, Switzerland)*, 10(8), 122 (IF₂₀₂₂: 2,7, PubMed).

20. Kostoulas, I. D., Kounalakis, S. N., Toubekis, A. G., Kaniadakis, A., Karagiannis, A., Mavraganis, D., Karatrantou, K., & **Gerodimos, V.** (2021). The Effect of a Surface Combat Swimming Training Program on Swimming Performance. *International Journal of Sports Medicine*, 42(11), 1004–1011 (IF₂₀₂₁: 2.99, PubMed).
21. **Gerodimos, V.**, Karatrantou, K., Kakardaki, K., & Ioakimidis, P. (2021). Can maximal handgrip strength and endurance be improved by an 8-week specialized strength training program in older women? A randomized controlled study. *Hand Surgery & Rehabilitation*, 40(2), 183–189 (IF₂₀₂₁: 1.42, PubMed).
22. Karatrantou K., **Gerodimos V.**, Manouras N., Vasilopoulou T., Melissopoulou A., Mesiakaris AF. & Theodorakis Y. (2020). Health-promoting effects of a concurrent workplace training program in sedentary workers (HealPWorkers): a randomized controlled study. *American Journal of Health Promotion*, 34, 376–386 (IF₂₀₂₀: 2.87, PubMed) (χρηματοδοτούμενη μεταδιδακτορική έρευνα).
23. Karatrantou K, Stavrou V, Hasioti P, Varveri D, Krommidas C, **Gerodimos V.** (2020). An enjoyable school-based swimming training program improves students aquaticity. *Acta Paediatrica*, 109, 166–174 (IF₂₀₂₀: 2.30, PubMed).
24. Karatrantou K., Katsoula C., Tsiakaras N., Ioakimidis P., & **Gerodimos V.** (2020). A specialized strength training program provokes greater improvement in maximal handgrip strength than the typical wrestling training per se. *International Journal of Sports Medicine*. (IF₂₀₂₀: 3.12, PubMed).
25. Karatrantou K., Xagorari A., Vasilopoulou T. & **Gerodimos V.** (2020). Does the number of testing trials affect the reliability of handgrip strength measurement in intellectually disabled individuals? *Hand Surgery & Rehabilitation*, 39, 223–228 (IF₂₀₂₀: 0.97, PubMed).
26. Karatrantou K., Bilios P., Bogdanis GC., Ioakimidis P., Soulas E. & **Gerodimos V.** (2019). Effects of whole-body vibration training frequency on neuromuscular performance: a randomized controlled study. *Biology of Sport*, 36(3), 273–282.
27. Karatrantou K., **Gerodimos V.**, Voutselas V., Manouras N., Famisis K. & Ioakimidis P. (2019). Can sport-specific training affect vertical jumping ability during puberty? *Biology of Sport*, 36(3), 217–224.
28. Karatrantou K., **Gerodimos V.**, Katsareli E., Manouras N., Ioakimidis P., & Famisis K. (2019). Strength profile of hip abductor and adductor muscles in youth elite soccer players. *Journal of Human Kinetics*, 66, 31–41.
29. **Gerodimos V.**, Karatrantou K., Psychou D., Vasilopoulou T., & Zafeiridis A. (2017). Static and dynamic handgrip strength endurance: Test-retest reproducibility. *Journal of Hand Surgery American Volume*, 42, 175–184.
30. Karatrantou K., **Gerodimos V.**, Hakkinen K., & Zafeiridis A. (2017). Health-promoting effects of serial vs. integrated combined strength and aerobic training. *International Journal of Sports Medicine*, 38, 55–64.
31. Dipla K., Kousoula D., Zafeiridis A., Karatrantou K., Nikolaidis MG., Kyparos A., **Gerodimos V.**, & Vrabas IS. (2016). Exaggerated haemodynamic and neural responses to involuntary contractions induced by whole-body vibration in normotensive obese versus lean women. *Experimental Physiology*, 101, 717–30.
32. Manouras N., Papanikolaou Z., Karatrantou K., Kouvarakis P., & **Gerodimos V.** (2016). The efficacy of vertical vs. horizontal plyometric training on speed, jumping performance and agility in soccer players. *International Journal of Sports Science and Coaching*, 11, 702–709.
33. **Gerodimos V.** (2015). Whole body vibration: A revolutionary mode of exercise or a trend? *International Journal of Physical Therapy and Rehabilitation*, 1: 109. doi: <http://dx.doi.org/10.15344/ijptr/2015/109>.
34. **Gerodimos V.**, Zafeiridis A., Chanou K., Karatrantou K. & Dipla K. (2015). Whole-body vibration training in middle-aged females: Improving muscle flexibility and the power of lower limbs. *Sport Sciences for Health*, 11, 287–294.

35. **Gerodimos V.**, Karatrantou K., Paschalis V., Zafeiridis A., Katsareli E., Bilios P., Kellis S. (2015). Reliability of concentric and eccentric strength of hip abductors and adductors muscles in young soccer players. *Biology of Sport*, 32: 351-356.
