



VASSILIS GERODIMOS

Items	Number
Books	6
Book Chapters	3
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	41
Articles in Journals not Indexed in Bibliographical Databases	30
Refereed International Conference Presentations	117
Invited Presentations	15
Harzing's PorP/Scopus Citation Index (including self-citations)	1121/516
Harzing's PorP/Scopus h-index	18/12
Involved in Successful Grant Applications	6 (>1.000.000€)

1 EDUCATION

-) **2002:** Doctorate of Philosophy (Ph.D.) in exercise and sport science. Aristotle University of Thessaloniki, Greece. (*Ph.D. dissertation: Evaluation of the reciprocal muscle group ratio of the knee and ankle and their relationship with jumping ability in young basketball players*).
-) **1990-1994:** BSc. in Physical Education and Sport Science offered by the Aristotle University of Thessaloniki, Department of Physical Education and Sport Science (grade 7,56) with specialization "track and field" (grade 8,50).

2 EMPLOYMENT HISTORY

-) Professor of Training and Physical Conditioning, Department of Physical Education and Sport Sciences, University of Thessaly (2017-today).
-) Associate Professor of Training and Physical Conditioning, Department of Physical Education and Sport Sciences, University of Thessaly (2015-2017).
-) Associate Professor of Team Sports, Department of Physical Education and Sport Sciences, University of Thessaly (2013-2015).
-) Assistant Professor of Team Sports, Department of Physical Education and Sport Sciences, University of Thessaly (2008-2013).
-) Lecturer of Team Sports, Department of Physical Education and Sport Sciences, University of Thessaly (2003-2008).
-) Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, Aristotle University of Thessaloniki (1999-2003).

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. **2003-today:** Since 2003, Dr. Gerodimos 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 "Physical Conditioning and Evaluation in Health and Sports" including "Design, application and implementation of exercise programs", "Teaching Basketball", "The development of strength and power", "Exercise during the developmental ages", "Training and Physical Conditioning" etc.
2. **1999-2003:** He worked as a part time Lecturer in the Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki teaching courses related to "Training and Coaching".
3. **1997-1999:** Lectures in the courses entitled "Training and Coaching" and "Planning and implementing of power training programs" in the Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki.

3.2 Postgraduate Teaching

1. **2018:** Lecture entitled "Planning of Training programmes for the improvement of flexibility" at the master programme «*Military Fitness and Wellbeing*» of the Department of Physical Education and Sports Science of the University of Thessaly.
2. **2016:** Lecture entitled "The evaluation of strength and power" in the course entitled "*Ergometric evaluation of human performance*" at the master programme "*Human performance and Health*" of the Department of Physical Education and Sports Science of the Aristotle University of Thessaloniki and of the Aristotle University of Thessaloniki at Serres.
3. **2015:** Lecture entitled "Training programmes for the improvement of flexibility and neuromotor abilities" in the course entitled "*Improvement of physical fitness in programmes of exercise and Health*" at the master programme "*Human performance and Health*" of the Department of Physical Education and Sports Science of the Aristotle University of Thessaloniki and of the Aristotle University of Thessaloniki at Serres.
4. **2014 - today:** Lecture entitled «Exercise during the developmental ages» in the course entitled «*Physiology of exercise*» at the master programme «*Exercise, Ergospirometry and Rehabilitation*» of the Department of Physical Education and Sports Science and the Department of Medicine of the University of Thessaly.
5. **2006-today:** Lectures in the course entitled "Isokinetic Dynamometer and Rehabilitation" at the master programme "Exercise and Health" of the Department of Physical Education and Sports Science of the University of Thessaly.
6. **2005-2012:** Lectures in the course entitled «Planning and implementation of training programs in individual and team sports» 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. G. Grivas (2019) - supervisor
2. K. Karatrantou (2014) - supervisor
3. K. Chanou (2011) - supervisor

3.3.2 In Progress

1. T. Vasilopoulou - supervisor
2. A. Chasialis - supervisor
3. J. Kostoulas - supervisor
4. N. Manouras - supervisor
5. F. Mesiakaris - supervisor

He has also participated in the graduate committee of more than 6 Doctoral dissertations.

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. P. Hasioti (2019) - supervisor
2. T. Papavasiliou (2019) - supervisor
3. C. Katsoula (2017) - supervisor
4. K. Kakardaki (2016) - supervisor
5. D. Psychou (2014) - supervisor
6. I. Papaioannou (2014) - supervisor
7. T. Kriki (2013) - supervisor
8. M. Dimopoulou (2012) - supervisor
9. K. Karatrantou (2010) - supervisor
10. T. Vasilopoulou (2009) - supervisor
11. G. Kosmatos (2008) - supervisor
12. S. Sotiriadis (2008) - supervisor

3.4.2 In Progress

1. C. Batatolis - supervisor
2. E. Soulas - supervisor
3. A. Soula - supervisor
4. V. Hasiotis - supervisor
5. K. Papazeti - supervisor
6. C. Doublantonis - supervisor

He has also participated in the graduate committee of more than 20 Masters' dissertations.

3.5 Funding

3.5.1 Competitive International

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3.5.2 Competitive National

1. **2018-2021:** Research Project funded by the General Secretariat for Research and Technology (GSRT) and the Hellenic Foundation for Research and Innovation (HFRI) entitled "*Health-promoting effects of a multicomponent workplace wellness program in sedentary workers – HealPWorkers*" (coordinator Dr. Karatrantou K., budget 180.000€) (research 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€) (coordinator).

3. **2015:** Research partner to a research project entitled *“Dual career of athletes of the University of Peloponnese* (coordinator Kriemadis A., University of Peloponnese), budget 1.354.000€ (participant).
4. **2012-2013:** Research Project funded by the Hellenic Ministry of Health, NSRF 2007 - 2013 entitled *“Sport For All - Scientific Support”* (coordinator Koustelios A., University of Thessaly), budget 420.000€ (Participation in proposal preparation) (participant).
5. **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€ (participant).
6. **2010-2013:** Research Project funded by the Hellenic Ministry of Education, NSRF 2007 – 2013 entitled *“Quality Assurance at the University of Thessaly”* (coordinator Theodorakis Y., University of Thessaly) budget 400.000€ (Participation in proposal preparation) (participant).
7. **2006-2007:** Research Project funded by the Hellenic Ministry of Education entitled *“The Kalipatira project. From sport to daily life. All equal - all differed”* (coordinator Theodorakis Y., University of Thessaly) budget 250.000€ (participant).
8. **2006-2007:** Research Project funded by the Hellenic Ministry of Education entitled *“Students’ practice of DPES of University of Thessaly”* (coordinator Theodorakis Y., DPES-University of Thessaly) budget 200.000€ (participant).
9. **2003-2004:** Research Project funded by the Hellenic Ministry of Education entitled *“Efficiency and function of Greek Athletic Schools”* (coordinator Kellis S., DPES-Aristotle University) budget 75.000€ (Participation in proposal preparation) (participant).
10. **2003-2004:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled *“Entrepreneurship in Sport”* (coordinator Kellis S., DPES-Aristotle University) (participant).
11. **1997-1998:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled *“Scientific support of Athletes”* (coordinator Kioumourtzoglou E., DPES-Aristotle University) (participant).

