



VASILIKI ZISI

Items	Number
Books	5
Book Chapters	9
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	75
Articles in Journals not Indexed in Bibliographical Databases	8
Refereed International Conference Presentations	130+
Invited Presentations	1
Citation Index Google Scholar/Scopus	2958/1382
h-index Google Scholar/Scopus	19/12
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Web of Science Researcher ID: AAP-3091-2021	

1 EDUCATION

- **2001-2002:** Post-Doctoral Research funded by the State Scholarships Foundation, entitled: *“Effects of motor and cognitive activity on Perceptuo – motor and Cognitive Abilities of people aged 65 – 80 years”*.
- **2001:** Doctorate of Philosophy (Ph.D.) in Human performance and health. Aristotle University of Thessaloniki, Greece. (Ph.D. dissertation: *Habitual Physical Activity of Persons Aged 60-75: Effects on Perceptuo – motor and Cognitive Abilities*).
- **1998:** Master of Sciences (MSc) in Coaching. Democritus University of Thrace, Komotini, Greece (Dissertation: *Exercise effects on motor function of the elderly*).
- **1988:** BSc. in Physical Education and Sport Science offered by the Aristotle University of Thessaloniki, Department of Physical Education and Sport Science with specialization *“Rhythmic Gymnastics”*.

2 EMPLOYMENT HISTORY

- Professor of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2025-)
- Associate Professor of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2015-2025).
- Visiting researcher, University of Bath, UK (2017 – 2018)
- Assistant Professor of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2010-2015).
- Lecturer of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2005-2010).
- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, University of Thessaly (2004-2005).

- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, Democritus University of Thrace (2002-2004).
- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, Aristotle University of Thessaloniki (1999-2001).

3 PUBLICATIONS

3.1 Books

1. Translation and editing of the book: Lawrence, S., Hill, J. & Mowatt, R. (Eds.). (2026). Routledge Handbook of Sport Leisure and Social Justice. Routledge, Taylor & Francis Group. Για την ελληνική έκδοση: Αθλητισμός, Αναψυχή και Κοινωνική Δικαιοσύνη. Editos V. **Zisi**, D. Katsarou, & A. Patsiaouras. Athens: Tziolla.
2. Katsarou, D & **Zisi**, V. (2022). Αναπηρία και Ψυχική Υγεία (Disability and Mental Health - editors). Athens: Gutenberg.
3. Translation and editing of the book: Rose (2020) Physical activity instruction of older adults (2nd ed). Champaign IL: Human Kinetics. Για την ελληνική έκδοση: Σχεδιασμός προγραμμάτων άσκησης για ηλικιωμένους. Editing V. **Zisi** & M. Michalopoulou. Athens: Konstantinidis
4. Translation and editing of the book: Jastrjemskaia, N. & Titov, Y. (2019). *Rhythmic Gymnastics* (2nd ed). Champaign IL: Human Kinetics. Για την ελληνική έκδοση: *Ρυθμική Γυμναστική*. Translation in the Greek Language and editing E. Giannitsopoulou, V. Zisi. Thessaloniki: University Studio Press.
5. Translation and editing of the book: Jastrjemskaia, N. & Titov, Y. (1999). *Rhythmic Gymnastics*. Champaign IL: Human Kinetics. Για την ελληνική έκδοση: *Ρυθμική Γυμναστική*. Translation in the Greek Language and editing E. Giannitsopoulou, V. Zisi. Thessaloniki: University Studio Press.

3.2 Book Chapters

1. Zisi, V., Katsarou, D., Kokaridas, D., & Kouthouris C. (2017). New Approaches on History and Disability in Greece. In Gaillard, J., Cuartas, L. A. H., & Ortega, J. A. F. (Eds.), *Estructura y Organización del Deporte Paralímpico. Una mirada Internacional*, pg 231-250. Bogotá, Colombia: Corporación Universitaria CENDA.

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

1. Moscha, D., Giannitsopoulou, E., Lola, A., Tzetzis, G., & Zisi, V. (2025). The effect of recreational rhythmic gymnastics' training programs on older women's manual dexterity: A randomized trial. *Journal of Aging and Physical Activity*, 34(2), 250-259 <https://doi.org/10.1123/japa.2024-0309>. (ISI, Scopus Q2)
2. Moscha, D., Giannitsopoulou, E., Lola, A., Tzetzis, G., & Zisi, V. (2025). The effect of a rhythmic gymnastics exercise program on the balance ability of women over 65 years old. *Archives of Hellenic Medicine*, in press. (ISI, Scopus)
3. Bougiesi, M., & Zisi, V. (2025). The Level of Quality of Life Experienced by Young Adults Practicing Greek Traditional Dance, Latin Dance and Group Exercise programs. *Journal of Bodywork and Movement Therapies*, 44, 328-332. (ISI, Scopus Q2)

4. Papadimitriou, K., Nani, S., Schoretsaniti, S., Zisi, V., Kyriakidou, Y., Giouleka, P., Tsirikis, G., & Koukoularis, D. (2024) A Combined Method of Smoking Cessation in Mining Company Workers. *Nosileftiki*, 63(3), 113-121.
5. Mantsos, E., Lyrakos, G., Katsarou, D. V., Zafeiroudi, A., Giannousi, M., & Zisi, V. (2024). Psychometric Properties of the Body–Mind–Spirit Wellness Behavior and Characteristic Inventory for the Greek Population, *Healthcare* 12 (4), 478. <https://doi.org/10.3390/healthcare12040478> . (ISI, Scopus Q2)
6. Mantsos, E., Katsarou, D., & Zisi, V. (2024). Aging in Down syndrome: Neurocognitive and clinical profile. *Archives of Hellenic Medicine*, 41(1), 7-16. (ISI, Scopus)
7. Gilyana, M., Batrakoulis, A., & Zisi, V. (2023). Physical activity, body image, and Emotional Intelligence Differences in adults with overweight and obesity. *Diseases*, 11(2), 71. (ISI, Scopus)
8. Bougiesi, M., Krommidas, C. & Zisi, V. (2023). Trait anxiety differences among participants in different types of dance and group exercise. *Sport Science*, 16(1), 57–64. (Scopus)
9. Bougiesi M., Pollatou E., Kotis I., & Zisi V. (2023). The effect of self-talk on a novel dance in Greek traditional dance class. *Inquiries in Physical Education and Sport*, 21(2), 70–78. <https://doi.org/10.26253/heal.uth.ojs.ispe.2023.1916>
10. Argyriadis, A., Patelarou, E., Paoullis, P., Patelarou, A., Dimitrakopoulos, I., Zisi, V., ... & Argyriadi, A. (2022). Self-assessment of health professionals' cultural competence: Knowledge, Skills, and Mental Health Concepts for Optimal Health Care. *International Journal of Environmental Research and Public Health*, 19(18), 11282. (ISI, Scopus)
11. Katsarou, D., & Zisi, V. (2022). Down Syndrome: Verbal short memory from preschool years to old age. *Archives of Hellenic Medicine*, 39(1), 54-59. (ISI, Scopus)
12. Bougiesi, M., Dinas, P., Zisi, V., Pollatou, E., & Theodorakis, Y. (2021). Emotional intelligence levels of adult Hellenic traditional dancers and group exercisers. *Inquiries in Sport & Physical Education*, 19(3), 134-144.
13. Trabelsi, K., Ammar, A., Masmoudi, L., Zisi, V. ... et al. (2021). Sleep quality and physical activity as predictors of mental wellbeing variance in older adults during COVID-19 lockdown: ECLB COVID-19 international online survey. *International Journal of Environmental Research and Public Health*, 18(8), 4329. (ISI, Scopus)
14. Trabelsi, K., Ammar, A., Masmoudi, L., Zisi, V. ... et al. (2021). Globally altered sleep patterns and physical activity levels by confinement in 5056 individuals: ECLB COVID-19 international online survey. *Biology of Sport*, 38(4), 495–506. (ISI, Scopus)
15. Ammar, A., Trabelsi, K., Brach, M., Chtourou, H., Boukhris, O., & Masmoudi, L. Zisi, V. ... et al. (2021). Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the ECLB-COVID19 multicenter study. *Biology of Sport*, 38(1), 9-21. <https://doi.org/10.5114/biol sport.2020.96857> (ISI, Scopus)
16. Withall, J., Greaves, C.J., Thompson, J.L., de Koning, J.L., Bollen, J.C., Moorlock, S.J., Fox, K.R., Western, M.J., Snowsill, T., Medina-Lara, A., Cross, R., Ladlow, P., Taylor, G., Zisi, V., Clynes, J., Gray, S., Agyapong-Badu, S., Guralnik, J.M., Rejeski, W.J., & Stathi, A. (2020). The Tribulations of Trials: Lessons Learnt Recruiting 777 Older Adults Into REtirement in ACTion (REACT), a Trial of a Community, Group-Based Active Aging Intervention Targeting Mobility Disability. *The Journals of Gerontology: Series A*, 75(12), 2387-2395. (ISI, Scopus)
17. Ammar, A., Mueller, P., Trabelsi, K., Chtourou, H., Boukhris, O., Masmoudi L, Zisi, V. ... et al. (2020) Psychological consequences of COVID-19 home confinement: The ECLB-COVID19