36. Theodorou A., **Gerodimos V.**, Karatrantou K., Paschalis V., Chanou K., Jamurtas A, Nikolaidis M. (2015). Acute and chronic whole-body vibration exercise does not induce health-promoting effects on blood profile. *Journal of Human Kinetics*, 46: 107-118.
37. Bekiari A., Perkios S., and **Gerodimos V.** (2015). Verbal aggression in basketball: perceived coach use and athlete intrinsic and extrinsic motivation. *Journal of Physical Education and Sport*, 15: 96-102.
38. **Gerodimos V.** & Karatrantou K. (2013). Reliability of maximal handgrip strength test in pre-pubertal and pubertal wrestlers. *Pediatric Exercise Science*, 25: 308-322.
39. Karatrantou K., **Gerodimos V.**, Dipla K., & Zafeiridis A. (2013). Whole-body vibration training improves flexibility, strength profile of knee flexors, and hamstrings-to-quadriceps strength ratio in females. *Journal of Science and Medicine in Sport*, 16: 477-481.
40. **Gerodimos V.**, Karatrantou K., Dipla K., Zafeiridis A., Tsiakaras N., & Sotiriadis S. (2013). Age-related differences in handgrip strength in wrestlers and non-athlete controls throughout the developmental years. *Journal of Strength and Conditioning Research*, 27: 616-623.
41. Papastergiou M. & **Gerodimos V.** (2013). Can learning of basketball be enhanced through a web-based multimedia course? An experimental study. *Educ. and Inf Technol*, 18: 459-478.
42. Chanou K., **Gerodimos V.**, Karatrantou, K., & Jamurtas, A. (2012). Whole-Body Vibration and Rehabilitation of Chronic Diseases: A Review of the Literature. *Journal of Sports Science and Medicine*, 11(2):187-200.
43. **Gerodimos V.** (2012). Reliability of Handgrip Strength Test in Basketball Players. *Journal of Human Kinetics*, 31(1):25-36.
44. Papastergiou, M., **Gerodimos, V.**, & Antoniou, P. (2011). Multimedia blogging in Physical Education: Effects on student knowledge and ICT self-efficacy. *Computers and Education*, 57(3):1998-2010.
45. Kolovelonis, A., Goudas, M., & **Gerodimos, V.** (2011). The effects of the reciprocal and the self-check styles on pupils' performance in primary physical education. *European Physical Education Review*, 17(1): 35-50.
46. **Gerodimos, V.**, Zafeiridis, A., Karatrantou, K., Vasilopoulou, T., Chanou, K., & Pispirikou, E. (2010). The acute effects of different whole-body vibration amplitudes and frequencies on flexibility and vertical jumping performance. *Journal of Science and Medicine in Sport*, 13(4):438-443.
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29. **Gerodimos, V.**, Giannakos, T., Bletsou, E., Manou, V., Ioakimidis, P. & Kellis, S. (2006). The relationship between vertical jumping performance and isokinetic strength of the knee extensors and ankle plantar flexors in basketball players of developmental ages. *Inquiries in Sport & Physical Education*, 4, 449-454.
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5 INDICATIVE REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Alvizou A., Arotsios C., Chasialis A., Batatolis C., Ioakimidis P., Karatrantou K. & **Gerodimos V.** (2023). Evaluation of endurance handgrip strength in Greek firefighters. 31st International Congress of Physical Education and Sport Science, Komotini.
2. Alvizou A., Arotsios C., Tzeli F., Chasialis A., Batatolis C., Karatrantou K. & **Gerodimos V.** (2023). Test-retest reliability of a maximal handgrip strength testing protocol in Greek firefighters. 31st International Congress of Physical Education and Sport Science, Komotini.
3. Karatrantou K. & **Gerodimos V.** (2021). A multicomponent workplace wellness program in sedentary office workers (HealPWorkers): Exercise and healthy habits. 36th World Congress of Sports Medicine, Athens, Greece.
4. **Gerodimos V.**, Papazeti K., & Karatrantou K. (2021). Chair-based workplace training program, in a hospital environment, for promotion of workers physical and mental health. 36th World Congress of Sports Medicine, Athens, Greece.

5. Karatrantou K., Melissopoulou A. & **Gerodimos V.** (2021). Integrated concurrent aerobic and strength training is an effective strategy for the improvement of obese individual's overall health. 36th World Congress of Sports Medicine, Athens, Greece.
6. Karatrantou K., Batatolis C., Soulas E., Chasialis A., Ioakimidis P. & **Gerodimos, V.** (2021). The effect of a specialized intervention program on selected indicators of musculoskeletal pain and productivity in office employees. 29th International Congress of Physical Education and Sport Science, Komotini.
7. Karatrantou K., Melissopoulou A., Laschou V., Syrou N., Jamurtas A. & **Gerodimos V.** (2021). The effect of a combined intervention program, of exercise and nutrition, on selected health indicators and eating habits in office employees. 29th International Congress of Physical Education and Sport Science, Komotini.
8. Chasialis A., Karatrantou K., Tsara L., Batatolis C. & **Gerodimos, V.** (2021). The effect of a combined taekwondo and strength training program on physical fitness in middle-aged men. 29th International Congress of Physical Education and Sport Science, Komotini.