3.5.3 Miscellaneous

1. **2017-today:** Educational project of DPES of the University of Thessaly entitled: *“Exercise for Health: Group and Personal Training”* (Budget 15.000€) (coordinator).
2. **2016-today:** Educational Project of DPES of the University of Thessaly entitled: *“SummerSchool: Learn through participation in physical activities”* (Budget 100.000€) (coordinator).
3. **2011-2012:** Research Project funded by the University of Thessaly entitled *“Maximal handgrip strength of wrestlers and basketball players during the developmental years”* (Budget 6.000€) (coordinator).
4. **2011-2012:** Research Project of the University of Thessaly entitled *“Students’ practice of University of Thessaly”* (coordinator Goudas M., University of Thessaly) (participant).
5. **2008-2009:** Research Project funded by Trikala Dairy Industry & Greek Org. of Football Prognostics entitled *“Physical activity and eating habits of western Thessaly students”*(Budget 60.000€) (coordinator).
6. **2008-2009:** Research Project funded by the University of Thessaly entitled *“The acute effects of different whole-body vibration amplitudes and frequencies on flexibility”*(Budget 4.000€) (coordinator).
7. **2003-2007:** Research Project funded by the University of Thessaly entitled *“Curriculum Development”* (coordinator Theodorakis Y., DPES-University of Thessaly) budget 248.000€ (participant).

8. **2002-2004:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled "Laboratory of Training and Coaching" (coordinator Kellis S., DPESS-Aristotle University) (participant).
9. **2000-2002:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled "Evaluation of physical performance" (coordinator Kellis S., DPESS-Aristotle University; Participation in proposal preparation) (participant).
10. **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 Mpagiatis K., DPESS-University of Thessaly) (participant).
11. **1999:** Research project of the Department of Physical Education and Sports Sciences of Aristotle University entitled "Organization of a specific center for the scientific support of athletes" (coordinator Deligiannis A., DPESS-Aristotle University) (participant).

3.6 Participation in International Scientific and Administrative Committees

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3.7 Membership in International Professional Organizations

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4 PUBLICATIONS

4.1 Books

1. **Gerodimos, V. & Karatrantou K.** (2019). «Periodization-Theory and Methodology of Training». Broken Hill: Cyprus. [translation and redaction of Bompa T & Buzzichelli C. (2019). Periodization-Theory and Methodology of Training - 6th edition. Champaign, IL: Human Kinetics].
2. **Gerodimos, V.** (2013). "*Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases.*" www.exerciseforhealth.gr/uploads/Book.pdf (2666 downloads) (editor).
3. Perkos, S., **Gerodimos, V.**, & Goudas, M. (2007). "*Basketball. Steps to Success*". Thessaloniki, Christodoulidis. [Translation and redaction of Wissel, H. (2004). Basketball. Steps to Success. Champaign, IL: Human Kinetics] (translation and redaction of book).
4. **Gerodimos, V.**, & Perkos, S. (2006). "*Basketball. Theory, Technique, Tactic, Methodology, Teaching & Rules, Multiple Choice Questions & Responses*". Thessaloniki, Salto (author).
5. Goudas, M., Hasandra, M., Papaxarisis, V., & **Gerodimos V.** (2006). "*Physical Education (Book for the Teacher)*", OPTB, Athens, Greece (author).
6. **Gerodimos V.** (2004). "*Basketball. Exam questions for the Supreme Council for Civil Selection*". Salto: Thessaloniki, Greece (author).

4.2 Book Chapters

1. **Gerodimos, V.**, Karatrantou, K., Manou, V., Paschalis, V., & Kellis, S. (2013). Exercise prescription for health promotion. In V. Gerodimos (Ed.), "*Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases*" (pp. 4-111). www.exerciseforhealth.gr/uploads/Book.pdf
2. Paschalis, V., Nikolaidis, M., Dipla, K., Jamurtas, A., Karatrantou, K., Melissopoulou, A., & **Gerodimos, V.** (2013). Exercise and obesity. In V. Gerodimos (Ed.), "*Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases*" (pp. 258-292). www.exerciseforhealth.gr/uploads/Book.pdf

3. **Gerodimos, V.**, Karatrantou, K., Manou, V., Paschalis, V., & Kellis, S. (2014). Exercise for health. In A. Koustelios (Ed.), *"Sport for all"* (5-58).

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

1. Karatrantou K, Stavrou V, Hasioti P, Varveri D, Krommidas C, **Gerodimos V.** (in press). An enjoyable school-based swimming training program improves students aquaticity. *Acta Paediatrica*.
2. Karatrantou K., Bilios P., Bogdanis GC., Ioakimidis P., Soulas E. & **Gerodimos V.** (2019). Effects of whole-body vibration training frequency on neuromuscular performance: a randomized controlled study. *Biology of Sport*, 36(3), 273–282.
3. Karatrantou K., **Gerodimos V.**, Voutselas V., Manouras N., Famisis K. & Ioakimidis P. (2019). Can sport-specific training affect vertical jumping ability during puberty? *Biology of Sport*, 36(3), 217-224.
4. Karatrantou K., **Gerodimos V.**, Katsareli E., Manouras N., Ioakimidis P., & Famisis K. (2019). Strength profile of hip abductor and adductor muscles in youth elite soccer players. *Journal of Human Kinetics*, 66, 31-41.
5. **Gerodimos V.**, Karatrantou K., Psychou D., Vasilopoulou T., & Zafeiridis A. (2017). Static and dynamic handgrip strength endurance: Test-retest reproducibility. *Journal of Hand Surgery American Volume*, 42, 175-184.
6. Karatrantou K., **Gerodimos V.**, Hakkinen K., & Zafeiridis A. (2017). Health-promoting effects of serial vs. integrated combined strength and aerobic training. *International Journal of Sports Medicine*, 38, 55-64.
7. Dipla K., Kousoula D., Zafeiridis A., Karatrantou K., Nikolaidis MG., Kyparos A., **Gerodimos V.**, & Vrabas IS. (2016). Exaggerated haemodynamic and neural responses to involuntary contractions induced by whole-body vibration in normotensive obese versus lean women. *Experimental Physiology*, 101, 717-30.
8. Manouras N., Papanikolaou Z., Karatrantou K., Kouvarakis P., & **Gerodimos V.** (2016). The efficacy of vertical vs. horizontal plyometric training on speed, jumping performance and agility in soccer players. *International Journal of Sports Science and Coaching*, 11, 702-709.
9. **Gerodimos V.** (2015). Whole body vibration: A revolutionary mode of exercise or a trend? *International Journal of Physical Therapy and Rehabilitation*, 1: 109. doi: <http://dx.doi.org/10.15344/ijptr/2015/109>.
10. **Gerodimos V.**, Zafeiridis A., Chanou K., Karatrantou K. & Dipla K. (2015). Whole-body vibration training in middle-aged females: Improving muscle flexibility and the power of lower limbs. *Sport Sciences for Health*, 11, 287-294.
11. **Gerodimos V.**, Karatrantou K., Paschalis V., Zafeiridis A., Katsareli E., Bilios P., Kellis S. (2015). Reliability of concentric and eccentric strength of hip abductors and adductors muscles in young soccer players. *Biology of Sport*, 32: 351-356.
12. Theodorou A., **Gerodimos V.**, Karatrantou K., Paschalis V., Chanou K., Jamurtas A, Nikolaidis M. (2015). Acute and chronic whole-body vibration exercise does not induce health-promoting effects on blood profile. *Journal of Human Kinetics*, 46: 107-118.
13. Bekiari A., Perkos S., and **Gerodimos V.** (2015). Verbal aggression in basketball: perceived coach use and athlete intrinsic and extrinsic motivation. *Journal of Physical Education and Sport*, 15: 96-102.
14. **Gerodimos V.** & Karatrantou K. (2013). Reliability of maximal handgrip strength test in pre-pubertal and pubertal wrestlers. *Pediatric Exercise Science*, 25: 308-322.
15. Karatrantou K., **Gerodimos V.**, Dipla K., & Zafeiridis A. (2013). Whole-body vibration training improves flexibility, strength profile of knee flexors, and hamstrings-to-quadiceps strength ratio in females. *Journal of Science and Medicine in Sport*, 16: 477-481.

