



Ioakeimidis Panagiotis

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Books	3
Books Chapters	1
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (ex: SPORTDISCUS)	11
Articles in Journals not Indexed in Bibliographic Databases	8
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Citation Index Harzing's PorP/Scopus (including self-citations))	378/173
Index Harzing's PorP/Scopus (h-index)	7/5

1 EDUCATION

- **2014:** Doctorate of Philosophy (Ph.D.) in exercise and sport science. Departments of Physical Education and Sports Science of the Aristotle University of Thessaloniki, Serres and Thessaly (*Ph.D. dissertation: Allometric scaling of muscle strength*).
- **2002: MS** in exercise and sport science. Departments of Physical Education and Sports Science of the Aristotle University of Thessaloniki, Serres and Thessaly **majoring in** «Team Sports Coaching» (grade 7,83) (*MS dissertation: Isometric evaluation of leg extensors in young basketball players*).
- **1983-1988:** Bachelor studies (BSc) at Department of Physical Education & Sport Science of Aristotle University Thessaloniki (grade 8,80), speciality in “sailing” (grade 10).

2 EMPLOYMENT HISTORY

- Member of the teaching staff of the Department of Physical Education and Sports (TEFAA) of the University of Thessaly (2019-present).
- Physical Education teacher in High School (1995-2019).
- Conditioning trainer in team sports teams (1992-2015).
- Personal trainer in gym and athletes (1990-1993).

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Teaching in Undergraduate Study Programs

1. **2019-today:** Teaching as member of the teaching staff of the Department of Physical Education and Sports Science at the University of Thessaly, the following courses: "Physical Condition in Competitive Sports", "Basketball Conditioning-Periodization in basketball" in the basketball specialty and "Basketball Teaching", the elective course: "Exercise in developmental ages", the "Design, application and implementation of exercise programs" and "Strength Development" in the specialty course of "Exercise in Gyms I and II".

2. **2002-2005:** Teaching (as a seconded High School teacher to the Aristotle University of Thessaloniki) the course: "Techniques of Strength-Speed Development Exercises" of TEFAA-AUTH.
3. **2002-2004:** Teaching (as a seconded to the Aristotle University of Thessaloniki) the course: "Annual training plan design".
4. **2002-2004:** Teaching (as a seconded to the Aristotle University of Thessaloniki) the course: "Strength Development-Nutrition".

3.2 Supervision/Co-supervision of Master's Theses

3.2.1 Supervisions Completed

1. Patsoudis B. (2022) – committee member
2. Soula A. (2020) - committee member
3. Hasioti P. (2019) - committee member

3.2.2 Supervisions in Progress

1. Doublantonis C. (2022) – committee member

3.2.3 Research-Educational Programs

1. **2018-today:** Scientific partner in the education program TEFAA-UTH entitled "Summer School-Learning throw the Movement" with scientific supervisor Gerodimo B., professor TEFAA-UTH.
2. **2017-2018:** Scientific partner in the research program Faculty of Lifelong Learning of the University of Thessaly entitled "Exercise for Health: Group and Personal Training" with scientific supervisor Gerodimo B., professor TEFAA-UTH.
3. **2012-2013:** Scientific partner in the research program of the department of Ministry of Health and Social Solidarity (Greece) (ΕΣΠΑ 2007-2013, code:4459.01) entitled "Exercise as a means of prevention and rehabilitation of chronic diseases - interventional programs" with scientific supervisor Gerodimo B., assistant professor TEFAA-UTH.
4. **2009:** Scientific partner in the research program of the department of TEFAA of University of Thessaly (code:3779) "Physical Activity & Dietary Habits of Students of Western Thessaly" with scientific supervisor Gerodimo B., assistant professor TEFAA-UTH.
5. **2006-2007:** Scientific partner in the research program of the department of TEFAA of Aristotle University of Thessaloniki in Serres "Mathitiada, Proti Serron - Laboratory Measurements" with scientific supervisor Mr. Christo Papadopoulo, assistant professor TEFAA-Serrres-AUTH.
6. **2003-2004:** Scientific partner in the research program of TEFAA of Aristotle University of Thessaloniki entitled: "Education of physical education graduates and guidance of the exercise of athletes in Local Government Organizations" with scientific supervisor Mr. S. Kellis, professor TEFAA-AUTH, Thessaloniki.
7. **2003-2004:** Scientific partner in the research program of TEFAA of Aristotle University of Thessaloniki entitled: "Evaluation of the operation and redefinition of goals of the Sports Facility Departments" with scientific supervisor Mr. S. Kellis, professor TEFAA-AUTH, Thessaloniki.
8. **2002:** Scientific partner in the research program of TEFAA of Aristotle University of Thessaloniki entitled: "Training Laboratory TEFAA-AUTH" with scientific supervisor Mr. S. Kellis, professor TEFAA-AUTH, Thessaloniki.

