

CV

Athanasios Gatsas, Ph.D candidate

Education

Department of Physical Education and Sport Science THESSALY

Educational Program: Exercise for health: Group and Personal Training

MASTER

- MSC MILITARY FITNESS & WELLBEING

Department of Physical Education and Sport Science ATHENS

BACHELOR

- Specialty Boxing

Seminars

Laboratory Exercise: Skill evaluation (Biomechanics) of trainee, athlete and champion

Laboratory Exercise: Methods of improving muscle power

Laboratory Exercise: Static Stretching (How, when and why we do them)

Seminar in Boxing with Vladimir Ourgkountinof

Tutorial on Environmental Exercise Physiology - Prevention of Thermal Injuries

Basic Life Support

Professional Experience/Background

Boxing Coach, 09/2013 to 2016

Cross-training Coach, 09/2013 to 2016

Research Interests

Oxidative stress on diabetic individuals with G6PD Deficiency and Alpha-Lipoic Acid supplementation.

The effects of static and dynamic stretching on the force and speed of a punch.