16. **Gerodimos V.**, Karatrantou K., Dipla K., Zafeiridis A., Tsiakaras N., & Sotiriadis S. (2013). Age-related differences in handgrip strength in wrestlers and non-athlete controls throughout the developmental years. *Journal of Strength and Conditioning Research*, 27: 616-623.
17. Papastergiou M. & **Gerodimos V.** (2013). Can learning of basketball be enhanced through a web-based multimedia course? An experimental study. *Educ. and Inf Technol*, 18: 459-478.
18. Chanou K., **Gerodimos V.**, Karatrantou, K., & Jamurtas, A. (2012). Whole-Body Vibration and Rehabilitation of Chronic Diseases: A Review of the Literature. *Journal of Sports Science and Medicine*, 11(2):187-200.
19. **Gerodimos V.** (2012). Reliability of Handgrip Strength Test in Basketball Players. *Journal of Human Kinetics*, 31(1):25-36.
20. Papastergiou, M., **Gerodimos, V.**, & Antoniou, P. (2011). Multimedia blogging in Physical Education: Effects on student knowledge and ICT self-efficacy. *Computers and Education*, 57(3):1998-2010.
21. Kolovelonis, A., Goudas, M., & **Gerodimos, V.** (2011). The effects of the reciprocal and the self-check styles on pupils' performance in primary physical education. *European Physical Education Review*, 17(1): 35-50.
22. **Gerodimos, V.**, Zafeiridis, A., Karatrantou, K., Vasilopoulou, T., Chanou, K., & Pispirikou, E. (2010). The acute effects of different whole-body vibration amplitudes and frequencies on flexibility and vertical jumping performance. *Journal of Science and Medicine in Sport*, 13(4):438-443.
23. Agdiniotis, I., Pollatou, E., **Gerodimos, V.**, Zisi, V., Karadimou, K. & Yiagoudaki, F. (2009). Relationship between rhythmic ability and different motor activities in preschool children. *European Psychomotricity Journal*, 2(1): 24-34.
24. Pollatou, E., **Gerodimos, V.**, Zissi, V., & Zervanou, D. and Karadimou K. (2009). Spatial orientation ability in boys and girls toddlers. *Scientific Journal of Orienteering*, 17(1): 39-45.
25. **Gerodimos V.**, A. Zafeiridis, S. Perkos, K. Dipla, V. Manou, and S. Kellis. (2008). The Contribution of Stretch-Shortening Cycle and Arm-Swing to Vertical Jumping Performance in Children, Adolescents, and Adult Basketball Players. *Pediatric Exercise Science*, 20(4):379-389.
26. Yiannakos A., Galazoulas Ch., **Gerodimos V.**, Sileloglou P., Armatas V. (2007). Characteristics and success of first and second wave fast breaks in elite handball teams. *Revista "Stiinta Sportului"*, 2 (57).
27. **Gerodimos, V.**, Manou, V., Stavropoulos, N., Kellis, E., Kellis, S. (2006). Agonist and antagonist strength of ankle musculature in basketball players aged 12 to 17 years. *Isokinetics and Exercise Science*, 14(1):81-89.
28. **Gerodimos, V.**, Manou, V., Ioakimidis, P., **Perkos, S.**, Kellis, S. (2006). Vertical jumping ability in elite young soccer players. *Journal of Human Movement Studies*, 51(2):89-101.
29. Stavropoulos, N., Zafeiridis, A., **Gerodimos, V.**, Kellis, S. (2005). Introduction and evaluation of a new notation system for recording offensive fundamental skills during a basketball game. *Revista de Educacao Fisica*, 16:113-120.
30. Yiannakos, A., Sileloglou, P., **Gerodimos, V.** Triantafyllou, P., Armatas, V., Kellis, S. (2005). Analysis and comparison of fast break in top level handball matches. *International Journal of Performance Analysis in Sport*, 5(3):62-72.
31. Pollatou, E., Karadimou, K., **Gerodimos, V.** (2005). Gender differences in musical aptitude, rhythmic ability and motor performance in preschool children. *Early Child Development and Care*, 175(4):361-369.
32. **Gerodimos, V.**, Manou, V., Kellis, E., Kellis, S. (2005). Body composition characteristics of elite male basketball players. *Journal of Human Movement Studies*, 49(2):115-126.

33. Ioakimidis, P., **Gerodimos, V.**, Kellis, E., Alexandris, N., Kellis, S. (2004). Combined effects of age and maturation on maximum isometric leg press strength in young basketball players. *Journal of Sports Medicine and Physical Fitness*, 44(4): 389-397.
34. Siatras Th., Papadopoulos, G., Mameletzi A., **Gerodimos, V.**, Kellis, S.(2003). Static and dynamic stretching effect on gymnasts speed in vaulting. *Pediatric Exercise Science*, 15(4):382-390.
35. Tsourlou, T., **Gerodimos, V.**, Kellis, E., Stavropoulos, N., Kellis, S. (2003). The effects of a calisthenics and a light strength training program on lower limb muscle strength and body composition in mature women. *Journal of Strength and Conditioning Research*, 17(3):590-8.
36. **Gerodimos, V.**, Manou, V., Zafeiridis, A., Ioakimidis, P., Stavropoulos, N., Kellis, S. (2003). Isokinetic peak torque and hamstring/quadriceps ratios in young basketball players: Effects of age, velocity, and contraction mode. *Journal of Sports Medicine and Physical Fitness*, 43(4):444-452.
37. Manou, V., Arseniou, P., **Gerodimos, V.**, Kellis, S. (2002). Test-retest reliability of an isokinetic muscle endurance test. *Isokinetic Exercise and Science*, 10, 177-181.
38. Ioakimidis, P., **Gerodimos, V.**, Kellis, E., Kellis, S. (2002). Reliability of maximum isometric force-time parameters during a leg press test in pubertal basketball players. *Pediatric Exercise Science*, 14(2):193-201.
39. Kellis, S., **V. Gerodimos**, E. Kellis, V. Manou. (2001). Bilateral isokinetic concentric and eccentric strength profiles of the knee extensors and flexors in young soccer players. *Isokinetic Exercise and Science*, 9(1):31-39.
40. Kellis, S., Kellis, E., Manou, V. & **Gerodimos, V.** (2000). Prediction of knee extensor and flexor isokinetic strength in young male soccer players. *Journal of Orthopaedic & Sports Physical Therapy*, 30(11):693-701.
41. Kellis, E., Kellis, S., **Gerodimos, V.**, Manou, V. (1999). Reliability of isokinetic concentric and eccentric strength in circumpubertal soccer players. *Pediatric Exercise Science*, 11(3): 218-228.

4.4 Articles in Journals not Indexed in Bibliographical Databases

1. Galiatsatou A., Batatolis C., Karatrantou K., Tsiakaras G., Tsiakaras N., Ioakimidis P., & **Gerodimos V.** (2018). Physical fitness profile in young elite female athletes of freestyle wrestling. *Inquiries in Physical Education and Sport*, 16, 35-42.
2. **Gerodimos, V.** (2017). Isokinetic evaluation. *Inquiries in Physical Education and Sport*, 15, 32-45.
3. Katsoula, C., Doublantonis, C., Koutis, V., Chasialis, A., Karatrantou, K., & **Gerodimos, V.** (2016). Maximal handgrip strength in track and field athletes during the developmental years. *Inquiries in Physical Education and Sport*, 14, 1-10.
4. Karatrantou, K., & **Gerodimos, V.** (2014). The effect of concurrent aerobic dance, strength, flexibility and balance training programs on physical fitness and health in adults. *Inquiries in Physical Education and Sport*, 12 (3):234-252.
5. Bilios, P., Karatrantou, K., Soulas, D., & **Gerodimos, V.** (2014). The effect of different whole body vibration training programs on physical fitness in adults. *Inquiries in Physical Education and Sport*, 12 (3):265-286.
6. Karatrantou, K., **Gerodimos, V.**, Angelakou, M., Psychou, D., Papadimitriou, D., & Tsiakaras, N. (2012). The effect of sport participation and age on peak handgrip strength. *Inquiries in Sport & Physical Education*, 10 (3):17-27.
7. **Gerodimos, V.**, Karatrantou, K., Psychou, D., Trapotsis, S., Vasilopoulou, T., & Christopoulos, I. (2011). The acute effects of different whole-body vibration amplitudes and frequencies on heart rate. *Inquiries in Sport & Physical Education*, 9 (1), 53-63.