- multicenter study. *PLoS ONE* 15(11): e0240204. <https://doi.org/10.1371/journal.pone.0240204> (ISI, Scopus)
18. Zacharis, T., Lyrakos, G., & Zisi, V.Z. (2020) Physical activity and mental health in caregivers of mental ill patients in Greece. *Journal of Human Sport and Exercise*, 15(3proc), S848-S855. doi: <https://doi.org/10.14198/jhse.2020.15.Proc3.36> (ISI, Scopus)
 19. Ammar, A., Chtourou, H., Boukhris, O., Trabelsi, K., Masmoudi, L., Brach, M., ... Zisi, V. ... & Mueller, P. (2020). COVID-19 Home Confinement Negatively Impacts Social Participation and Life Satisfaction: A Worldwide Multicenter Study. *International Journal of Environmental Research and Public Health*, 17(17), 6237. (ISI, Scopus)
 20. Mantsos E., Katsarou Δ., Kourtessis Θ., Vernadakis N., Michalopoulou M., & Zisi B. (2019). Physical activity in individuals with Down Syndrome: measurement with pedometer use. *Inquiries in Physical Education and Sport*, 17(2), 78–89. <https://doi.org/10.26253/heal.uth.ojs.ispe.2019.1526>
 21. Malegiannaki, A., Katsarou, D., Liolios, A., & Zisi, V. (2019). Ageing and Down syndrome: Neurocognitive characteristics and pharmacological treatment. *Hellenic Journal of Nuclear Medicine*, 22, 123-132. (ISI, Scopus)
 22. Zacharis, T., & Zisi, V. (2018). Quality of life and physical exercise in caregivers of patients with mental illness. *Archives of Hellenic Medicine*, 35(2), 182-187. (ISI, Scopus)
 23. Leontari, D., Zisi, V., Gratsani, S., Chroni, S., & Theodorakis, Y. (2017). Motivational Interviewing for Smoking Cessation and Increase of Physical Activity in Adults. *Psychology*, 8(12), 1988-2010.
 24. Konstantinidou, E., & Zisi, V. (2017). Do Physical Educators Promote Students' Creativity? An observational analysis study. *Physical Educator*, 74(3), 421-442. (ISI)
 25. Katsarou, D., Zisi, V. & Kokaridas, D. (2017). The effect of self-talk on the improvement of reading comprehension skills and health education of children with intellectual disabilities. *International Education and Research Journal*, 3(8), 150-151.
 26. Gratsani, S., Leontari, D., & Zisi, V. (2017). Counseling intervention for smoking cessation in adults. *Archives of Hellenic Medicine*, 34(2), 173-180. (ISI, Scopus)
 27. Zisi, V., Gratsani, S., Leontari, D., & Theodorakis, Y. (2016). Combining individual and group counselling sessions in a smoking cessation intervention. *Psychology*, 7, 1766-1784.
 28. Bougiesi, M., Zisi, T., & Zisi, V. (2016). Differences in cognitive function among Hellenic folk dancers, exercisers and non-exercisers. *Journal of Physical Activity, Nutrition and Rehabilitation*, 1, <http://www.panr.com.cy/?p=1384>
 29. Gratsani S., Leontari D., Zisi V., & Theodorakis Y. (2016). Counseling Intervention for Smoking Cessation in Adults. *Inquiries in Physical Education and Sport*, 14(1), 67–78. <https://doi.org/10.26253/heal.uth.ojs.ispe.2016.1469>
 30. Leontari D., Gratsani S., Zisi V., & Theodorakis Y. (2016). Individual counselling for smoking cessation. An intervention applied by medical and nursing staff in health centres in Greece. *Inquiries in Physical Education and Sport*, 14(1), 79–93. <https://doi.org/10.26253/heal.uth.ojs.ispe.2016.1470>
 31. Anastasiadis, M., Kourtessis, T., Zisi, V., & Kioumourtzoglou, E. (2016). Knowledge of elementary school educators in Cyprus regarding developmental coordination disorder in childhood. *Journal of Physical Activity, Nutrition and Rehabilitation*, 2, 128-141.
 32. Ypofanti, M., Lyrakos, G., Mouchtouri, B., Tzanne, P., Panidou, M., Niarchakou, H., Sakkari, X., Theodorakis, Y., & Zisi, V. (2015). Cognition, physical activity, sociodemographic characteristics and

