



# Athanasios Kolovelonis

Items	Number
Books	3
Book Chapters	4
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	32
Articles in Journals not Indexed in Bibliographical Databases	-
Refereed International Conference Presentations	31
Invited Presentations	2
Harzing's PorP/Scopus Citation Index (including self-citations)	~368/114
Harzing's PorP/Scopus h-index	10/6
Involved in Successful Grant Applications	-

## 1 EDUCATION

- Doctor of Philosophy (2011). Democritus University of Thrace, Department of Physical Education and Sport Science. Dissertation: Development, implementation, and evaluation of a self-regulated learning program in physical education.
- Master of Science (2006). Aristotle University of Thessaloniki, Department of Physical Education and Sport Science. Master thesis: The implementation of a life skills training program in physical education settings and its effect on students' performance and self-determination.
- Bachelor of Science, Aristotle University of Thessaloniki, Department of Physical Education and Sport Science.

## 2 EMPLOYMENT HISTORY

- Teaching staff, Department of Physical Education & Sport Sciences, University of Thessaly (24/10/2017 - today)
- Secondment Teaching staff, Department of Physical Education & Sport Sciences, University of Thessaly (2011 – 2017, detached from elementary school)
- Physical education teacher in elementary school, Ministry of Education (1999-2017).

## 3 ACADEMIC & SCIENTIFIC EXPERIENCE

### 3.1 Undergraduate Teaching

1. Department of Physical Education & Sport Sciences, University of Thessaly (2017 - today, as permanent teaching staff). Courses: Practicum I, Practicum II

2. Department of Physical Education & Sport Sciences, University of Thessaly (2011-2017 as secondment teaching staff from elementary education). Courses: Courses: Practicum I, Practicum II, Practicum for senior students, Volleyball, Beach volley, Track and Field, Sport psychology, Psychology of physical education, Developmental psychology, Life skills in education, Health education, Exercise health and quality of life.
3. Department of Physical Education & Sport Sciences, University of Thessaly (2008-2011 as PhD student). Courses: Sport psychology, Psychology of physical education.
4. Department of Physical Education & Sport Sciences, University of Thessaly (2007-2008 as Part-time Lecturer). Courses: Practicum I, Life skills in education, Physical education in elementary school.

## **3.2 Postgraduate Teaching**

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## **3.3 Supervision/Co-supervision of Doctoral Theses**

### **3.3.1 Completed**

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### **3.3.2 In Progress**

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## **3.4 Supervision/Co-supervision of Master's Dissertations**

### **3.4.1 Completed**

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### **3.4.2 In Progress**

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## **3.5 Funding**

### **3.5.1 Competitive International**

1. Erasmus+ «So.Net: Solidarity Network for sport and young migrants» (2018-2019, participant).
2. Erasmus+ «TAGS – Teaching Awareness of Ethical Governance in Sport» (2017-2019, participant).
3. Erasmus+ «SSaMs: Training Sports Students as Mentors to Improve the Educational Attainment of Boys and Young Men» (2017-2019, participant).
4. Erasmus+ «EQuiPPE: Enhancing Quality in Primary Physical Education» (2015-2018, participant).

### **3.5.2 Competitive National**

1. Thalys project: Exercise, smoking and alcohol: Investigation of mechanisms and interventions for prevention, cessation, and awareness (2013-2015, participant).
2. The Kalipatira project. From sport to daily life. All equal – all differed, Greek Ministry of Education (2006-2007, participant).

### 3.5.3 Miscellaneous

1. Learning Smart: Empowering school community in learning skills, Research Committee University of Thessaly (participant).
2. Self-regulation development for learning a sport skill in elementary physical education, Research Committee, University of Thessaly (participant).
3. The effectiveness of two self-talk types in increasing students' performance in two different tasks in physical education, Research Committee University of Thessaly (participant).
4. Curriculum development for the department of Physical Education and Sport Science (participant).
5. Pythagoras project. Research Committee University of Thessaly (participant).
6. Development and validations of life skills programs in physical education, Research Committee University of Thessaly (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. Goudas, M. Theodosiou, A., Theodorakis, I., **Kolovelonis, A.**, Kosmidou, E., Mylosis, D., Ntanis, A., Patsiaouras, A. (2015). *Οδηγός Εκπαιδευτικού για τη Φυσική Αγωγή στο Λύκειο.. [Teachers' guide for Physical Education in lyceum]* Athens: Institute of Education Policy
2. **Kolovelonis, A.**, & Goudas, M. (2015). *Διδάσκοντας αθλητικές δεξιότητες στα παιδιά. Ένα μοντέλο προαγωγής της ανεξάρτητης, αυτο-ρυθμιζόμενης μάθησης στη φυσική αγωγή και στον παιδικό αθλητισμό [Teaching children sport skills. A model for promotion an independent, self-regulated learning in physical education and sport]*. Thessaloniki: Kyriakides
3. **Kolovelonis, A.** (2015). *Ενισχύοντας τα κίνητρα των μαθητών για συμμετοχή στο μάθημα της φυσικής αγωγής. Από τη θεωρία στην πράξη [Enhancing students' motivation for participating in school physical education. From theory to practice]*. Trikala