4 PUBLICATIONS

4.1 Books

1. Gerodimos, V., Perkos S., Tsimeas P., Krommydas C., Karatrantou K., **Ioakeimidis P.** (2020). Teaching Basketball. Kyriakidis Bros-Editions S.A.
2. Gerodimos, V., **Ioakeimidis P.**, Kellis S. Central Committee of Sports Schools (KEAT), Unified Framework of Selection & Assessment Tests for Students in Athletic Schools, Athens, 2003.

3. Gerodimos, V., **Ioakeimidis P.**, Kellis S. Central Committee of Sports Schools (KEAT), Protocols for Results Recording of the Measurements per Sport and Test, Athens, 2003.

4.2 Book chapters

1. Karatrantou K., Gerodimos, V., Tsaklis P., Batatolis, C. **Ioakeimidis P.** Tsiokanos A. (2021). Exercise, Ergonomics and Muscular Strains in Everyday Life. Exercise for Health. 139-155. Konstantaras: Athens.

4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

1. Gerodimos, V., Karatrantou, K., Kakardaki, K., & **Ioakeimidis, 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.
2. Karatrantou K., Katsoula C., Tsiakaras N., **Ioakeimidis P.**, & Gerodimos V. (2020). Strength training induces greater increase in handgrip strength than wrestling training per se. *International Journal of Sports Medicine*, 41, 533-538.
3. Konstantina Karatrantou, Petros Biliou, Gregory C. Bogdani, **Panagiotis Ioakeimidis**, Eleutherios Soulas, Vassilis Gerodimos. (2019). Effects of whole-body vibration training frequency on neuromuscular performance: a randomized controlled study. *Biol Sport*. 36(3):273–282.
4. Konstantina Karatrantou, Vassilis Gerodimos, Vasileios Voutselas, Nikolaos Manouras, Konstantinos Famisis, **Panagiotis Ioakeimidis**. (2019). Can sport-specific training affect vertical jumping ability during puberty? *Biol Sport*. 36(3):217–224.
5. Karatrantou K., Gerodimos V., Katsareli E., Manouras N., **Ioakeimidis P.**, Famisis K. (2018). Strength profile of hip abductors and adductors muscles in young elite soccer players. *Journal of Human Kinetics* 66:31-41.
6. Gerodimos, V., Manou, V., **Ioakeimidis, P.**, Perkou, S., Kellis, S. (2006). Vertical jumping ability in elite young soccer players. *Journal of Human Movement Studies*, 51(2):89-101.
7. Kellis E., Kouvelioti V., **Ioakeimidis P.** (2005). Reliability of a practicable EMG-moment model for antagonist moment prediction. *Neuroscience Letters*. 383(3):266-71.
8. Zafeiridis A., Saraslaninidis P., Manou V., **Ioakeimidis P.**, Diplakou K., Kellis S. (2005). The effects of resisted sled-pulling sprint training on acceleration and maximum speed performance. *The Journal of Sports Medicine and Physical Fitness*. 45:3:284-290.
9. **Ioakeimidis, P.**, Gerodimos, V., Kellis, E., Alexandris, N., Kellis, S. (2004). Combined effects of age and maturation on maximum isometric leg press strength in young basketball players. *Journal of Sports Medicine and Physical Fitness*, 44(4): 389-397.
10. Gerodimos, V., Manou, V., Zafeiridis, A., **Ioakeimidis, P.**, Stavropoulos, N., Kellis, S. (2003). Isokinetic peak torque and hamstring/quadriceps ratios in young basketball players: Effects of age, velocity, and contraction mode. *Journal of Sports Medicine and Physical Fitness*, 43(4):444-452.
11. **Ioakeimidis, P.**, Gerodimos, V., Kellis, E., Kellis, S. (2002). Reliability of maximum isometric force-time parameters during a leg press test in pubertal basketball players. *Pediatric Exercise Science*, 14(2):193-201.

4.4 Articles in Journals not Indexed in Bibliographical Databases

1. Galiatsatou A., Batatolis C., Karatrantou K., Tsiakaras G., Tsiakaras N., **Ioakeimidis P.**, & Gerodimos V. (2018). Physical fitness profile in young elite female athletes of freestyle wrestling. *Inquiries in Physical Education and Sport*, 16, 35-42.

