

CURRICULUM VITAE

Vasilios Mellos MSc, PhD

EDUCATION

STUDIES:

- 1997-
2002 **Doctoral Thesis (PhD)**
Study of Gymnastics students and athletes' physical abilities (aged 9-11) in Greece
National Sports Academy Sofia, Bulgaria
- 2014-
2016 **Master's Degree (MSc)**
Exercise and Health, School of Physical Education Science and Sports, University of Thessaly
- 1982-
1986 **Bachelor Degree**
In Physical Education Science and Sports, National and Kapodistrian University
Area of expertise: Artistic Gymnastics

Knowledge of Foreign Languages:

- Bulgarian, Level C2 (according to the CEFR)
- English, Level B2 (according to the CEFR)

Computer Knowledge: Level I, SPSS

Educational Working Experience

Academic Years

<i>2019 - today</i>	<i>Teaching Staff in the Department of Physical Education Sciences and Sports, Trikala, University of Thessaly</i>
<i>2012 - 2018</i>	<i>School Advisor for the Discipline of Physical Education in the area of Karditsa</i>
<i>2009 - 2012</i>	<i>Posting position in the Department of Physical Education Sciences and Sports in Trikala, University of Thessaly</i>
<i>1995 - 2009</i>	<i>Physical Education teacher in the 2nd Primary school of Karditsa</i>
<i>1994 - 1995</i>	<i>Physical Education teacher in the 2nd Primary school of Alimos, Athens</i>
<i>1993 - 1994</i>	<i>Physical Education teacher in the 3rd Junior High school of Metamorphosis, Athens</i>
<i>1992 - 1993</i>	<i>Physical Education teacher in Philothei Junior High School and Melisia Senior High School in Athens</i>
<i>1991 - 1992</i>	<i>Physical Education teacher in the 107th Primary school of Athens</i>
<i>1990 - 1991</i>	<i>Physical Education teacher in the Vocational Technical School of Agia Paraskevi in Athens</i>
<i>1989 - 1990</i>	<i>Physical Education teacher in the 2nd Junior High school of Vironas in Athens</i>

Publications

1. Dallas G.C., Kirialanis P.b, Dallas C.G., **Mellos V.**(2017).The effect of training in maximal isometric strength in young artistic gymnasts. Science of Gymnastics Journal . 2017, Vol. 9 Issue 1, p71-81. 11p. ISSN: 18557171
<http://www.fsp.uni-lj.si/en/research/scientific-magazines/science-of-gymnastics/current-issue/>
2. Dallas G, Paradisis G, Kirialanis P, **Mellos V**, Argitaki P, Smirniotou A (2015). The acute effects of different training loads of whole body vibration on flexibility and explosive strength of lower limbs in divers. Biology of Sport, 2015;32:235-241 DOI: 10.5604/20831862.1163373. Epub 2015 Jul 31.
<http://www.ncbi.nlm.nih.gov/pubmed/26424927>
3. Dallas G., Kirialanis P., **Mellos V.** (2014) THE ACUTE EFFECT OF WHOLE BODY VIBRATION TRAINING ON FLEXIBILITY AND EXPLOSIVE STRENGTH OF YOUNG GYMNASTS. Biology of Sport, 2014;31:233-237DOI: 10.5604/20831862.1111852. Epub 2014 Jul 15.
<http://www.ncbi.nlm.nih.gov/pubmed/25177103>
4. **Vassilis Mellos**, George Dallas, Paschalis Kirialanis, Giovanni Fiorilli, Alessandra Di Cagno (2014). COMPARISON BETWEEN PHYSICAL CONDITIONING STATUS AND IMPROVEMENT IN ARTISTIC GYMNASTS AND NON-ATHLETES PEERS. Science of Gymnastics Journal. Vol. 6 Issue 1: 33 – 43
http://www.fsp.uni-lj.si/mma_bin.php?id=20140214204111
5. DALLAS GEORGE, PARADISIS GEORGE, **MELLOS VASILLIS (2013)**.The effect of four-week interrupted intervention Whole-Body Vibration program on hamstring's flexibility. JOURNAL OF PHYSICAL EDUCATION AND SPORT ® (JPES), 13(4), Art 81, pp. 517 - 521., 2013 online ISSN: 2247 - 806X; p-ISSN: 2247 – 8051; ISSN - L = 2247 - 8051 © JPESwww.efsupit.ro