### 4.2 Book Chapters

1. Kitsantas, A., **Kolovelonis, A.**, Gorozidis, G., & Kosmidou, E. (2018). Connecting self-regulated learning and performance with high school instruction in health and physical education. In M. DiBenedetto (Ed), *Connecting self-regulated learning and performance with instruction across high school content areas* (pp. 351-373). Dordrecht, The Netherlands: Springer International Publishing. doi:10.1007/978-3-319-90928-8\_12
2. Baker, C., Leasu, F., Nutt, G., Abrahams, M., Wittmanova, J., Kudlacek, M., Goudas, M., **Kolovelonis, A.**, Rogozea, L., Wojtasik, T., & Dziegiel, A. (2017). Enhancing Quality in Primary Physical Education (EQuiPPE): A European project to increase primary teachers'

- skills and confidence. In D. Colella, B. Antala, S. Epifani (Eds), *Physical education in primary school. Researches – best Practices – situation* (pp. 199-212). Lecce: Pensa MultiMedia
3. Zourbanos, N., Hatzigeorgiadis, A., **Kolovelonis, A.**, Latinjak, A. T. & Theodorakis, Y. (2016). The use of self-talk in the organization of a lesson in sport, physical education and exercise settings. In P. Davis (Ed.), *The psychology of effective coaching and management* (pp. 307-320). Nova Publishers.
  4. Goudas, M., **Kolovelonis, A.**, & Dermitzaki, I. (2013). Implementation of self-regulation interventions in physical education and sports contexts. In H. Bembenutty, T., Cleary, & A. Kitsantas (Eds.), *Applications of self-regulated learning across diverse disciplines: A tribute to Barry J. Zimmerman* (pp. 383-415). Greenwich, CT: Information Age.

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

1. **Kolovelonis, A.**, & Dimitriou, E. (2018). Exploring performance calibration in relation to better or worse than average effect in physical education. *Europe's Journal of Psychology*, *14*, 665-679, doi:10.5964/ejop.v14i3.1599
2. **Kolovelonis, A.**, & Goudas, M. (2018). The relation of physical self-perceptions of competence, goal orientation, and optimism with students' performance calibration in physical education. *Learning and Individual Differences*, *61*, 77-86. doi:10.1016/j.lindif.2017.11.013
3. Goudas, M., Dermitzaki, I., & **Kolovelonis, A.** (2017). Self-Regulated learning and students' metacognitive feelings in physical education. *International Journal of Sport and Exercise Psychology*, *15*, 131-145. doi:10.1080/1612197X.2015.1079791
4. **Kolovelonis, A.**, Goudas, M., & Theodorakis, Y. (2016). Examining the effectiveness of the smoking prevention program "I do not smoke, I exercise" in elementary and secondary school settings. *Health Promotion Practice*, *17*, 827-835. doi:10.1177/1524839916651400
5. Tsiami, A., **Kolovelonis, A.**, Goudas, M., & Theodorakis, Y. (2016). Άσκηση, κάπνισμα και συμπτώματα κατάθλιψης. Ποιοτική μελέτη [Exercise, smoking and depression symptoms. A qualitative study]. *Inquiries in Sport & Physical Education*, *14*, 14–26.
6. Hassandra, M., **Kolovelonis, A.**, Chroni, S., Olympiou, A., Goudas, M., & Theodorakis, Y. (2015). Understanding the experiences of heavy smokers after exercise. *Health*, *7*, 1622-1633. doi:10.4236/health.2015.712175.
7. **Kolovelonis, A.**, Keramidas, P., Krommidas, C., & Goudas, M. (2015). The relationship between motivational climate and social behavior in physical education. *Journal of Physical Activity, Nutrition and Rehabilitation*, 1-11. <http://www.panr.com.cy/?p=1087>
8. **Kolovelonis, A.**, & Goudas, M. (2014). Ένα μοντέλο διδασκαλίας δεξιοτήτων στη φυσική αγωγή με βάση την κοινωνική γνωστική προσέγγιση αυτο-ρύθμισης της μάθησης [A teaching model in physical education based on the social cognitive perspective of self-regulated learning]. *Inquiries in Sport & Physical Education*, *12*, 26-39.
9. **Kolovelonis, A.**, & Goudas, M. (2013). The development of self-regulated learning of motor and sport skills in physical education: A review. *Hellenic Journal of Psychology*, *10*, 193-210.

