



Nikolaos Digelidis

Items	Number
Books	5
Book Chapters	1
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	54
Articles in Journals not Indexed in Bibliographical Databases	27
Refereed International Conference Presentations	38
Invited Presentations	29
Harzing's PorP/Scopus Citation Index (including self-citations)	~448/150
Harzing's PorP/Scopus h-index	7/5
Involved in Successful Grant Applications	13 (~820.000€)

1 EDUCATION

- 2000: PhD in Democritus University of Thrace, Komotini, Greece (grade: 9.515; excellent).
 - Doctoral dissertation title: "Attitude change toward health & exercise issues in a health-related physical education curriculum during a school year".
- 1996: MSc in Democritus University of Thrace, Komotini, Greece (grade: 8.056; very good).
 - Master degree dissertation: "Interactions between intrinsic motivation, perceived motivational climate and task & ego orientations in physical education classes during a school year".
- 1988: 4-years Bachelor degree in Aristotle University of Thessaloniki, Thessaloniki, Greece (grade: 8.50; excellent).
 - Specialty: Coaching Volleyball (grade: 10; excellent).
 - Dissertation: "Eye training techniques".
- During 1998 – 99 completed a postgraduate module in "Open and Distance Education" in the Greek Open University, School of Humanities, Patra, Greece.

2 EMPLOYMENT HISTORY

- Associate Professor, School of Physical Education and Sport Science, University of Thessaly (2014-today)
- Assistant Professor (permanent position), Department of Physical Education and Sport Science, University of Thessaly (2011-2014)
- Assistant Professor (tenured), Department of Physical Education and Sport Science, University of Thessaly (2007-2011)
- Lecturer, Department of Physical Education and Sport Science, University of Thessaly (2002-2007)
- Teaching assistant, Department of Physical Education and Sport Science, Democritus University of Thrace (2009-2002)

- Physical Education teacher at primary education (1996-1999)
- Physical Education teacher at secondary education (1992-1996)

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. In the Department of Physical Education and Sport Science, Democritus University of Thrace the following courses: i) Physical Education Pedagogy, ii) Students' internships at schools, iii) IT skills in Physical Education and iv) Volleyball (1999-2002)
2. In the Department of Physical Education and Sport Science, University of Thessaly the following courses: i) Teaching Elementary Physical Education, ii) Teaching Secondary Physical Education, iii) Effective Teaching in Physical Education, iv) Creative Play, v) Teaching styles and Methods in Physical Education, vi) Curriculum design and planning in Physical Education (2 courses), vii) Teaching Physical Education, vi) Students' internships at schools, viii) Evaluation and assessment in Physical Education (2002-2011)
3. In the School of Physical Education and Sport Science, University of Thessaly the following courses: i) Teaching Physical Education, ii) Curriculum design and planning in Physical Education, iii) Students' internships at schools I, iv) Students' internships at schools II, v) Project development (2011-today)

3.2 Postgraduate Teaching

1. In Inter-departmental Master Programme "Exercise, Health and Quality of Life", Democritus University of Thrace and University of Thessaly, the following courses: i) Teaching material and curriculum design, ii) Teaching Secondary Physical Education and iii) Evaluation at school settings (2002-today)
2. In European Master Degree in Sport and Exercise Psychology (Erasmus Mundus programme), I teach: «Physical activity and health», School of Physical Education and Sport Science, University of Thessaly (2011-today)

3.3 Supervision/Co-supervision of Doctoral Theses

3.3.1 Completed

1. Three PhD students - main supervisor
2. Seven PhD students – co-supervisor

3.3.2 In Progress

1. Five PhD students – main supervisor
2. Two PhD students – co-supervisor

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. Twenty three master students – main supervisor
2. Thirteen master students - co-supervisor

3.4.2 In Progress

1. Seven master students– main supervisor
2. One master student- co-supervisor

3.5 Funding

3.5.1 Competitive International

1. "Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity" (2009-2013: 233743 EURO). Funding Institution: 7th Framework Program, European Commission. (Total fund for this project: 3 million Euros; Coordinated by J. Duda, University of Birmingham, UK).

