



Athanasios Tsiokanos

Items	Number
Books	
Book Chapters	1
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	20
Articles in Journals not Indexed in Bibliographical Databases	9
Refereed International Conference Presentations	54
Invited Presentations	18
Harzing's PorP/Scopus Citation Index (including self-citations)	574/358
Harzing's PorP/Scopus h-index	9/9
Involved in Successful Grant Applications	8

1 EDUCATION

- **1995:** Doctorate of Philosophy (Ph.D.) in exercise and sport science - National Academy of Sports, Sofia, Bulgaria. (*Ph.D. dissertation: Biomechanical structure, expediency and quantitative evaluation of the technique in athletic running events*).
- **1986:** Masters of Science (M.Sc.) (Distinction) in biomechanics in track and field events - National Academy of Sports, Sofia, Bulgaria (Dissertation: Variations in biomechanical structure of motor actions in running events).
- **1984:** BSc. (Distinction) in Physical Education and Sport Science - Aristotle University of Thessaloniki, Department of Physical Education and Sport Science, with specialization "track and field".

2 EMPLOYMENT HISTORY

- Associate Professor of Biomechanics, Department of Physical Education and Sport Sciences, University of Thessaly (2010-today).
- Assistant Professor of Biomechanics, Department of Physical Education and Sport Sciences, University of Thessaly (2003-2009).
- Lecturer of Biomechanics, Department of Physical Education and Sport Sciences, University of Thessaly (1998-2003).
- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, University of Thessaly (1996-1998).
- Researcher of Sports Biomechanics, Hellenic Sports Research Institute, Athens (1987-1998).

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. **1998-today:** Since 2003, Dr. Tsiokanos 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 "Biomechanics", "Biomechanical evaluation in sports", "Biomechanical methods and measurements", "Kinesiology", "Performance evaluation using laboratory tests", "Athletics-teaching running events".
2. **1996-1998:** He worked as a part time Lecturer in the Department of Physical Education and Sports Science at the University of Thessaly teaching courses related to "Biomechanics", "Biomechanical evaluation in sports", "Biomechanical evaluation of sports technique".

3.2 Postgraduate Teaching

1. **2014-today:** Lectures in the courses entitled "Methods of Evaluation and Statistics", "*Biomechanics and Ergonomics*" at the master programme "*Msc in Military Fitness & Wellbeing*" of the Department of Physical Education and Sports Science of the University of Thessaly.
2. **2003-today:** Lectures in the courses entitled "Research Methods and Statistics", "Innovative Technology in Movement Analysis", "Gait Analysis", "Rehabilitation through Isokinetic Dynamometer" at the master programme "Exercise and Health" of the Department of Physical Education and Sports Science of the University of Thessaly.
3. **2003-2007:** Lectures in the direction entitled "Optimization of Sports Performance" 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. P. Tsimeas (2005) - supervisor
2. I. Koutsioras (2007) - supervisor

3.3.2 In Progress

1. K. Handolias - supervisor
2. A. Vlachavas - supervisor
3. M. Zorzos - supervisor
4. A. Pappas - supervisor
5. Ch. Chalitsios – supervisor

He has also participated in the graduate committee of more than 5 Doctoral dissertations.

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. K. Handolias (2013) - supervisor
2. A. Dalambira (2012) - supervisor
3. M. Zorzos (2011) - supervisor
4. K. Gantis (2011) - supervisor
5. Ch. Chalitsios (2011)) - supervisor
6. A. Vlachavas (2009) - supervisor

7. G. Manolas (2009) supervisor
8. A. Pappas (2006) - supervisor

3.4.2 In Progress

D. Rafailides (2010) - supervisor

He has also participated in the graduate committee of more than 25 Masters' dissertations.

3.5 Funding

3.5.1 Competitive International

1. **2005-2007:** Research Project funded by European Commission – Leonardo da Vinci “*New opportunities for youth occupation - pilot strategy for vocational training course in the field of electronic sports*” (partner).
2. **1998:** Research Project funded by European Commission – Eurathlon Programme entitled “*EUREKA sports programme*” (partner).