8. Soulas, D., Bilios, P., **Gerodimos, V.**, Karatrantou, K., & Taxildaris, K (2011). Comparison between linear and daily undulating periodized training program for maximal strength in young men air force cadets. *Inquiries in Sport & Physical Education*, 9, 44-52.
9. Goudas, M., Kolovelonis, A., Nikitopoulou, C., Hassandra, M., & **Gerodimos, V.** (2010). Evaluation of the fitness component of the physical education curriculum for the seventh grade. *Inquiries in Sport & Physical Education*, 8, 28-42.
10. Nikolopoulos, D., Zafeiridis, A., Manou, V., **Gerodimos, V.**, & Kellis, S. (2009). Fitness characteristics of a greek national alpine skiing team: correlation with racing performance. *Hellenic Journal of Physical Education & Sport Science*, 29, 329-342.
11. Pispirikou, E., **Gerodimos, V.**, Karatrantou, N., Chanou, K., Papaioannou, I., & Kriki, T. (2009). The acute effect of whole body vibration training on vertical jumping ability of young women. *Inquiries in Sport & Physical Education*, 7, 161-170.
12. Chanou, K., **Gerodimos, V.**, Karatrantou, N., Zisi, V., Tziamourtas, A., Tsiokanos, A., & Kriki, T. (2009). Whole body vibration training. *Inquiries in Sport & Physical Education*, 7, 39-56.
13. Karatrantou, N., **Gerodimos, V.**, Sotiriadis, S., Chanou, K., & Papaioannou, I. (2008). The acute effect of whole body vibration on hip and spine flexibility. *Inquiries in Sport & Physical Education*, 6, 340-347.
14. Kosmatos, G., **Gerodimos, V.**, Karatrantou, N., Goudas, M. & Tsiokanos, A. (2008). The effect of a combined basketball and strength training program with the body weight on performance in adolescent basketball players. *Inquiries in Sport & Physical Education*, 6, 249-256.
15. Trikalis, C., Papanikolaou, Z., Soulas, D., & **Gerodimos, V.** (2007). Evaluation of the Speed and Aerobic Capacity of Elite Greek Soccer Referees in A' and B' National Division. *Inquiries in Sport & Physical Education*, 5, 445-450.
16. Nassiou, K., Pollatou, E., **Gerorimos, V.**, & Goudas, M. (2007). Comparison between typical teaching and teaching with music in basketball skills performance in primary school students. *Exercise and Society*, 44, 61-68.
17. Dimitriou, E., Kolovelonis, A., Goudas, M., & **Gerodimos, V.** (2007). The effect of a life skills training program on students' self-efficacy. *Exercise and Society*, 45, 68-75.
18. Dekanea, I., Goudas, M., **Gerodimos, V.**, & Diggelidis, N. (2007). The efficacy of a goal orientation training program to motivate students' participation in physical education. *Exercise and Society*, 45, 31-37.
19. Bletsou, E., **Gerodimos, V.**, & Pollatou, E. (2006). Performance differences between men and women elite athletes in biathlon, in pursuit contest. *Inquiries in Sport & Physical Education*, 4, 455-461.
20. Kolovelonis, A., Goudas, M., Dimitriou, E., & **Gerodimos, V.** (2006). The effect of a life skills training program on students' self-determination. *Inquiries in Sport & Physical Education*, 4, 379-389.
21. Kellis, E., Ioakimidis, P., Zafeiridis, A., Manou, V., **Gerodimos, V.**, & Kellis, S. (2006). Athletic schools in the international context. *Hellenic Journal of Sports & Recreation*, 3, 2-38.
22. Manou, V., **Gerodimos, V.**, Saraslanidis, P., Zafeiridis, A., Ioakimidis, P., Kellis, E., & Kellis, S. (2006). Greek athletic schools. *Hellenic Journal of Sports & Recreation*, 3, 39-81.
23. **Gerodimos, V.**, Zafeiridis, A., Manou, V., Ioakimidis, P., Kellis, E., Koustelios, A., Tzetzis, G., & Kellis, S. (2006). Efficiency and function of sport facilitation school classes. *Hellenic Journal of Sports & Recreation*, 3, 82-177.
24. Manou, V., Zafeiridis, A., Saraslanidis, P., **Gerodimos, V.**, Ioakimidis, P., Kellis, E., & Kellis, S. (2006). Conclusions and proposals for the proper function of sport facilitation school classes, *Hellenic Journal of Sports & Recreation* 3, 178-218.
25. **Gerodimos, V.**, Giannakos, T., Bletsou, E., Manou, V., Ioakimidis, P & Kellis, S. (2006). The relationship between vertical jumping performance and isokinetic strength of the knee extensors and ankle

- plantar flexors in basketball players of developmental ages. *Inquiries in Sport & Physical Education*, 4, 449-454.
26. **V. Gerodimos**, 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 Sport & Physical Education*, 3, 292-297.
 27. Papadopoulou, G., **Gerodimos, V.**, Kellis, S., Manou, V. (2003). Evaluation of knee extensor performance in male and female gymnasts. *Physical Education & Sport*, 49, 50-58.
 28. Stavropoulos, N., **Gerodimos, V.**, Jouvaras, G., Kellis, S. (2003). Various types of passes in maximizing success in modern basketball. *Health and Sport Performance*, 3, 167-173.
 29. Kellis S., V. **Gerodimos, V.** Manou. (2001). Isokinetic evaluation of knee extensor and flexor muscles in elite young football players. *Physical Education & Sport*, 45, 30-41.

5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Karatrantou K., Melissopoulou A., Manouras N., Vasilopoulou T., Grivas G., Theodorakis Y. & **Gerodimos V.** (2019). *Work Sport: Pilot study of a multicomponent workplace exercise and wellness program in sedentary workers (HealPWorkers)*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
2. Karatrantou K., Manouras N., Melissopoulou A., Vasilopoulou T., Grivas G., Theodorakis Y. & **Gerodimos V.** (2019). *Test-retest reliability and evaluation of selected indices of health and physical fitness in sedentary workers*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
3. Karatrantou K. & **Gerodimos V.** (2019). *Differences in the effects of serial and integrated combined training programs in health and physical fitness indices of middle-aged women*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
4. Papavasileiou T., Karatrantou K. & **Gerodimos V.** (2019). *The effect of a chair-based dance training program in various indices of health and physical fitness in middle-aged females*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
5. Hasioti P., Karatrantou K. & **Gerodimos V.** (2019). *The effect of a swimming training program in students' aquaticity*. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
6. Kostoulas I., Kounalakis S., Toubekis A., Kaniadakis A., Karagiannis A., Mavraganis D., Karatrantou K. & **Gerodimos V.** (2019). *The Effect of a Combat Swimming Training Program on Swimming Performance*. 9th Greek Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
7. Kostoulas I., Kounalakis S., Toubekis A., Karagiannis A., Kaniadakis A., Mavraganis D., Karatrantou K. & **Gerodimos V.** (2019). *The Effect of a Combat Swimming Training Program on 1000-m Combat Swimming and Shooting Performance*. 9th Greek Conference of Biochemistry and Physiology of Exercise, Thessaloniki.
8. Hasioti P., Karatrantou K., Varveri D. & **Gerodimos V.** (2019). *Test-retest reliability of a testing protocol for the evaluation of aquaticity in students of elementary schools*. 22nd International Congress of Physical Education and Sport, Thessaloniki.
9. Manouras N., Psomas D., Pigounakis T., Baltimas A., Soulas E., Karatrantou K. & **Gerodimos, V.** (2019). *Test-retest reliability of sprint test 30 m with and without ball dribbling in young soccer players*. 3rd International Scientific Conference of Sports Sciences, Thessaloniki.
10. Manouras N., Baltimas A., Psomas D., Pigounakis T., Papadopoulou C., Karatrantou K. & **Gerodimos, V.** (2019). *The effect of an integrated combined training program in physical fitness of young soccer players*. 3rd International Scientific Conference of Sports Sciences, Thessaloniki.