9. Kakardaki K., Karatrantou K., Mitoula D., Tsara L. & **Gerodimos, V.** (2021). The effect of a specialized strength training program on maximal handgrip strength and endurance in older women. 29th International Congress of Physical Education and Sport Science, Komotini.
10. Karatrantou K., Melissopoulou A., Manouras N., Vasilopoulou T., Grivas G., Theodorakis Y. & **Gerodimos V.** (2019). *Work Sport: Pilot study of a multicomponent workplace exercise and wellness program in sedentary workers (HealPWorkers)*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
11. Karatrantou K., Manouras N., Melissopoulou A., Vasilopoulou T., Grivas G., Theodorakis Y. & **Gerodimos V.** (2019). *Test-retest reliability and evaluation of selected indices of health and physical fitness in sedentary workers*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
12. Karatrantou K. & **Gerodimos V.** (2019). *Differences in the effects of serial and integrated combined training programs in health and physical fitness indices of middle-aged women*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
13. Papavasileiou T., Karatrantou K. & **Gerodimos V.** (2019). *The effect of a chair-based dance training program in various indices of health and physical fitness in middle-aged females*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
14. Hasioti P., Karatrantou K. & **Gerodimos V.** (2019). *The effect of a swimming training program in students' aquaticity*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
15. Kostoulas I., Kounalakis S., Toubekis A., Kaniadakis A., Karagiannis A., Mavraganis D., Karatrantou K. & **Gerodimos V.** (2019). *The Effect of a Combat Swimming Training Program on Swimming Performance*. 9th Greek Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
16. Kostoulas I., Kounalakis S., Toubekis A., Karagiannis A., Kaniadakis A., Mavraganis D., Karatrantou K. & **Gerodimos V.** (2019). *The Effect of a Combat Swimming Training Program on 1000-m Combat Swimming and Shooting Performance*. 9th Greek Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
17. Hasioti P., Karatrantou K., Varveri D. & **Gerodimos V.** (2019). *Test-retest reliability of a testing protocol for the evaluation of aquaticity in students of elementary schools*. 22nd International Congress of Physical Education and Sport, Thessaloniki.
18. Manouras N., Psomas D., Pigounakis T., Baltimas A., Soulas E., Karatrantou K. & **Gerodimos, V.** (2019). *Test-retest reliability of sprint test 30 m with and without ball dribbling in young soccer players*. 3rd International Scientific Conference of Sports Sciences, Thessaloniki.

19. Manouras N., Baltimas A., Psomas D., Pigounakis T., Papadopoulos C., Karatrantou K. & **Gerodimos, V.** (2019). *The effect of an integrated combined training program in physical fitness of young soccer players.* 3rd International Scientific Conference of Sports Sciences, Thessaloniki.
20. Manouras N., Kouvarakis P., Karatrantou K., Kremmidiotis K., Papanikolaou Z. & **Gerodimos, V.** (2018). *The efficacy of vertical vs. horizontal plyometric training on speed, jumping performance and agility in soccer players.* 26th International Conference of Physical Education and Sport, Komotini.
21. Batatolis C., Karatrantou K., Papavasileiou T., Papazeti K., Ioakimidis P. & **Gerodimos, V.** (2018). *Evaluation of selected indices of health and physical fitness in middle-aged women.* 21st International Congress of Physical Education and Sport, Thessaloniki.
22. Hasioti P., Krommidas C., Karatrantou K., Koutsioras I. & **Gerodimos V.** (2018). *The effect of a swimming training program in students' enjoyment.* 21st International Congress of Physical Education and Sport, Thessaloniki.
23. Machos C., Theofilidis G., Karatrantou K. & **Gerodimos V.** (2017). *Interval tempo swimming training: The effect of interval duration on kinematic characteristics and on lactated acid concentration.* 7th Conference of Biochemistry and Physiology of Exercise.
24. Baltimas A., Karagkounis A., Manouras N., Karatrantou K., Famisis K. & Gerodimos V. (2017). *Isokinetic evaluation of hip muscle strength: test-retest reliability.* 25th International Conference of Physical Education and Sport, Komotini.
25. Baltimas A., Karagkounis A., Manouras N., Karatrantou K., Famisis K. & Gerodimos V. (2017). *The acute effect of a static stretching protocol on selected indices of physical fitness in young soccer players.* 25th International Conference of Physical Education and Sport, Komotini.
26. Karatrantou K., Psychou D., & **Gerodimos V.** (2016). *Static and dynamic handgrip strength endurance measurement: Test-retest reliability of different protocols.* 24th International Conference of Physical Education and Sport, Komotini.
27. Katsoula C., Karatrantou K., Salagas A., Xagorari A., & **Gerodimos V.** (2016). *Maximal handgrip strength in track and field athletes during the developmental years.* 19th International Congress of Physical Education and Sport, Thessaloniki.
28. Xagorari A., Doublantonis C., Koutoulakis S., Katsoula C., Karatrantou K., & **Gerodimos V.** (2016). *Test-retest reliability of maximal handgrip strength in individuals with intellectual disabilities.* 19th International Congress of Physical Education and Sport, Thessaloniki.