3.5.2 Competitive National

1. **2012-2015:** Research Project - Programme “Thalis” – A project of National Technical University of Athens with participation of University of Thessaly, entitled “*Biomimetic legged robots operating in rough environments*”(Budget 521.539,13€) (collaborative 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€) (collaborative partner).
3. **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€(collaborative partner).
4. **2012:** Research Project funded by General Secretariat for Research and Technology – Programme “Synergasia” entitled “*Remedical and Rehabilitation Tourism in Thessaly*”; a collaboration between the Institute of Human Performance and Rehabilitation & University of Thessaly (Budget 639.300€) (collaborative partner).
5. **2004:** Research Project funded by Olympic Games Athens 2004 – entitled “*Doping control in football games in 2004 Olympic Games*”; University of Thessaly (Budget 4.237 €) (coordinator).

3.5.3 Miscellaneous

1. **2007:** Research Project funded by the University of Thessaly entitled “*Relationship between maximum cyclic frequency in ergometer with no load and sprint performance of young athletes*” (coordinator).
2. **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 Bagiatis K., DPESS-University of Thessaly) (collaborative partner).

3.6 Participation in International Scientific and Administrative Committees

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3.7 Membership in International Professional Organizations

- Member of European College of Sport Science (ECSS)
- Founder member of Hellenic Society of Biomechanics

- Founder member of Hellenic Society of Training

4 PUBLICATIONS

4.1 Books

4.2 Book Chapters

1. **Tsiokanos, A.** (1995). Control and evaluation of physical condition (power) in soccer. In "Physical condition – power in professional, amateur and children's soccer". Salto: Thessaloniki, pp. 137-148.

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

1. Dina Maria, **Tsiokanos Athanasios**, Tsimeas Panagiotis, Giavroglou Arsenis, Valasotiris Konstantinos & Gandis Konstantinos. (2014). Dynamic characteristics of lower extremity of Greek handball players. Relationship between isokinetic and power tests. *Inquiries in Sports & Physical Education*, 12(3): 183-190.
2. Dimitrios Soulas, **Athanasios Tsiokanos**, Vasilios Voutselas and Frank Dick. (2013). Dynamic of Medal Shares at the IAAF World Championships Athletics – A statistical Analysis. *New Studies in Athletics*, 1./2: 119-131.
3. Scott, R.A., Bailey, M.E.S., Moran, C.N., Wilson, R.H., Fuku, N., Tanaka, M., **Tsiokanos, A.**, Jamurtas, A.Z., Grammatikaki, E., Moschonis, G., Manios, Y., Pitsiladis, Y.P. (2010). FTO genotype and adiposity in children: physical activity levels influence the effect of the risk genotype in adolescent males. *European Journal of Human Genetics*, 18(12): 1339-1343.
4. Yannis Koutsioras, **Athanasios Tsiokanos**, Dimitros Tsaopoulos, Panagiotis Tsimeas. (2009). Isokinetic muscle strength and running long jump performance in young jumpers. *Biology of Exercise* 5.2: 55-62.
5. Christina Tsitsimpikou, **Athanasios Tsiokanos**, Konstantinos Tsarouhas, Patrick Schamasch, Kenneth D Fitch, Dimitrios Valasiadis, Athanasios Jamurtas. (2009). Medication use by athletes at the Athens 2004 summer Olympic Games. *Clinical Journal of Sports Medicine*, 19(1): 33-38.
6. Tsimeas Panagiotis, Poullos Athanasios, Valasotiris Konstantinos & **Tsiokanos Athanasios**. (2009). Differences in concentric isokinetic moment of knee extensors between professional and amateur Greek soccer players using allometric scaling. *Hellenic Journal of Physical Education & Sport Science*, 29(2): 172-184.
7. Chanou, K., Gerodimos, V., Karatrantou, N., Zisi, V., Tziamourtas, A., **Tsiokanos, A.**, & Kriki, T. (2009). Whole body vibration training. *Inquiries in Sports & Physical Education*, 7(1): 39-56.
8. **Tsiokanos, A.**, Jamurtas, A., Schamasch, P., Papalexis, P., Tsitsimpikou, Chr. (2008). Statistical data collected during urine collection for doping control at the Athens 2004 Olympic games and recommendations to improve the urine collection process. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition* 22(2): 347-349.
9. Christina Tsitsimpikou, Athanasios Z. Jamurtas, **Athanasios Tsiokanos**, Ioannis G. Fatouros, Konstantinos Tsarouhas, Eva Karachaliou, Patrick Schamasch, Dimitris Valasiadis. (2008). The First Blood Collection Attempt for Doping Control in an Olympic Tournament: Data on the Procedure applied in Athens 2004 Olympic Games. *Open Forensic Science Journal*, 1: 27-33.
10. Koutsioras Ioannis, Tsimeas Panagiotis & **Tsiokanos Athanasios**. (2008). Biomechanical analysis of long jump. *Inquiries in Sports & Physical Education*, 6(1): 138-148.

