



Zisis Papanikolaou

Είδος	Αριθμός
Books	7
Books Chapters	3
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	31
Articles in Journals not Indexed in Bibliographical Databases	-
Refereed International Conference Presentations	67
Invited Presentations	13
Harzing's PorP/Scopus Citation Index (including self-citations)	~105/18
Harzing's PorP/Scopus h-index	5
Involved in Successful Grant Applications	0

1 EDUCATION

- Bachelor Degree of National Academy Physical Education Thessaloniki (1975)
- Postgraduate Diploma in Education (Ed.M) Department of Kinisiology, Temple University U.S.A. (1988).
- Ph.D in Sport Science, Department of Kinisiology Temple University, U.S.A(1992).

2 EMPLOYMENT HISTORY

- Associate Professor in Science of Coaching in Football University of Thessaly (2005-Today)
- Assistant Professor in Science of Coaching in Football, University of Thessaly (1998-2005)
- Lecturer of Science of Coaching in Football, University of Athens (1994-1998)
- Temple University, part time Faculty (1988- 1990)
- Professor of Physical Education in Junior and High Schools (1978- 1985)

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. Department of Physical Education and Sport Science, University of Thessaly, Courses <<Teaching of Football >>, << Specialty of Football>>, << Development of mobility and speed >>(1998 -Today)
2. Department of Physical Education and Sport Science of Athens , courses <<Teaching of football >> and << Specialty of Football >>, <<Sport Psychology>> (1994-1998).

3.2 Postgraduate Teaching

1. Program of graduate studies <<Exercise and Quality of life >>. Department of physical Education & Sport Science, Dimocritus University, lectures on the course <<Training in the stages of Development>>(2006- 2008, 2010- until today)
2. Program of graduate studies << Exercise and Health>>, Department of Physical Education and Sport Science, University of Thessaly, lectures on the Course << Research Methology and Statistics>>(2005-2006)

3.3 Supervision /Co- supervision of Doctoral Theses

3.3.1 Completed

1. C. Trikalis (2014) – main supervisor”
2. A. Barlas (2013) – Part of a 7 member committee
3. P. Natsis (2005) – Part of a 7 member committee
4. V. Aygerinou (2004) – Part of a 7 member committee
5. V. Manolopoulos(2004) - Part of a 7 member committee

3.4 Supervisor / Co- supervision of Master’s Dissertations

3.4.1 Completed

1. P. Keramidas (2004) – main supervisor
2. C. Trikalis (2007) - main supervisor

3.4.2 In Progress

1. N. Manouras – main supervisor
2. D. Sargiotis- main supervisor

3.5 Funding

3.5.1 Competitive International

3.5.2 Competitive National

3.5.3 Miscellaneous

3.6 Participation in International Scientific and Administrative Committees

3.7 Memberships in International Professional Organizations

1. Member of Federation of Football Coaches U.S.A , NSCAA
2. Member of Association of Applied Sport Psychology in America (AAASP), U.S.A.
3. (BASS), England
4. Member of Hellenic Association Teachers of Physical Education of Greece(ΠΕΠΦΑ), Athens
5. Member of Association Teachers of Physical Education North Greece, Thessaloniki
6. Member of the International Association Sports Phycology (ISSP), Italy
7. Member of Coaches Union and Soccer Teachers of England (AFCAT)

4 PUBLICATIONS

4.1 Books

1. Papanikolaou Z. (2004). Football: Basic steps of Success

2. Papanikolaou Z. (2005). Football Systems and Strategies
3. Papanikolaou Z. (2005) . Science and Football. (translation Reilly T.)
4. Special Issues in Coaching of Football. (2006)
5. Building the Football Team. (2007)
6. Development of Fitness in Competitive Sports << Speed and Mobility>>. (2008)
7. Theoretical and Practical Guide of Psychology of Football Referees. Referee=The Ultimate Game of Mind and Soul. (2014)

4.2 Book Chapters

1. Papanikolaou Z. (1997). Sport in the Region and Scientific Support. Psychological Requirement in Sports and Sport (pages.29-105). Publication adv.
2. Papanikolaou Z. (1997). Child- Education- Football. Objectives of training with a long Perspective plan for Young Players aged 6-10, 10-12, 12-14 years old. (pages 87-90)
3. Papanikolaou Z. (1997). Child- Education- Football. Individual and Group Tactics. (pages 127-138).