11. Manouras N., Kouvarakis P., Karatrantou K., Kremmidiotis K., Papanikolaou Z. & **Gerodimos, V.** (2018). *The efficacy of vertical vs. horizontal plyometric training on speed, jumping performance and agility in soccer players.* 26th International Conference of Physical Education and Sport, Komotini.
12. Batatolis C., Karatrantou K., Papavasileiou T., Papazeti K., Ioakimidis P. & **Gerodimos, V.** (2018). Evaluation of selected indices of health and physical fitness in middle-aged women. 21st International Congress of Physical Education and Sport, Thessaloniki.
13. Hasioti P., Krommidas C., Karatrantou K., Koutsioras I. & **Gerodimos V.** (2018). *The effect of a swimming training program in students' enjoyment.* 21st International Congress of Physical Education and Sport, Thessaloniki.
14. Machos C., Theofilidis G., Karatrantou K. & **Gerodimos V.** (2017). *Interval tempo swimming training: The effect of interval duration on kinematic characteristics and on lactated acid concentration.* 7th Conference of Biochemistry and Physiology of Exercise.
15. Baltimas A., Karagkounis A., Manouras N., Karatrantou K., Famisis K. & Gerodimos V. (2017). *Isokinetic evaluation of hip muscle strength: test-retest reliability.* 25th International Conference of Physical Education and Sport, Komotini.
16. Baltimas A., Karagkounis A., Manouras N., Karatrantou K., Famisis K. & Gerodimos V. (2017). *The acute effect of a static stretching protocol on selected indices of physical fitness in young soccer players.* 25th International Conference of Physical Education and Sport, Komotini.
17. Karatrantou K., Psychou D., & **Gerodimos V.** (2016). Static and dynamic handgrip strength endurance measurement: Test-retest reliability of different protocols. 24th International Conference of Physical Education and Sport, Komotini.
18. Katsoula C., Karatrantou K., Salagas A., Xagorari A., & **Gerodimos V.** (2016). *Maximal handgrip strength in track and field athletes during the developmental years.* 19th International Congress of Physical Education and Sport, Thessaloniki.
19. Xagorari A., Doublantonis C., Koutoulakis S., Katsoula C., Karatrantou K., & **Gerodimos V.** (2016). *Test-retest reliability of maximal handgrip strength in individuals with intellectual disabilities.* 19th International Congress of Physical Education and Sport, Thessaloniki.
20. Tsara, L., Tetta, I., Malisova, A., Psychou, D., & **Gerodimos, V.** (2014). *Differences in handgrip strength among tae kwon do athletes, basketball players and untrained individuals.* 22th International Conference of Physical Education and Sport, Komotini.
21. Chatzikos, G., Zalavras, A., Psychou, D., Karatrantou, K., & **Gerodimos, V.** (2014). *The effect of age and sex on different aspects of physical fitness.* 22th International Conference of Physical Education and Sport, Komotini.
22. Charachousis, O., Chatzikos, G., Psychou, D., Grivas, G., Karatrantou, K., & **Gerodimos, V.** (2014). *Correlation between anthropometric characteristics and maximal handgrip strength in young swimmers.* 17th International Conference of Physical Education and Sport, Thessaloniki.
23. Psychou, D., Tsara, D., Charachousis, O., Tsiakaras, N., Karatrantou, K., & **Gerodimos, V.** (2014). *Differences in handgrip strength between wrestlers and non-athletes during the developmental years.* 17th International Conference of Physical Education and Sport, Thessaloniki.
24. Tsara, L., Chantzikos, G., Charachousis, O., Papavasiliopoulos, G., Karatrantou, K., & **Gerodimos, V.** (2013). Reliability of maximal handgrip strength test in basketball players. 14th National Congress of Physical Education and Sport, Thessaloniki.
25. Psychou, D., Tsara, L., Mpalas, C., Chantzikos, G., Karatrantou, K., & **Gerodimos, V.** (2013). Adherence to the mediterranean diet of greek men and women. 14th National Congress of Physical Education and Sport, Thessaloniki.

26. Psychou, D., Angelakou, M., Karatrantou, K., Kriki, T., Papaioannou, I., & **Gerodimos, V.** (2012). The acute effects of whole body vibration on flexibility and vertical jumping ability. The effect of different knee angle during whole body vibration exercise. 5th Congress of the Hellenic Society of Biomechanics, Thessaloniki.
27. Angelakou, M., Psychou, D., Karatrantou, K., Tsiakaras, N., Papadimitriou, D., & **Gerodimos, V.** (2012). Reliability of maximal handgrip strength test in pubertal wrestlers. 5th Congress of the Hellenic Society of Biomechanics, Thessaloniki.
28. **Gerodimos, V.**, Karatrantou, K., Tsiakaras, N., Sotiriadis, S., & Papadimitriou, D. (2012). Differences in peak handgrip strength between basketball players and non-athletes during the developmental years. 20th International Congress of Physical Education & Sport - 1st Symposium of the Hellenic Society of Training & Coaching, Komotini.
29. Karatrantou, K., Chanou, K., Vasilopoulou, T., Kriki, T., Papaioannou, E., & **Gerodimos, V.** (2012). The acute effects of different whole-body vibration set on flexibility and vertical jumping ability. 20th International Congress of Physical Education & Sport - 1st Symposium of the Hellenic Society of Training & Coaching, Komotini.
30. Roussos, A., Karatrantou, K., Vasilopoulou, T., Chanou, K., & **Gerodimos, V.** (2012). The acute effects of side to side and vertical simultaneous whole-body vibration on flexibility and vertical jumping ability. 20th International Congress of Physical Education & Sport - 1st Symposium of the Hellenic Society of Training & Coaching, Komotini.
31. Papadimitriou, D., Zournatzi, E., Mpalas, C., Melissopoulou, A., Karatrantou, K., & **Gerodimos, V.** (2012). Adherence to the mediterranean diet of greek students: the effect of age and obesity status. 20th International Congress of Physical Education & Sport, Komotini.
32. Karatrantou, K., **Gerodimos, V.**, Zafeiridis, A., & Tsiokanos, A. (2011). The short-term effect of whole-body vibration training on flexibility, strength and power in young females. 19th International Congress of Physical Education & Sport, Komotini.
33. **Gerodimos, V.**, Karatrantou, K., Vasilopoulou, T., & Trapotsis, S. (2011). The acute effects of different whole-body vibration amplitudes and frequencies on heart rate. 19th International Congress of Physical Education & Sport, Komotini.
34. Chanou, K., Karatrantou, K., **Gerodimos, V.**, Tziamourtas, A., & Tsiokanos, A. (2011). The effect of whole-body vibration on the strength and power of middle-aged women. 19th International Congress of Physical Education & Sport, Komotini.
35. Kousoula D., Dipla K., **Gerodimos, V.**, Karatrantou, K., Papadopoulos, S., Nikolaidis, M., & Vrabas, I. (2011). Hemodynamic adaptations during whole-body vibration exercise in healthy lean and obese women. 19th International Congress of Physical Education & Sport, Komotini.
36. Chanou, K., Karatrantou, K., & **Gerodimos, V.** (2011). The effect of whole-body vibration training on dynamic balance and aerobic capacity of middle-aged women. 14th International Congress of Physical Education & Sport, Thessaloniki.
37. Kousoula D., Dipla K., Zafeiridis, A., **Gerodimos, V.**, Karatrantou, K., Papadopoulos, S., & Vrabas, I. (2010). Acute cardiovascular adaptations during whole-body vibration in women. 18th International Congress of Physical Education & Sport, Komotini.
38. Kousoula D., Dipla K., **Gerodimos, V.**, Karatrantou, K., Papadopoulos, S., Zafeiridis, A., & Vrabas, I. (2010). Acute mean arterial pressure responses during whole-body vibration in women. 18th International Congress of Physical Education & Sport, Komotini.
39. Athanasiou C., Kalampoukas G., Karatrantou, K., Trapotsis, S., & **Gerodimos, V.** (2010). Relationship of anthropometrical characteristics with maximal handgrip strength in young wrestlers. 11th International Congress of Hellenic Sports Medicine Association, Veroia.