11. 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 Sports & Physical Education*, 6(2): 249-256.
12. Moran CN, Yang N, Bailey ME, **Tsiokanos A**, Jamurtas A, MacArthur DG, North K, Pitsiladis YP, Wilson RH. (2007). Association analysis of the ACTN3 R577X polymorphism and complex quantitative body composition and performance phenotypes in adolescent Greeks. *European Journal of Human Genetics*, 15: 88-93.
13. Moran CN, Vassilopoulos C, **Tsiokanos A**, Jamurtas AZ, Bailey MES, Montgomery HE, Wilson RH, Pitsiladis YP. (2006). The associations of ACE polymorphisms with physical, physiological and skill parameters in adolescents. *European Journal of Human Genetics*, 14 (3): 332-339.
14. Jamurtas AZ, Theocharis V, Tofas T, **Tsiokanos A**, Yfanti C, Paschalis V, Koutedakis Y, Nosaka K. (2005). Comparison between leg and arm eccentric exercises of the same relative intensity on indices of muscle damage. *European Journal of Applied Physiology*, 95 (2-3): 179-185.
15. Moran CN, Vassilopoulos C, **Tsiokanos A**, Jamurtas AZ, Bailey MES, Wilson RH, Pitsiladis YP. (2005). Effects of interaction between angiotensin I-converting enzyme polymorphisms and lifestyle on adiposity in adolescent Greeks. *Obesity Research*, 13 (9): 1499-1504.
16. Tsimeas PD, **Tsiokanos AL**, Koutedakis Y, Tsigilis N, Kellis S. (2005). Does living in urban or rural settings affect aspects of physical fitness in children? An allometric approach. *British Journal of Sports Medicine*, 39 (9): 671-674.
17. Gerodimos, V., Stavropoulos, N., **Tsiokanos, A.**, Katsareli, E., Giannakos, A. & Kellis, S. (2005). The Effect of Different Methods of Strength Evaluation in Hamstrings / Quadriceps Muscle Group Ratio. *Inquiries in Sports & Physical Education*, 3(3): 292-297.
18. Jamurtas AZ, Koutedakis Y, Paschalis V, Tofas T, Yfanti C, **Tsiokanos A**, Koukoulis G, Kouretas D, Loupos D. (2004). The effects of a single bout of exercise on resting energy expenditure and respiratory exchange ratio. *European Journal of Applied Physiology*, 92 (4-5): 393-398.
19. **Tsiokanos, A.**, Jamurtas, A., Theodoratou, E., Verigakis, I., Giotsopoulou, E., Tsaopoulos, D. (2003). Relationship between skinfolds and bioelectric impedance in determining body fat. *Inquiries in Sports & Physical Education*, 1(1): 244-251.
20. **Tsiokanos, A.**, Kellis, E., Jamurtas, A., Kellis, S. (2002). The relation between jumping performance and isokinetic strength of hip and knee extensors and ankle plantar flexors. *Isokinetics and Exercise Science*, 10(2): 107 – 115.

4.4 Articles in Journals not Indexed in Bibliographical Databases

1. **Tsiokanos, A.**, Giavroglou, A., Jamurtas, A., Tsaopoulos, D., Koutsioras, I., Tsarouchas, E. (2002). Time analysis of the 110 m and 100 m hurdle race performance of elite Greek men & women hurdlers. *Sports and Exercise Science – Theory and Practice*, 17(1): 9-19.
2. **Tsiokanos, A.**, Giavroglou, A., Jamurtas, A., Tsaopoulos, D., Koutsioras, I., Tsarouchas, E. (2002). Time analysis of the 100 m race performance of elite Greek men & women sprinters. *Sports and Exercise Science – Theory and Practice*, 17(3): 107-116.
3. **Tsiokanos, A.**, Valasotiris, K., Giavroglou, A., Tsarouchas, L. (2002). Otsenjavane na dinamitshnite parametri na dolnite krajnitsi pri visokokvalifitsirani sportisti ot sportnite igri" (Evaluation of lower extremities dynamic parameters in high level sport game players). *Scientific Review of National Sports Academy, Sofia-Bulgaria*, 62-67 (in Bulgarian).
4. **Tsiokanos, A.**, Valasotiris, K. (2002). Otnoshenie mezhdy silov moment i skorost na tshetirigravija bedren i na prastsevija muskul pri sportisti" (The relationship between isokinetic torque of the quadriceps femoris and the gastrocnemius muscles in athletes). *Scientific Review of National Sports Academy, Sofia-Bulgaria*, 73-79 (in Bulgarian).