29. Tsara, L., Tetta, I., Malisova, A., Psychou, D., & **Gerodimos, V.** (2014). *Differences in handgrip strength among tae kwon do athletes, basketball players and untrained individuals.* 22th International Conference of Physical Education and Sport, Komotini.
30. Chatzikos, G., Zalavras, A., Psychou, D., Karatrantou, K., & **Gerodimos, V.** (2014). *The effect of age and sex on different aspects of physical fitness.* 22th International Conference of Physical Education and Sport, Komotini.
31. Charachousis, O., Chatzikos, G., Psychou, D., Grivas, G., Karatrantou, K., & **Gerodimos, V.** (2014). *Correlation between anthropometric characteristics and maximal handgrip strength in young swimmers.* 17th International Conference of Physical Education and Sport, Thessaloniki.
32. Psychou, D., Tsara, D., Charachousis, O., Tsiakaras, N., Karatrantou, K., & **Gerodimos, V.** (2014). *Differences in handgrip strength between wrestlers and non-athletes during the developmental years.* 17th International Conference of Physical Education and Sport, Thessaloniki.
33. Tsara, L., Chantzikos, G., Charachousis, O., Papavasiliopoulos, G., Karatrantou, K., & **Gerodimos, V.** (2013). *Reliability of maximal handgrip strength test in basketball players.* 14th National Congress of Physical Education and Sport, Thessaloniki.

34. Psychou, D., Tsara, L., Mpalas, C., Chantzikos, G., Karatrantou, K., & **Gerodimos, V.** (2013). Adherence to the mediterranean diet of greek men and women. 14th National Congress of Physical Education and Sport, Thessaloniki.
35. Psychou, D., Angelakou, M., Karatrantou, K., Kriki, T., Papaioannou, I., & **Gerodimos, V.** (2012). The acute effects of whole body vibration on flexibility and vertical jumping ability. The effect of different knee angle during whole body vibration exercise. 5th Congress of the Hellenic Society of Biomechanics, Thessaloniki.
36. Angelakou, M., Psychou, D., Karatrantou, K., Tsiakaras, N., Papadimitriou, D., & **Gerodimos, V.** (2012). Reliability of maximal handgrip strength test in pubertal wrestlers. 5th Congress of the Hellenic Society of Biomechanics, Thessaloniki.
37. **Gerodimos, V.**, Karatrantou, K., Tsiakaras, N., Sotiriadis, S., & Papadimitriou, D. (2012). Differences in peak handgrip strength between basketball players and non-athletes during the developmental years. 20th International Congress of Physical Education & Sport - 1st Symposium of the Hellenic Society of Training & Coaching, Komotini.
38. Karatrantou, K., Chanou, K., Vasilopoulou, T., Kriki, T., Papaioannou, E., & **Gerodimos, V.** (2012). The acute effects of different whole-body vibration set on flexibility and vertical jumping ability. 20th International Congress of Physical Education & Sport - 1st Symposium of the Hellenic Society of Training & Coaching, Komotini.
39. Roussos, A., Karatrantou, K., Vasilopoulou, T., Chanou, K., & **Gerodimos, V.** (2012). The acute effects of side to side and vertical simultaneous whole-body vibration on flexibility and vertical jumping ability. 20th International Congress of Physical Education & Sport - 1st Symposium of the Hellenic Society of Training & Coaching, Komotini.
40. Papadimitriou, D., Zournatzi, E., Mpalas, C., Melissopoulou, A., Karatrantou, K., & **Gerodimos, V.** (2012). Adherence to the mediterranean diet of greek students: the effect of age and obesity status. 20th International Congress of Physical Education & Sport, Komotini.
41. Karatrantou, K., **Gerodimos, V.**, Zafeiridis, A., & Tsiokanos, A. (2011). The short-term effect of whole-body vibration training on flexibility, strength and power in young females. 19th International Congress of Physical Education & Sport, Komotini.
42. **Gerodimos, V.**, Karatrantou, K., Vasilopoulou, T., & Trapotsis, S. (2011). The acute effects of different whole-body vibration amplitudes and frequencies on heart rate. 19th International Congress of Physical Education & Sport, Komotini.
43. Chanou, K., Karatrantou, K., **Gerodimos, V.**, Tziamourtas, A., & Tsiokanos, A. (2011). The effect of whole-body vibration on the strength and power of middle-aged women. 19th International Congress of Physical Education & Sport, Komotini.
44. Kousoula D., Dipla K., **Gerodimos, V.**, Karatrantou, K., Papadopoulos, S., Nikolaidis, M., & Vrabas, I. (2011). Hemodynamic adaptations during whole-body vibration exercise in healthy lean and obese women. 19th International Congress of Physical Education & Sport, Komotini.
45. Chanou, K., Karatrantou, K., & **Gerodimos, V.** (2011). The effect of whole-body vibration training on dynamic balance and aerobic capacity of middle-aged women. 14th International Congress of Physical Education & Sport, Thessaloniki.
46. Kousoula D., Dipla K., Zafeiridis, A., **Gerodimos, V.**, Karatrantou, K., Papadopoulos, S., & Vrabas, I. (2010). Acute cardiovascular adaptations during whole-body vibration in women. 18th International Congress of Physical Education & Sport, Komotini.
