



KONSTANTINA KARATRANTOU

Items	Number
Books	4
Book Chapters	8
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. PubMed, Scopus)	40
Articles in Journals indexed in Google Scholar or not Indexed in Bibliographical Databases	16
Refereed International Conference Presentations	91
Invited Presentations	13
Google scholar/Scopus Citation Index (including self-citations)	967/510
Google scholar /Scopus h-index	16/13
Successful Grant Applications as coordinator	2 (195.000 €)

1 EDUCATION

- **2018-2021: Post-Doc:** Department of Physical Education and Sport Science of the University of Thessaly, Greece, Research title: Health-Promoting effects of a multicomponent workplace wellness program in sedentary workers - HealPWorkers (General Secretariat for Research and Technology - GSRT and the Hellenic Foundation for Research and Innovation - HFRI).
- **2010-2014: PhD:** Department of Physical Education and Sport Science of the University of Thessaly, Greece, Thesis title: The effect of a combined aerobic dance and strength training program on female's physical performance.
- **2009-2010: MSc:** Department of Physical Education and Sports Science, University of Thessaly, Greece, *Title of Dissertation:* The short-term effect of whole-body vibration training on flexibility, strength and power in young females
- **2004-2008: BSc** Department of Physical Education and Sports Science, University of Thessaly, Greece, with specialization "track and field" (*BSc Dissertation: The acute effect of whole-body vibration exercise on flexibility*).

2 EMPLOYMENT HISTORY

- Assistant Professor in "Exercise for Health & Occupational Wellness" Department of Physical Education and Sports Science, University of Thessaly, Greece (2021-today).
- Part-time Lecturer, Department of Physical Education and Sport Sciences, University of Thessaly, Greece (2011-2021), teaching different courses "Evaluation of performance with field test", "Exercise during the developmental years", "Design and implementation of exercise programs" and "Teaching Basketball".

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. **2021-2023:** Assistant Professor and coordinator in the courses “Workplace exercise and wellness programs” and “Exercise programs at gyms for health promotion I & II”, Department of Physical Education and Sport Sciences, University of Thessaly in Greece.
2. **2016-2021:** Part-time Lecturer in the course “Evaluation of performance with field test”, Exercise for health, Department of Physical Education and Sport Sciences, University of Thessaly in Greece.
3. **2016:** Part-time Lecturer in the course “Exercise during the developmental years” of the Department of Physical Education and Sport Sciences, University of Thessaly in Greece.
4. **2011-2013:** Part-time Lecturer in the course “Teaching of Basketball” of the Department of Physical Education and Sport Sciences, University of Thessaly in Greece.
5. **2016:** Lectures in the compulsory course “Training and Physical Conditioning” of the Department of Physical Education and Sport Sciences, University of Thessaly, Greece.
6. **2012-today:** Lectures in the specialization course “Gym exercise and Sport Management” of the Department of Physical Education and Sport Sciences, University of Thessaly in Greece.
7. **2009-today:** Lectures in compulsory and elective courses of the Department of Physical Education and Sport Sciences, University of Thessaly in Greece: “Design, application and implementation of exercise programs”, “Development of strength and power” and “Exercise during the developmental years”.

3.2 Postgraduate Teaching

1. **2022-2025:** Coordinator of the course “Design, implementation and guidance of workplace exercise programs” at the MSc “Ergonomics - Occupational Physiology and Health - Quality of life” of the Department of Physical Education and Sports Science of the University of Thessaly.
2. **2022-2024:** Coordinator of the course “Fitness capacity assessment” at the MSc “Lifestyle medicine” of the Departments of Medicine, Physical Education & Sports Science and Nutrition and Dietetics of the University of Thessaly.
3. **2022-2025:** Teaching in the course “Exercise and quality of life at the workplace” at the MSc “**Ergonomics - Occupational Physiology and Health - Quality of life**” of the Department of Physical Education and Sports Science of the University of Thessaly.
4. **2016-today:** Teaching in the course «*Physiology of exercise*» at the MSc «*Exercise, Ergospirometry and Rehabilitation*» of the Department of Physical Education and Sports Science and the Department of Medicine of the University of Thessaly.
5. **2017-2018:** Teaching in the course «Exercise Physiology and Training» at the MSc “Military Fitness and Wellbeing” of the Department of Physical Education and Sports Science of the University of Thessaly.
6. **2016-2019:** Teaching in the course “Isokinetic dynamometer and rehabilitation” at the MSc “Exercise and Health” of the Department of Physical Education and Sport Sciences of the University of Thessaly.
7. **2017-2019:** Teaching in the course “Ergometric evaluation of strength and power” at the MSc “Human performance and health” of the Department of Physical Education and Sport Sciences of the Aristotle University of Thessaloniki and of the Department of Physical Education and Sport Sciences of the Aristotle University of Thessaloniki at Serres.
8. **2016:** Teaching in the course “Development of physical fitness in programs of exercise and health” at the MSc “Human performance and health” of the Department of Physical Education and Sport Sciences of the Aristotle University of Thessaloniki and of the Department of Physical Education and Sport Sciences of the Aristotle University of Thessaloniki at Serres.

