

Konstantina (Nantia) Karadimou (MSc) Brief Portrait

Konstantina Karadimou (Nantia) serves as a member of Permanent Teaching Staff in Department of Physical Education and Sport Science, University of Thessaly Trikala since 2002. He studied at the Faculty of Physical Education and Sport Science of the Aristotle University of Thessaloniki from where she graduated in 1985 and obtained her Master's degree (MSc) in 2003. She teaches: undergraduate courses related to fitness through aerobic dance, motor skills adapted to rhythm and music and structured choreographies in "Gymnastics for All" performances. Her teaching interests are focused on the use of rhythm and music for optimal comprehension and performance of the human movement. She is in charge of the Faculty's performance "Gymnastics for All" group, which has performed for national and internationals 'GfA' festivals and related events and in many opening ceremonies of scientific conferences, sports competitions etc. Her scientific work includes: 1 book, 10 in peer-reviewed journals publications and 12 proceedings publications and 27 abstracts publications. She is experimenting in compilation of music for gymnastics purposes and in composition of thematic videos (educational, or cultural) .

Publications

Books

Polymenopoulou, K., Karadimou, K. Pollatou, E. 2008. Rhythmic Exercises in Physical Education. *Patakis Publications Athens*.

Peer-reviewed Journal publications

1. Pateraki, V., Pollatou, E., Papastergiou, M. & Karadimou, K.(2014) Multimedia Environment and Gender, in Motor-Rhythmic Performance of a Dance Routine with Ball, Accompanied by an Adjusted Music Composition available in <http://www.macrothink.org/journal/index.php/jet/article/view/4403>
2. Marina Papastergiou, Elisana Pollatou, Ioannis Theofylaktou, Konstantina Karadimou (2013). Examining the potential of web-based multimedia to support complex fine motor skill learning: An empirical study. *Education and Information Technologies* <http://link.springer.com/article/10.1007/s10639-013-9256-x#page-1>
3. Pollatou Elisana, Pantelakis George, Agdiniotis Ilias, Mpenta Nikoleta, Zissi Vasiliki, Karadimou Konstantina (2012). How is the rhythmic ability of pre- school children affected by the implementation of a music-movement program? *European Psychomotricity Journal*, 4,1,49-56

<http://www.psychomotor.gr/contents/vol5/82-how-is-the-rhythmic-ability-of-preschool-children-affected-by-the-implementation-of-a-music-movement-program.html>)

4. Agdiniotis I. Pollatou E., Gerodimos V., Zisi, V., Karadimou K. & Yiagoudaki F. (2009) . Relationship between rhythmic ability and different motor activities in preschool children Europea. *European Psychomotricity Journal* , 2; 1, 24-34

<http://www.psychomotor.gr/contents/archive/vol-2/first-issue/43-relationship-between-rhythmic-ability-and-type-of-motor-activities-in-preschool-children.html>

5. Pollatou E., Gerodimos V., Zissi V., Zervanou D. & Karadimou K. (2008). Spatial orientation ability in boys and girls toddlers. *Scientific Journal of Orienteering*, vol. 18, I=II, 41-46,

http://www.researchgate.net/profile/Vasiliki_Zisi/publication/266740056_Spatial_orientation_ability_in_boys_and_girls_toddlers/links/543ab53e0cf24a6ddb9764c7.pdf.

6. Pollatou E., Karadimou K., Gerodimos V. (2005). Gender differences in musical aptitude, rhythmic ability and motor performance in preschool children. *Journal of Early Child Development and Care*, vol.175, no 4/May, 361-369.

<http://www.tandfonline.com/doi/abs/10.1080/0300443042000270786#.VO2jUnysWS8>

7. Pollatou Elisana, Savrami Katia, Karadimou K. (2004). Introducing aesthetic features in gymnastic skills. *Teaching Elementary Physical Education*, March, p 33-34

<http://journals.humankinetics.com/AcuCustom/Sitename/Documents/DocumentItem/6599.pdf>

8. Pollatou E., Hatzitaki V., Karadimou K. (2003) . Rhythm or music? Contrasting two types of auditory stimuli in the performance of a dancing routine. *Perceptual and Motor Skills*, 97:99-106

<http://www.amsciepub.com/doi/abs/10.2466/pms.2003.97.1.99?journalCode=pms>

9. Pollatou E., Karadimou K., Polimenopoulou K., Kavouras I. (2005). Rhythmic analysis of balance skills : tips for an effective teaching. *Electronic Journal PEPFA* (www.pepfa.gr)

10. Pollatou E., Karadimou K., Polymenopoulou K. (2004) The music-movement education in the multifaceted development in preschool children . *Sport Phycology* , 16, 103-116 (in greek)

Proceedings Publications

- 13 in National and International congresses

Funding (as participant)

1. 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 Gerodimos V.).

2. 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€)

Languages

Greek, English, Italian, French

YouTube Channel (Various performances)

<https://www.youtube.com/results?q=konkar1963>