

CYRRICULUM VITAE

BLANTI ANASTASIA

Specialized Educational personnel

1.PERSONAL DETAILS



Name and surname	Anastasia Blanti
Place of birth	Trikala
E-mail	ablanti@pe.uth.gr

2. ACADEMIC STUDIES

1978-1982: Degree in physical Education obtained at the 'Thessaloniki National Academy of P.E.' (degree grade 8,6/11 'Excellent').

1982: Specialization diploma in Swimming, grade «Very Good» «8»eight

1982: Project on: Elements related to the problems students of the 'Thessaloniki National Academy of P.E face in swimming – statistic study – (Library DPEAS: Department of Physical Education and Athletics Science)

1999: English Language Certificate (ECCE-Michigan –B₂ level 15/5/1999)

3. TEACHING EXPERIENCE

Teaching experience in Secondary Education

1982-90: P.E. teacher in Secondary Education at the 2nd Secondary School in Karditsa

1991-93: Karditsa Athletic School-for talented swimmers

Teaching experience in Higher Education

1990-1992: Department of Physical Education and Sport Science (D.P.E.S.S).Aristotle University of Thessaloniki. Responsibilities: Teaching swimming , swimming for the disabled .

1994-2014: Department of Physical Education and Sport Science, University of Thessaly. Specialization in swimming 4th year, specialization in swimming 3rd year, basic swimming lesson 2nd year, swimming (optional lesson) 2nd year, Educational Gymnastics.

4. LECTURES- PRESENTATIONS AT CONFERENCES, SEMINARS AND COACHES SCHOOLS.

1995: Educational Seminar on Athletic Administration and Organization carried out from 1/11 to 31/12/1995 in Trikala. I introduced a series of lectures related to “swimming coaching in Mass Athletics”.

1999-2000: P.E. Teachers’ Educational Seminar (6 months duration) organized by MER (Ministry of Education and Religion). Carried out at the D.P.E.S.S. in Trikala during the 1999-2000 Academic Year.

2000-2001: Annual P.E. Teachers’ Educational Seminar organized by M.E.R. at the D.P.E.S.S. in Trikala during 2000-2001 Academic Year. I lectured on “Teaching and Methodology of learning swimming”.

2000: Judges’ Seminar on Synchronized Swimming 30-31/3/2000 organized by D.P.E.S.S. I introduced lectures on “synchronized swimming as a sport in Greece and the rest of the world”.

21-9-2002: Guest speaker at the Athletic Schools’ P.E. Teachers’ Educational Seminar. Subject “swimming coaching during growth ages”. In 2003 I participated in the organizing committee for the Swimming Judges’ seminar (organized by D.P.E.S.S.).

2003: 6th Pan-Hellenic Physical Education Conference carried out on 11/4/2003. I introduced a lecture on “swimming for the disabled”.

5. COACHING- PROFESSIONAL ENGAGEMENT

1982-91: Coaching the Racing Team ASCT (Athletic Swimming Club of Trikala) (in six nation races: 1st & 2nd places, three nation races: 1st & 2nd places and 45 1st to 3rd places in pan-Hellenic swimming championships).

1993-2005: Technical Advisor (Swimming Club Poseidon). Scientific and Technical Associate in swimming for ASCT with training schedule duties.

6. ATHLETIC ACTIVITIES

1975-1982: Member of the track sports in Trikala Gymnastics Club. Member of the “Shooting Team” in Thessaloniki.

7. BOOKS

Anastasia Mplanti

Swimming at childhood (ways of technique and teaching)
Press: University Studio Press ,Thessaloniki 2017

Th. Avgerinos, A. Blanti , K.Sgaras.

“Athletics in Trikala Prefecture” Research Monography

Trikala: University of Physical Education and Sport Science (D.P.E.S.S.), 1998 (Page 236).

8. INTERNATIONAL PUBLICATIONS

- 1) Bladi A. (2008) 1ST WABC (World aquatic babies congress) participating, Organizing and Speaking at the Symposium. Greece Gathering 2008 Athens.
- 2) Bladi A., D. Soulas., Y. Koutedakis., P. Kavourinos (1998) Comparisons between competitive swimmers from different geographical Areas in Greece. *Exercise & Society*, 20(suppl.):163
- 3) Koutedakis Y., D. Soulas., A. Bladi-Tzika A. (1996), Nutritional status in relation to musculoskeletal injuries. *Exercise & Society*, 15(suppl.):15

9. GREEK PUBLICATIONS

1) Kountentakis I., Soulas D., Blanti A. (1997). Nutrition and muscle-skeletal damages in Professional dancers. Published in the magazine "Greek Medicine" March- April 1997, volume 63, issue 2, 147-152.

2) Valavani M., Blanti A., Tsimeas Π. (2001). Reasons for practicing the profession of "Coaching swimming in racing teams". 9th International Conference of Physical Education and Sport Science in Komotini.