3.3 Supervision/Co-supervision of Doctoral Theses

3.3.1 Completed

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3.3.2 In Progress

1. K. Papazeti - supervisor

2. A. Drakakis - supervisor
3. A. Chasandra - supervisor

She has also participated in the graduate committee of 4 Doctoral dissertations.

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. A. Alvizou (2025) - supervisor
2. K. Pappas (2025) - supervisor
3. N. Alivertis (2024) - supervisor
4. L. Tsara (2023) - supervisor
5. K. Mpramis (2023) - supervisor
6. P. Chatziannidis (2021) - supervisor

3.4.2 In Progress

1. A. Rompos - supervisor

She has also participated in the graduate committee of 8 Masters' dissertations.

3.5 Funding

3.5.1 Competitive International

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3.5.2 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€) (coordinator).
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€) (participant).
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).

3.5.3 Miscellaneous

1. **2021-2023:** Coordinator in the 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.
2. **2022:** Partner in the 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.
3. **2020-2021:** Partner in the 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.

4. **2017-2019:** Educational project of DPESS of the University of Thessaly entitled: “Exercise for Health: Group and Personal Training” (Budget 15.000€) (partner).
5. **2016-today:** Educational Project of DPESS of the University of Thessaly entitled: “*SummerSchool: Learn through participation in physical activities*” (Budget 100.000€) (partner).
6. **2011-2012:** Research Project funded by the University of Thessaly entitled “Maximal handgrip strength of wrestlers and basketball players during the developmental years” (Budget 6.000€) (partner).
7. **2011-2012:** Research Project of the University of Thessaly entitled “Students’ practice of University of Thessaly” (coordinator Goudas M., University of Thessaly) (partner).
8. **2008-2009:** Research Project funded by Trikala Dairy Industry & Greek Org.^{[1][2][3]} of Football Prognostics entitled “Physical activity and eating habits of western Thessaly students” (Budget 60.000€) (partner).
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” (Budget 4.000€) (partner).

3.6 Participation in International Scientific and Administrative Committees

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3.7 Membership in International Professional Organizations

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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., Perkos 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].

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. Dipla, K., Zafeiridis A., Sakkas G., **Karatrantou, K.**, & Nikolaidis, M. (2013). Exercise and diabetes. In V. Gerodimos (Ed.), *"Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases"* (pp. 226-257). www.exerciseforhealth.gr/uploads/Book.pdf
8. 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. 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).
18. 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).
19. 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).
20. 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).
21. **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).
22. **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).

23. **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).
24. **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).
25. **Karatrantou K.** (2019). Dynamic handgrip strength endurance: A reliable measurement in older women. *Journal of Geriatric Physical Therapy*, 42(3): E51-E56 (IF₂₀₁₉: 3,40).
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., 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.
34. 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.
35. 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.
36. Gerodimos V. & **Karatrantou K.** (2013). Reliability of maximal handgrip strength test in pre-pubertal and pubertal wrestlers. *Pediatric Exercise Science*, 25: 308-322.
37. **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.
38. 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.

39. 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.
40. 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.