10. **Kolovelonis, A.**, Mousouraki, M., Goudas, M., & Michalopoulou, M. (2013). Psychometric properties of the Greek version of the Children and Youth Physical Self-Perception Profile Questionnaire. *Advances in Physical Education*, 3, 158-164. doi: 10.4236/ape.2013.34026.
11. **Kolovelonis, A.**, Goudas, M., Dermitzaki, I., & Kitsantas, A. (2013). Self-regulated learning and performance calibration among elementary physical education students. *European Journal of Psychology of Education*, 28, 685-701. doi:10.1007/s10212-012-0135-4
12. **Kolovelonis, A.**, & Goudas, M. (2012). Students' recording accuracy in the reciprocal and the self-check teaching styles in physical education. *Educational Research and Evaluation*, 18, 733-747. doi:10.1080/13803611.2012.724938
13. **Kolovelonis, A.**, Goudas, M., & Dermitzaki, I. (2012). Students' performance calibration in a basketball dribbling task in elementary physical education. *International Electronic Journal of Elementary Education*, 4, 507-517.
14. **Kolovelonis, A.**, Goudas, M., & Dermitzaki, I. (2012). The effects of self-talk and goal setting on self-regulation of learning a new motor skill in physical education. *International Journal of Sport and Exercise Psychology*, 10, 221-235. doi:10.1080/1612197X.2012.671592
15. **Kolovelonis, A.**, Goudas, M., Hassandra, M., & Dermitzaki, I. (2012). Self-regulated learning in physical education: Examining the effects of emulative and self-control practice. *Psychology of Sport and Exercise*, 13, 383-389. doi:10.1016/j.psychsport.2012.01.005
16. **Kolovelonis, A.**, Goudas, M., & Dermitzaki, I. (2011). The effect of different goals and self-recording on self-regulation of learning a motor skill in a physical education setting. *Learning and Instruction*, 21, 355-364. doi:10.1016/j.learninstruc.2010.04.001
17. **Kolovelonis, A.**, Goudas, M., & Dermitzaki, I. (2011). The effects of instructional and motivational self-talk on students' motor task performance in physical education. *Psychology of Sport and Exercise*, 12, 153-158. doi:10.1016/j.psychsport.2010.09.002
18. **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, 35-50. doi: 10.1177/1356336X11402265
19. **Kolovelonis, A.**, Goudas, M., & Dermitzaki, I. (2010). Self-regulated learning of a motor skill through emulation and self-control levels in a physical education setting. *Journal of Applied Sport Psychology*, 22, 198-212. doi:10.1080/10413201003664681
20. Goudas, M., **Kolovelonis, A.**, Nikitopoulou, C., Hassandra, M., & Gerodimos, V. (2010). Αξιολόγηση της αποτελεσματικότητας του διδακτικού αντικειμένου «φυσική κατάσταση» του βιβλίου φυσικής αγωγής για την Α' γυμνασίου [Evaluation of the fitness component of the physical education curriculum for the seventh Grade]. *Inquiries in Physical Education and Sport*, 8, 28-42.
21. **Kolovelonis, A.**, Goudas, M., Dimitriou, E., & Hassandra, M. (2010). Ποιοτική αξιολόγηση ενός προγράμματος διδασκαλίας δεξιοτήτων ζωής στη φυσική αγωγή [A qualitative evaluation of a life skill training program in physical education]. *Inquiries in Physical Education and Sport*, 8, 107-118.
22. **Kolovelonis, A.**, Dimitriou, E., & Tzavidas, K. (2009). Διαφορές τάξης και φύλου στα κίνητρα μαθητών και μαθητριών δημοτικού, γυμνασίου και λυκείου για συμμετοχή στο μάθημα της φυσικής αγωγής [Grade and gender differences in elementary, secondary, and