- “emotional stability”: Their connection with smoking cessation. *Archives of Hellenic Medicine*, 32(4), 492-500. (ISI, Scopus)
33. Konstantinidou, E., **Zisi, V.**, Katsarou, D., & Michalopoulou, M. (2015). Barriers and Inhibitors of Creativity in Physical Education. *European Psychomotricity Journal*, 7 (1), 17-31.
 34. Υποφanti, M., **Zisi, V.**, Zourbanos, N., Mouchtouri, B., Tzanne, P., Theodorakis, Y., & Lyrakos, G. (2015). Psychometric properties of the IPIP Big-Five personality questionnaire for the Greek population. *Health Psychology Research*, 3 (2), 41-47. DOI: 10.4081/hpr.2015.2206. (ISI)
 35. Konstantinidou, E., **Zisi, V.**, & Michalopoulou, M. (2015). Preliminary psychometric properties of the CFTIndex in Greece: The perspective of Physical Education. *Early Child Development and Care*, 185(3), 409-426. <https://doi.org/10.1080/03004430.2014.930452> (ISI, Scopus)
 36. Katsarou, D., Panta, D., Konstantinidou, E., & Zisi, V. (2015) Educator’s emotional intelligence in second chance schools for adults. *εκπ@ιδευτικός κύκλος (educational circle)*, 3(2), 69-81. https://educircle.gr/wp-content/uploads/2017/06/3_2-4.pdf
 37. Bougiesi, M., Gianni, Ai., & **Zisi, V.** (2014). Quality of life and dance in middle aged and older adults: A literature review. *Inquiries in Physical Education and Sport*, 12(3), 191–203. <https://doi.org/10.26253/heal.uth.ojs.ispe.2014.1432>
 38. Μπελέτη (Zisoula Mpeleti), Πολλάτου (Elizana Pollatou), Ζήση (Vasiliki Zisi), & Αγδινιώτης (Ilias Agdiniotis), (2014). Η επίδραση της μουσικής και του ρυθμού στη διδασκαλία ενός τυπικού προγράμματος κυκλοφοριακής αγωγής μαθητών ηλικίας 5-9 ετών. *Ερευνώντας τον κόσμο του παιδιού*, 13, 355-358. doi: <https://doi.org/10.12681/icw.17985>
 39. **Zisi, V.**, Gianni, Ai., Bougiesi, M., Pollatou, E., & Michalopoulou, M. (2014). Systematic participation in folk dance or physical activity? Effects in quality of life in the elderly. *Inquiries in Physical Education and Sport*, 12(1), 1–8. <https://doi.org/10.26253/heal.uth.ojs.ispe.2014.1411>
 40. Adamidou, E., **Zisi, V.**, Hassandra, M., & Chroni, S. (2013). Body image in 13-17 years old adolescents: gender and physical activity effects. *Inquiries in Sport and Physical Education*, 11(1), 65-75. <https://doi.org/10.26253/heal.uth.ojs.ispe.2013.1395>
 41. Hassandra, M., Tsiaousi, L., **Zisi, V.**, Karatzaferi, C., & Theodorakis, Y. (2013). Effects of physical activity, smoking and alcohol consumption on quality of life of students in continuous education centers. *Inquiries in Sport and Physical Education*, 11 (3), 9-21. <https://doi.org/10.26253/heal.uth.ojs.ispe.2013.1405>
 42. Hassandra, M., Kofou, G., Zourbanos, N., Gratsani, S., **Zisi, V.**, & Theodorakis, Y. (2012). Initial evaluation of a smoking cessation program incorporating physical activity promotion to Greek adults in antismoking clinics. *Evaluation & the Health Professions*, 35(3), 323-330. <https://doi.org/10.1177/0163278712445> (ISI, Scopus)
 43. Pollatou, E., Pantelakis, G. Agdiniotis, I. Mpenta, N., Zisi V., & Karadimou, K. (2012). How is the rhythmic ability of preschool children affected by the implementation of a music-movement program? *European Psychomotricity Journal*, 4(1), 49-56.
 44. Grigoriou, S., **Zisi V.**, Tachias, F., Gilyana, M., & Bougiesi, M. (2012). Emotional intelligence, age and physical activity: review of contemporary literature. *Inquiries in Sport and Physical Education*, 10, 17-29. <https://doi.org/10.26253/heal.uth.ojs.ispe.2012.1373>
 45. Michalopoulou, M., **Zisi, V.**, Stani, S., Kiriazi, C., & Kioumourtzoglou, E. (2011). Physical activity of Greek older adults aged 65 and over. *Exercise and Quality of Life*, 3(2), 19-30. <http://scindeks.ceon.rs/article.aspx?artid=1821-34801102019M&lang=en>

46. Bougiesi, M., **Zisi**, V., Gregoriou, S., & Pollatou, E. (2011). Greek folk dance systematic participation affects quality of life in young and middle age adults. *Inquiries in Sport and Physical Education, Inquiries in Physical Education and Sport*, 9(2), 134–143. <https://doi.org/10.26253/heal.uth.ojs.ispe.2011.1367>
47. Tsatsakos, G., Michalopoulou, M., Aggeloulis, N., & **Zisi**, V. (2011). Physical activity of older adults aged 65-85 years: Using a pedometer and the self-report measure PASE. *Physiotherapy Issues*, 7(1), 11-20.
48. Michalopoulou, M., **Zisi**, V., Aggeloussis, N., Makavelou, P., & Tsatsakos, G. (2010). Pedometer determined physical activity of older adults in Greece. Age and sex effects. *International Journal of Health Science*, 3, 349-353.
49. Giannitsopoulou, E., Kosmidou, E., & **Zisi**, V. (2010). Examination of parental involvement in Greek female athletes. *Journal of Human Sport and Exercise*, 5(2), 176-187. DOI:[10.4100/jhse.2010.52.07](https://doi.org/10.4100/jhse.2010.52.07)
50. **Zisi**, V., Giannitsopoulou, E., Vassiliadou, O., Pollatou, E. & Kioumourtzoglou, E. (2009). Performance level, abilities and psychological characteristics in young junior rhythmic gymnasts: the role of sport experience. *International Quarterly of Sport Science*, 4, 1-13. http://mstt.hu/iqss/issues/20094/1_Zisi%20et%20al_IQSS_2009_4.pdf
51. Agdiniotis, I., Pollatou, E., **Zisi**, V., Gerodimos, V., Karadimou, K., & Yiagoudaki, F. (2009). Relationship between rhythmic ability and type of motor activities in preschool children. *European Psychomotricity Journal*, 2(1), 24-34. http://www.psychomotor.gr/docs/6AGDINIOTIS_24_34.pdf
52. **Zisi** V., Boura S., Polatou E., Gianitsopoulou E., & Kioumourtzoglou E. (2009). Construction of a questionnaire evaluating secondary education students' knowledge about Rhythmic Gymnastics. *Inquiries in Physical Education and Sport*, 7(2), 114–129. <https://doi.org/10.26253/heal.uth.ojs.ispe.2009.1311>
53. Pavlidou E., Mertzanidou O., & **Zisi** V. (2009). Evaluation of rhythmic ability in Rhythmic Gymnasts and non-gymnasts. *Inquiries in Physical Education and Sport*, 7(2), 203–209. <https://doi.org/10.26253/heal.uth.ojs.ispe.2009.1321>
54. Chanou K., Gerodimos V., Karatrantou N., **Zisi** V., Tziamourtas A., Tsiokanos A., & Kriki T. (2009). Whole body vibration training. *Inquiries in Physical Education and Sport*, 7(1), 39–56. <https://doi.org/10.26253/heal.uth.ojs.ispe.2009.1299>
55. Kosmidou, E.B., Ioannidis, T.D., Lyssa, V., Zisi, V., & Theodorakis, Y. (2009). Examining alcohol and exercise in students through Planned Behavior theory using self-identity and past behaviour. *Hellenic Journal of Physical Education and Sport Science*, 29(3), 272-289.
56. Benetou A., Kofou G., Zisi V., & Theodorakis Y. (2008). The role of body weight and exercise in body cathexis and body image of young women aged 15-25. *Inquiries in Physical Education and Sport*, 6(1), 47–55. <https://doi.org/10.26253/heal.uth.ojs.ispe.2008.1230>
57. Pollatou, E., Gerodimos, V., **Zisi**, V., Zervanou, D., & Karadimou, K. (2008). Spatial orientation ability in boys and girls toddlers. *Scientific Journal of Orienteering*, 18, 40 – 46.
58. Kyriazi, Ch., Michalopoulou, M., **Zisi**, V., Theodorakis, Y., & Kioumourtzoglou, E. (2007). Functional assessment in the elderly with the use of a self administered questionnaire and a physical performance test. *Inquiries in Physical Education and Sport*, 5(2), 264–272. <https://doi.org/10.26253/heal.uth.ojs.ispe.2007.1201>
59. **Zisi**, V., Theodorakis, Y., Skondras, G., & Natsis, P. (2006). The relation of balance performance with physical activity in elderly fallers and non-fallers. *Studies in Physical Culture and Tourism*, 13, 111-114.