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

- 1) **Papanikolaou Z.** , Stamelos k. , Iliopoulou E. , Nikolaidis D. , (2015) . Comparison of Attentional styles and anxiety levels of higher and lower rated male and female referees at woman's soccer. International Journal of Physical Education Sports and Health.
- 2) **Papanikolaou Zisis** and Asterios Patsiaouras (2014). Amateur Soccer Players and the Phenomenon of Motivation. The Sport Journal. www.thesportjournal.org
- 3) Trikalis C., **Papanikolaou Z.**, Trikali S. (2014) Developing Youth Football Academies in Greece: Managing Issues and Challenges. International Journal of Sport Management Recreation & Tourism, Vol.14, p.1-20
- 4) **Papanikolaou Zisis** (2013) The effects of an 8 week Plyometric training Program or an Explosive Strength training Program on the Jump-and- Reach Height of Male Amateur Soccer Players. Journal of Physical Education and Sport, Vol.13, No.4, December 2013.
- 5) Panagoulis Charalampos, **Papanikolaou Zisis**, Patsiaouras Asterios, Manouras Nikolaos (2013).Comparison of two physical conditioning programs in improving aerobic endurance in moderately trained youth amateur soccer players during the preparation period. Journal of Physical Education and Sport (JPES), 13(3), 419 - 424. DOI:10.7752/jpes.2013.03067.
- 6) **Papanikolaou,Z.** , Voutselas, V. , Mantis, K. & Laparidis, K. (2012). The effects of a psychological skills training program on the cohesion of a men's soccer team. Journal of Education and Practice , Vol 3, No 4, 2012
- 7) **Papanikolaou Z.**,(2011). Attention in Young Soccer Players: The Development of an Attentional Focus Training Program. The Journal of life Sciences, 3(1):1-12
- 8) Soulas D., Grivas G., Voutselas V., **Papanikolaou Z.**, and Kritikos A. (2010). Training volume in Distance Running. Inquiries in Sport & Physical Education Volume 8 (2), 165 - 171
- 9) Charizopoulou V., Kritikos A., Papanikolaou Z., and Goulis D. (2009). Maternal physical activity before and during early pregnancy as a risk factor for gestational diabetes mellitus, Acta Diabetologica, URL: <http://www.springerlink.com/content/0278589qx7p07210/> .
- 10) Patsiaouras, A., **Papanikolaou, Z.**, Haritonidis, K., Nikolaidis, D., & Keramidas, P. (2008). The use of the person-centered approach for the reduction of the state-trait anxiety in volleyball players. *Athletic Insight*, Vol. 10/2 (The Online Journal of Sport Psychology, URL: www.athleticinsight.com).
- 11) Nikolaidis D., Sargiotis D., **Papanikolaou Z.**, Voutselas V. (2008). The development of a community relations program and the case of a professional football club. Journal of Sports Organization, 6/1, pp. 64-68.
- 12) Voutselas V., Nikolaidis D., Jamourtas A., Soulas D., **Papanikolaou Z.**, Kritikos A., Stavrou V. (2008). Physiological Stress in Ski Mountaineering. 13th European College of Sport Science Congress, 9-12 July, Estoril, Portugal.