4.4 Articles in Journals Indexed in Google Scholar or not Indexed in Bibliographical Databases

1. Tsiakaras N., Papavasileiou K., Batatolis C., Sofronis A., **Karatrantou K.** & Gerodimos V. (2022). Flexibility Assessment of Young Wrestlers. *Inquiries in Sport & Physical Education*, 20, 147-154.
2. Papagiannis G., Rompos A., Batatolis C., Ioakimidis P., **Karatrantou K.** & Gerodimos V. (2022). Physical conditioning of adult basketball players. *Inquiries in Sport & Physical Education*, 20, 76-85.
3. Mitoula D., **Karatrantou K.**, Tsara L., & Gerodimos (2021). The effects of dance on the physical health of elderly people. *Inquiries in Sport & Physical Education*, 19(3), 166-186.
4. Karatrantou K. (2020). Exercise at the workplace. *Inquiries in Physical Education and Sport*, 18, 14-24.
5. Theofilidis, G., Machos, C., **Karatrantou, K.**, Toubekis A., Karampina E., & Gerodimos, V. (2019). Race pace interval swimming: effects of rest interval on physiological and technical parameters and correlation with handgrip strength in boys and girls swimmers. *Inquiries in Sport & Physical Education*, 17, 15-22.
6. Galiatsatou A., Batatolis C., **Karatrantou K.**, Tsiakaras G., Tsiakaras N., Ioakimidis P., & Gerodimos V. (2018). Physical fitness profile in young elite female athletes of freestyle wrestling. *Inquiries in Physical Education and Sport*, 16, 35-42.
7. Katsoula, C., Doublantonis, C., Koutis, V., Chasialis, A., **Karatrantou, K.**, & Gerodimos, V. (2016). Maximal handgrip strength in track and field athletes during the developmental years. *Inquiries in Physical Education and Sport*, 14, 1-10.
8. **Karatrantou, K.**, & Gerodimos, V. (2014). The effect of concurrent aerobic dance, strength, flexibility and balance training programs on physical fitness and health in adults. *Inquiries in Physical Education and Sport*, 12 (3):234-252.
9. Bilios, P., **Karatrantou, K.**, Soulas, D., & Gerodimos, V. (2014). The effect of different whole body vibration training programs on physical fitness in adults. *Inquiries in Physical Education and Sport*, 12 (3):265-286.
10. **Karatrantou, K.**, Gerodimos, V., Angelakou, M., Psychou, D., Papadimitriou, D., & Tsiakaras, N. (2012). The effect of sport participation and age on peak handgrip strength. *Inquiries in Sport & Physical Education*, 10 (3):17-27.
11. Gerodimos, V., **Karatrantou, K.**, Psychou, D., Trapotsis, S., Vasilopoulou, T., & Christopoulos, I. (2011). The acute effects of different whole-body vibration amplitudes and frequencies on heart rate. *Inquiries in Sport & Physical Education*, 9 (1), 53-63.
12. Soulas, D., Bilios, P., Gerodimos, V., **Karatrantou, K.**, & Taxildaris, K (2011). Comparison between linear and daily undulating periodized training program for maximal strength in young men air force cadets. *Inquiries in Sport & Physical Education*, 9, 44-52.
13. Pispirikou, E., Gerodimos, V., **Karatrantou, N.**, Chanou, K., Papaioannou, I., & Kriki, T. (2009). The acute effect of whole body vibration training on vertical jumping ability of young women. *Inquiries in Sport & Physical Education*, 7, 161-170.
14. Chanou, K., Gerodimos, V., **Karatrantou, N.**, Zisi, V., Tziamourtas, A., Tsiokanos, A., & Kriki, T. (2009). Whole body vibration training. *Inquiries in Sport & Physical Education*, 7, 39-56.

15. **Karatrantou, N.**, Gerodimos, V., Sotiriadis, S., Chanou, K., & Papaioannou, I. (2008). The acute effect of whole body vibration on hip and spine flexibility. *Inquiries in Sport & Physical Education*, 6, 340-347.
16. Kosmatos, G., Gerodimos, V., **Karatrantou, N.**, Goudas, M. & Tsiokanos, A. (2008). The effect of a combined basketball and strength training program with the body weight on performance in adolescent basketball players. *Inquiries in Sport & Physical Education*, 6, 249-256.

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. Chassandra A & **Karatrantou K.** & Skourti I. (2022). Nurses and Sleep Quality. Interdisciplinary Symposium of Nursing Research of the Institute of Health, Karpenisi.
4. Chassandra A & **Karatrantou K.** (2022). Musculoskeletal disorders of health professionals, effects, suggested ways of treatment. 4th Panhellenic Interdisciplinary Conference of Nursing Research of the Institute of Health, Lefkada.
5. **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.
6. 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.
7. **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.
8. **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.
9. **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.
10. 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.
11. 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.

12. **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.
13. **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.
14. **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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.
24. 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.
25. 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.
26. 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.

27. 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.
28. **Karatrantou K.**, Psychou D., & Gerodimos V. (2016). Static and dynamic hangrip strength endurance measurement: Test-retest reliability of different protocols. 24th International Conference of Physical Education and Sport, Komotini.
29. 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.
30. 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.
31. 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.
32. 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.
33. 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.
34. 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.
35. 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.
36. 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.
37. 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.
38. 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.
39. **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.
40. 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.

41. 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.
42. **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.
43. 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.
44. 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.
45. 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.
46. 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.
47. 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.
48. 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.
49. 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.
50. 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.
51. 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.
52. **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.
53. **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.
54. 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.
55. Dikarou K, **Karatrantou N.**, Chanou K., & Gerodimos V. (2008). Exercise with vibration in elderly people. 16th International Congress of Physical Education & Sport, Komotini.