<http://www.efsupit.ro/images/stories/nr4.2013/Art%2081.pdf>

6. Dallas George, Kaimakamis Vasilis, **Mellos Vasilis**, ParadisisGiorgos. Acute effect of whole-body vibration combined with stretching on bridge performance in artistic gymnasts. *BIOLOGY OF EXERCISE*, VOLUME 8.2, (2012).
<http://www.biologyofexercise.com/images/issues/824.pdf>
7. **Mellos V**, Dallas G., Pigos G., (2006) *Physical and kinetic features of 8-10 Greek year olds*). *Regional Sports Organization, Vol. 4, Section 1-2, 2006, pp. 13-19, University of Peloponese, Sparta*. ISSN 1109-8562 http://www.oma.uop.gr/DM_UOP/pages/greek/period_tom4.htm
8. Dallas G., Kirialanis P., **Mellos V.**, Gougou-Grammatikopoulos B., Satratzemis I., (2006) Study realized on pre-adolescent greek gymnasts concerning kinematic parameters influence over rings landing technique. *Περ. Ştiinţasportului Vol. XV, Issue 55/2006, σελ. 73-86, Romania. ISSN – 1453-018X*
http://www.sportscience.ro/html/reviste_2006_55-5.html
9. **Mellos Vasilios** (2001). *Analysis of physical abilities in initial athletic preparation of 9-11 year old gymnastics athletes in Greece*). *Journal "Exercise and Science", Vol. 2, 2001, pp. 112-116, Bulgaria* (www.scienceandsport.com)
10. Mellos Vasilios (2001). *Measurements of physical abilities of 9-11 year old Gymnastics athletes in Greece*. *Journal "Exercise and Science" , Vol. 1, 2001, pp 135-140, Bulgaria* (www.scienceandsport.com)

Presentations in scientific conferences

1. **Mellos, V.** (2001). *Evaluation of 9-11 year old Competitive Gymnastics athletes and children's strength without predetermined athletic activity of the same age, Second conference of Sports Science Association "Sports in child and adolescent age"*
2. **Mellos, V.,** Giakas, G. Mellou, F., and Pigos, G. (2001). *Tracing talents. Analysis of physical and kinetic features in 8-9-10 year olds between urban and semi-urban areas in Greece. Second Conference of Sports Science "Sports in child and adolescent age"*
3. **Mellos, V.** (2001). *Evaluation of 9-11 year old Competitive Gymnastics athletes' strength in an annual training cycle. Ninth International Conference of Physical Education and Sports, Komotini, Greece*
4. **Mellos, V.,** Mellou, F., Giakas, G. (2001). *Physical and kinetic features of children between urban and semi-urban areas in Greece. 9th International Conference of Physical Education and Sports, Komotini, Greece*
5. **Mellos, V.** (2000). *Physical and kinetic features of 8-9-10 year old boys and girls in Greece. 8th International Conference on Physical Education & Sport, Komotini, Greece. ISSN: 1105 / 655X*
6. **Mellos, V.** (2000). *Comparative analysis of the physical abilities of 9-11 year old athletes and children without predetermined sport activity of the same age. 8th International Conference on Physical Education & Sport, Komotini, Greece. ISSN: 1105 / 655X*

Author

Mellou, F., Donti, .O., Pollatou, E., Skouteris, S., Boura, S., Savrami, K., Karadimou, K., **Mellos, V.,** Dallas, G. and Agalianou, O. (2019). *Evaluation code "Gymnastics for All" - Competition part*

<http://www.ego-gymnastics.gr/wp-content/uploads/2019/02/Kodikas-Axiologisis-Gymnastiki-Gia-Olous-2019.pdf>

TRAINING

Physical Education teachers' trainer

- *Trends, suggestions – perspectives and concerns in Primary Education, 1st EPAL of Karditsa (2014).*
- *Concerns in Primary Education, 1st EPAL Of Karditsa (2013).*
- *Training – Teaching in Primary Education, 1st EPAL. of Karditsa (2013)*
- *Teaching Physical Education in Secondary Education (2014)*
- *Concerns in Secondary Education (2013)*
- *Training – Teaching in Secondary Education (2013)*
- *Trends, suggestions, perspectives and concerns in Secondary Education (2013)*
- *Organizing the School Sports Activities in Secondary Education (2013)*
- *Organizing the course of Physical Education in Secondary Education (2013)*
- *Organizing the course of Physical Education in Primary Education (2013)*
- *Organizing the course of Physical Education in Primary and Secondary Education (2012)*
- *Organizing the School Sports Activities in Secondary Education (2012)*
- *Teaching methods in Physical Education. From theory to practice (2012)*
- *The role of the Physical Education teacher in the NEW SCHOOL. Problems, suggestions, new teaching methods in Secondary Education, TEDK of Karditsa (2012)*
- *The role of the Physical Education teacher in the NEW SCHOOL. Problems, suggestions, new teaching methods in Primary Education, TEDK of Karditsa (2012)*