60. Kyriazi, Ch., Michalopoulou, M., **Zisi**, V., Theodorakis, I. & Kioumourtzoglou, E. (2006). Relation between self-administered and objective measures of physical function in Greek Older Adults. *Studies in Physical Culture and Tourism*, 13, 57- 61.
61. Michalopoulou, M., Aggeloussis, N., **Zisi**, V., Ventouri, M., Kourtessis, Th., & Malliou, P. (2006). Physical activity patterns of Greek adults aged 60 – 90 years: Age and gender effects. *Inquiries in Sport and Physical Education*, 4 (1), 87 - 96. http://www.pe.uth.gr/hape/images/stories/emag/vol4_1/hape124.pdf
62. Michalopoulos, M., **Zisi**, V., Malliou, P. & Kioumourtzoglou, E. (2004). Habitual activity & motor function in a rural Greek elderly population. *Journal of Human Movement Studies*, 46, 519-530. (ISI, Scopus)
63. Vassiliadou, O., Derri, V., **Zisi**, V., Goudas, M. & Kioumourtzoglou, E. (2004). Qualitative aspects of teaching and manipulative skill enhancement: is there any relationship? *Journal of Human Movement Studies*, 46, 259 – 273. (ISI, Scopus)
64. **Zisi**, V., Ventouri, S., & Tsougou, E. (2004). Physical activity and information processing speed in older women: The role of exercise. *Inquiries in Physical Education and Sport*, 2(2), 110–118. <https://doi.org/10.26253/heal.uth.ojs.ispe.2004.1039>
65. Akritidou, A., Tsougou, E., Ventouri, S., & **Zisi**, V. (2004). Exercise as a mean of treating idiopathic scoliosis in children and adolescents: Practical applications. *Inquiries in Sport and Physical Education*, 2 (2), 138 - 147. <https://doi.org/10.26253/heal.uth.ojs.ispe.2004.1044>
66. Giannitsopoulou, E., **Zisi**, V. & Kioumourtzoglou, E. (2003). Elite performance in rhythmic gymnastics: Do the changes in code of points affect the role of abilities? *Journal of Human Movement Studies*, 45, 327-346. (ISI, Scopus)
67. Malliou, P. Fatouros I., Beneka, A. Gioftsidou A., **Zissi** V., Godolias G., Fotinakis P. (2003). Different training programs for improving muscular performance in healthy inactive elderly. *Isokinetics and Exercise Science*, 11, 189-195. (ISI, Scopus)
68. **Zisi**, V., Deri, V. & Hatzitaki, V. (2003). The role of perceptual and motor abilities in instep kicking performance of young soccer players. *Perceptual & Motor Skills*, 96, 625-636. (ISI, Scopus)
69. **Zisi**, V., Gikoudi, M., & Kioumourtzoglou, E. (2003). Physical activity and cognitive function in the elderly. *Inquiries in Sport and Physical Education*, 1 (1), 80 - 91. <https://doi.org/10.26253/heal.uth.ojs.ispe.2003.991>
70. Giannitsopoulou, E., **Zisi**, V., Oikonomikou, A., & Michou, T. (2003). Age group effects on perceptual and motor abilities of rhythmic gymnasts, 11 years and older. *Inquiries in Sport and Physical Education*, 1 (1), 49-57. <https://doi.org/10.26253/heal.uth.ojs.ispe.2003.993>
71. Hatzitaki, V., **Zisi**, V., Kollias, I. & Kioumourtzoglou, E. (2002). Perceptual-motor contributions to static and dynamic balance control in children. *Journal of Motor Behavior*, 34, 161-170. (ISI, Scopus)
72. Tzetzis, G., Goudas, M., Kourtessis, Th. & **Zisi** V. (2002). The relation of goal orientation to physical activity in physical education. *European Physical Education Review*, 8, 177-188. (Scopus)
73. **Zisi**, V., Michalopoulou, M., Tzetzis, G. & Kioumourtzoglou, E. (2001). Effects of a short-term exercise program on motor function and whole body reaction time in the elderly. *Journal of Human Movement Studies*, 40, 145 – 160. (ISI, Scopus)
74. Derri, V., **Zisi**, V., & Pacht, M. (2001). Development of manipulative skills by children in primary grades. *Journal of Human Movement Studies*, 40, 377 –390. (ISI, Scopus)
75. Derri, V., **Zisi**, V., Papadimitriou, K. & Kourtesis, T. (1997). Age and experience effects on information processing of female gymnasts, *Physical Culture*, 5, 515-520.

3.4 Articles in Journals not Indexed in Bibliographical Databases

1. Geronteli A., Beneka, A., Malliou, P, Theodorakis, Y., & Zisi, V. (2013) Therapeutic and recreational exercise in office workers – pc users with chronic neck pain. *Ergotherapy*, 54, 42-47.
2. Giannitsopoulou, E., Zisi, V., Lina M., & Kioumourtzoglou E. (2003). Differences in perceptuo-motor and cognitive abilities among Rhythmic Gymnastics athletes aged 9 – 12 years. *Health and Sport Performance*, 5, 5-17.
3. Zisi, V., Kioumourtzoglou, E., Grouios, G., & Tsozbatzoudis, Ch. (2002). Age and physical activity effects on information processing speed in persons aged 60 to 75 years. *Physical Activity & Quality of Life*, 3, 18-29.
4. Zisi, V., Deli, E., & Theodorakis, Y. (1999). Exercise and psychological health in the elderly. *Health and Sport Performance*, 1, 183-199.
5. Michalopoulou, M., Malliou, P., Zisi, V., & Godolias, G. (1999). The effect of exercise on strength and flexibility parameters of the elderly. *Health and Sport Performance*, 1, 129-139.