47. Kousoula D., Dipla K., **Gerodimos, V.**, Karatrantou, K., Papadopoulos, S., Zafeiridis, A., & Vrabas, I. (2010). Acute mean arterial pressure responses during whole-body vibration in women. 18th International Congress of Physical Education & Sport, Komotini.

48. Athanasiou C., Kalampoukas G., Karatrantou, K., Trapotsis, S., & **Gerodimos, V.** (2010). Relationship of anthropometrical characteristics with maximal handgrip strength in young wrestlers. 11th International Congress of Hellenic Sports Medicine Association, Veroia.
49. Athanasiou C., Karatrantou, K., Trapotsis, S., Tsiakaras, N., & **Gerodimos V.** (2010). Isometric peak torque of knee extensors and flexors muscles of young physically active women. 13th International Congress of Physical Education & Sport, Thessaloniki.
50. Papaioannou, I., **Gerodimos V.**, Vasilopoulou, T., Karatrantou N., & Pispirikou, E. (2009). The acute effect of high whole-body vibration frequency on flexibility. 17th International Congress of Physical Education & Sport, Komotini.
51. Tsapatori E., Pollatou E., **Gerodimos V.**, & Mavromatis G. (2009). The effect of an intervention music-movement program on maths ability on first grade primary school students. Proceedings of the 2009 EMUNI Conference on Higher Education and Research, Portoroz, Slovenia, 1-8.
52. Bilios, P., Soulas, D., Taxildaris, K., **Gerodimos, V.**, & Bogdanis, G (2008). Comparison of a linear and a daily undulating periodized training program for maximal strength in male air force cadets. In G.L.Khanna (Ed.), *Physiology for Therapeutic and Rehabilitation Practices: Current Approaches* (pp. 91-96). India, Narosa Publishing House.
53. Karatrantou N, Sotiriadis S, **Gerodimos V**, & Chanou K. (2008). Reliability of maximal isometric handgrip strength in wrestlers. 16th International Congress of Physical Education & Sport, Komotini.
54. Karatrantou N, **Gerodimos V**, Sotiriadis S, & Chanou K. (2008). The acute effect of whole body vibration on flexibility. 16th International Congress of Physical Education & Sport, Komotini.
55. Pispirikou E, Karatrantou N, Sotiriadis S, Chanou K., & **Gerodimos V.** (2008). The acute effect of whole body vibration on vertical jumping ability in young women. 16th International Congress of Physical Education & Sport, Komotini.
56. Dikarou K, Karatrantou N, Chanou K., & **Gerodimos V.** (2008). Exercise with vibration in elderly people. 16th International Congress of Physical Education & Sport, Komotini.
57. Geordiadi, O., Koustelios, A., Tsiakaras, N., **Gerodimos, V.** (2007). Coaches job satisfaction. 2nd National Congress on Recreation, Leisure, and Sport Tourism, Trikala, 137-139.
58. Zournatzi, E., Koustelios, A., Pollatou, E., **Gerodimos, V.** (2007). Servicequality, customersatisfaction, andintention for reparticipation in health clubs. 2nd National Congress on Recreation, Leisure, and Sport Tourism, Trikala, 99-102.
59. **Gerodimos, V.**, Konstantopoulos, I., Perkios, S., Harbalis, T. (2006). Reliability of "Heidelberger Basketball Test" fitness battery in pre-pubertal basketball players. 14o International Congress of Physical Education & Sport.
60. Konstantopoulos, I., **Gerodimos, V.**, & Perkios, S. (2006). Reliability of "Heidelberger Basketball Test" fitness battery in pubertal basketball players. 14o International Congress of Physical Education & Sport, Komotini.
61. Konstantopoulos, I., Karpetas, D., Tsagronis, T., Perkios, S., & **Gerodimos, V.** (2006). The effect of maturation on "Heidelberger Basketball Test" performance of pre-pubertal and pubertal basketball players. 14o International Congress of Physical Education & Sport, Komotini.
62. Margariti, C., **Gerodimos, V.**, Karofili, M., & Perkios, S. (2006). Reliability of a fitness test battery in male and female adolescent handball players. 14o International Congress of Physical Education & Sport, Komotini.
63. Margariti, C., **Gerodimos, V.**, Lagoussi, M., & Perkios, S. (2006). Reliability of a fitness test battery in male and female pre-adolescent handball players. 14o International Congress of Physical Education & Sport, Komotini.

64. Margariti, C., **Gerodimos, V.**, & Perkios, S. (2006). Fitness test battery in handball players during the developmental years. The effect of age and gender. 14o International Congress of Physical Education & Sport, Komotini.
65. Boenig, M., Agdiniotis, I., Boenig, A., Kokaridas, D., & **Gerodimos, V.** (2006). Differences in specific parameters of physical performance between males with mental retardation and healthy males. 14o International Congress of Physical Education & Sport, Komotini.
66. Boenig, M., Boenig, A., **Gerodimos, V.**, & Kokaridas, D. (2006). Differences in specific parameters of physical performance between healthy females and females with mental retardation. 14o International Congress of Physical Education & Sport, Komotini.
