

Panagiotis Ioakeimidis is a member of the teaching staff of the Department of Physical Education and Sports of the University of Thessaly in the field of "Strength and Conditioning".

He is a graduate of the Department of Physical Education and Sports of the Aristotle University of Thessaloniki and has worked as a teacher in all levels of education. He received his Master's Degree in Human Performance and Health with a specialization in "Team Sports Training" and completed his doctoral thesis on the same course.

He is teaching basketball, basketball specialty I & II, training in developmental ages, physical condition development in Competitive Sports, designing and coaching exercise programs, coaching, specialty training in gyms I & II.

He has published in foreign and Greek journals, has lectured in conferences and seminars and has participated in several research programs. He has worked as a fitness trainer in team sports at various sports clubs, in gyms, as a personal trainer and for several years as a manager of athletic schools at the School Sports Office of East Thessaloniki.

His research interests focus is on the evaluation and development of muscle strength, the design of fitness programs in sports and exercise for health.

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