3.5 Short Papers in Conference Proceedings (short papers)

1. Ταγκαλίδου Μ., Ζήση Β., Κουθούρης Χ., & Τζέτζης Γ. (2020). Προτιμήσεις άσκησης γυναικών σε γυμναστήρια και συναισθηματική νοημοσύνη. Πρακτικά 21^{ου} Πανελληνίου Συνεδρίου Φυσικής Αγωγής & Αθλητισμού της Ένωσης Γυμναστών Βορείου Ελλάδος, Θεσσαλονίκη, 19-20 Δεκεμβρίου 2020, σσ. 1-5
2. Μαυρίδου Θ., Πολλάτου Ε., Κουθούρης Χ., Ζήση Β. (2017). Η επίδραση της διδασκαλίας με χρήση μουσικών ρυθμικών αξιών, στην απόδοση βασικών κινητικών δεξιοτήτων χιονοδρομίας. *Φυσική Αγωγή & Αθλητισμός* 36(2), 53-57
3. Konstantinidou, E., Zisi, V., & Bougiesi, M. (2016). Differences in emotional intelligence among young adults participating in different types of dances and exercise. *Proceedings of the Sports, Health and Women, International Congress*. Monastir, Tunisia, 5-7 September, pp. 13-14.
4. Konstantinidou, E., Zisi, V., & Michalopoulou, M. (2016). Do Creativity Fostering Teachers Behaviors Differ According to Gender, Age and Professional Experience? *Proceedings of the Sports, Health and Women, International Congress*. Monastir, Tunisia, 5-7 September, pp. 14-15.
5. Αναστασιάδης, Μ., Κουρτέσης, Θ., Ζήση, Β., & Κιουμουρτζόγλου, Ε. (2016). Η γνώση Κυπρίων εκπαιδευτικών πρωτοβάθμιας εκπαίδευσης σχετικά με την αναπτυξιακή κινητική διαταραχή στη σχολική ηλικία. *Τρισέλιδες εργασίες 24^{ου} Διεθνούς Συνεδρίου Φυσικής Αγωγής και Αθλητισμού*, Κομοτηνή, 20-22 Μαΐου 2016, σελ. 88-92.
6. Κατσαρού, Δ. & Ζήση, Β. (2015). Προβλήματα και προοπτικές της συνδιδασκαλίας ως μεθόδου ανάπτυξης της συμπεριληπτικής εκπαίδευσης. *Πρακτικά 2ου Επιστημονικού Συνεδρίου Πανελληνίας Ένωσης Σχολικών Συμβούλων «Εκπαιδευτικές Πολιτικές για το Σχολείο του 21ου αιώνα»*, τ. Γ', 917-920.
7. Μπελέτη, Ζ., Πολλάτου, Ε., Ζήση, Β., Αγδινιώτης, Η., & Καραδήμου, Κ. (2014). Κυκλοφοριακή αγωγή με μουσική και κίνηση στην πρώτη σχολική ηλικία. *Τρισέλιδες εργασίες 22ου Διεθνούς Συνεδρίου Φυσικής Αγωγής και Αθλητισμού*, Κομοτηνή, 9-11 Μαΐου 2014, σελ. 86-90.
8. Κατσαρού, Δ., Τζαμπάζη, Α., & Ζήση, Β. (2014). Συναισθηματική αγωγή και εκπαίδευση. Πρακτικά συνεδρίου: *Επιστήμες της εκπαίδευσης, «Θέλουμε ένα σχολείο για την κοινωνία»* (σελ. 241-244). Θεσσαλονίκη: Εκδοση Ελλήνων Φυσικών, 28-29 Ιουνίου 2014.
9. Παπαγεωργίου Χ., Πολλάτου Ε., Ζήση Β., Γούδας Μ. (2013). Η επίδραση της άσκησης μέσω πρωτότυπων χορευτικών συνθέσεων σε συνδυασμό με μουσική στην ομαδική εργασία παιδιών

- εφηβικής ηλικίας - Πρακτικά 14ου Συνέδριο Φυσικής αγωγής και Αθλητισμού. *Φυσική Αγωγή & Αθλητισμός*, 33 (4), σελ. 48-50.
10. Bougiesi, M., **Zisi, V.**, Hokelmann, A., Rehfeld, K. (2013). Germans dancing Greek folk dances: Opinions on experience and feelings. Proceedings of the 35th World Congress on Dance Research, Athens <http://cid-portal.org/cdr/athens2013/> pp. 1-4.
 11. Bougiesi, M. & **Zisi, V.** (2012). Differences in Emotional Intelligence between participants in Greek folk dance and participants in other forms of exercise. *Dance Therapy World congress 2012*, Athens, Greece. <https://docs.google.com/document/d/11mwswymVUuo0qCKb-pVGXl103DAgleZknH1aSV7WvHo/edit?pli=1> pp. 1-7
 12. Αδάμου, Δ., Κοσμίδου, Ε., **Ζήση, Β.**, & Θεοδωράκης, Γ. (2009). Εφαρμογή ενός παρεμβατικού προγράμματος για την ευαισθητοποίηση και μείωση του καπνίσματος σε μαθητές λυκείου. *Πρακτικά 4ου Forum ΕΑΦΑ*, Θεσσαλονίκη, σ. 66-68.
 13. Κοσμίδου, Ε., **Ζήση, Β.**, Λύσσα, Β., & Θεοδωράκης, Γ. (2008). Κάπνισμα και άσκηση μέσα από τη θεωρία σχεδιασμένης συμπεριφοράς και το διαθεωρητικό μοντέλο σε νεαρούς ενήλικες. *Πρακτικά, 10^{ου} Πανελλήνιο Συνέδριο Αθλητικής Ψυχολογίας* (σελ. 138-140), Αθήνα.
 14. Αδάμου, Δ., **Ζήση, Β.**, Κοσμίδου, Ε., & Θεοδωράκης, Γ. (2007). Σχέση εφήβων και γονέων αναφορικά με τη συμπεριφορά του καπνίσματος μέσα από τη Θεωρία Σχεδιασμένης Συμπεριφοράς. *Πρακτικά 19ου Πανελληνίου Συνεδρίου της Ελληνικής Εταιρείας Κοινωνικής Παιδιατρικής και Προαγωγής της Υγείας*, Καρδίτσα, p. 1-6
 15. Michalopoulou, M., Exarchopoulou, S., Ageloussis, N., **Zisi V.**, & Argiropoulou, E. Ch. (2007). Physical activity levels and number of steps of adult women. In Y. Theodorakis, M. Goudas, & A. Papaioannou, *12th European Congress of Sport Psychology- long papers*, (pp 135-138). Halkidiki, Hellas.
 16. Δρόλαπα, Λ., Μιχαλοπούλου, Μ., **Ζήση, Β.**, & Αγγελούσης, Ν. (2007). Φυσική δραστηριότητα και αριθμός βημάτων ενήλικων ανδρών. *Πρακτικά 2ου Πανελληνίου Συνεδρίου Αναψυχής-Ελεύθερου Χρόνου & Αθλητικού Τουρισμού*, Τρίκαλα, σελ. 122-125.
 17. **Ζήση, Β.**, Βεντούρη Σ., & Κιουμουρτζόγλου, Ε. (2005). Φυσική δραστηριότητα κατά την καθημερινή διαβίωση και τον ελεύθερο χρόνο ηλικιωμένων ατόμων: Επιδράσεις στη συνεχή προσοχή. *Πρακτικά 1ου Πανελληνίου Συνεδρίου Αναψυχής-Ελεύθερου Χρόνου & Αθλητικού Τουρισμού*, Τρίκαλα, σελ. 45-47.
 18. Doulas, M., **Zisi, V.**, Hatzitaki, V., & Kioumourtzoglu, E. (2001). Temporal stability of rhythmical finger tapping: a developmental approach. In N. Gantchev (Ed.). *From basic motor control to functional recovery II*. Conference on Motor Control, St. Constantine, Varna. Pp. 253-258.
 19. **Zisi, V.**, Hatzitaki, V., Doulas, M. & Kioumourtzoglu, E. (2001). Effects of age and level of physical activity on temporal stability of finger tapping in the elderly. In: A., Papaioannou, M., Goudas & Y., Theodoarkis (eds). *Proceedings of the 10th world congress of sport psychology*, Skiathos, Hellas (vol. 1), pp 319 – 321.
 20. Tzetzis, G., **Zisi, V.**, Zetou, E. & Kourtesis, T. (2001). Teachers and students interactions and physical activity in a school environment. In: A., Papaioannou, M., Goudas & Y., Theodoarkis (eds). *Proceedings of the 10th world congress of sport psychology*, Skiathos, Hellas (vol. 5), pp 124 – 126.
 21. **Ζήση, Β.** & Κιουμουρτζόγλου, Ε. (2000). Η επίδραση του επιπέδου φυσικής δραστηριότητας σε γνωστικές και αντιληπτικές ικανότητες ατόμων τρίτης ηλικίας. *Πρακτικά 1ου Πανελληνίου Συνεδρίου Νόσου Alzheimer*, Θεσσαλονίκη, σελ. 122-129.