5. **Tsiokanos, A.**, Dimitrakaki, K., Giavroglou, A., Tsarouchas, E. (1999). Variation of maximum velocity of muscular contraction in childhood and adolescence. *Annual International Sport Review*, TEFAA, University of Thessaly, 1: 119-124.
6. **Tsiokanos, A.**, Ivanov, S. (1997). Ground reaction forces in running: General characteristics and variations depending on running velocity. *Sports and Exercise Science – Theory and Practice*, 12 (3): 91-99.
7. Tsimeas, P., **Tsiokanos, A.**, Zanou, S. (1997). The effect of static ball handling to improve the triple in young basketball players. *Sports and Exercise Science – Theory and Practice*, 12 (1): 9-22.
8. **Tsiokanos, A.**, Ivanov, S., Giavroglou, A., Tsarouchas, E. (1995). Temporal structure of ground reaction forces in running. *Sports and Exercise Science – Theory and Practice*, 10 (3): 99-110

5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. **Tsiokanos A.**, Giavroglou A., Poullos A., Chalitsios Ch., Tsimeas P., Tsarouchas L. (2014). *Relationship between maximum rotary frequency at a cycle ergometer and vertical jump performance*. *Proceedings: 22nd International Congress of Physical Education and Sport*, Komotini, Greece, 2014, p. 29-30.
2. Chalitsios Ch., **Tsiokanos A.**, Tsaopoulos D. (2012). *Biomechanical analysis of sit-to-stand motion with back loading*. *Proceedings: 5th Congress of Greek Society of Biomechanics*, Thessaloniki 2012.
3. Poullos A., Chalitsios Ch., Vlachavas A., **Tsiokanos A.** (2008). *Age and playing position of elite soccer players: A longitudinal study of FIFA world cups*. *Proceedings: 16th International Congress of Physical Education and Sport*, Komotini, Greece, 2008, p. 12.
4. Poullos A., Vlachavas A., Chalitsios Ch., **Tsiokanos A.** (2008). *Anthropometric characteristics of elite soccer players: An analysis of FIFA world cup 2002*. *Proceedings: International Congress of Physical Education and Sport*, Komotini, Greece, 2008, p. 12-13.
5. Vlachavas A., Chalitsios Ch., Giavroglou A., **Tsiokanos A.** (2007). *Power ability of Greek women soccer players*. *Proceedings: 2nd International Scientific Conference for Soccer*, Trikala, 2007, p. 446.
6. Vlachavas A., **Tsiokanos A.** (2007). *Dynamic evolution of world class runners' performances in athletic running events*. *Proceedings: 15th International Congress of Physical Education and Sport*, Komotini, Greece, 2007, p. 11-12.
7. Chalitsios Ch., Vlachavas A., Koutsioras I., Tsimeas p., **Tsiokanos A.** (2007). *Differences in isokinetic leg torque and power tests between male and female young long jumpers*. *15th International Congress of Physical Education and Sport*, Komotini, Greece, 2007, p. 3-4.
8. Chalitsios Ch., **Tsiokanos A.** (2007). *Relationship between horizontal and vertical jumps in children*. *Proceedings: 15th International Congress of Physical Education and Sport*, Komotini, Greece, 2007, p. 4-5.
9. Jamurtas, A.Z., **Tsiokanos, A.**, Tsitsimpikou, C., Karachaliou, E., Schamash, P., Valasiadis, D. (2006). *Statistical Data During Blood Collection for Doping Control at the Athens 2004 Olympic Games*. *Proceedings: 11th Annual Congress of the European College of Sports Science*, Lausanne, Switzerland, p. 195.
10. **Tsiokanos, A.**, Koutsioras I., Tsaopoulos D., Tsimeas P. (2006). Kinematic analysis of take-off phase in young long jumpers. *Proceedings: 1st Congress of Greek Society of Biomechanics*, Trikala 2006, p. 28.
11. Tsitsimpikou Ch., Jamurtas A, **Tsiokanos A.**, Schamasch P., Fitch K., Georgakopoulos K., Papalexis P., Markanastasaki E., Valasiadis D. (2006). *The use of pharmaceutical Formulations for therapeutic purpose by athletes at the Olympic Games in Athens and their influence on the control Doping*. *Proceedings: 6th Greek National Congress of Clinical Chemistry*, Athens, 2006, p. 83-85.
12. **Tsiokanos Athanasios L.**, Giavroglou Arsenios, Jamurtas Athanasios Z., Tsarouchas Eleftherios. (2005). *Time analysis of the 110 m hurdle race performance in elite level male hurdlers*. *Proceedings: 10th Annual Congress of the European College of Sports Science*, Belgrade, Serbia Montenegro, p. 186.

