

# CV

## Panagiotis D. Tsimeas, PhD

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### *Education*

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- 2006 Ph.D, Department of Physical Education and Sport Science (DPESS) of University of Thessaly (Thesis title: Morphological and functional characteristics in 12-years old urban and rural children.)
- 1998 Bsc, Department of Physical Education and Sport Science (DPESS) of University Of Thessaly with excellent mark

### *Awards-Scholarships*

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#### (Academic)

- 2011 Best poster:  
M. Dina, **P. Tsimeas**, A. Giavroglou, E. Tsarouchas, A. Tsiokanos. "Power of lower limbs of high level Greek Basketball players" *proceedings*: 14<sup>th</sup> International Congress of Physical Education & Sports, EGVE, Salonica, 2011.
- 2000-2003 Postgraduate Scholarship from Greek State Scholarships Foundation (IKY).
- 1998-2000 Postgraduate Scholarship from Research Committee of University of Thessaly.
- 1994-1998 Graduate Scholarship from IKY. (4 years).

#### (Basketball Coach)

- 2013-14 Champion of Thessaly as a coach with the women's team Aeolus AO Trikala
- 2009-10 Champion of B Group C National Men category as Strength and Conditioning Coach with Men Aeolus team AO Trikala. Rise in B National Men category
- 2007-08 Champion of Thessaly as Strength and Conditioning Coach with Men Aeolus team AO Trikala. Rise in National C category

### *Professional Experience/Background*

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#### Academic Teaching Experience

- 2000-Today Teaching staff of DPESS of University of Thessaly
- 1998-1999 Scientific collaborator of the Centre for Research and Evaluation of Physical Performance DPESS, University of Thessaly

#### Coaching Experience

- 1990-Today Manager & coach of Basketball Academies (Elliniko Sports Club- Trikala 2000-Aiolos Trikalon)
- 2013-Today Coach of the women's basketball Club of Aiolos Trikalon
- 2006-2013 Coach at Greek Basketball Camps
- 2007-2011 Assistant coach of men's basketball Club of Aiolos Trikalon

2007-2009 (Rise in National C & Rise in National B)  
Local Federal coach (Trikala) in development program of the Greek Basketball Federation

**Administrative Experience**

2013-Today Administrative support to EGS Project (European Employability of Graduates in Sport)  
2011- Today Member of the Internal Ethics Committee of DPESS, UTH  
2010- 2015 Administrative support to Internship of DPESS, UTH

**Participation in Research Projects**

TITLE	FUNDER	PROJECT LEADER
Summer School: "Learning Through Motion" (Project Code No.: 5208)	Research Committee University of Thessaly (Self-funded)	Vassilis Gerodimos
EGS European Employability of Graduates in Sport (Project Code No.:4731)	European Union	Marios Goudas
Internship for Students DPESS University of Thessaly (Project Code No.: 4163.01.11)	National Strategic Reference Framework (NSRF) 2007 -2013	Marios Goudas
Eureka Sport	European Union Mars Chocolate	Yiannis Pitsiladis
Selected physiological and technical characteristics in school children of urban and non-urban areas (Project Code No.: 2451)	Research Committee University of Thessaly	Yiannis Koutedakis
Fitness evaluation of soccer players (Project Code No.: 2364)	Research Committee University of Thessaly	Yiannis Koutedakis
Writing specifications for the operation of Scientific Support Center of Sports	Research Committee Aristotle University of Thessaloniki	Asterios Deligiannis
Effects of training loads on athletes and non athletes (Project Code No.: 2310)	Research Committee University of Thessaly	Yiannis Koutedakis

**Research Interests**

My research activity, in general, is in the field of children’s exercise and physical activity. My current academic interests are focused on the athletic development of young basketball players.

**Articles in Refereed Scientific Journals**

1. Nevill, A., Tsiotra, G., **Tsimeas, P.**, & Koutedakis, Y. (2009). Allometric associations between body size, shape, and physical performance of greek children. *Pediatric Exercise Science*, 21(2):220-232.
2. **Tsimeas P**, Tsiokanos A, Koutedakis Y., Tsigilis N, and Kellis S. (2005). "Does living in urban or rural settings affect aspects of physical fitness in children? An allometric approach" *British Journal of Sports Medicine*, 39 (9):671-674.

## ***Membership of Professional Bodies/Associations***

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### **Member of Scientific Societies**

2010-Today	Hellenic Society of Biochemistry and Physiology of Exercise
2005-Today	European College of Sports Science

### **Member of Sports Societies**

2001- Today	Hellenic Association of Basketball Coaches
2004 -2006	Certified Basketball Referee for the 3 <sup>rd</sup> National Division
2000-2006	Greek Basketball Referees Association

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