2. **Ioakeimidis P.**, Vavritsas G., Dagas S., Gerodimos V., Kellis S. (2010). Effectiveness and application of Complex training. *Exercise & Society*. 50:30-38.
3. Kellis, E., **Ioakeimidis P.**, Zafeiridis, A., Manou, V., Gerodimos, V., & Kellis, S. (2006). Athletic schools in the international context. *Hellenic Journal of Sports & Recreation*, 3(1), 2-38.
4. Gerodimos, V., Zafeiridis, A., Manou, V., **Ioakeimidis P.**, Kellis, E., Koustelios, A., Tzetzis, G., & Kellis, S. (2006). Efficiency and function of sport facilitation school classes. *Hellenic Journal of Sports & Recreation*, 3(1): 82-177.
5. Manou, V., Gerodimos, V., Saraslanidis, P., Zafeiridis, A., **Ioakeimidis P.**, Kellis, E., & Kellis, S. (2006). Greek athletic schools. *Hellenic Journal of Sports & Recreation*, 3, 39-81.
6. Manou, V., Zafeiridis, A., Saraslanidis, P., Gerodimos, V., **Ioakeimidis P.**, Kellis, E., & Kellis, S. (2006). Conclusions and proposals for the proper function of sport facilitation school classes, *Hellenic Journal of Sports & Recreation* 3(1):178-218.
7. Gerodimos, V., Giannakos, T., Bletsou, E., Manou, V., **Ioakeimidis 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(3):449-454.
8. Tsiggilis N., Daroglou G., Ardamerinos N., Partemian S., **Ioakeimidis P.** The effect of self-talk on self-efficacy and performance in a handball throwing test (2003) *Inquiries Sport Phys Educ* 1 (2), 189-96.

5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Karatrantou K., Batatolis C., Soulas E., Xasialis A., **Ioakeimidis P.**, Gerodimos B., (2021). The effect of a specialized intervention program on selected indicators of musculoskeletal pain and productivity in office workers. 29th International Conference of Physical Education and Sports, Komotini.
2. Rigogiannis O., **Ioakeimidis P.**, Karatrantou K., Gerodimos B. (2020) Allometric scaling of vertical jump performance in young basketball players 23rd International Congress of Physical Education & Sport, Komotini.
3. Batatolis C., Karatrantou K., Papavasileiou T., Papazeti K., **Ioakeimidis 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.
4. Hasioti P., Krommidas Ch., Karatrantou K., Koutsioras I., **Ioakeimidis P.**, Gerodimos B. (2018) The effect of the swimming learning program, in elementary schools, on the enjoyment of male and female students. 8th International Congress of Physical Education & Sport, Komotini. 21st Congress of Physical Education and Sport, Thessaloniki.
5. **Ioakeimidis P.**, Kellis E., Gerodimos V., Manou V., Kellis, S. (2004). *Allometric scaling of isokinetic peak torque in young basketball players*. Pre-Olympic Congress, Thessaloniki.
6. Koemtzi F., Stalikas D., **Ioakeimidis P.**, Kellis S. (2002) Allometric scaling of maximal isokinetic force torque of knee joint extensor muscles in young basketball players 3rd Nutrition and Exercise Conference. Thessaloniki
7. **Ioakeimidis 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.
8. **Ioakeimidis 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.
9. **Ioakeimidis 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, Poster ID: 321.

10. Boenig A., Karaxristou 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.
11. Karaxristou, X., Boenig, A., **Ioakeimidis P.**, Alexandris N. Relationship between two different 30m speed tests in the acceleration phase and maximum speed of young soccer players. 8th International Congress of Physical Education & Sport, Komotini..