67. Boenig, M., Boenig, A., Agdiniotis, I., **Gerodimos, V.**, & Kokaridas, D. (2006). Differences in specific parameters of physical performance between males and females with mental retardation. 14o International Congress of Physical Education & Sport, Komotini.
68. Dimitriou, E., Kolovelonis, A., Goudas, M., **Gerodimos, V.**, & Digelidis, N. (2006). The effect of a life skills training program on students' self-efficacy. 9o National Congress of Sport Psychology, Trikala.
69. Kolovelonis, A., Dimitriou, E., Goudas, M., **Gerodimos, V.**, & Digelidis, N. (2006). The effect of a life skills training program on students' self-determination. 9o National Congress of Sport Psychology, Trikala.
70. Bletsou E., **Gerodimos V.**, Manou V., Tsiokanos A. (2005). Isokinetic peak torque of the knee flexor and extensor muscles in prepubertal, pubertal and postpubertal soccer players. 1st International Scientific Soccer Congress, Trikala.
71. Bletsou E., **Gerodimos V.**, (2005). The effect of programs of exercise in the faculty of balance in adults and individuals of third age. 1st International Congress Sport & Recreation Management, Trikala.
72. **Gerodimos V.**, Tikos J., Kondiza F., Perkios S. (2004). Vertical jumping ability of young basketball players in developmental age. 12th International Congress of Physical Education & Sport, Komotini.
73. Tikos J., Apostolakis G., Droulia G., Perkios S., **Gerodimos V.** (2004). Somatometric characteristics of young basketball players in developmental age. 12th International Congress of Physical Education & Sport, Komotini.
74. Katsareli E., **Gerodimos V.**, Kellis E., Kellis S. (2004). Maximum concentric and eccentric isokinetic hip abduction and adduction torques in young soccer players. 4th International Conference of Strength Training, Serres.
75. Katsareli E., **Gerodimos V.**, Kellis E., Kellis S. (2004). Different methods for the evaluation of the hip abductor/adductor moment ratio in young soccer players. 4th International Conference of Strength Training, Serres.
76. Karadimou K., Polatou E., **Gerodimos V.** (2004). The relationship between musical aptitude, rhythmic ability and motor performance in preschool children. 8th International Congress of Sport Psychology, Trikala.
77. Sileloglou P., **Gerodimos V.**, Zafiridis A., Giannakos A., Kellis, S. (2003). Relationship between regression equations for prediction of VO₂max in pubescent males and females athletes. 11th International Congress of Physical Education & Sport, Komotini.
78. Manousakis E., **Gerodimos V.**, Nikolaidis M., Kellis S. (2003). Vertical jumping ability in male and female volleyball players from 12 to 16 years old. IOC Athens.
79. Ntalakoura, S., **Gerodimos V.**, Boenig A., Kellis S. (2002). The relationship between different methods evaluating strength of the knee flexor and extensor muscles. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.

80. Katsareli E., **Gerodimos V.**, Ntalakoura S., Boenig A., Kellis S. (2002). Different ways of estimating reciproacal muscle group ratio of knee flexor / extensor muscles in women. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.
81. Katsareli E., **Gerodimos V.**, Boenig A., Kellis S. (2002). Isokinetic concentric and eccentric knee extensor and flexor muscles strength in women. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.
82. Giannakidou K., Ntalakoura S., **Gerodimos V.** (2002). The relationship between maximal isometric strength of leg extensor muscles and vertical jumping ability in women. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.
83. **Gerodimos V.**, Zafeiridis A., Manou V., Boenig A., Kellis S. (2002). The effects of various team-sports on vertical jumping ability and power of leg extensors in young athletes. 7th Annual Congress of the European College of Sport Science. Athens, Greece.
84. Ioakimidis P., **Gerodimos V.**, Manou, V., Stavropoulos N., Kellis S. (2002). The relationship between isometric strength and vertical jumping ability in young basketball players. 3th Congress of Greek Association of Athletic Science, Thessalonica.
85. Karaxristou X., Boenig A., **Gerodimos V.**, Giannakos T. (2001). Evaluation of jumping ability in 11-15 years old boys and girls. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
86. **Gerodimos V.**, Gianakidou K., Bönig A., Karaxristou X., Kellis S. (2001). Comparison of vertical jumping ability between female athletes and non-athletes aged 12 to 15 years old. 9th International Congress of Physical Education & Sport, Komotini.
87. Ioakimidis P., **Gerodimos V.**, Katsareli E. (2001). Reliability of isometric evaluation during a bilateral leg press in male young basketball players. 9th International Congress of Physical Education & Sport, Komotini.
88. Melissopoulou A., **Gerodimos V.**, Boenig A. (2001). Dietary evaluation of male and female students aged 7 to 15 years old. 9th International Congress of Physical Education & Sport, Komotini.
89. Boenig A., Zoupos D., **Gerodimos V.**, Tsiftoglou D., Kellis S. (2001). Comparison of vertical jumping ability between male athletes and students aged 11 to 15 years old. 9th International Congress of Physical Education & Sport, Komotini.