3.5.2 Competitive National

2. "Motivation of students in the physical education lesson in elementary school: 1) Changes from the first to the sixth grade, 2) A proposal for the increase of students' motivation" (13300 €; 1996-1998). Funding Institution: Democritus University of Thrace. Coordinated by Professor A. Papaioannou.
3. "Differences in motivation in school and sport among Christian and Muslim students" (13300 €; 1998-2000). Funding Institution: Democritus University of Thrace. Coordinated by Professor A. Papaioannou.
4. "Attitudes, perceptions and behaviors (1) in the physical education lesson, (2) in sport contexts, (3) towards a healthy style of life, of people differing in gender, age, social class, religion and motor difficulty". (116700 €; 1998-2000). Funding Institution: Greek Ministry of Education and the European Community. Coordinated by Professor Y. Theodorakis.
5. "Innovative physical activity programs for the elderly" (41000 €; 2004-2005). Funding Institution: General Secretariat for Research and Technology, Greece. Coordinated by Professor Y. Theodorakis (sub-supervisor: N.Digelidis).
6. "Development of network of schools in the region of Thessaly for the promotion of health education" (21000 €; 2006). Funding Institution: Greek Ministry of Education. Coordinated by Professor A. Papaioannou.
7. "Students' conceptual models, perceptions and experiences in relation with the Spectrum of teaching styles" (4000 €; 2011-2012). Funding Institution: Research Committee, University of Thessaly, internal fund. Coordinated by Assistant Professor N. Digelidis.

3.5.3 Miscellaneous

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3.6 Participation in International Scientific and Administrative Committees

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3.7 Membership in International Professional Organizations

1. Association for Physical Education in Higher Education (AIESEP)
2. Society of Health and Physical Educators (SHAPE)
3. European Federation for Sport Psychology (FEPSAC)
4. International Society of Sport Psychology (ISSP)

4 PUBLICATIONS

4.1 Books

1. Digelidis, N., & Papaioannou, A. (2003). For an interesting physical education lesson in elementary school: 200 daily lesson plans. Thessaloniki: Christodoulidi Publications (520 pages).

2. Digelidis N., Theodorakis Y., Zetou E., Dimas Y. (2006). Physical education in the elementary school: Grades 5-6 (Teachers' book). Greek Pedagogical Institute.
3. Digelidis N. (2006). The spectrum of teaching styles: From theory to practice. Thessaloniki: Christodoulidi Publications.
4. Digelidis N. (2006). Physical education today (Editor). Hellenic Academy of Physical Education (published online).
5. Papaioannou, A., Digelidis N., Christodoulidis T., Milosis D., Kouli O. (available online in Greek). School physical education in the 21st century: Junior and high school (Teachers' book). Greek Academy of Physical Education.

4.2 Book Chapters

1. Jaakkola T., & Digelidis N. (2007). "Establishing a Positive Motivational Climate in Physical Education". In: Liukkonen J., Theodorakis I. (Eds), "Psychology for Physical Educators" (pp 3-20), Champaign, IL: Human Kinetics Publishers.