22. Θεοδωράκης, Ι. & Ζήση, Β. (2000). Άσκηση και ψυχική υγεία στην τρίτη ηλικία. *Πρακτικά 1ου Πανελληνίου Συνεδρίου Νόσου Alzheimer*, Θεσσαλονίκη, σελ. 118-121.
23. Doulas, M., Zisi, V., Hatzitaki, V. & Kioumourtzoglou, E. (1999). Coordination of the two hands during unilateral and bilateral performance of timed and untimed finger tapping. In Gantchev, N. & Gantchev, G.N. (eds). *From basic motor control to functional recovery*. Conference on Motor Control, St. Constantine, Varna, Bulgaria. pp. 363-369
24. Δέρρη, Β., Ζήση, Β., Τζέτζης, Γ., Μιχαλοπούλου, Μ. & Κιουμουρτζόγλου, Ε. (1998). Αντιληπτικοκινητικές ικανότητες, εμπειρία και απόδοση στην πυγμαχία. *Πρακτικά 2ου Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας*, Τρίκαλα, σελ 188 - 190.
25. Ζήση, Β., Μιχαλοπούλου, Μ., Δέρρη, Β. & Κιουμουρτζόγλου, Ε. (1998). Οι επιδράσεις ενός προγράμματος εξάσκησης στις κινητικές ικανότητες ατόμων τρίτης ηλικίας. *Πρακτικά 2ου Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας*, Τρίκαλα, σελ 184-187.
26. Μιχαλοπούλου, Μ., Ζήση, Β., Τζέτζης, Γ., Μάλλιου, Π. & Γκοδόλιας, Γ. (1998). Κινητικές ικανότητες ατόμων τρίτης ηλικίας. *Πρακτικά 2ου Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας*, Τρίκαλα, σελ 39-41.

3.6 Abstracts in International Journals

1. Withall, J., Greaves, C., Thompson, J., Western, M., de Koning, J., Bollen, J., Moorlock S., Zisiv V., & Stathi, A. (2018, Jan). Physical activity and the older adult: A pragmatic, multi-perspective view of driving behaviour change in an ageing population: The RETirement in ACTION (REACT) study. A large-scale, multi-centre, pragmatic randomised control trial to prevent mobility-related disability in older adults. Successful recruitment strategies and findings from the baseline data. *Journal of Physical Activity & Health*, 15 (1), p. S24.
2. Zisi, V., Theodorakis, Y., Zourbanos, N., & Akritidou, A. (2006). Differences in information processing speed and continuous attention between fallers and non fallers. [abstract]. *The Gerontologist*, 46, special issue 1, p 464.

4 Selected REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Konstantinidou, E., Zisi, V., & Michalopoulou, M. (2016). Do Creativity Fostering Teachers Behaviors Differ According to Gender, Age and Professional Experience? *Proceedings of the Sports, Health and Women, International Congress*. Monastir, Tunisia, 5-7 September.
2. Konstantinidou, E., Zisi, V., & Bougiesi, M. (2016). Differences in emotional intelligence among young adults participating in different types of dances and exercise. *Proceedings of the Sports, Health and Women, International Congress*. Monastir, Tunisia, 5-7 September.
3. Anastasiadis, M., Kourtessis, Th., Zisi, V., & Kioumourtzoglou, E. (2016). Knowledge of elementary school educators in Cyprus regarding developmental coordination disorder in childhood. *Short Papers of the 24th International Congress of Physical Education & Sport*, Komotini, 20-22 of May, 2016, 88 - 92.
4. Zisi, V., Bougiesi, M., Gianni, Ai., & Michalopoulou, M. (2015). Differences in emotional intelligence among dancers and exercisers aged over 60. *Proceedings of the Active Healthy Aging, Sports Science and Neuroscience International Conference*, Magdeburg, Germany, 2-5 September.

5. Michalopoulou, M., Gianni, Ai., Bougiesi, M., & Zisi, V. (2015). Differences in emotional intelligence among dancers and exercisers aged over 60. *Proceedings of the Active Healthy Aging, Sports Science and Neuroscience International Conference*, Magdeburg, Germany, 2-5 September.
6. Ypofanti, M., Lyrakos, G., Mouchtouri, B., Tzanne, P., Grigoriadou, M., Grigoraki, M., Theodorakis, Y., & Zisi, V. (2014). The relation of personality traits with cognitions in smoking cessation. *Proceedings of the 2nd congress on Psychological Health*, Athens, December 18-20, 2014. 1st place in best submission award
7. Bougiesi, M., **Zisi, V.**, Hokelmann, A., Rehfeld, K. (2013). Germans dancing Greek folk dances: Opinions on experience and feelings. *Proceedings of the 35th World Congress on Dance Research*, Athens <http://cid-portal.org/cdr/athens2013/>
8. Gianni, K., Bougiesi, M., **Zisi, V.** (2013). Folk dance or systematic exercise for older people? Differentiation of effects in parameters of psychological health. *Proceedings 16o Pan-Hellenic Conference EGVE*, (p.25), Thessaloniki.
9. Bougiesi, M. & **Zisi, V.** (2012). Differences in Emotional Intelligence between participants in Greek folk dance and participants in other forms of exercise. *Dance Therapy World congress 2012*, Athens, Greece. <https://docs.google.com/document/d/11mwswymVUuo0qCKb-pVGXI103DAgleZknH1aSV7WvHo/edit?pli=1>
10. Bougiesi, M. & **Zisi, V.** (2012). Folk dance or systematic exercise for middle age population? Differentiation of effects in parameters of psychological health. *Proceedings 1^{2o} Pan-Hellenic Conference in Sport Psychology "Sport Psychology in Education, in Quality of Life and in Athletics"*, (p.89), Athens.
11. Bougiesi, M. & **Zisi, V.** (2012). Different effects of Greek traditional dance over other forms of exercise in quality of life factors. *Proceedings 20th International Conference of Physical Education and Sport*, (p.89), Komotini.
12. **Zisi, V.**, Hatzitaki, V., Nikodelis, Th., Theodorakis, Y. (2008). Relationship between balance performance and cognitive function in seniors. *8th World congress of performance analysis of sport*.
13. **Zisi, V.**, Skondras, G., Hasandra, M., Akritidou, A., & Theodorakis, Y. (2007). Physical activity patterns in Greek elderly people: Questionnaire versus pedometer assessment [abstract]. *Proceedings of the 12th European Congress of Sport Psychology*, (p. 166). Halkidiki, Hellas.
14. Michalopoulou, M., Exarchopoulou, S., Aggelousis, N., **Zisi, V.**, Argiropoulou, E. (2007). Physical activity levels and number of steps of adult women. *Proceedings of the 12th European Congress of Sport Psychology*, (p. 165). Halkidiki, Hellas.
15. Michalopoulou, M., Exarchopoulou, S., Ageloussis, N., **Zisi V.**, & Argiropoulou, E. Ch. (2007). Physical activity levels and number of steps of adult women. In Y. Theodorakis, M. Goudas, & A. Papaioannou, *12th European Congress of Sport Psychology- long papers*, (pp 135-138). Halkidiki, Hellas.
16. **Zisi, V.**, Theodorakis, Y., Zourbanos, N., & Akritidou, A. (2006). Differences in information processing speed and continuous attention between fallers and non fallers. [abstract]. *The Gerontologist*, 46, special issue 1, p 464.
17. Digelidis, N., **Zisi, V.**, Theodorakis, Y., Skondras, G., & Hasandra, M. (2006). Fear of falling and objectively measured physical activity in the elderly. *Proceedings of the 21st Annual Conference of the Association for the Advancement of Applied Sport Psychology*, Miami, Florida, pg. 91.