6 INVITED PRESENTATIONS

1. **2022:** Lecture entitled «Physical Conditioning Training in Developmental Age», 7th Scientific day of Physical Education, organized by the Union of Graduates Physical Educators of Fthiotida 8-9 April 2022, Lamia.
2. **2020:** Lecture entitled «General Conditioning Training» of the Greek Sport Federation, in the frame of School of Wrestling Coaches, held online on November 2020.
3. **2020:** Lecture entitled «Strategies to increase physical activity in everyday life» 6th Scientific day of Physical Education, organized by the Union of Graduates Physical Educators of Fthiotida, held online 14th November 2020, Lamia.
4. **2019:** Lecturing online for twenty-four (24) teaching hours, from 23/03/2019 - 28/06/2019 «Training of B-Level ICT Trainers», Act: «In-Service Teachers' Training in the Utilization and Application of Digital Technologies in the Teaching Practice» Contracting authority: Computer Technology Institute and Press «Diophantus», Contractor: Consortium of 9 Greek Universities, Code: 5779-2/πρ8-1, Scientific Coordinator: Dr. P. Politis (UTH). Coordinator of the «Physical Education & Health» Training Centers of the University of Thessaly.
5. **2013:** Teaching and lecturing for «General Conditioning Training» of the Greek Basket Federation, in the frame of School of Basket Coaches, no.25795/23-9-2013 (ΦΕΚ 2492/Β/4-10-2013).
6. **2012:** Trainer in the practice seminar titled «Strength Training with weights» in the frame of 15th International Conference of Physical Education and Sports of the Union of Gymnasts of North Greece, 30 March – 1 April 2012, Thessaloniki.
7. **2008:** Lecture entitled «General Conditioning Training» of the Greek Sailing Federation, in the frame of School of Sailing Coaches, held from 25 October to 20 December 2008.
8. **2007:** Lecture entitled «Professional opportunities for a graduate student of TEFAA-studies and perspectives in modern society», held by the Experimental High School of Aristotle University of Thessaloniki, Thessaloniki.
9. **2005:** Lecture at Round table entitled «Presentation of laboratory measurements performed in the training and sports performance laboratory of the Aristotle University of Thessaloniki and their usefulness in competitive and mass sports», 6th Scientific Conference of Union of Physical Educators of Northern Greece, 12-13 November 2005, Thessaloniki.
10. **2004:** Lecture entitled «Capabilities and use of assessment software program-Development of coordination skills in childhood and adolescence» training seminar for coaches held by the Athletic Sports Center of the Municipality of Edessa, May 2004 Edessa.
11. **2004:** Lecture entitled «Development of coordination skills in childhood and adolescence» training seminar for physical educator teachers and coaches held by the Athletic Sports Center of the Municipality of Edessa, May 2004, Edessa.
12. **2004:** Lecture entitled «Capabilities and use of assessment software program-Development of coordination skills in childhood and adolescence» training seminar for coaches held by the Athletic Sports Center of the Municipality of Thermi, May 2004 Thermi, Thessaloniki.

13. **2004:** Lecture entitled «Training systems of strength-Program design of advanced trainees» training seminar held by Municipality of Thessaloniki, 28-2-200, Thessaloniki.
14. **2004:** Lecture entitled «Development of coordination skills in childhood and adolescence» training seminar for physical educator teachers and coaches held by the Athletic Sports Center of the Municipality of Thermi, May 2004 Thermi, Thessaloniki.

7 MISCELLANEOUS

- Administrative experience
 - Associate Director of 7^{ου} High School Kalamarias (2017-2019).
 - Manager of Athletic High Schools of East Thessaloniki.
 - Manager of Sport Training Lab of Aristotle University of Thessaloniki.
- Teaching experience
 - 2017 - 2019 Associate Director 7th High School Kalamarias.
Physical education teacher
 - 2006 - 2019 Physical education teacher in High Schools.
 - 2007 – 2010 secondment to Physical Education Office of East Thessaloniki
Manager of Athletic High Schools of East Thessaloniki.
 - 2005-2006 secondment to TEFAA-AUTH.
Manager of Sport Training Lab of Aristotle University of Thessaloniki.
Teaching course “Strength-speed development exercises Techniques”
 - 2002-2004 secondment to TEFAA-AUTH.
Teaching course specialty “Strength Development-Nutrition”.
 - 1995-2001 Physical education teacher in Elementary Schools
- Coaching and Professional Experience
 - 2012-2015: Physical conditioning trainer of Navarchos Votsis Women's volleyball team A2’
 - 2010-2011: Physical conditioning trainer of Peiramatiko Women's volleyball team A1’.
 - 2008-2010: Physical conditioning trainer of Peiramatiko Women's volleyball team A2’.
 - 2008-2010: Physical conditioning trainer of Nea Elvetia Women's Handball team A1’.
 - 2006-2007: Physical conditioning trainer of Stratoni Mens Basketball team, Chalkidiki.
 - 2004-2006: Physical conditioning trainer of Achilleas Triandrias mens basketball team.
 - 1991-1995: Personal trainer for athletes and trainees, Thessaloniki.
 - 1992-1993: Physical conditioning trainer of Ifaistos basketball team, Thessaloniki.
 - 1992-1993: Physical conditioning assistant trainer T.A.K. SATO ARIS, Thessaloniki.
 - 1991-1993: Personal trainer in Gym, Thessaloniki.
 - 1986-1987: Head Coach of sailing department of Ο.Φ.Θ., Thessalonikis.