Seminars and workshops attendance

- *Attendance of a 96 hours training program by EKDDA in pedagogical matters competency (2014)*
- *I know the truth –I say no to smoking. Institution of Medical-biological Research (2014)*
- *Exercising as a means to prevent and restore chronic diseases TEFAA of Trikala (2013)*
- *Teaching the Greek language to vulnerable population groups (Immigrants –Roma) (2013)*
- *Effective practices towards Roma children inclusion (2013)*
- *The use of Web 2.0 tools in projects implementation (2013)*
- *Application, problems and suggestions towards Roma groups' inclusion and education. Meeting of Karditsa Primary and Secondary Education School Advisors, of the Primary Education director, and of the Thessaly Directorate of Primary and Secondary Education Director (2012)*
- *Attendance of the seminar: Second phase of teachers' training in the piloting of the New School Curricula (2012)*
- *Workshop: Introduction and utilization of new technologies in education. University of Thessaly, Ministry of Education, Greece (2004)*
- *Seminar in Physical education and Sports. Topics: 1. Football practices training suggestions in Primary Education, 2. Practicing Kinetic skills, 3. Evaluation of school children's physical status with EUROFIT, 4. Application of Physical Education curricula – new trends and perceptions (2005)*
- *Seminar in "exploiting ICT practices in education. Ministry of Education, Third European Union support framework (2002)*
- *2th Conference of Greek Sports Science Association "Sports in child and adolescent age" (2001)*
- *9th International Conference of Physical Education and Sports - Komotini*
- *8th International Conference of Physical Education and Sports - Komotini*

- *Regional seminar for scientific training –duration 40 hours
"Coaching in School Sports" (1996)*
- *Symposium of Physical Education and Sports "Contemporary perceptions of Sports Science and their application to physical education in schools"*
- *Second Panhellenic Sports-medicine conference*

Scientific Interests

- 2016 Member of Review committee of the 2nd International Conference for Educational Innovation, (Larissa, October 21-23, 2016) organized by the Scientific Union for the Promotion of Educational innovation (EEPEK), sponsored by the Ministry of Education, Research and Religious Affairs, in cooperation with the University of Thessaly and The Technical Institution of Thessaly
- 2015 Member of Review committee of the 2nd International Conference for Educational Innovation, (Larissa, October 23-25, 2015) organized by the Scientific Union for the Promotion of Educational innovation (EEPEK), sponsored by the Ministry of Education, Research and Religious Affairs, in cooperation with the University of Thessaly and The Technical Institution of Thessaly

Activities

Working Duties

- *Member of the school finance committee, the municipality committee or prefectural committee of education*
- *Supervisor of the Second Section of Athens Secondary and Primary Education schools' sports activities from 2012 to 2018*
- *Participation in the School sports organizing committee of Karditsa (O.E.S.A.)*
- *Member of the Prevention Net in School Community of Karditsa*
- *National judge of Gymnastics from 1985 until today*
- *International judge of Gymnastics from 2000 -2012*
- *National judge of trampoline, double mini Tramp and acrobatic runway from 2001-2010*

Coaching activities

- 2011 - today Gymnastics and trampoline coach for "ACHILLES OF TRIKALA", Trikala
- 2001 - today Gymnastics coach for "HERMES OF KARDITSA" Karditsa
- 1991 - 1994 Gymnastics coach for "NEW IONIA FUNDS' ASSOCIATION", Athens
- 1995 - 2000 Gymnastics coach for "ACHILLES OF TRIKALA", Trikala
- 1988 - 1990 Gymnastics Coach for "PANIONIOS GYMNASTICS ASSOCIATION", Athens
- 1984 - 1986 Gymnastics Coach assistant for "PANIONIOS GYMNASTICS ASSOCIATION", Athens

Participation in Sports meetings organization

2006	27 th <i>European Men's - Women's Artistic Gymnastics Championships</i> - Volos, Greece
2002	25 th <i>European Men's - Women's Artistic Gymnastics Championships</i> - Patras, Greece
2002	Panhellenic Junior High School track competitions - Karditsa, Greece
1991	XI Mediterranean Gymnastics competitions - Athens, Greece
1991	<i>European Junior - Men's - Women's Artistic Gymnastics Championships</i> - Athens Greece
17 th	Balkan Gymnastics competitions - Thessaloniki, Greece
15 th	Rhythmic Gymnastics World Championships - Athens, Greece

Participation as International Gymnastics competitions Judge

2010	World Championships - <i>Rotterdam, Holland</i>
2009	<i>Artistic Gymnastics - Grand Prix Glasgow UK</i>
2007	<i>European Junior Artistic Gymnastics Championships of Southeastern Europe -- Thessaloniki, Greece</i>
2006	<i>Artistic Gymnastics World Championships - Aarhus, Denmark</i>
2006	<i>27th European Men's Artistic Gymnastics Championships - Volos, Greece</i>
2004	Athens 2004 (Sport Event 2004 Olympic Games) - Greece
2002	<i>25th European Men's Artistic Gymnastics Championships - Patras, Greece</i>
1997	<i>Balkan Competitive Gymnastics Championship - Thessaloniki, Greece</i>