6 INVITED PRESENTATIONS

- **2024:** Presentation titled "Strategies and actions for increasing physical activity" as part of an event titled "Sports, Nutrition, Physical and Mental Health" organized by the Trikala Regional Department of the Hellenic Red Cross.
- **2024:** Presentation titled "Ergonomics and Muscle Strains in Everyday Life" as part of a seminar titled "Promotion of a Healthy Lifestyle" organized by the Second Chance School of Karditsa.
- **2023:** Presentation titled "Design, Implementation and Guidance of exercise programs aimed at health promotion" within the framework of a training two-day conference titled "Theoretical and Practical approaches to modern Fitness and Physical Education" organized by the Association of Graduates of Physical Education of Heraklion Prefecture.
- **2023:** Presentations titled "Ergonomics in the Daily Life of Children" and "Stress and Anxiety Control Strategies" as part of an event titled "My Child Takes National Exams: The Impact of Physical Activity and Nutrition on Academic Performance" organized by the Directorate of Secondary Education of Trikala.
- **2023:** Presentation titled "Strategies for promoting a healthy lifestyle: physical activity & ergonomics" within the framework of a seminar entitled "Promoting health and well-being in developmental ages" organized by the Football Academy of D. Pyli "Portaikos".
- **2022:** Presentation titled 'Strategies for Promoting a Healthy Lifestyle: Physical Activity, Exercise, Ergonomics' within the thematic unit titled 'Health Promotion in Developmental Stages' of the 7th Educational Seminar on Physical Education and Sports organized by the Association of Physical Education Graduates of Phthiotis.
- **2021:** Presentation titled 'Exercise and Health in Developmental Ages' as part of an online Educational Seminar for Physical Education Teachers of the Dodecanese organized by the Head of Physical Education for Primary and Secondary Education of the Dodecanese.
- **2020:** Presentation titled 'Designing Exercise and Wellness Programs in the Workplace' within the framework of the round table titled 'Exercise and Health' of the 6th Scientific Conference on Physical Education (online) organized by the Association of Physical Education Graduates of Phthiotis.
- **2018:** Presentation titled 'Strategies for Increasing Physical Activity in Daily Life' that took place as part of a seminar titled 'Exercise Aimed at Promoting Health' during the 21st International Conference on Physical Education and Sports of the Association of Gymnasts of Northern Greece in Thessaloniki.
- **2017:** Presentation titled "Ergometric assessment in young wrestlers" as part of a seminar titled "Wrestling training in developmental ages" held during the 1st Meteora Wrestling Academy, Kalambaka.
- **2017:** Presentation titled 'Designing Exercise Programs for Middle-aged and Older Adults' as part of a seminar titled 'Exercise and Health in Older Adults' organized by the K.A.P.H. of Larissa Municipality.
- **2013:** Four presentations titled "The Effect of Exercise on Health" were held as part of scientific workshops titled "Exercise as a Means of Prevention and Rehabilitation of Chronic Diseases" that took place within the framework of the "Alliance for Health - Exercise, Development of Exercise Programs as a Means of Prevention and Rehabilitation of Chronic Diseases - Interventional Programs."
- **2013:** Public Benefit Foundation "D.E.K.A." Trikala, Meeting "Childhood Obesity", Title: Physical activity and dietary habits of children in N. Trikala.

7 MISCELLANEOUS

Guest editor in special issues of international journals

- **2024:** Guest Editor of Special Issue entitled "Exercise interventions and testing for effective health promotion" at *Healthcare* journal (IF: 2.8)

- **2023-2024:** Guest Editor of Special Issue entitled "Exercise and Evaluation for Health and Occupational Wellness: Current Trends and Future Directions" at *Journal of Functional Morphology and Kinesiology* (IF: 2,6).
- **2022-2023:** Guest Editor of Special Issue entitled "Exercise Interventions for Health Promotion across the Life Span" at *Sports* journal (IF: 2.7).

She is also reviewer in 11 International and 1 Greek journals in the sports science field.

Administrative Experience

- **2021-2023:** "Evaluation Committee" of the University of Thessaly (MODIP).
- **2023-today:** "Internal Evaluation Committee" of the Department of Physical Education and Sport Science of the University of Thessaly (OMEA).
- **2021-today:** Member of the 'Committee for the evaluation of applications and objections of personnel under contract/secondment etc.' of the Department of Physical Education and Sport Science of the University of Thessaly.
- **2021-today:** Member of the 'Connection Committee for Graduate Issues' of the Department of Physical Education and Sport Science of the University of Thessaly.