13. Tsimeas Panagiotis D., Tsiotra Georgia D., Jamurtas Athanasios Z., **Tsiokanos Athanasios L.**, Koutedakis Yiannis. (2005). *The impact of place of residence on pulmonary function of 12-year old Greek children*. Proceedings: 10th Annual Congress of the European College of Sports Science, Belgrade, Serbia Montenegro, p. 202.
14. 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. *Proceedings: 1st International Scientific Soccer Congress, Trikala, 2005*, p. 56.
15. Giakas, G. Paschalis, V. Koutedakis, Y. Jamurtas, A. Mougios, V. **Tsiokanos A.** and Baltzopoulos, V. (2004). *Changes in walking and running after eccentric exercise*. Proceedings: 2004 Pre-Olympic Congress, Thessaloniki, Hellas, Vol. I, p. 25.
16. Mavroidea P, Soulas D, **Tsiokanos A**, G Giakas. (2004). *Temporal analysis of tactics in men's 1500m*. Proceedings: 2004 Pre-Olympic Congress, Thessaloniki, Hellas, Vol. I, p. 172.
17. Tsimeas Panagiotis D and **Tsiokanos Athanasios L.** (2004). *Comparison of lung function in urban and rural Greek children using allometric scaling*. Proceedings: 2004 Pre-Olympic Congress, Thessaloniki, Hellas, Vol. II, p. 262.
18. **Tsiokanos Athanasios L.** and Tsimeas Panagiotis D. (2004). *Comparison of physical activity in urban and rural Greek children*. Proceedings: 2004 Pre-Olympic Congress, Thessaloniki, Hellas, Vol. II, p. 392.
19. Karagianni O., **Tsiokanos A.**, Tsimeas, P.. (2004). *Does the sequence of attempt affect the best performance in throwing events in athletics*. Proceedings: 12th International congress on physical education and sport, Komotini, Greece, 2004. *Exercise & Society*, 36: 196.
20. K. Giouvanis, G. Georganakis, **A. Tsiokanos**, A. Giavroglou, D. Tsaopoulos. (2003). *The contribution of the hop, step and jump distances on the triple jump performance in world class athletes*. Proceedings: 11th International congress on physical education and sport, Komotini, Greece, 2003. *Exercise & Society*, 34: 142.
21. Y. Koutsioras, G. Georganakis, **A. Tsiokanos**, D. Tsaopoulos. (2003). *Sport events contribution on decathlon final score in high level Greek and foreign decathletes*. Proceedings: 11th International congress on physical education and sport, Komotini, Greece, 2003. *Exercise & Society*, 34: 142-143.
22. D. Tsaopoulos, G. Giakas, **A. Tsiokanos**, A. Georgoulis. (2003). *The influence of subject position on measurement of isokinetic peak torque during the isokinetic shoulder flexion/extension test*. Proceedings: 11th International congress on physical education and sport, Komotini, Greece, 2003. *Exercise & Society*, 34: 163-164.
23. Tsimeas P., **Tsiokanos A.**, Jamurtas A., Oikodomidis S., Tsaopoulos D., Koutedakis Y. (2003). *Gender Differences in Selected Physiological Parameters in Young Greek Children*. Proceedings: 8th Annual Congress of the European College of Sports Science, Salzburg, Austria, p. 424.
24. Koutsioras Yannis, **Tsiokanos Athanasios**, Tsaopoulos Dimitrios, Giakas Giannis. (2003). *Relationship Between Selected Force and Velocity Tests and Long Jumping Performance of Young Athletes*. Proceedings: 8th Annual Congress of the European College of Sports Science, Salzburg, Austria, p. 135.
25. **Tsiokanos A.**, Giavroglou A., Jamurtas A., Tsaopoulos D., Koutsioras I., Tsarouchas E. (2002). *Temporal analysis of 110 m & 100 m hurdle running performance of elite Greek men and women hurdle runners*. Proceedings: 1st International Congress in Athletics, Trikala, 2002, p. 43.
26. Giavroglou A., **Tsiokanos A.**, Tsarouchas E. (2002). *Statistical models in sprint running*. Proceedings: 1st International Congress in Athletics, Trikala, 2002, p. 91-92.
27. Koutsioras I., Tsaopoulos D., **Tsiokanos A.** (2002). *Relationship between biomechanical determinants of long jumping performance in young athletes*. Proceedings: 1st International Congress in Athletics, Trikala, 2002, p. 131-132.
28. Vassilopoulos, C., Wilson, R.H., Goodwin, W., **Tsiokanos, A.**, Jamurtas, A.Z., Pitsiladis Y.P. (2002). *Maximal oxygen uptake is associated with ace genotype in school-aged boys*. Proceedings: 7th Annual Congress of the European College of Sports Science, Athens, Greece, p. 167.
29. Wilson, R.H., Vassilopoulos, C., Goodwin, W., Rontoyiannis, G.P., **Tsiokanos, A.**, Jamurtas, A.Z., Pitsiladis Y.P. (2002). *Body mass index (BMI) is associated with ADRB2 genotypes in school-aged boys*. Proceedings: 7th Annual Congress of the European College of Sports Science, Athens, Greece, p. 644.