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

1. Digelidis, N., & Papaioannou, A., (1999). Age-group differences in intrinsic motivation, goal orientations and perceptions of athletic competence, physical appearance and motivational climate in Greek physical education. *Scandinavian Journal of Medicine & Science in Sports*, 9, 375-380.
2. Digelidis N., Papaioannou A., Laparidis K. & Christodoulidis T. (2003). A one-year intervention in 7th grade physical education classes aiming to change motivational climate and attitudes towards exercise. *Psychology of Sport and Exercise*, 4, 195-210.
3. Digelidis, N., Della V., & Papaioannou, A., (2005). Students' Exercise Frequency, Self-Perceptions, Goal Orientations and Perceived Motivational Climate in Physical Education Lesson. *Italian Journal of Sport Sciences*, 12, 155-159.
4. Digelidis, N., Karageorghis, C.I., Papapavlou, A.J., & Papaioannou, A.G., (2014). Effects of Asynchronous Music on Lesson Satisfaction and Pupils' Intrinsic and Extrinsic Motivation at the Situational Level. *Journal of Teaching in Physical Education*, 33, 326 – 341.
5. Anagnostou, G., Tsolakidis, S., Digelidis, N. & Patsiaouras, A. (2011). The contribution of physical education to the construction of pupils' literate subjectivities. *Sport Science*, 8, 145-154.
6. Bekiari S., Digelidis N., Sakallariou K. (2006). Perceived verbal aggressiveness of coaches' in volleyball and basketball: A preliminary study. *Perceptual and Motor Skills*, 103, 526-530.
7. Chatzipanteli A., & Digelidis N. (2011). The influence of metacognitive prompting on students' performance in a motor skills test in physical education. *International Journal of Sport Science and Engineering*, 5, 93-98.
8. Chatzipanteli A., Digelidis N., Karatzoglidis, C. & Dean, R. (2014). A Tactical-game approach and enhancement of metacognitive behaviour in elementary school students. *Physical Education and Sport Pedagogy*. DOI: 10.1080/17408989.2014.931366
9. Chatzipanteli A., Digelidis N. & Papaioannou A. (in press). Self-regulation, motivation and teaching styles in physical education classes: An intervention study. *Journal of Teaching in Physical Education*.
10. Chatzipanteli, A., Digelidis, N., Karatzoglidis, C. & Dean R. (in press). Promoting students' metacognitive activity in physical education through TGFU. *American Journal of Educational Research*.

11. Christodoulidis T., Papaioannou A., & Digelidis N. (2001). Motivational climate and attitudes towards exercise in Greek senior high school: A year-long intervention. *European Journal of Sport Science* 1, 2-11.
12. Kalaja, S., Jaakkola, T., Liukkonen, J., & Digelidis, N. (2011). Development of junior high school students' fundamental movement skills and physical activity in a naturalistic physical education setting. *Physical Education and Sports Pedagogy*, 17, 411-428.
13. Kamtsios S. & Digelidis N. (2008). Physical activity levels, exercise attitudes, self-perceptions and BMI type of 11 to 12-year-old children. *Journal of Child Health Care*, 12, 232-240.
14. Kokaridas, D., Maggouritsa, G., Stoforos, P., Patsiaouras, A, Diggelidis. N. & Theodorakis, I. (2013). The Effect of a Physical Activity and Token Economy System Program on Improving Quality of Life of Patients with Schizophrenia : A pilot study. *American Journal of Applied Psychology*, 2, 80-88.
15. Lymperakou M., Andresaki F., Karagianopoulou S., Skourti K, Pavlidou S., Nikolaidis G., Michalopoulou M., Digelidis N. (2012). Pedometer determined physical activity of preschool children, during and after school. *European Psychomotricity Journal*, 4, 22-30.
16. Maggouritsa, G., Kokaridas, D., Theodorakis, Y., Patsiaouras, A., Mouzas, O., Dimitrakopoulos, S., & Diggelidis, N. (2014). The Effect of a Physical Activity Program on Improving Mood Profile of Patients with Schizophrenia. *International Journal of Sport and Exercise Psychology*. doi: <http://dx.doi.org/10.1080/1612197X.2014.898968>
17. Papaioannou A., Theodosiou A., Pashali M., & Digelidis N. (2012). Advancing Task Involvement, Intrinsic Motivation and Metacognitive Regulation in Physical Education Classes: The Self-Check Style of Teaching Makes a Difference. *Advances in Physical Education*, 2, 110-118.
18. Patmanoglou S., Mantis G., Digelidis N. Tsigilis N. & Papapetrou L. (2008). The command and self-check styles for more effective teaching of tennis at the elementary school. *International Journal of Physical Education*, 45(1), 26-32.
19. Syrmpas Y., Digelidis N. (2014). Physical education student teachers' experiences with and perceptions of teaching styles. *Journal of Physical Education and Sport*, 14, 52-59.
20. Tessier D., Smith N., Tzioumakis Y., Sarrazin P., Quested E., Sarazzin P., Papaioannou A., Digelidis N., & Duda J. (2013). Comparing the objective motivational climate created by grassroots soccer coaches in England, Greece and France. *International Journal of Sport and Exercise Psychology*, 1-19.
21. Tsiakara A., & Digelidis N. (2012). Ways preschool children aged 4-5 years old express their desire to excel. *European Psychomotricity Journal*, 4, 41-48.
22. Tsiakara A., & Digelidis N. (2014). Assessing preschool children's competitive behavior: an observational system. *Early Child Development and Care*, doi: 10.1080/03004430.2013.873035.
23. Tsiakara A., & Digelidis N. (2014). Learning environment and type of goals: how it affects preschool children's performance and their perceptions of their performance? *Early Child Development and Care*, doi: 10.1080/03004430.2014.936427