- 13) Adamos T., **Papanikolaou Z.**, Voutselas V., and Soulas D. (2008). Effects of hypoxia on interval moderate exercise. *Biology of Exercise*, Vol.4, pp.5-19.
- 14) Voutselas, V., **Papanikolaou, Z.**, Soulas, D., Famisis, K. (2007). Years of training and hamstring – quadriceps ratio of soccer players. *Psychological Reports*, 101/31, pp. 899- 906.
- 15) Sideris V., Voutselas V., Lasopoulou V., Soulas D., **Papanikolaou Z.**, Kritikos A. (2007). Race morphological characteristics and correlation between uphill grade and velocity in ski mountaineering, *4th International Congress on Science and Skiing*, St. Christoph am Arlberg, Austria.
- 16) **Papanikolaou, Z.**, Patsiaouras, A., Keramidas, P. (2005). Leadership behavior of the coach in amateur soccer teams. In Reily, T., Cabri, J., and Araújo, D. (Ed.) *Science and Football V* (pp.584- 586). Routledge: Taylor & Francis Group.
- 17) **Papanikolaou, Z.**, Patsiaouras, A., Fourkioti, P. & Douka, G. (2005). Cohesion in women’s soccer teams. In Reily, T., Cabri, J., and Araújo, D. (Ed.) *Science and Football V* (pp.574-577). Routledge: Taylor & Francis Group.
- 18) Soulas, D., Voutselas, V., **Papanikolaou, Z.** (2005). Qualitative training aspects in middle distance running, *Journal of Human Movements Studies*, 48/6, pp.437- 451.
- 19) Papadopoulou, D., Kokaridas, D., **Papanikolaou Z.**, and Patsiaouras A. (2004). Attitudes of Greek Physical Education Teachers toward inclusion of students with disabilities. *International Journal of Special Education*, Vol. 19/2, 104-111 URL: www.internationaljournalofspecialeducation.com).
- 20) **Papanikolaou, Z.**, Nikolaidis, D., Patsiaouras, A., & Lazou, A. (2004). Attentional focus training program and soccer skills. *Journal of Human Movement Studies*, 46/3, 249-258.
- 21) **Papanikolaou, Z.**, Patsiaouras, A., Psychountaki, M., Varnava, V. (2004). The effect of predisposition and situational anxiety in the performance of soccer players. *Journal of Sports Sciences*, Vol. 22/6, p.574.
- 22) Keramidas, P., Patsiaouras, A., **Papanikolaou, Z.** (2004). The effect of music on the learning of soccer skills. *Journal of Sports Sciences*, Vol.22/6, p.569.
- 23) Gissis, I., Nikolaidis, D., Papadopoulos, C., **Papanikolaou, Z.** (2004). Maximal isometric force and cycling speed in young male soccer players. *Journal of Sports Sciences*, Vol. 22/6 p.544.
- 24) Nikolaidis, D., **Papanikolaou, Z.**, Gissis, I., Antoniadou, S. (2004). Setting the dimensions and the functions of a sport marketing department in Greek soccer teams. *Journal of Sports Sciences*, Vol. 22/6, p.581.
- 25) Patsiaouras, A., **Papanikolaou, Z.**, Xaritodi, M. & Nishida, T. (2004). The adaptation of the achievement motivation in physical education test in the Greek Language. Preolympic 2004.
- 26) Voutselas V., **Papanikolaou, Z.**, Soulas, D., Famisis K. (2004). Effects of Soccer Training on hamstrings and quadriceps isokinetic strength. *4th International conference on Strength Training*, 3-7 November 2004, Serres, Greece, pp.135-6.
- 27) Soulas, D., Voutselas, V. and **Papanikolaou Z.** (2004). Strength training in middle distance running. *4th International conference on Strength Training*, 3-7 November, Serres, Greece, pp. 137-8.
- 28) Nikolaidis, D., **Papanikolaou Z.**, Antoniadou, S., Gissis, I. (2003). Professional Sport: community relations and the case of a professional soccer club. *Proceedings at the 5th World Congress of Science and Football*, April 11-15, Lisbon, Portugal, pp. 65-66.
- 29) **Papanikolaou Z.**, Nikolaidis, D., Patsiaouras A., & Alexopoulos, P. (2003). The Freshman Experience: High stress – Low grades. *Athletic Insight*, Vol. 5/4 (The Online Journal of Sport Psychology, URL: www.athleticinsight.com).
- 30) **Papanikolaou, Z.**, Patsiaouras, A. (2003). Construct study: Power in Sports. *Athletic Insight*, Vol. 5/2 (The Online Journal of Sport Psychology, URL: www.athleticinsight.com).
- 31) Keramidas, P., **Papanikolaou, Z.**, Patsiaouras, A. (2003). A comparison of simple reaction time of first and reserve soccer players. *Proceedings of the 5th World Congress of Science and Football*, April 11-15, Lisbon, Portugal, pp. 65-66
- 32) **Papanikolaou, Z.** (2000). The Athletic Intelligence. *International Journal of Physical Education*, 37 (1), 24- 28.

5 INVITED PRESENTATIONS

1. Invited Lecturer to the Sports Symposium : “Crisis on Greek Football”, 10-11 May ,2003, Sparta , Department of Sports Organization and Management , University of Peloponnesus.
2. Invited Lecturer on a Swimming Judger seminar : “Psychology of Swimming Judges” March 1997, Athens
3. Lecturer on the 4o Football Arbitration Seminar of Association Football Referees of Thessaly On : Psychology traits of Football Referees”. 8-9 October, 1994, Volos
4. Lecturer in Kastoria : “Before Game and Referring stress of Football Referees”, December 2013
5. Lecturer in Florina : “The Demands of a Modern Football Management”, 2014
6. Guest Lecturer of Greek Referees Federation (ΟΔΠΕ), 1993
7. Guest Lecturer at Seminars of the Central of Greek Football referees Committee : “Anxiety and Attentional Focus of Elite Referees and Intervention program of psychological skills in the form of sessions “ . Katerini, Lamia, Chalkida, 2014

6 MISCELLANEOUS

1. Organization of Children’s Football Tournaments in Various cities of Greece (participation of 400-800 children) (1993-Today)
2. Scientific Advisor in Football Children’s Academies (Macedonia, Lamia, Volos, Amfiklia, Leonidio, Trikala, Kozani , Karditsa, Larisa, Veria, kastoria).
3. Scientific advisor of the Academy of Pireus (1996- 2001)
4. Lecturer on Academies, Parents Associations.
5. Scientific Advisor of National youth Football team (2004- 2006)
6. Articles in Athletic and Political newspapers, interviews in T.V. , Radio etc
7. Organizing Schools of Referees in Pireus, Volo, Trikala(1997- Today)
8. Teaching in Coaching schools (2007-2012)
9. Organization of Scientific Workshops on the general theme: “Sports science in Football “ in cities of Thessaly and West Macedonia (2005-2008)