30. **Tsiokanos, A.**, Georgiades, E., Tsimeas, P., Vassilopoulos, C., Rennie, G., Wilson, R.H., Pitsiladis Y.P. (2002). *Body composition and aerobic capacity of Greek school-aged children*. Proceedings: 7th Annual Congress of the European College of Sports Science, Athens, Greece, p. 787.
31. Tsoularidi, V., Soulas, D., Dimitriou, M., **Tsiokanos, A.** (2002). *Performances and physical characteristics of male and female athletes that challenge for the three first positions in the 100m race of the Greek, Olympic and world champions for the decade of 1990-2000*. Proceedings: 10th International congress on physical education and sport, Komotini, Greece, 2002. *Exercise & Society*, 31: 85.
32. Mavroeidea, P., Soulas, D., **Tsiokanos, A.**, Koutsioras, I., Kontonassios, I. (2002). *Temporal analysis of 1500 m run in athletics world championships*. Proceedings: 10th International congress on physical education and sport, Komotini, Greece, 2002. *Exercise & Society*, 31: 86.
33. Dimitriou, M., Soulas, D., Tsoularidi, V., **Tsiokanos, A.** (2002). *Performances and physical characteristics of male and female champions of marathon race of the Greek, Olympic and world champions for the decade of 1990-2000*. Proceedings: 10th International congress on physical education and sport, Komotini, Greece, 2002. *Exercise & Society*, 31: 88.
34. Oikonomides S., Tsaopoulos, D., Tsigilis, N., **Tsiokanos, A.** (2002). *Effect of military sports programs on selected physical fitness components*. Proceedings: 10th International congress on physical education and sport, Komotini, Greece, 2002. *Exercise & Society*, 31: 123.
35. Theodoratou, E., **Tsiokanos, A.**, Jamurtas, A., Verigakis, I., Giotsopoulou, E., Tsaopoulos, D. (2002). *Relationship between skinfolds and bioelectrical impedance methods in estimation of percent body fat*. Proceedings: 10th International congress on physical education and sport, Komotini, Greece, 2002. *Exercise & Society*, 31: 206.
36. Tsimeas, P., Kikidi, M., **Tsiokanos, A.**, Jamurtas, A., Koutedakis, Y. (2002). *The effects of chronological age and athletic participation on selected ventilatory parameters*. Proceedings: 10th International congress on physical education and sport, Komotini, Greece, 2002. *Exercise & Society*, 31: 249.
37. **Tsiokanos, A.**, Kellis, E. (2001). *Vertical ground reaction forces in step aerobic dance*. Proceedings: 6th Annual Congress of the European College of Sports Science, Cologne, Germany, p. 1101.
38. **Tsiokanos, A.**, Kellis, E., Tzamurtas, A., Kellis, S. (2001). *The relationship between jumping performance and isokinetic strength of hip and knee extensors and ankle plantar flexors*. Proceedings: 6th Annual Congress of the European College of Sports Science, Cologne, Germany, p. 1053.
39. Jamurtas, A., Koutedakis, Y., **Tsiokanos, A.**, Baltzopoulos, B., Paschalis, V., Yfanti, C. (2001). *The effects of a single bout of resistance exercise on resting energy expenditure and fat oxidation*. Proceedings: 6th Annual Congress of the European College of Sports Science, Cologne, Germany, p.1022.
40. **Tsiokanos A.**, Jamurtas A., Tsimeas P., Oikonomides S. (2001). *Temporal structure of 50m sprint running in male and female students of physical education*. Proceedings: 9th International congress on physical education and sport, Komotini, Greece, 2001. *Exercise & Society*, 28: 138-139.
41. Patsopoulou A., Soulas D., Nikoviotis N., **Tsiokanos A.** (2001). *The racing profile of athletes men and women() who took part in 200m sprint final in the Olympic Games, World Championships and Greek national championships in the period 1900-2000*. Proceedings: 9th International congress on physical education and sport, Komotini, Greece, 2001. *Exercise & Society*, 28: 147.
42. Tsiotra G., Tsimeas P, Flouris A., Tofas T., Theoharis V., Paschalis V., **Tsiokanos A.**, Koutedakis Y. (2001). *Physical fitness and fat skinfold measurements as predictors of flexibility in school children*. Proceedings: 9th International congress on physical education and sport, Komotini, Greece, 2001. *Exercise & Society*, 28: 234.
43. Jamurtas A., Koutedakis Y., **Tsiokanos A.**, Baltzopoulos V., Paschalis V., Anagnostou N., Galeas T., Vardoulis E., Lemoni A. (2001). *The effects of a single bout of aerobic exercise on resting energy expenditure and fat oxidation*. Proceedings: 9th International congress on physical education and sport, Komotini, Greece, 2001. *Exercise & Society*, 28: 264.
44. T. Tofas, A. Flouris, P. Tsimeas, G. Tsiotra, E. Panagiotou, V. Pashalis, A.Z. Jamourtas, **Th. Tsiokanos**, Y. Koutedakis. (2000). *Aerobic and anaerobic performance differences in 12-years old Greek*

