

Diamanta Leontsini, M.S.

Education

Diamanta Leontsini is a Physical education teacher in elementary education. She graduated from T.E.F.A.A, of the Kapodistrian University of Athens in 1993, and in 2010, she gained her Master of Science from the Physical Education and Sports Science Department of the Democritus University of Thrace and University of Thessaly. She is a PhD student at the Physical Education and Sports Science Department of the Democritus University of Thrace.

Professional Experience/Background

Since 2016 until present she has been a teaching and research assistant at Physical Education and Sports Science Department of the University of Thessaly. From 2004 until 2016, she taught Physical education in elementary school. From 2002 until 2004 she worked as Clinical Exercise Physiologist in the Department of Diabetes and Metabolism of "ERRIKOS NTINAN" hospital in Athens. She has also worked as Fitness Instructor in health and fitness clubs (1992-2002).

Research Interests

Her research activity focuses on the interactive effects of physical activity and nutrition on bone health of preadolescents.

Articles in Refereed Scientific Journals

1. Avloniti A, Chatzinikolaou A, Deli CK, Vlachopoulos D, Gracia-Marco L, Leontsini D, Draganidis D, Jamurtas AZ, Mastorakos G, Fatouros IG. Exercise-Induced Oxidative Stress Responses in the Paediatric Population, *Antioxidants*, 6, 6; doi:10.3390/antiox6010006, 2017
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3. Avloniti A, Chatzinikolaou A, Fatouros IG, Protopapa M, Athanailidis I, Avloniti C, Leontsini D, Mavropalias G, Jamurtas AZ. The effects of static stretching on speed and agility: One or multiple repetition protocols? *Eur J Sport Sci*, e-publication, 2015.
4. Avloniti A, Chatzinikolaou A, Fatouros IG, Avloniti C, Protopapa M, Gounelas G, Stampoulis T, Leontsini D, Draganidis D, Mavropalias G, Kambas A. The effects of static stretching on speed and agility performance depend on stretch duration and conditioning level. *J Strength Cond Res*, e-publication, 2015.
5. Michalopoulou M, Kambas A, Leontsini D, Chatzinikolaou A, Draganidis D, Avloniti A, Tsoukas D, Michopoulou E, Lyritis GP, Pappaioannou N, Tournis S, Fatouros IG. Physical

- activity affects bone geometry of premenarcheal girls in a dose-dependent manner. *Metabolism*, 62(12):1811-1818, 2013.
6. Michailidis Y, Fatouros IG, Primpa E, Michailidis C, Avloniti A, Chatzinikolaou A, Barbero-Álvarez JC, Tsoukas D, Douroudos II, Draganidis D, Leontsini D, Margonis K, Berberidou F, Kambas A. Plyometrics' trainability in pre-adolescent soccer athletes. *J Strength Cond Res*, 27(1):38-49, 2012.
 7. Michopoulou E, Avloniti A, Kambas A, Leontsini D, Michalopoulou M, Tournis S, Fatouros IG. Elite premenarcheal rhythmic gymnasts demonstrate energy and dietary intake deficiencies during periods of intense training. *Pediatric Exercise Science*, 23(4): 560-572, 2011.
 8. Fatouros IG, Laparidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Douroudos II, Christoforidis C, Tsoukas D, Leontsini D,ourgoulis V, Katrabasas I, Kelis S, Taxildaris K. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. *The Journal of Sports Medicine and Physical Fitness*, 51: 33-41, 2011.
 9. Tournis S, Michopoulou E, Fatouros IG, Paspatis I, Michalopoulou M, Raptou P, Leontsini D, Avloniti A, Krekoukia M, Zouvelou V, Galanos A, Aggelousis N, Kambas A, Douroudos I, Lyrithis G P, Taxildaris, K. Pappaioannou N.. Effect of rhythmic gymnastics on volumetric bone mineral density and bone geometry in premenarcheal female athletes and controls. *Journal of Clinical Endocrinology and Metabolism*, 95(6):2755-2762, 2010.
 10. Fatouros IG, Kambas A, Katrabasas I, Leontsini D, Chatzinikolaou A, Jamurtas AZ, Douroudos I, Aggelousis N, Taxildaris K. Resistance training and detraining effects on flexibility performance in the elderly are intensity-dependent. *The Journal of Strength & Conditioning Research*, 20(3):634-642, 2006.
 11. Fatouros IG, Kambas A, Katrabasas I, Nikolaidis K, Chatzinikolaou A, Leontsini D, Taxildaris K. Strength training and detraining effects on muscular strength, anaerobic power, and mobility of inactive older men are intensity dependent. *British Journal of Sports Medicine*, 39:776-780, 2005.
 12. Fatouros IG, Tournis S, Leontsini D, Jamurtas AZ, Sxina M, Thomakos P, Manousaki M, Douroudos I, Taxildaris K, & Mitrakou A. Leptin and Adiponectin Responses in Overweight Inactive Elderly following Resistance Training and Detraining Are Intensity Related. *The Journal of Clinical Endocrinology and Metabolism*, 90(11): 5970-5977, 2005.
 13. Fatouros IG, Jamurtas AZ, Leontsini D, Taxildaris K, Aggelousis N, Kostopoulos N, Buckenmeyer P. Evaluation of plyometric exercise training, weight training and their combination on vertical jumping performance and leg strength. *Journal of Strength and Conditioning Research*, 14(4):470-476, 2000.