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Roditi Elmina- Eleftheria

Personal Information

Date of birth / Place of birth: 21.01.83 / Rhodes
Nationality: Greek
Marital Status: Single
Insurance: Constitution of Social Insurance (C.S.I)
A.M.K.A: 2101831404
A.M.A:2997680

Specialty

Laboratory staff in General Ergophysiology (Isokinetic Dynamometer, Kinematic Analysis, e.t.c), Personal Trainer & Fitness Instructor, Physical Education Teacher.

Work experience

22/09/2002 – 22/06/2003 **Gymnasium Ladies** Trikala, Thessaly / Greece

Fitness Instructor

- Planning of Muscle Strengthening Programs
- Hi-Low Aerobic

01/07/2004 – 31/08/2004 **Stage 2004** Athens / Greece

Volunteers Team Leader

- Spectators Services in Olympic Stadium (Track and Field sector).

03/10/2005 – 31/05/2006 **Athletico Gym** Trikala, Thessaly / Greece

Fitness Instructor

- Aerobic Hi-Low
- Shape up

03/10/2005 – 31/05/2006 **Ladies & Kids** Trikala, Thessaly / Greece

Fitness Instructor

- Gymnastic – Rhythmic Gymnastics (ages 05-10 years old).
- Planning of Muscle Strengthening Programs
- Aerobic Hi-Low
- Shape up
- Body Pump

19/09/06 – 15/06/2007 **Permanent Commissioned Officers School (S.M.Y)**
Trikala, Thessaly / Greece

Physical Education Teacher

- Track and Field (100m, Shot put, Physical Conditioning)

09/10/2006 – 31/05/2007 **Ladies & Kids** Trikala, Thessaly / Greece

Fitness Instructor

- Planning of Muscle Strengthening Programs
- Aerobic Hi-Low
- Pilates
- Tae-Bo

08/10/2007 – 06/06/2008 **Permanent Commissioned Officers School (S.M.Y)**
Trikala, Thessaly / Greece

Physical Education Teacher

- Track and Field (100m, Shot put, Physical Conditioning)

01/09/2008 – 30/05/2009 **A.E Αμαζόνες Μεγ. Καλβίων** Trikala, Thessaly

Soccer Coach

- Female Team B' National Class.

10/11/2008 – 12/06/2009 **Permanent Commissioned Officers School (S.M.Y)**
Trikala, Thessaly / Greece

Physical Education Teacher

- Track and Field (100m, Shot put, Physical Conditioning)

24/09/2009 – 29/05/2010 **Permanent Commissioned Officers School (S.M.Y)**
Trikala, Thessaly / Greece

Physical Education Teacher

- Track and Field (100m, Shot put, Physical Conditioning)

25/09/2009 – 25/09/2010 **A.O Kefalovrisiakos** Kefalovriso, Trikala/Thessaly

Soccer Coach

- B' Local Men Division

29/11/2010 – 31/05/2011 **Permanent Commissioned Officers School (S.M.Y)**
Trikala, Thessaly / Greece

Physical Education Teacher

- Track and Field (100m, Shot put, Physical Conditioning)

02/02/2011 – Today **Fit & Smile Gym** Trikala, Thessaly / Greece

Personal Trainer – Fitness & Aerobics Instructor

- Planning and organizing Muscle Strengthening Programs.
- Dance Aerobic
- Cardio Aerobic (Improves cardiovascular system)
- Body Pump
- Power Yoga
- Kids Aerobics

01/10/2011 – Today **Σχολή χορού Dancespace** Trikala, Thessaly / Greece

Personal Trainer & Fitness instructor

29/11/2011 – 31/05/2012 **Permanent Commissioned Officers School (S.M.Y)**
Trikala, Thessaly / Greece

Physical Education Teacher

- Track and Field (100m, Shot put, Physical Conditioning)

Studies

2000-2004

Department of Physical Education & Sport Science – University of Thessaly, GR

Degree: 7.68

Track & Field (**8.50**)

Recreation Indoor Sports Activities (**8.50**)

Diplomatic Labor: Relation between Body Mass Index and Percentage of Body Fat in boys and girls 9-14 age. (**8.00**)

2005-2009

Postgraduate Studies in Exercise and Quality of Life – Democritus University of Thrace. (Specialty: Prevention – Intervention – Rehabilitation of Sports Injuries).
Supervisor of Specialty: Professor Tokmakidis Savvas.

Subject of finally diplomatic labor: «**The influence of fatigue and menstrual cycle in to kinesthesia – proprioception of female athletes**» supervisors Dr Athanasios Jamurtas, Associate Professor, Dr Christina Karatzaferi, Assistant Professor, Dr Vassilios Gerodimos, Assistant Professor.

Degree: 8.395

May- June 2008

Official Soccer Coaching School UEFA.

Professional soccer coaches diploma – Class B´

September 2010 – until now

Expectant Doctor of Thessaly University, subject of labor «Physiological and Embiomechanics Parameters affects to proprioception.» supervisor Professor Yiannis Koutentakis, commission members Dr Christina Karatzaferi, Assistant Professor, Dr Giannis Giakas, Assistant Professor.

**Languages –
Accessory
Studies**

Languages:

- **English** (Level Lower Michigan).

More Studies:

- **Studies in Music** (A´ Middle Class in Classical Guitar, B´ specialist Class in Harmony of Music).

- **Computers (ECDL).**
 - Excellent Knowledge of Microsoft Windows, Microsoft Word, Microsoft PowerPoint, Internet, Microsoft Excel, Outlook.
 - Very Good knowledge of Microsoft Access.
- **Contemporary dance lessons** (release technique).