- children. *Proceedings: 8th International congress on physical education and sport, Komotini, Greece, 2000. Exercise & Society, 25: 8.*
45. Jamurtas A.Z., Goldfarb A.H., **Tsiokanos A.**, Fatouros I.G. (2000). *The effects of beta-endorphin infusion during exercise on pancreatic hormones. Proceedings: 5th Annual Congress of the European College of Sports Science, Jyväskylä, Finland, p. 352.*
 46. Jamurtas A.Z., Mountantonakis S.E., **Tsiokanos A.**, Ntouvelis E.G., Gkimbiriti M.A., Alexiou V., Gourgoulianis K.I., Molibdas P.A. (2000). *The effects of suspension of training on forced expiratory volume (FEV1). Proceedings: 8th International congress on physical education and sport, Komotini, Greece, 2000. Exercise & Society, 25: 61.*
 47. Jamurtas A.Z., Mountantonakis S.E., **Tsiokanos A.**, Ntouvelis E.G., Gkimbiriti M.A., Alexiou V., Gourgoulianis K.I., Molibdas P.A. (2000). *Relationship between respiratory volumes and performance in young swimmers. Proceedings: 7th International congress on physical education and sport, Komotini, Greece, 1999. Exercise & Society, 25: 65.*
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 49. Tsimeas P., **Tsiokanos A.** (1998). *The effects of static ball handling on dribbling improvement in young basketball players. Proceedings: 6th International congress on physical education and sport, Komotini, Greece, 1998. Exercise & Society 20:148.*
 50. Kipraios G., **Tsiokanos A.** (1995). *Factors affecting an effective technique in high jump. Proceedings: 3rd International congress on physical education and sport, Komotini, Greece, 1995. Exercise & Society, p. 11.*
 51. **Tsiokanos A.**, Ivanov S. (1994). *Time and potential of the frame of ground reaction forces in long distance running. Proceedings: 2nd International congress on physical education and sport, Komotini, Greece, 1994. Exercise & Society, 9: 132.*
 52. **Tsiokanos A.**, Ivanov S. (1994). *Injuries in gymnastics: A biomechanical point of view. Proceedings: 2nd International congress on physical education and sport, Komotini, Greece, 1994. Exercise & Society, 9: 86.*
 53. **Tsiokanos A.**, Giavroglou A., Tsarouchas L. (1990). *Variation of parameters describing ground reaction forces during children's running. Proceedings: VIIIth International Symposium of the Society of Biomechanics in Sports, Prague, Czechoslovakia, 1990, p. 197-204.*
 54. Tsarouchas L., Giavroglou A., Kalamaras K., **Tsiokanos A.**, (1990). *The critical kinematic and kinetic parameters of the race walkers performance. Proceedings: Techniques in Athletics: The First International Conference, Cologne, Germany, 1990, p. 487-494.*