90. **Gerodimos V.**, Kellis S., Stavropoulos N. (2001). Maximum concentric and eccentric isokinetic ankle plantar and dorsal flexion torques in elite basketball players 12 to 17 years old. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
91. **Gerodimos V.**, Kellis S., Stavropoulos N. (2001). Isokinetic assessment of dorsal-plantar flexors torque ratios at the ankle in elite young basketball players. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
92. Giannakos T., **Gerodimos V.**, Boenig A., Karaxristou X. (2001). Examination of the differences in technical - tactical and motor skills between young handball players. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
93. Ioakimidis P., **Gerodimos V.**, Kellis S., Alexandris N. (2001). Evaluation of isometric strength during a bilateral leg press in young basketball players. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
94. Tsourlou T., Kellis S., **Gerodimos V.**, Stavropoulos N. (2001). Comparison of two combined aerobic and strength training programs on lower limb muscle strength and body composition in mature women. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.

95. **Gerodimos V.**, Kellis S., Manou V. (2000). Different ways of evaluating the reciprocal muscle group ratios of the knee in elite young football players. 8th International Congress of Physical Education & Sport, Komotini.
96. Boenig A., Karaxistou X., Alexandris N., Ioakimidis P., **Gerodimos V.** (2000). Evaluation of vertical jumping ability in non athletes boys and girls. 8th International Congress of Physical Education & Sport, Komotini.
97. Kellis S., **Gerodimos V.**, Kellis E., Manou V. (2000). The relationship between vertical jumping height and isokinetic moment of force in elite young soccer players. 5th Annual Congress of the European College of Sport Science. Jyväskylä, Finland.
98. **Gerodimos V.**, Kellis S., Manou V. (2000). Different methods for the evaluation of the knee flexor / extensor moment ratio in elite young soccer players. 5th Annual Congress of the European College of Sport Science. Jyväskylä, Finland.
99. Kellis S., **Gerodimos V.** (2000). Isokinetic concentric and eccentric ratio of knee flexor / knee extensor muscles in elite adolescent basketball players. 1st Cyprian and 2nd Greek-Cyprian Congress of Sports Medicine. Cyprus.
100. **Gerodimos V.**, Kellis S., Manou V., Arseniou P. (1999). Reciprocal muscle group ratio in knee flexor/extensor muscles in elite young soccer players. International Congress of Sports Medicine with applications in football, Athens.
101. **Gerodimos V.**, Kellis S., Manou V., Arseniou P. (1999). Effects of angular velocity on isokinetic moment measurements of knee extensor and flexor muscles in elite adolescent basketball players. 7th International Congress of Physical Education & Sport, Komotini.
102. **Gerodimos V.**, Kellis S., Manou V., Arseniou P. (1999). Concentric ratio in knee flexor/extensor muscles in elite young soccer players. 5th International Congress of Northern Greece Sports Medicine Association, Greece, Thessaloniki.
103. Giannakos A., **Gerodimos V.**, Kamaris S. (1999). The effect of specific training (in learning blocks) in young handball players. 7th International Congress of Physical Education & Sport, Komotini.
104. Kellis S., **Gerodimos V.**, Manou V., Alexandris N., Arseniou P. (1999). Isokinetic concentric peak torque relationship of knee flexor / knee extensor muscles of elite young basketball players. 5th International Congress of Northern Greece Sports Medicine Association, Greece, Thessaloniki.
105. Manou V., **Gerodimos V.**, Kellis S., Arseniou P. (1999). Isokinetic profile of elite female volleyball players. 5th International Congress of Sports Medicine of Company of northerner Greece, Thessaloniki.
106. Tsiftoglou D., Alexandris N., **Gerodimos V.**, Arseniou P., Kellis S. (1999). Changes of anthropometric characteristics in elite young football players. 7th International Congress of Physical Education & Sport, Komotini.
107. Tsiftoglou D., Kellis S., **Gerodimos V.**, Arseniou P. (1999). Changes of vertical jumping ability in elite football players. 7th International Congress of Physical Education & Sport, Komotini.
108. Kamaris S., **Gerodimos V.**, Giannakos A. (1999). Anthropometric characteristics of young basketball players. 7th International Congress of Physical Education & Sport, Komotini.
109. Arseniou P., Kellis S., Tsiftoglou D., **Gerodimos V.**, Manou V. (1999). Evaluation of isokinetic concentric peak torque of knee extensor and knee flexor muscles in elite young soccer players. International Congress of Sports Medicine with applications in the football, Athens.
110. Kellis E., Mavropoulou, S., Kellis S., Giannakos A., **Gerodimos V.** (1999). Isokinetic eccentric ratio of knee flexor / knee extensor muscles in elite young soccer players. 5th International Congress of Northern Greece Sports Medicine Association, Greece, Thessaloniki.

111. Boenig A., Alexandris N., Tsiftoglou D., **Gerodimos V.** (1999). Comparison of the leg extensor muscles performance in elite athletes of different sports. 4th Scientific Meeting, Serres.
112. **Gerodimos V.**, Kellis S., Nikolaidis M., Manou V. (1998). Comparison of the strength velocity of the extensors muscles of the lower extremities in elite male and female athletes by different events. Third European Conference in Adapted Physical Activity, Thessaloniki, Greece.