Participation in Research programs

22/09/2003 – 22/11/2003

University of Thessaly

B'OTPIOC– Operational Training Program and Initial Occupational Constitution.

06/03/2009 – 06/03/2010

University of Thessaly

Scientific contributor in research program « Physical Activity and food ways of West Thessaly Students» Scientific Responsible: **Dr Gerodimos Vasileios Assistant Professor.**

Scholarships- Rewards – Honors

Occupant of scholarship for academic year 2000-2001.

PanHellenic 3rd place in 4x400m young women in 23/07/2000.

PanHellenic 2nd place in PanHellenic Music Games 1999.

Scholarship as PhD Student in Speciality “Exersice and Health” 15.04.2011.

Honorary Teaching Staff at Department of Physical Education and sports Science in University of Thessaly 2011-2012.

More diplomas - Occupations

Refereeing in Basketball:

- Referee 1st Class in Thessaly section.

National Lifeguard School (PA.SCH.NA):

- Dokiimos Lifeguard.
- Professional Lifeguard .

Track & Field Judge:

- Diploma of Track & Field Judge (Judge Union of Thessaly).

Swimming Judge:

- Diploma for Judge– Timekeeper from Hellenic swimming Federation.

Testimonials

- **Testimonial from steering committing of Athens 2004.**

Unions Member

- Athlete of P.A.O Diagoras Rodou (1993-2000) (Long Jump).
- Soccer Player of Amazones Meg.Kalyvion (2004- 2007).

- Diploma of Regional Referee in Basketball (Referee Association of Trikala, Greece).

Publicities

Scientific announcement in congress:

- **Interior Dialogue in Greek-Roman wrestling**, *10th International Congress of Physical Education and Sport*, 17-19 May of 2002, Komotini GR.
- **The levels of Anaerobic Power affects from starting age of menarche in football players?** *1st International Scientific Soccer Congress*, 8-10 April 2005, Trikala GR.
- **Relation between Percentage of Body Fat and levels of muscle power in Wingate Test in Female Soccer Players**, *1st International Scientific Soccer Congress*, 8-10 April 2005, Trikala GR.
- **Relation between Body Mass Index with Percentage of Body Fat in Boys and Girls 9-14 years old in Trikala**, *13th International Congress of Physical Education and Sport*, 20-22 May of 2005, Komotini GR.
- **Progress of Record in Triple Jump the last 11 Years in Outdoor Track & Field in Men and Women**, *13th International Congress of Physical Education and Sport*, 20-22 May of 2005, Komotini GR.
- **Traditional Dances in Mykonos**, *13th International Congress of Physical Education and Sport*, 20-22 May of 2005, Komotini GR.
- **Sampounes of Mykonos**, *13th International Congress of Physical Education and Sport*, 20-22 May of 2005, Komotini GR.
- **Percentage registration of Injuries in Female Handball Players**, *1st Balkan Physiotherapy Congress*, 27-29 May of 2005, Drama GR.
- **Effect of Fatigue in Knee Angle Position Sense in female Athletes**, *17th International Congress of Physical Education and Sport*, 22-24 May of 2009, Komotini GR.

Observation of Congress - Seminars

Seminars:

10-12/05/2001

D.P.E.S.S Aristotle University

Thessaloniki, Greece.

- Seminar with subject «First aids, ligature – strengthening».
- Seminar with subject «Evaluation of health and performance of Athletes».

11-13/11/2005

Thessaloniki, Greece

- **5th International Seminar of Capoeira Jacobina Art.**

10/05/2008

- **Seminar with subject: «Isokinesis in sport and rehabilitation» 8 Hours.**

13/06/2009

Hellenic Corporation of Cardioanapnephstic Trikala, Greece

- **Training for recovered «basic support of life» και « Automatic peripheral electric shock»**

Congress:

10-12/05/2001

D.P.E.S.S Aristotle University

Thessaloniki, Greece

- **1^ο Πανελλήνιο Συνέδριο «Η Ιατρική της Άθλησης στον 21^ο Αιώνα».**

01 – 03 /11/2002

ΤΕΦΑΑ Παν/μιου Θεσσαλίας

Τρίκαλα, Ελλάδα

- **1^ο Διεθνές Συνέδριο Κλασσικού Αθλητισμού.**

08 – 10 /04/2005

ΤΕΦΑΑ Παν/μιου Θεσσαλίας

Τρίκαλα, Ελλάδα

- **1^ο Διεθνές Επιστημονικό Συνέδριο Ποδοσφαίρου**

20 – 22 /05/2005

ΤΕΦΑΑ Δημοκρίτειου Παν/μιου Θράκης

Κομοτηνή, Ελλάδα

- **13^ο Διεθνές Συνέδριο Φυσικής Αγωγής και Αθλητισμού.**

04 – 06 /05/2007

ΤΕΦΑΑ Παν/μιου Θεσσαλίας

Τρίκαλα, Ελλάδα

- **2^ο Παγκόσμιο Επιστημονικό Συνέδριο Ποδοσφαίρου**

22 – 24 /05/2009

ΤΕΦΑΑ Δημοκρίτειου Παν/μιου Θράκης

Κομοτηνή, Ελλάδα

- **17ο Διεθνές Συνέδριο Φυσικής Αγωγής και Αθλητισμού**

Hobbies - Interest

Music – Classical Guitar, participation in Bands.

Computers

Traveling in Greece and abroad

Contemporary Dancing