40. Athanasiou C., Karatrantou, K., Trapotsis, S., Tsiakaras, N., & **Gerodimos V.** (2010). Isometric peak torque of knee extensors and flexors muscles of young physically active women. 13th International Congress of Physical Education & Sport, Thessaloniki.
41. Papaioannou, I., **Gerodimos V.**, Vasilopoulou, T., Karatrantou N., & Pispirikou, E. (2009). The acute effect of high whole-body vibration frequency on flexibility. 17th International Congress of Physical Education & Sport, Komotini.
42. Tsapatori E., Pollatou E., **Gerodimos V.**, & Mavromatis G. (2009). The effect of an intervention music-movement program on maths ability on first grade primary school students. Proceedings of the 2009 EMUNI Conference on Higher Education and Research, Portoroz , Slovenia, 1-8.
43. Bilios, P., Soulas, D., Taxildaris, K., **Gerodimos, V.**, & Bogdanis, G (2008). Comparison of a linear and a daily undulating periodized training program for maximal strength in male air force cadets. In G.L.Khanna (Ed.), *Physiology for Therapeutic and Rehabilitation Practices: Current Approaches* (pp. 91-96). India, Narosa Publishing House.
44. Karatrantou N, Sotiriadis S, **Gerodimos V**, & Chanou K. (2008). Reliability of maximal isometric handgrip strength in wrestlers. 16th International Congress of Physical Education & Sport, Komotini.
45. Karatrantou N, **Gerodimos V**, Sotiriadis S, & Chanou K. (2008). The acute effect of whole body vibration on flexibility. 16th International Congress of Physical Education & Sport, Komotini.
46. Pispirikou E, Karatrantou N, Sotiriadis S, Chanou K., & **Gerodimos V.** (2008). The acute effect of whole body vibration on vertical jumping ability in young women. 16th International Congress of Physical Education & Sport, Komotini.
47. Dikarou K, Karatrantou N, Chanou K., & **Gerodimos V.** (2008). Exercise with vibration in elderly people. 16th International Congress of Physical Education & Sport, Komotini.
48. Geordiadi, O., Koustelios, A., Tsiakaras, N., **Gerodimos, V.** (2007). Coaches job satisfaction. 2nd National Congress on Recreation, Leisure, and Sport Tourism, Trikala, 137-139.
49. Zournatzi, E., Koustelios, A., Pollatou, E., **Gerodimos, V.** (2007). Servicequality, customersatisfaction, andintention for reparticipation in health clubs. 2nd National Congress on Recreation, Leisure, and Sport Tourism, Trikala, 99-102.
50. **Gerodimos, V.**, Konstantopoulos, I., Perkos, S., Harbalis, T. (2006). Reliability of "Heidelberger Basketball Test" fitness battery in pre-pubertal basketball players. 14o International Congress of Physical Education & Sport.
51. Konstantopoulos, I., **Gerodimos, V.**, & Perkos, S. (2006). Reliability of "Heidelberger Basketball Test" fitness battery in pubertal basketball players. 14o International Congress of Physical Education & Sport, Komotini.
52. Konstantopoulos, I., Karpetas, D., Tsagronis, T., Perkos, S., & **Gerodimos, V.** (2006). The effect of maturation on "Heidelberger Basketball Test" performance of pre-pubertal and pubertal basketball players. 14o International Congress of Physical Education & Sport, Komotini.
53. Margariti, C., **Gerodimos, V.**, Karofili, M., & Perkos, S. (2006). Reliability of a fitness test battery in male and female adolescent handball players. 14o International Congress of Physical Education & Sport, Komotini.
54. Margariti, C., **Gerodimos, V.**, Lagoussi, M., & Perkos, S. (2006). Reliability of a fitness test battery in male and female pre-adolescent handball players. 14o International Congress of Physical Education & Sport, Komotini.
55. Margariti, C., **Gerodimos, V.**, & Perkos, S. (2006). Fitness test battery in handball players during the developmental years. The effect of age and gender. 14o International Congress of Physical Education & Sport, Komotini.

56. Boenig, M., Agdiniotis, I., Boenig, A., Kokaridas, D., & **Gerodimos, V.** (2006). Differences in specific parameters of physical performance between males with mental retardation and healthy males. 14o International Congress of Physical Education & Sport, Komtini.
57. Boenig, M., Boenig, A., **Gerodimos, V.**, & Kokaridas, D. (2006). Differences in specific parameters of physical performance between healthy females and females with mental retardation. 14o International Congress of Physical Education & Sport, Komotini.
58. Boenig, M., Boenig, A., Agdiniotis, I., **Gerodimos, V.**, & Kokaridas, D. (2006). Differences in specific parameters of physical performance between males and females with mental retardation. 14o International Congress of Physical Education & Sport, Komotini.
59. Dimitriou, E., Kolovelonis, A., Goudas, M., **Gerodimos, V.**, & Digelidis, N. (2006). The effect of a life skills training program on students' self-efficacy. 9o National Congress of Sport Psychology, Trikala.
60. Kolovelonis, A., Dimitriou, E., Goudas, M., **Gerodimos, V.**, & Digelidis, N. (2006). The effect of a life skills training program on students' self-determination. 9o National Congress of Sport Psychology, Trikala.
61. 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. 1st International Scientific Soccer Congress, Trikala.
62. Bletsou E., **Gerodimos V.**, (2005). The effect of programs of exercise in the faculty of balance in adults and individuals of third age. 1st International Congress Sport & Recreation Management, Trikala.
63. **Gerodimos V.**, Tikos J., Kondiza F., Perkos S. (2004). Vertical jumping ability of young basketball players in developmental age. 12th International Congress of Physical Education & Sport, Komotini.
64. Tikos J., Apostolakis G., Droulia G., Perkos S., **Gerodimos V.** (2004). Somatometric characteristics of young basketball players in developmental age. 12th International Congress of Physical Education & Sport, Komotini.
65. Katsareli E., **Gerodimos V.**, Kellis E., Kellis S. (2004). Maximum concentric and eccentric isokinetic hip abduction and adduction torques in young soccer players. 4th International Conference of Strength Training, Serres.
66. Katsareli E., **Gerodimos V.**, Kellis E., Kellis S. (2004). Different methods for the evaluation of the hip abductor/adductor moment ratio in young soccer players. 4th International Conference of Strength Training, Serres.
67. Karadimou K., Polatou E., **Gerodimos V.** (2004). The relationship between musical aptitude, rhythmic ability and motor performance in preschool children. 8th International Congress of Sport Psychology, Trikala.
68. Sileloglou P., **Gerodimos V.**, Zafiridis A., Giannakos A., Kellis, S. (2003). Relationship between regression equations for prediction of VO₂max in pubescent males and females athletes. 11th International Congress of Physical Education & Sport, Komotini.
69. Manousakis E., **Gerodimos V.**, Nikolaidis M., Kellis S. (2003). Vertical jumping ability in male and female volleyball players from 12 to 16 years old. IOC Athens.
70. Ntalakoura, S., **Gerodimos V.**, Boenig A., Kellis S. (2002). The relationship between different methods evaluating strength of the knee flexor and extensor muscles. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.
71. Katsareli E., **Gerodimos V.**, Ntalakoura S., Boenig A., Kellis S. (2002). Different ways of estimating reciproacal muscle group ratio of knee flexor / extensor muscles in women. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.

