

# CURRICULUM VITAE



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## Education

- 2011-Present: **Doctor of Philosophy (Phd)**  
Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece
- 2013: **Phd practice/research** in cognitive function/neurosciences and dance exercise Faculty of Humanities, Department of Sport Sciences, Otto Von Guericke University of Magdeburg, **Germany**
- 2009-2011: **Master in «Sport and Exercise Psychology»** (double degree program)  
Department of Physical Education and Sport Science, University of Thessaly, Trikala, **Greece** - Department of Sport and Health Sciences, University of Jyvaskyla, Jyvaskyla, **Finland** Degree Grade: 9/10  
(*Dissertation Title: Diversification in adult's Emotional Intelligence related with systematic participation in Greek Folk Dance*)

- 2010: **European Master's Program in Sport and Exercise Psychology**  
Intensive course, University of Leuven, **Belgium**
- 2005-2009: **Bachelor of Science**  
Department of Physical Education and Sport Science, Direction of  
Pedagogy-Major in Greek Folk Dances, University of  
Thessaly, Greece Degree Grade 9.05/10.

### **Research Interest**

Exercise and psychological - mental health. Specifically, Greek dance, other types of dance and exercise effect on quality of life, emotional intelligence, self-confidence and cognitive function.

### **Scholarships–Awards**

- 2013: **Scholarship** for Phd practice, Erasmus program in Otto Von  
Guericke University of Magdeburg, **Germany**
- 2010: **Scholarship** for Master studies in Sport Sciences, Erasmus  
Program, one semester in University of Jyvaskyla, **Finland**
- 2010: **Scholarship** for European Master in Sport and Exercise  
Psychology- intensive course, European Commission
- 2006 & 2009: **Award** of the State Scholarship Foundation for the highest  
degree at first and last academic year of undergraduate studies.
- 2006: **Award** from University of Thessaly for the highest  
degree at the first academic year of undergraduate studies.

### **Teaching-Employment Experience**

2013: Teaching Greek folk dance focused in improvement of cognitive and motor skills in German population in Senior dance academy in Otto Von Guericke University of Magdeburg, **Germany**

Teacher of Greek Folk Dance and sponsor in the department of Folk Dance:

2012: Avlona dance school, Attikis prefecture (participants aged 6-35 years)

2010-2012: Kapandriti dance school, Attiki prefecture (participants aged 40-80 years)

2009-2012: Schematary dance school, Viotia prefecture (participants aged 4-75 years)

2009-2010: Inofita dance school, Viotia prefecture (participants aged 5-17 years)

2008: Teaching of the course: 'Greek folk dance', in students of 1<sup>st</sup> year in D.P.E.S.S, University of Thessaly, during my practice.

2007-2009: Teacher of Greek Folk Dances in dance academy "LEVEDIA" in Trikala, Thessaly.

2007-2008: Teaching Physical Education in primary school (6-months)

2007-2008: Camping experience as team leader in the camping of Sant Kosmas, Kalabaka, Thessaly (3 summer months).

### **Additional skills**

Languages: English → Lower Degree, University of Michigan

German → Basic level

Computer: Very good knowledge at the level of ECDL and use of SPSS

Creation of pleasure and motivated teaching climate

Excellent leadership and interpersonal skills with people in all ages

### **Participation in Conferences-Sessions**

- 07/2013: 35<sup>th</sup> World Congress on Dance Research, Athens
- 11/2012: 33<sup>rd</sup> World Congress on Dance Research – Dance Therapy, Athens
- 05/2012: 20<sup>th</sup> International Conference of Physical Education and Sport, Komotini.
- 04/2009: 12<sup>th</sup> Pan-Hellenic Conference of Physical Education and Sport, Thessaloniki
- 03/2009: 12<sup>th</sup> Pan-Hellenic Conference of Physical Education and Sport, Athens.
- 05/2008: 16<sup>th</sup> International Conference of Physical Education and Athletics, Komotini.
- 05/2008 : International Session «THE KID SPORT RELATED WITH SEX », University of Thessaly, Trikala.
- 10/2007 : 2<sup>nd</sup> Pan-Hellenic Conference Recreation-Leisure and Athletic Tourism, Trikala.
- 04/2007: 10<sup>o</sup> Pan-Hellenic Conference graduates teachers of Physical Education, topic: ‘Athletic Scientist in Education and Sport’, Athens.
- 03/2006: Scientific Session «FOLK DANCES: From Viosi to Anabiosis», Folk-Dance Academy of Trikala «ASKLIPIOS», Trikala.
- 12/2006: 9<sup>th</sup> Pan-Hellenic Conference of Sport Psychology in Trikala.

### **Participation in Seminars**

- 03/2010: 10<sup>th</sup> Seminar of folk dances, Folk Dance Academy “Almopes”, Aridaia, Greece.
- 03/2009: Seminar in wrestling, Football, Exercise Biology, Gymnastics. 12<sup>th</sup> Panhellenic Conference of Physical Education and Sport, Athens.