10. CONFERENCES

- 1) Milonopoulos A., Blanti A., Bekiari A. (2012). "Swimming records. Are they a matter of training or external factors ?". 20th International Conference of the Department of Physical Education and Sport Science (D.P.E.S.S.) 18-20/5/2012 Komotini.
- 2) Aggelakou M., Blanti A., (2012) Exercising during pregnancy; 15th International Conference of the Department of Physical Education and Sport Science, EGVE, 30/3 - 1/04, Thessaloniki.
- 3) Spiropoulou S., Blanti A., Bekiari A., (2012) Conception of Verbal Aggressiveness of teachers related to the type of teaching P.E. in primary education 30/3- 1/04, Thessaloniki.
- 4) Bladi A. (2008) 1ST WABC (World aquatic babies congress) participating, Organizing and Speaking at the Symposium. Greece Gathering. 23-24/9 Athens.
- 5) Passa P., Blanti A. (2007). Fluid intake in football- a mean of refeeding the body's functions. 15th International Conference of the Department of Physical Education and Sport Science, 18-20/5 Komotini.
- 6) Kotoudi A., Blanti A. (2006). Relationship between education and child personality. 14th International Conference of the Department of Physical Education and Sport Science 19-21/5 Komotini.
- 7) Tzafalia M., Blanti A. (2006). Education via pedagogical science. 14th International Conference of the Department of Physical Education and Sport Science Komotini.

- 8) Karageorgou A. , Blanti A.(2005) Influence of parents on the shaping of personality and effectiveness of children when they actively participate in athletic problems. 13th International Conference of D.P.E.&A.S 20-22/5 Komotini.
- 9) Tsigakis S., Blanti A.(2004) Parental participation in their children's Athletic Programs. Review and critical analysis. 12th International Conference of D.P.E.&A.S 21-23/5 Komotini.
- 10) Blanti A., Avgerinos Th.(2003) Influence of place of residence (countryside-big urban center) on the character and behavior of young swimmers. Comparison between attitude and conception of parents-trainers. 11th International Conference of D.P.E.&A.S 16-18/5 Komotini.
- 11) Manthou E., Blanti A.(2003) Athletic triad syndrome. Komotini.
- Sotiropoulou K., Blanti A.(2003) Observation method in P.E. 11th International Conference of D.P.E.&A.S 16-18/5 Komotini.
- 12) Blanti A. Sakellariou K.(2002) Swimming as a mean of Education. 10th International Conference of D.P.E.&A.S 17-19/5 Komotini.
- 13) Tsigakis S., Blanti A.(2002) Changes in human body during and after participating in astronautical journeys. 10th International Conference of D.P.E.&A.S 17-19/5 Komotini.
- 14) Blanti A., Marinou L., Metsios G., Avgerinos Th.(2001) The relationship between the degree of socialization of athletes and the co-operation- competitiveness in the team. 9th International Conference of D.P.E.&A.S. 18-20/5 Komotini.
- 15) Blanti A., Bekiari A.,(2000). Reasons for primary school students engaging in athletic activities and sport. 8th International Conference of D.P.E.&A.S 19-21/5 Komotini.
- 16) Blanti A., Bekiari A.(1999) The relationship between teachers and children in urban centers and in the countryside. 7th International Conference of D.P.E.&A.S 21-23/5 Komotini.
- 17) Blanti A., Bagiatis K., Kountentakis I.(1997) The usefulness of swimming in blind and deaf children- Educational Techniques. 5th International Conference of D.P.E.S.&A. 16-18/5 Komotini.
- 18) Blanti A., Avgerinos Th.,(1997) Organizational structure of athletics in the prefecture of Trikala. 5th International Conference of D.P.E.&A.S 16-18/5 Komotini.
- 19) Blanti A., Soulas D., Kountentakis I.(1996) The usefulness of swimming for children with special needs (disabled). The specialized trainer- qualifications and virtues. 3rd Pan-Hellenic Conference of D.P.E.S teachers. 15-17/3 Athens
- 20) Alexiou S., Mougios V., Blanti A.(1995) The efficiency of speed swimmers at three different water temperatures. 3rd International Conference of the Medical-Athletic Association of Northern Greece. 16-19/11 Thessaloniki.

11. PERIODICALS - PRACTICALS

- 1) Blanti A., Bagiatis K.(1999) . "How the Athletes Status influences their choices in sport in the prefecture of Trikala" 'Epetirida , P 43 – 55.
- 2) Bekiari A., Blanti A.(2000) Body education and personality evolution at growth age «Epetirida» ,P 135-141.

12. UNIVERSITY NOTES

- 1) Blanti A.(2008) «Teaching and Methodology of swimming » 3rd year specializing Volos (page 171)

2)Blanti A.(2008) 'First steps into the small pool' for specializing students and for optional lesson choice (page34)
Blanti A.(2012) Swimming styles for specializing students (page.98)