4.4 Articles in Journals not Indexed in Bibliographical Databases

27 articles

5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Digelidis N., Papaioannou A., Laparidis K. (1999). Goal orientations, perceived motivational climate, perceived ability and sport ability beliefs. In: *Proceedings of the 10th Congress of FEPSAC* (pp159-161), Prague, Czech Republic.

2. Digelidis N. (2000). A 7-month intervention study aiming to change attitudes toward exercise and perceived motivational climate. In: Proceedings of the 5th Congress of the European College of Sport Science (pp239), Jyvaskyla, Finland.
3. Digelidis N., Papaioannou A., Laparidis K. & Christodoulidis (2001). Motivational Climate and Attitudes Toward Exercise After A One-Year Intervention In Junior High School Students. In: Proceedings of the 10th Congress of the International Society of Sports Psychology (Vol. 4, Thursday, pp200-202) Skiathos, Greece.
4. Digelidis N., Papaioannou A., Della V. (2001). A Qualitative Assessment of a 7-Month Physical Education Intervention Aiming to Attitude Change Toward Health and Exercise Issues. In: Proceedings of the 10th Congress of the International Society of Sports Psychology (Vol. 5, Saturday, pp127-128), Skiathos, Greece.
5. Digelidis N., Gerakiti G., Papaioannou A.(2002). Differences in ADL Scale, Self-Efficacy and Planned Behavior in the Middle-Aged and the Elderly. In: Proceedings of the 7th Congress of the European College of Sport Science, Athens, Greece.
6. Digelidis N., Papaioannou A. (2002). Developmental Differences in Sport Ability Beliefs in Physical Education Classes. In: Proceedings of the 7th Congress of the European College of Sport Science, Athens, Greece.
7. Digelidis N., Papaioannou A., Della V., Kouli O. (2003). Developmental Differences In Effort, Enjoyment, Goal Orientations, Self-Perceptions And Perceived Motivational Climate In Hellenic Physical Education: A Three Years Study. In: Proceedings of 11th Congress of FEPSAC (European Federation for Sport Psychology), Copenhagen, Denmark.
8. Digelidis N., Papapavlou A., Papaioannou A. (2004). The Practice Style of Teaching and The Effects Of Music In Lesson Satisfaction And Intrinsic-Extrinsic Motivation. In: Proceedings of the 9th International Conference on Motivation, Lisbon, Portugal (pp171, 175).
9. Digelidis N., & Kamtsios S. (2006). Self-perceptions, Effort, and Lesson Satisfaction in Physical Education: Differences between BMI Categories. In: Proceedings of AIESEP World Congress 2006, Jyvaskyla, Finland (pp28).
10. Digelidis N., Papaioannou A. (2006). Enhancing motivational climate in the elementary: A one year intervention. In: Proceedings of AAASP, Miami, USA (pp 91-92).
11. Digelidis N., Zisi V., Theodorakis Y., Skondras G., Hasandra M. (2006). Fear of falling and objectively measured physical activity in the elderly. In: Proceedings of AAASP, Miami, USA (pp 91).
12. Digelidis N. (2009). Student teachers' efficacy and attributions on their own teaching: differences by gender and pupil vs teacher-centered approach. In: Proceedings of AIESEP Specialists' Seminar 2009, Besancon, France.
13. Digelidis N., Chatzipetrou V., Pollatou E., Papaioannou A. (2009). State anxiety, mood, intrinsic-extrinsic motivation at the situational level and different music beat levels in physical education. In: Proceedings of AIESEP Specialists' Symposium 2009, Pensacola, USA.
14. Digelidis N., Karatzaferi, C. (2013). Using self-assessment in our teaching strategy. In Proceedings of the IUPS & ADInstruments Teaching Workshop, 18-21 July, 2013 Bristol, UK (pp21).
15. Chatzipanteli A. & Digelidis N. (2009). An assessment of boys' and girls' Feeling-of-knowing accuracy in physical education classes. In: Proceedings of European Conference on Educational Research, Vienna, Austria.
16. Chatzipanteli A. & Digelidis N. (2009). The influence of metacognitive prompting on students' performance in a motor skills test in physical education. In: Proceedings of European Conference on Educational Research, Vienna, Austria.