- 12/2006: «I am not smoking-Exercise .Prejudice Smoking Program ». 9<sup>th</sup> Panhellenic Conference of Sport Psychology in Trikala.
- 12/2006: Self-regulation ways in competitive sport. 9<sup>th</sup> Panhellenic Conference of Sport Psychology in Trikala

**Referee Diploma:**

- 10/06/2007 Hellenic Track and Field Federation
- 14/11/2006 Hellenic Federation of Volley Referees
- 2006 Hellenic Swimming Federation

**Membership**

International Council of Dance (CID), **UNESCO**

**Popularization publications**

1. Oct. 2013: The role of nutrition in human health, Publication after invitation in the “e-magazine of Science Technologies Company”.
2. April 2012:Title: The dance’s benefits in our life. Article published in local newspaper: ‘High Mountains’, edition of cultural association “To Petrilo”, newspaper’s number 29, Viotia, Greece.

### Journal Articles (Refereed)

1. Grigoriou, S., Zisi, V., Tachias, F., Giliana, M., **Bougiesi, M.** (2012). Emotional intelligence, age and physical activity: review in modern literature. *Inquiries in Sport & Physical Education*, 10, 17-29.
2. **M. Bougiesi**, V. Zisi, S. Grigoriou, & E. Pollatou (2011). Greek Folk Dance Systematic Participation Affects Quality of Life in Young and Middle Age Adults. *Inquiries in Sport & Physical Education*, 9, 134-143.

### Abstracts in proceedings

1. **Bougiesi, M.**, Zisi, V., Hokelmann, A., Rehfeld, K. (2013). Germans dancing Greek folk dances: Opinions on experience and feelings. *Proceedings 35<sup>th</sup> World Congress on Dance Research*, <http://cid-portal.org/cdr/athens2013/>, Athens.
2. Gianni, K., **Bougiesi, M.**, Zisi, V. (2013). Folk dance or systematic exercise for older people? Differentiation of effects in parameters of psychological health. *Proceedings 16<sup>o</sup> Pan-Hellenic Conference EGVE*, (p.25), Thessaloniki.
3. **Bougiesi, M.**, Zisi, V. (2012). Differences in Emotional Intelligence between participants in Greek folk dance and participants in other forms of exercise. *Proceedings 33<sup>rd</sup> World Congress on Dance Research – Dance Therapy*, <http://www.cid-portal.org/cdr/athens2012/>, Athens.
4. **Bougiesi, M.**, Zisi, V. (2012). Folk dance or systematic exercise for middle age population? Differentiation of effects in parameters of psychological health. *Proceedings 12<sup>o</sup> Pan-Hellenic Conference in Sport Psychology “Sport Psychology in Education, in Quality of Life and in Athletics”*, (p.89), Athens.
5. **Bougiesi, M.**, Zisi, V. (2012). Different effects of Greek traditional dance over other forms of exercise in quality of life factors. *Proceedings 20<sup>th</sup> International Conference of Physical Education and Sport*, (p.89), Komotini.
6. **Bougiesi, M.**, Rebelou, M., Diggelidis, N. (2009). Self-efficacy in teaching procedure, teaching climate and teaching ability perception: Differences between

coherent and inconsistent undergraduates D.P.E.S.S. *Proceedings 12<sup>th</sup> Pan-Hellenic Conference of Physical Education and Sport*, Athens.

7. **Bougiesi, M.**, Rebelou, M., Diggelidis, N. (2009). Self-efficacy in teaching procedure, teaching climate and teaching ability perception: differences among undergraduate students with different grade expectations. *Proceedings 12<sup>th</sup> Pan-Hellenic Conference of Physical Education and Sport*, (p.), Thessaloniki.
8. **Bougiesi, M.**, Rebelou, M., Diggelidis, N. (2009). Self-efficacy in teaching procedure and differences between undergraduate students of D.P.E.S.S who systematically exercised and not. *Proceedings 12<sup>th</sup> Panhellenic Conference of Physical Education and Sport*, Thessaloniki.
9. Rebelou, M, **Bougiesi, M.**, Diggelidis, N. (2009). Self-efficacy of teaching procedure, teaching climate and teaching ability perception between man and women undergraduate students of D.P.E.S.S: differences between the sex. *Proceedings 12<sup>th</sup> Panhellenic Conference of Physical Education and Sport*, (p.132), Athens.
10. **Bougiesi, M.**, Gianni, K., Kotis, I.,Dimas, I. (2009) The differentiation of Kagkeli dance in Avlona Attikis. *Proceedings 12<sup>th</sup> Panhellenic Conference of Physical Education and Sport*, (p.25), Thessaloniki.
11. Gianni, K., **Bougiesi, M.**, Kotis, I.,Dimas, I. (2009). The Celebration of Easter in villages Kastraki and Diava in Kalabaka. *Proceedings 12<sup>th</sup> Panhellenic Conference of Physical Education and Sport*, (p.105), Thessaloniki.

### **Other Interests**

- Photography / Participation in Erasmus 25<sup>th</sup> Anniversary Photo Competition
- Dance: Participation in many dance festivals in Greece, Italy, Austria