72. Katsareli E, **Gerodimos V.**, Boenig A., Kellis S. (2002). Isokinetic concentric and eccentric knee extensor and flexor muscles strength in women. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.
73. Giannakidou K., Ntalakoura S., **Gerodimos V.** (2002). The relationship between maximal isometric strength of leg extensor muscles and vertical jumping ability in women. 12nd Balcanian, 6th International and 3rd Greek-Cyprian Congress of Sports Medicine. Thessaloniki, Greece.
74. **Gerodimos V.**, Zafeiridis A., Manou V., Boenig A., Kellis S. (2002). The effects of various team-sports on vertical jumping ability and power of leg extensors in young athletes. 7th Annual Congress of the European College of Sport Science. Athens, Greece.
75. Ioakimidis P., **Gerodimos V.**, Manou, V., Stavropoulos N., Kellis S. (2002). The relationship between isometric strength and vertical jumping ability in young basketball players. 3th Congress of Greek Association of Athletic Science, Thessalonica.
76. Karaxristou X., Boenig A., **Gerodimos V.**, Giannakos T. (2001). Evaluation of jumping ability in 11-15 years old boys and girls. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
77. **Gerodimos V.**, Gianakidou K., Böinig A., Karaxristou X., Kellis S. (2001). Comparison of vertical jumping ability between female athletes and non-athletes aged 12 to 15 years old. 9th International Congress of Physical Education & Sport, Komotini.
78. Ioakimidis P., **Gerodimos V.**, Katsareli E. (2001). Reliability of isometric evaluation during a bilateral leg press in male young basketball players. 9th International Congress of Physical Education & Sport, Komotini.
79. Melissopoulou A., **Gerodimos V.**, Boenig A. (2001). Dietary evaluation of male and female students aged 7 to 15 years old. 9th International Congress of Physical Education & Sport, Komotini.
80. Boenig A., Zoupos D., **Gerodimos V.**, Tsiftoglou D., Kellis S. (2001). Comparison of vertical jumping ability between male athletes and students aged 11 to 15 years old. 9th International Congress of Physical Education & Sport, Komotini.
81. **Gerodimos V.**, Kellis S., Stavropoulos N. (2001). Maximum concentric and eccentric isokinetic ankle plantar and dorsal flexion torques in elite basketball players 12 to 17 years old. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
82. **Gerodimos V.**, Kellis S., Stavropoulos N. (2001). Isokinetic assessment of dorsal-plantar flexors torque ratios at the ankle in elite young basketball players. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
83. Giannakos T., **Gerodimos V.**, Boenig A., Karaxristou X. (2001). Examination of the differences in technical - tactical and motor skills between young handball players. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
84. Ioakimidis P., **Gerodimos V.**, Kellis S., Alexandris N. (2001). Evaluation of isometric strength during a bilateral leg press in young basketball players. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
85. Tsourlou T., Kellis S., **Gerodimos V.**, Stavropoulos N. (2001). Comparison of two combined aerobic and strength training programs on lower limb muscle strength and body composition in mature women. 6th Annual Congress of the European College of Sport Science. Cologne, Germany.
86. **Gerodimos V.**, Kellis S., Manou V. (2000). Different ways of evaluating the reciprocal muscle group ratios of the knee in elite young football players. 8th International Congress of Physical Education & Sport, Komotini.

87. Boenig A., Karaxristou X., Alexandris N., Ioakimidis P., **Gerodimos V.** (2000). Evaluation of vertical jumping ability in non athletes boys and girls. 8th International Congress of Physical Education & Sport, Komotini.
88. Kellis S., **Gerodimos V.**, Kellis E., Manou V. (2000). The relationship between vertical jumping height and isokinetic moment of force in elite young soccer players. 5th Annual Congress of the European College of Sport Science. Jyvaskyla, Finland.
89. **Gerodimos V.**, Kellis S., Manou V. (2000). Different methods for the evaluation of the knee flexor / extensor moment ratio in elite young soccer players. 5th Annual Congress of the European College of Sport Science. Jyvaskyla, Finland.
90. Kellis S., **Gerodimos V.** (2000). Isokinetic concentric and eccentric ratio of knee flexor / knee extensor muscles in elite adolescent basketball players. 1st Cyprian and 2nd Greek-Cyprian Congress of Sports Medicine. Cyprus.
91. **Gerodimos V.**, Kellis S., Manou V., Arseniou P. (1999). Reciprocal muscle group ratio in knee flexor/extensor muscles in elite young soccer players. International Congress of Sports Medicine with applications in football, Athens.
92. **Gerodimos V.**, Kellis S., Manou V., Arseniou P. (1999). Effects of angular velocity on isokinetic moment measurements of knee extensor and flexor muscles in elite adolescent basketball players. 7th International Congress of Physical Education & Sport, Komotini.
93. **Gerodimos V.**, Kellis S., Manou V., Arseniou P. (1999). Concentric ratio in knee flexor/extensor muscles in elite young soccer players. 5th International Congress of Northern Greece Sports Medicine Association, Greece, Thessaloniki.
94. Giannakos A., **Gerodimos V.**, Kamaris S. (1999). The effect of specific training (in learning blocks) in young handball players. 7th International Congress of Physical Education & Sport, Komotini.
95. Kellis S., **Gerodimos V.**, Manou V., Alexandris N., Arseniou P. (1999). Isokinetic concentric peak torque relationship of knee flexor / knee extensor muscles of elite young basketball players. 5th International Congress of Northern Greece Sports Medicine Association, Greece, Thessaloniki.
96. Manou V., **Gerodimos V.**, Kellis S., Arseniou P. (1999). Isokinetic profile of elite female volleyball players. 5th International Congress of Sports Medicine of Company of northerner Greece, Thessaloniki.
97. Tsiftoglou D., Alexandris N., **Gerodimos V.**, Arseniou P., Kellis S. (1999). Changes of anthropometric characteristics in elite young football players. 7th International Congress of Physical Education & Sport, Komotini.
98. Tsiftoglou D., Kellis S., **Gerodimos V.**, Arseniou P. (1999). Changes of vertical jumping ability in elite football players. 7th International Congress of Physical Education & Sport, Komotini.
99. Kamaris S., **Gerodimos V.**, Giannakos A. (1999). Anthropometric characteristics of young basketball players. 7th International Congress of Physical Education & Sport, Komotini.
100. Arseniou P., Kellis S., Tsiftoglou D., **Gerodimos V.**, Manou V. (1999). Evaluation of isokinetic concentric peak torque of knee extensor and knee flexor muscles in elite young soccer players. International Congress of Sports Medicine with applications in the football, Athens.
101. Kellis E., Mavropoulou, S., Kellis S., Giannakos A., **Gerodimos V.** (1999). Isokinetic eccentric ratio of knee flexor / knee extensor muscles in elite young soccer players. 5th International Congress of Northern Greece Sports Medicine Association, Greece, Thessaloniki.
102. Boenig A., Alexandris N., Tsiftoglou D., **Gerodimos V.** (1999). Comparison of the leg extensor muscles performance in elite athletes of different sports. 4th Scientific Meeting, Serres.
103. **Gerodimos V.**, Kellis S., Nikolaidis M., Manou V. (1998). Comparison of the strength velocity of the extensors muscles of the lower extremities in elite male and female athletes by different events. Third European Conference in Adapted Physical Activity, Thessaloniki, Greece.