18. **Zisi, V.**, Zourbanos, N., Theodorakis, Y., & Digelidis, N. (2006). The Greek version of Activities-specific Balance Confidence (ABC) scale: A preliminary investigation of validity. *European Conference on adapted physical activity: A European workshop focusing on the state of the art of assessment of physical activity in elderly people*, Oslo, Norway, pg. 11.
19. Kiriazi, Ch., Michalopoulou, M., **Zisi, V.**, Theodorakis, I., & Kioumourtzoglou, E. (2006). Physical activity and quality of life in Greek older adults. Gender effects. *European Conference on adapted physical activity: A European workshop focusing on the state of the art of assessment of physical activity in elderly people*, Oslo, Norway, pg.
20. Bertaki, Ch., Michalopoulou, M., Kiriazi, Ch., **Zisi, V.**, & Kioumourtzoglou, E. (2006). Physical activity of Greek older adults aged 60 – 90 years. *European Conference on adapted physical activity: A European workshop focusing on the state of the art of assessment of physical activity in elderly people*, Oslo, Norway, pg.
21. Michalopoulou, M., Kiriazi, C., Malliou, P., Beneka, A., & **Zisi, V.** (2003). Functional Performance in Older Greek Adults. *Medicine & Science in Sports & Exercise*, 35(5), S131.
22. Michalopoulou, M., Exarchopoulou, S., Ageloussis, N., **Zisi, V.** & Kioumourtzoglou, E. (2003). Age and gender effects on physical activity and functional performance of Greek older adults. *The 10th Measurement evaluation symposium*. University of Illinois, Urbana-Champaign, Illinois, USA.
23. Giannitsopoulou, E., **Zisi, V.**, & Kioumourtzoglou, E. (2002). Differences in learning a novel motor task among rhythmic gymnasts of different age. *Proceedings of the 7th Annual Congress of the European College of Sport Science*, Athens, Greece, pg 399.
24. Giannitsopoulou, E., **Zisi, V.**, & Kioumourtzoglou, E. (2002). Perceptual, cognitive abilities and performance of junior athletes in rhythmic gymnastics. *Proceedings of the 7th Annual Congress of the European College of Sport Science*, Athens, Greece, pg 400.
25. Doulas, M., **Zisi, V.**, Hatzitaki, V., & Kioumourtzoglou, E. (2001). Temporal stability of rhythmical finger tapping: a developmental approach. In N. Gantchev (Ed.). *From basic motor control to functional recovery II*. Conference on Motor Control, St. Constantine, Varna. Pp. 253-258.
26. **Zisi, V.**, Hatzitaki, V., Doulas, M. & Kioumourtzoglou, E. (2001). Effects of age and level of physical activity on temporal stability of finger tapping in the elderly. In: A., Papaioannou, M., Goudas & Y., Theodoarkis (eds). *Proceedings of the 10th world congress of sport psychology*, Skiathos, Hellas (vol. 1), pp 319 – 321.
27. Tzetzis, G., **Zisi, V.**, Zetou, E. & Kourtesis, T. (2001). Teachers and students interactions and physical activity in a school environment. In: A., Papaioannou, M., Goudas & Y., Theodoarkis (eds). *Proceedings of the 10th world congress of sport psychology*, Skiathos, Hellas (vol. 5), pp 124 – 126.
28. **Zissi, V.**, Derri, V. & Hatzitaki, V., (2001). Temporal precision of finger tapping in children: the role of past experience. *Internacional de educacao Fisica e Motridade Humana*. Rio Claro-Brazil.
29. Derri, V., **Zisi, V.**, & Zachopoulou, E. (2001). Perceptual-motor characteristics supporting qualitative performance of ballistic skills during childhood. *II. Congress Internacional de educacao Fisica e Motridade Humana*. Rio Claro-Brazil.
30. Derri, V., **Zisi, V.**, Kioumourtzoglou, E., & Papadimitriou, K. (2000). Fundamental motor skills and abilities: Effects of gender and age. *2000 Pre-Olympic Congress. International Congress on Sport Science, Sports Medicine, and Physical Education - Brisbane, Australia*.

31. Derri, V., **Zisi**, V., Theodorakis, Y., & Tokmakidis, S. (2000). Effect of land-based aerobics on women's psychological characteristics and healthy habits. Effects of gender and age. *2000 Pre-Olympic Congress. International Congress on Sport Science, Sports Medicine, and Physical Education* - Brisbane, Australia.
 32. **Zisi**, V., Tzetzis, G., Zetou, E., & Kioumourtzoglou, E. (2000). The influence of elderly's physical activity level on motor learning. *Annual Congress of the European College of Sport Science* - Jyvaskyla, Finland.
 33. Zetou, E., Vernadakis, N., Tzetzis, G., & **Zisi**, V. (2000). The influence of modeling and instructional cues on volleyball skill learning. *Annual Congress of the European College of Sport Science* - Jyvaskyla, Finland.
 34. Doumas, M., **Zisi**, V., Hatzitaki, V. & Kioumourtzoglou, E. (1999). Coordination of the two hands during unilateral and bilateral performance of timed and untimed finger tapping. In Gantchev, N. & Gantchev, G.N. (eds). *From basic motor control to functional recovery*. Conference on Motor Control, St. Constantine, Varna, Bulgaria.
 35. **Zissi**, V., Hatzitaki, V., & Derri, V. (1999). The role of perceptual characteristics on young soccer player's instep kicking performance. *I Congresso Internacional de Motricidade Humana*, Almada - Portugal.
 36. Derri, V., **Zissi**, V., & Kioumourtzoglou, E. (1999). The development of perceptual and motor abilities in relation with age and sex. *I Congresso Internacional de Motricidade Humana*, Almada - Portugal.
 37. Michalopoulou, M., Malliou, P., **Zisi**, V., & Godolias, G. (1999). The effect of exercise on muscular fitness and flexibility in the elderly. *15^o IOC World Congress*, Sidney, Australia.
 38. Derri, V., **Zisi**, V., & Tokmakidis, S. (1998). Effects of land-based aerobic on women's abilities. *VII World Congress Sport for All*, Barcelona.
 39. Malliou, P., **Zisi**, V., Derri, V., Kourtesis, T., Michalopoulou, M. & Kioumourtzoglou, E. (1998). Relation between maximum muscle strength and information processing speed in older adults. *World Sport Science Congress*, New York.
- 86 more presentations in Greek language.*

5 INVITED PRESENTATIONS

1. Zisi V. (2016). Dance to be active, healthy and happy: Research approaches from young adulthood to old age. Keynote presentation. Sports, Health and Women, International Congress. Monastir, Tunisia

6 ACADEMIC & SCIENTIFIC EXPERIENCE

6.1 Undergraduate Teaching

1. **2004-today**: Department of Physical Education and Sports Science at the University of Thessaly teaching: "Aging, physical activity & Exercise", "Performance evaluation using field tests", "Counseling health behaviors", "Writing research", "Gender and equality issues in Sport", "Exercise and Quality of Life", "Health Education", "Social and Psychological Aspects in Exercise for Special Populations", "ICT", "ICT – Applications in Physical Education", "Women Issues in Sport", "Male and Female Athletes: Social and Psychological Approaches".