17. Chatzipanteli, A., Digelidis, N., & Papaioannou, A. (2010). Student- centred teaching styles, lesson satisfaction, intrinsic-extrinsic motivation and metacognitive activity: A one year intervention plan in PE classes. In : Proceedings of the ENYSSP Workshop, Trikala, Greece.
18. Chatzipanteli, A., Digelidis, N., Theodosiou, A. & Papaioannou, A. (2011). Teaching styles, task-involving motivational climate and metacognitive activity: An intervention plan in PE classes. In : Proceedings of the 13th Congress of FEPSAC, Madeira, Portugal.
19. Chatzipanteli, A., Tsiakara, A., Karatzoglidis, C., Digelidis, N. (2013). Motivation and a game-based approach in the elementary school: An intervention study. In: Proceedings of European Conference on Educational Research, Istanbul, Turkey.
20. Christodoulidis T., Bebetos V., Bakou M., Digelidis N., Kouli O. & Roka S. (2007). Gender differences in competitive anxiety of 13-14 years old handball players during a tournament. In: Proceedings of the 12th Congress of FEPSAC, Halkidiki, Greece (pp. 804-807).
21. Christodoulidis T., Papaioannou A., Digelidis N., & Laparidis K. (2001). Motivational Climate And Attitudes Toward Exercise After A One-Year Intervention In Senior High School Students. In: Proceedings of the 10th ISSP Congress (Vol. 4, Thursday, pp203-204), Skiathos, Greece.
22. Kalaja S. Jaakkola T., Liukkonen J. and Digelidis N. (2010). Development of fundamental movement skills and physical activity in secondary school. In: Proceedings of AIESEP World Congress 2010, (pp 162), A Coruna, Spain.
23. Kamtsios S., & Digelidis N. (2007). Age group differences in attitudes towards exercise, perceived athletic ability, perceived physical attractiveness and participation in physical activity. In: Proceedings of the 12th Congress of FEPSAC, Halkidiki, Greece.
24. Mizios D., & Digelidis N. (2007). Motivational climate, intrinsic-extrinsic motivation and teaching styles: the reciprocal and the self-check style. Δημοσίευση στα In: Proceedings of the 12th Congress of FEPSAC, Halkidiki, Greece.
25. Papaioannou A. & Digelidis N. (1997). Social cognitive correlates of motivation and intention in Greek children and the social desirability scale. In: Proceedings of the 9th Congress of ISSP (International Society for Sport Psychology), Tel-Aviv, Israel (pp537-539).
26. Papaioannou A. & Digelidis N. (1998). Effects of a 7-Month intervention study on students' motivation in physical education. In: Proceedings of the 5th International Congress of the Greek Association of Sport Psychology, Trikala, Greece (pp131-133).
27. Papapavlou A., Digelidis N., Zachopoulou E., Tsigilis N., Papaioannou A. (2004). The Effects of Music In Intrinsic-Extrinsic Motivation In Physical Education. Pre-Olympic Congress, Thessaloniki, Greece (p.161).
28. Queiroz, F.S., Digelidis N., Karageorghis C. (2013). The effect of self-selected asynchronous pre-task music on performance in a soccer task. In Proceedings of 13th Congress of the International Society of Sports Psychology, Beijing, China (pp. 191).
29. Stathi, A., Theodorakis Y., & Digelidis, N. (2007). Encouraging Walking Among Community Dwelling Older Adults. In: Proceedings of the 12th Congress of FEPSAC, Halkidiki, Greece.
30. Syrmpas Y., & Digelidis N. (2012). 4th graders knowledge about the digestive system and energy production process in our body. In: Proceedings of International Congress on Enhancement of Physical Activity and Motor Skills, Jyväskylä, Finland.
31. Tessier, D., Tzioumaki Y., Nathan, S., Sarrazin, P., Digelidis, N., Papaioannou, A., Quested, E., & Duda, J. (2011). Empowering Coaching: Preliminary development of an observational instrument assessing coach-initiated motivational climate. In : Proceedings of the 13th Congress of FEPSAC, Madeira, Portugal.