- high school students' motivation for participating in physical education]. *Physical Education and Sport*, 29 (2), 219-236.
23. **Kolovelonis, A.**, Tzavidas, K., & Dimitriou, E. (2010). Διαφορές τάξης και φύλου στις στάσεις μαθητών και μαθητριών δημοτικού, γυμνασίου και λυκείου προς τη φυσική αγωγή [Grade and gender differences in elementary, secondary, and high school students' attitudes towards physical education]. *Mentor*, 12, 139-151.
  24. **Kolovelonis, A.** (2008). Διαφορές στα κίνητρα μαθητών και μαθητριών δημοτικού, γυμνασίου και λυκείου για συμμετοχή στο μάθημα της φυσικής αγωγής σε σχέση με τη συμμετοχή τους ή μη σε σπορ εκτός σχολείου [Grade and gender differences in students' motives for participating in physical education in relation to their out school sport participation]. *Sport Organization*, 6, 48-57.
  25. **Kolovelonis A.** (2008). Ο ρόλος του αυτοκαθορισμού του μαθητή στο μάθημα της φυσικής αγωγής. Μια βιβλιογραφική προσέγγιση [The role of students' self-determination in physical education. A bibliographical approach]. *Educational Issues Review*, 14, 60-73.
  26. **Kolovelonis A.** & Kalogiros, S. (2008). Η επίδραση ενός προγράμματος διδασκαλίας δεξιοτήτων ζωής στην υπευθυνότητα μαθητών δημοτικού σχολείου [The effects of a life skills program in elementary students' responsibility]. *Educational Review*, 45, 111-124.
  27. **Kolovelonis A.** (2007). Grade and gender differences in students' self-determination for participating in physical education. *Education Sciences and Psychology*, 11 (2), 23-30.
  28. **Kolovelonis A.** (2007). Παιδική παχυσαρκία. Ο ρόλος της διατροφής και της άσκησης στην πρόληψη και στην αντιμετώπισή της [Childhood obesity. The role of nutrition and physical activity in its treatment and prevention]. *Nutrition – Dietetics*, 11, 30-42.
  29. Dimitriou, E., **Kolovelonis A.**, Goudas, M., & Gerodimos, V. (2007). Η επίδραση ενός προγράμματος ανάπτυξης δεξιοτήτων ζωής στην αυτοαποτελεσματικότητα μαθητών/τριών Α' γυμνασίου [The effect of a life skills program on self-efficacy of 7th-grade students]. *Exercise and Society*, 45, 68-75.
  30. Kalogiros, S., & **Kolovelonis A.** (2007). Η επίδραση ενός προγράμματος αγωγής υγείας στις διατροφικές στάσεις και αντιλήψεις μαθητών δημοτικού σχολείου [The effects of a health education program on elementary students' nutritional attitudes and perceptions]. *Teacher's Scientific Step*, 8, 116-124.
  31. **Kolovelonis A.** (2006). Ο καθηγητής φυσικής αγωγής ως παράγοντας αλλαγής και καινοτομίας. Από τη θεωρεία στην πράξη [Physical education teacher as factor of change and innovation]. *Education & Science*, 3, 313-323.
  32. **Kolovelonis A.**, Goudas, M., Dimitriou, E., & Gerodimos, V. (2006). Η επίδραση ενός προγράμματος διδασκαλίας δεξιοτήτων ζωής στον αυτοκαθορισμό των μαθητών [The effects of a life-skills program in students' self-determination]. *Inquiries in Physical Education and Sport*, 4, 379-389.

#### 4.4 Articles in Journals not Indexed in Bibliographical Databases

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## 5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. **Kolovelonis, A.,** & Goudas, M. (2016). Examining the relationship between goal orientations and students' performance calibration in elementary physical education. Oral presentation in 15<sup>th</sup> International Conference on Motivation «The odyssey to the Ithaca of learning: Motivated persons, challenging contexts». Aristotle University of Thessaloniki, 24-27 August 2016.
2. Goudas, M. & **Kolovelonis, A.** (2014). Teaching self-regulation skills in youth sport and physical education. Oral presentation in international forum Motivation and Emotions in Sport, University of Jyvaskyla, Finland, 27-28 May 2014
3. **Kolovelonis, A.,** Goudas, M., & Dermitzaki, I. (2010). The development of self-regulated learning of motor skills in elementary physical education. Oral presentation in International conference of sport psychology, Hellenic Society of Sport Psychology & DPES, University of Thessaly, Trikala, 5-6 November 2010

## 6 INVITED PRESENTATIONS

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## 7 MISCELLANEOUS

- 2008 - 2011: Scholarship for PhD studies from State Scholarships Foundation (IKY Greece)
- Reviewer in 2 national and 23 international journals (number of reviews: 56) including: Learning and Instruction, Journal of Applied Sport Psychology, International Journal of Sport and Exercise Psychology, Adapted Physical Activity Quarterly, Learning and Individual Differences, Journal of Sports Sciences, The Journal of Experimental Education, European Physical Education Review