2. **2001-2004:** Department of Physical Education and Sports Science at the Democritus University of Thrace teaching: “*Teaching motor skills*”, “*Motor Learning*”, “*Motor Learning lab*”
3. **1998-2001:** Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki, teaching: “*Motor Learning*”, “*Motor Learning lab*”

6.2 Postgraduate Teaching

1. Exercise & Health (University of Thessaly), teaching:
 - 2015-today:**
 - Physical activity, physical functioning and quality of life in aging
 - 2009-2016:**
 - Data presentation and thesis writing (lecture)
 - 2007-2009:**
 - Psychological support in clinical population (lectures)
2. Exercise & Quality of Life (Democritus University of Thrace & University of Thessaly), teaching:
 - 2012-today:**
 - Music and Rhythm in Physical Education (2 lectures)
 - Learning and development (2 lectures)
 - Sport and Exercise in Seniors (3 lectures)
3. MSc in Military Fitness & Wellbeing (University of Thessaly):
 - 2014-today:**
 - Physical activity, physical functioning and quality of life in aging
 - 2009-2016:**
 - Data presentation and thesis writing (lecture)
4. European Masters in Sport and Exercise Psychology AND Psychology of Exercise (University of Thessaly), teaching:
 - 2009-2017:**
 - Psychological correlates of exercise in the elderly (module of 3rd semester)
 - Motor Learning, Physical Activity & Health (module of 2nd semester)
 - 2009-2014:**
 - Writing skills (part of the Orientation seminar: Training academic skills)
 - Writing research (Part of the seminar: “Developing research proposal”)
5. Physical Activity & Quality of Life (Aristotle University of Thessaloniki):
 - 2011-2014:**
 - Physical Activity & Quality of Life: International research trends (lecture)
 - 2006-2013:**
 - Physical Activity & Exercise Programs in Seniors
 - Physical Education in Primary School (3 lectures)
 - Motor Learning

6.3 Supervision/Co-supervision of Doctoral Theses

6.3.1 Main supervisor

1. Z. Gkouliakou (in progress): Physical Recreation Activities for Mental Health, Well-Being and Quality of Life in Multiple Sclerosis.
2. V. Lachanou (in progress): Active lifestyle and leisure activities: a comparative study of adult and elderly participants in Greek traditional dance learning seminars in Greece and abroad.
3. X. Charalampidou (in progress): Parkinson disease and digital motion games: Effects on functional ability and quality of life

4. Ai. Gianni: Greek traditional dance as a mean of enhancing health behaviors and emotional intelligence in seniors
5. M. Gikoudi (in progress): The practice of yoga in mental health and quality of life in seniors
6. E. Mantsos (2024): Physical recreation activities for holistic wellness and successful aging in people with Down syndrome and their caregivers
7. Th. Zacharis (2022): Physical activity and quality of life in caregivers of mental health patients
8. D. Leontari (2018): Individual Counseling for Smoking Cessation and Increase of Physical Activity
9. M. Ypofanti (2015): Cognitive Behavioral therapy for smoking cessation: The role of personality traits and physical activity.
10. M. Bougiesi (2015): Mental Health and Emotional Intelligence differences among participants in dance and other types of exercise in young and older adults.

6.4 Supervision/Co-supervision of Master's Dissertations

6.4.1 Completed

1. I. Madytinios (2024) – supervisor
2. Z. Gkouliakou (2023) – supervisor
3. M. Tagalidou (2021) – supervisor
4. A. Papathanasiou (2019) – supervisor
5. V. Lachanou (2019) - supervisor
6. S. Dimou (2018) - supervisor
7. S. Kehagia (2017) – supervisor
8. T. Papadopoulou (2016) – supervisor
9. V. Koutsogiannis (2016) - supervisor
10. N. Halari (2014) - supervisor
11. E. Konstantopoulou (2014) - supervisor
12. X. Haralampidou (2014) - supervisor
13. Ai. Gianni (2013) - supervisor
14. E. Adamidou (2013) - supervisor
15. M. Gilyana (2013) - supervisor
16. F. Tachias (2013) - supervisor
17. G. Theodoropoulou (2013) - supervisor
18. K. Baliami (2013) - supervisor
19. M. Georgiou (2011) - supervisor
20. D. Leontari (2011) - supervisor
21. M. Bougiesi (2011) - supervisor
22. V. Sakkas (2011) - supervisor
23. G. Igglezakis (2010) - supervisor
24. Th. Peta (2009) - supervisor
25. V. Bouglas (2009) - supervisor
26. E. Dova (2008) - supervisor
27. V. Lyssa (2008) - supervisor
28. A. Akritidou (2008) - supervisor
29. D. Adamou (2008) - supervisor
30. G. Skondras (2007) – supervisor

She has also co-supervised more than 15 Master thesis

6.5 Funding

6.5.1 Competitive International

1. **2025-2028:** ERASMUS-Sport 2024 SCP-Cooperation Partnerships Neurodance (coordinator for the Greek part).
2. **2024 -2027:** European Education and Culture Executive Agency. IKIGAI55: Capacity building on sustainable and motivational training design enhanced by smart technologies for senior citizens
3. **2016-2019:** EACEA, Erasmus+: Sport, Youth and EU Aid Volunteers. ObLoMoV: Obesity and Low Motility Victims – “physical short shocks” and “theatre short stories” to convert inactive victims into HEPA social Actors (coordinator for the Greek part).
4. **2005 – 2008:** Comenius 2.1 – 2005. An ICT tool to discover the “other” through the European school correspondence (Un utile informatique pour découvrir l’ autre dans l’ école Européen correspondance) (coordinator for the Greek part).

6.5.2 Competitive National

Participated in 17 research projects funded by the Greek Government

7 MISCELLANEOUS

- Member of the editorial board of the journal “Inquiries in Physical Education and Sport” (*assistant editor*).
- Reviewer in International and Greek journals in the health and exercise field.
- Administrative Experience
 - **2009-today:** Erasmus departmental coordinator
 - **2006-today:** Member of the bioethics committee of the DPESS, UTH
 - **2009:** Member of the Senate
- Coaching and Professional Experience
 - **1997- today:** Rhythmic Gymnastics Judge
 - **2002 – 2011:** Administration and technical editor of the electronic journal “Inquiries in Sport and Physical Education”.
 - **2000 – 2001:** Administration and technical editor of the electronic journal “Physical Activity and Quality of Life”.
 - **2002 – 2006:** Design, construction and administration of the web site of Hellenic Academy of Physical Education www.hape.gr
 - **1999 – 2001:** Administration of the web page of Graduate Course of the Department of Physical Education and Sport Science, Aristotele University www.phed.auth.gr
 - **1987-1997:** Rhythmic Gymnastics Coach