

CV

Grammenos Nikolaos

Education

- 2017-today: Student at school of physical education, sport science and dietetics, University of Thessaly.

Certifications/ Athletic Background

- 2018: Participation in the 19th International Congress of Physical Education and Sports, hosted by the Northern Greece Physical Education Teachers Association and certified in many individual seminars.
- 2018: Certificate of successfully completed the 6-hour Anti-Doping educational seminar, part of the Anti-Doping project “From Research to Application: An evidence based psychosocial intervention in young athletes”, developed by the University of Birmingham and the University of Thessaly, and supported by the World Anti-Doping Agency (WADA).
- Former Football Player.
- Former swimmer.
- Former Taekwon-Do ITF athlete.
- 2017-today: Track & Field, Long Jump Athlete.

Research Interests

Exercise Physiology in team sports.