104. Giannakos A., **Gerodimos V., (1998)**. Evaluation of motor abilities in young handball players (10-14 years old). 6th International Congress of Physical Education & Sport, Komotini, Greece.
105. Vitsaxakis N., **Gerodimos V.,** Alexandris N., Manou V., Arseniou P. (1998). Power evaluation of the leg extensor muscles in waterpolo players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
106. Giannakos A. & **Gerodimos V.** (1998). Differences in technique and tactic between 10-12 and 12-14 years old handball players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
107. Manou V., Kellis S., **Gerodimos V.** (1998). Comparison of isokinetic strength of flexors and extensors muscles of the knee in elite young football and basketball players. Third European Conference in Adapted Physical Activity, Thessaloniki, Greece.
108. Kellis E., Kellis S., **Gerodimos V.,** Manou V. (1998). The effects of age on concentric and eccentric moment-angular velocity relationship in elite young football players. Third Annual Congress of the European College of Sport Science, Manchester, England.
109. Kellis S., Kellis E., **Gerodimos V.,** Manou V., Alexandris N. (1998). Comparison of eccentric and concentric peak torque and knee flexor/extensor ratio between preferred and non-preferred leg in elite young soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
110. Nikolaidis M., Kellis S., **Gerodimos V.,** Manou V. (1998). Evaluation of the strength velocity of the extensor muscles of the lower extremities in young female volleyball players. Third European Conference in Adapted Physical Activity, Thessaloniki, Greece.
111. Alexandris N., Kellis S., Vitsaxakis N., **Gerodimos V.,** Manou V., Arseniou P. (1998). Power evaluation of the leg extensor muscles in elite soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
112. Kellis S., Kellis E., Manou V., **Gerodimos V.** (1998). Isokinetic muscle strength in elite young football players: reliability of maximum eccentric and concentric moments of force using the Cybex Norm Dynamometer. Third Annual Congress of the European College of Sport Science, Manchester, England.
113. Kellis E., Kellis S., Manou V., **Gerodimos V.** (1998). Concentric and eccentric knee flexor moment-angular velocity relationships in pubertal and adolescent soccer players. The Annual Conference of the British Association of Sport and Exercise Science (BASES), Worcester, England.
114. Kellis S., Kellis E., Manou V., **Gerodimos V.** (1998). The relationship between vertical jumping ability and isokinetic peak torque in elite young soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
115. Kellis S., Kellis E., Manou V., **Gerodimos V.** Vitsaxakis N. (1998). The effect of velocity and muscle action in isokinetic peak torque of knee extensor and flexor muscles in pubertal soccer players. 6th International Congress of Physical Education & Sport, Komotini, Greece.
116. **Gerodimos, V.,** Papaiakevou, G., Manou, V. (1997). Athletic injuries in triple jump. 4th International Congress of Northern Greece Sports Medicine Association, Thessaloniki, Greece.
117. Papadopoulos, G., **Gerodimos, V.,** Manou, V., Kellis, S., Tsitskaris, G. (1997). Evaluation of knee extensor muscles performance in male and female gymnasts. 5th International Congress of Physical Education & Sport, Komotini, Greece.

6 INVITED PRESENTATIONS

-) International Conference of Physical Education and Sport, Title: Power training in children and adolescents, Komotini 2016.

-) **Council of the European Union, Meeting “HEPA Europe”, Title: Health-Enhancing Physical Activity, Athens 21-03-2014.**
-) Greek Wrestling Federation, Meeting “Training in Wrestling”, Title: Introduction to training, 2014.
-) Research project “Exercise as an intervention strategy for promotion of health and for prevention and rehabilitation of chronic diseases”, Meeting “Exercise as an intervention strategy for promotion of health and for prevention and rehabilitation of chronic diseases”, Title: Exercise Testing and Prescription for promotion of health, 2013.
-) Research project “Sport For All - Scientific Support”, Title: Exercise for health, 2013.
-) Public Benefit Foundation “D.E.K.A.” Trikala, Meeting “Childhood Obesity”, Title: Childhood obesity and exercise, 2013.
-) Conference of Aristotle University of Thessaloniki (MODIP), Title: Presentation of informative system evaluations’ of the University of Thessaly, 2012.
-) Conference of University of Thessaly (MODIP), Title: Development of an informative system evaluations’ of the University of Thessaly, 2011.
-) 1st International Conference of soccer, Meeting “Physical Conditioning”, Title: Strength training during the developmental years, 2005.
-) 8th National Conference of Physical Education and Sport Sciences, Meeting, “Sport at school”, Title: Efficiency and function of Greek Athletic Schools, 2004.
-) 4th Conference of the Greek College of Sport Science, Meeting - Title “Physical Conditioning in Team Sports, 2003.
-) 4th Conference of the Greek College of Sport Science, Meeting - Title “Development and Evaluation of vertical jumping ability”, 2003.
-) 2nd Meeting of master programme of physical education, Meeting “Development of jumping ability in team sports”, Title: Development of jumping ability, 1999.

7 MISCELLANEOUS

-) Member of the editorial board of the journal “Inquiries in Physical Education and Sport” (*assistant editor*).
-) Reviewer in International (15 in PubMed και 5 in Scopus) and Greek (3) journals in the sports science field.
-) Administrative Experience
 - **2019-today:** Member of the Dean of the School of Physical Education, Sport Science and Dietician of the University of Thessaly.
 - **2018-2019:** Member of the Dean of the School of Physical Education and Sport Science of the University of Thessaly.
 - **2004-today:** "Evaluation Committee" of the Department of Physical Education and Sport Science of the University of Thessaly (OMEA).
 - **2014-2015:** "Evaluation Committee" of the University of Thessaly.
 - **2010-2013:** "Evaluation Committee" of the University of Thessaly (MODIP).
 - **2004-today:** "Internal Evaluation Committee" of the Department of Physical Education and Sport Science of the University of Thessaly. Also, since 2012, Dr. Gerodimos is an active member in the.
 - **2004-2010:** Dr. Gerodimos was an active member in different administrative committees of the Department of Physical Education and Sport Science of the University of Thessaly.
-) Coaching and Professional Experience
 - **1998-2013:** Coach of Physical Conditioning in several Greek and International basketball teams including: HRACLIS CLUB (1998-1999, 2000-2001 και 2002), MKS PRUSZKOW, Poland (2001-

2002), NIAR IST (2003-2004), A.S. Trikala Club (2004-2005, 2005-2006, 2006-2007, 2007-2008) and Aiolos Trikala club (2011-2012).

- **1998-2002:** Coach of physical conditioning in Naoussa Basketball Camp.
- **1997-2000:** Coach of physical conditioning in N. Elvetia Handball Club.
- **1997-1998:** Responsible for the evaluation of physical performance in Panionios Basketball Club.
- **1997:** Assessor in a talent detection program of the General Secretariat of Sports.
- **1991-1994:** Responsible of sports activities in private sports camp (Mpoukalis).