6 INVITED PRESENTATIONS

- Invited speaker in the Meeting of Health Running Association of Thessaloniki, Title: “Biomechanics of Long Distance Runner”, Thessaloniki, Greece, January, 2015.
- Invited speaker in the Meeting of Greek Wrestling Federation, “Training in Wrestling”, Title: “Biomechanics in Wrestling”, Trikala-Athens, Greece, October, 2014.
- Chair in the 5th Congress of Greek Society of Biomechanics, Thessaloniki, Greece, September, 2012.
- Invited speaker in the 6th Greek Interdisciplinary Conference of Alzheimer's Disease and Related Disorders, Title: “Gait and balance assessment of patients with dementia”, Thessaloniki, Greece, February, 2009.
- Chair in the 2nd Congress of Greek Society of Biomechanics, Ancient Olympia, Greece, May, 2007.
- Chair in the 1st Congress of Greek Society of Biomechanics, Trikala, Greece, April, 2006.
- Chair in the 1st International Conference of Soccer, Trikala, Greece, April, 2005.

- Chair in the 13th International Congress on Physical Education and Sport, Komotini, Greece,, May, 2005.
- Chair in the 12th International Congress on Physical Education and Sport, Komotini, Greece, May, 2004.
- Chair in the 11th International Congress on Physical Education and Sport, Komotini, Greece, May, 2003.
- Chair in the 7th Annual Congress of the European College of Sports Science, Athens, Greece, July, 2002.
- Chair in the 10th International Congress on Physical Education and Sport, Komotini, Greece, May, 2002.
- Chair in the 9th International Congress on Physical Education and Sport, Komotini, Greece, May, 2001.
- Chair in the 8th International Congress on Physical Education and Sport, Komotini, Greece, May, 2000.
- Organizational Committee - Chair in the 1th International Symposium in Athletics, Trikala, Greece, March, 1999.
- Chair in the 2nd International Congress of Sport, Trikala, Greece, November, 1998.
- Invited speaker (two presentations) in the 3rd International Congress of Northern Greece Sports Medicine Association, Title: "Strength evaluation" and "Power evaluation of lower extremities", Thessaloniki, Greece, November, 1995.
- Invited speaker in the Meeting of Hellenic Athletics Federation "Training in Athletics for Small Ages", Title: "*Statistical Analysis of Sports Tests at Youngers*", Ag. Kosmas, Athens, Greece, March, 1988.

7 MISCELLANEOUS

- Lab Director of the Center of Research and Evaluation of Human Performance, D.P.E.S.S., U.Th.
- Member of the editorial board of the journal "Inquiries in Physical Education and Sport" (*section editor*).
- Reviewer in International (3) and Greek (3) journals in the sports science field.
- Administrative Experience
 - **2000-today:** Member in various administrative committees (internal ethics comitee, evaluation comitee, etc) of the Department of Physical Education and Sport Science of the University of Thessaly.
- Professional Experience
 - **1988-1990:** Special scientific staff in Hellenic Athletics Federation (SEGAS) for biomechanical evaluation of the athletes.
- Member of Health Runners Club of Thessaloniki.