32. Tzioumakis, Y., Papaioannou, A., Digelidis, N., Zourbanos, N., Krommidas, H., Keramidas, P. (2012). Consistency of the environmental dimensions of an observational instrument assessing coach initiated motivational climate. 17th ECSS Congress, Bruges, Belgium (pp. 355).
33. Tzioumakis Y., Papaioannou A., Digelidis N., Zourbanos N., Krommidas C., Keramidas P. (2013). Coaches' achievement goals at work: Measuring coaches' motivation. In Proceedings of 13th Congress of the International Society of Sports Psychology, Beijing, China (pp. 240).
34. Tzioumakis Y., Tessier D., Smith N., Papaioannou A., Digelidis N., Sarrazin P., Quested E. & Duda J. (2013). Objective assessment of the coach-initiated motivational climate: An observational, multidimensional approach. In: Proceedings of the 15th International Congress of ACAPS (Association des Chercheurs en Activites Physiques et Sportives) (p. 80-81).
35. Tsiakara, A., Digelidis, N. (2013). An observational system to assess preschool children's competitive behavior. In: Proceedings of European Conference on Educational Research, Istanbul, Turkey.
36. Zisi, V., Zourbanos, N., Theodorakis, Y., & Digelidis, N. (2006). The Greek version of Activities-specific Balance Confidence (ABC) Scale: A preliminary investigation of validity. Proceedings of the European Conference on Adapted Physical Activity (pp11). Oslo, Norway.
37. Digelidis N., Karatzaferi, C. (2013). Using self-assessment in our teaching strategy. IUPS & ADInstruments Teaching Workshop, Bristol, UK (pp21).

6 INVITED PRESENTATIONS

He has more than 38 invited speeches and presentations.

7 MISCELLANEOUS

- He is serving as member of the editorial board in the following journals:
 - Inquiries in Physical Education and Sport (in Greek)
 - Physical Education and Sport (in Greek)
 - Pammukale Journal of Sport Sciences
 - Journal of Physical Education and Sport Management