113. Giannakos A., **Gerodimos V.**, (1998). Evaluation of motor abilities in young handball players (10-14 years old). 6th International Congress of Physical Education & Sport, Komotini, Greece.
114. Vitsaxakis N., **Gerodimos V.**, Alexandris N., Manou V., Arseniou P. (1998). Power evaluation of the leg extensor muscles in waterpolo players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
115. Giannakos A. & **Gerodimos V.** (1998). Differences in technique and tactic between 10-12 and 12-14 years old handball players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
116. Manou V., Kellis S., **Gerodimos V.** (1998). Comparison of isokinetic strength of flexors and extensors muscles of the knee in elite young football and basketball players. Third European Conference in Adapted Physical Activity, Thessaloniki, Greece.
117. Kellis E., Kellis S., **Gerodimos V.**, Manou V. (1998). The effects of age on concentric and eccentric moment-angular velocity relationship in elite young football players. Third Annual Congress of the European College of Sport Science, Manchester, England.
118. Kellis S., Kellis E., **Gerodimos V.**, Manou V., Alexandris N. (1998). Comparison of eccentric and concentric peak torque and knee flexor/extensor ratio between preferred and non-preferred leg in elite young soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
119. Nikolaidis M., Kellis S., **Gerodimos V.**, Manou V. (1998). Evaluation of the strength velocity of the extensor muscles of the lower extremities in young female volleyball players. Third European Conference in Adapted Physical Activity, Thessaloniki, Greece.
120. Alexandris N., Kellis S., Vitsaxakis N., **Gerodimos V.**, Manou V., Arseniou P. (1998). Power evaluation of the leg extensor muscles in elite soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
121. Kellis S., Kellis E., Manou V., **Gerodimos V.** (1998). Isokinetic muscle strength in elite young football players: reliability of maximum eccentric and concentric moments of force using the Cybex Norm Dynamometer. Third Annual Congress of the European College of Sport Science, Manchester, England.
122. Kellis E., Kellis S., Manou V., **Gerodimos V.** (1998). Concentric and eccentric knee flexor moment-angular velocity relationships in pubertal and adolescent soccer players. The Annual Conference of the British Association of Sport and Exercise Science (BASES), Worcester, England.
123. Kellis S., Kellis E., Manou V., **Gerodimos V.** (1998). The relationship between vertical jumping ability and isokinetic peak torque in elite young soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
124. Kellis S., Kellis E., Manou V., **Gerodimos V.** Vitsaxakis N. (1998). The effect of velocity and muscle action in isokinetic peak torque of knee extensor and flexor muscles in pubertal soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
125. **Gerodimos, V.**, Papaiakevrou, G., Manou, V. (1997). Athletic injuries in triple jump. 4th International Congress of Northern Greece Sports Medicine Association, Thessaloniki, Greece.
126. Papadopoulos, G., **Gerodimos, V.**, Manou, V., Kellis, S., Tsitskaris, G. (1997). Evaluation of knee extensor muscles performance in male and female gymnasts. 5th International Congress of Physical Education & Sport, Komotini, Greece.

6 INVITED PRESENTATIONS

- More than 100 invited presentations

7 MISCELLANEOUS

- Member of the editorial board of the journal "Inquiries in Physical Education and Sport" (*assistant editor*).
- Reviewer in International (25 in PubMed και 5 in Scopus) and Greek (3) journals in the sports science field.
- Administrative Experience
 - **2019-today:** Member of the Dean of the School of Physical Education, Sport Science and Dietician of the University of Thessaly.
 - **2018-2019:** Member of the Dean of the School of Physical Education and Sport Science of the University of Thessaly.
 - **2004-today:** "Evaluation Committee" of the Department of Physical Education and Sport Science of the University of Thessaly (OMEA).
 - **2014-2015:** "Evaluation Committee" of the University of Thessaly.
 - **2010-2013:** "Evaluation Committee" of the University of Thessaly (MODIP).
 - **2004-today:** "Internal Evaluation Committee" of the Department of Physical Education and Sport Science of the University of Thessaly. Also, since 2012, Dr. Gerodimos is an active member in the.
 - **2004-2010:** Dr. Gerodimos was an active member in different administrative committees of the Department of Physical Education and Sport Science of the University of Thessaly.
- Coaching and Professional Experience
 - **1998-2013:** Coach of Physical Conditioning in several Greek and International basketball teams including: HRAKLIS CLUB (1998-1999, 2000-2001 και 2002), MKS PRUSZKOW, Poland (2001-2002), NIAR IST (2003-2004), A.S. Trikala Club (2004-2005, 2005-2006, 2006-2007, 2007-2008) and Aiolos Trikala club (2011-2012).
 - **1998-2002:** Coach of physical conditioning in Naoussa Basketball Camp.
 - **1997-2000:** Coach of physical conditioning in N. Elvetia Handball Club.
 - **1997-1998:** Responsible for the evaluation of physical performance in Panionios Basketball Club.
 - **1997:** Assessor in a talent detection program of the General Secretariat of Sports.
 - **1991-1994:** Responsible of sports activities in private sports camp (Mpoukalis).