

# Curriculum Vitae

## Konstantinia (Nadia) Filippou

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### EDUCATION

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- 3/21 Ph.D. candidate  
Department of Physical Education and Sport Science, University of Thessaly  
Department of Sport, Exercise and Health, University of Basil  
Thesis title: "Physical activity, affective states, and quality of life in refugee-camp residents"
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- 7/13 Master degree in Exercise & Quality of Life (2-year program)  
Department of Physical Education and Sport Science  
Democritus University of Thrace & University of Thessaly, Greece  
Thesis Title: "The role of camp participation in the development of social skills"
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- 6/98 Bachelor of Science (4-year degree program)  
Faculty of Management and Economics  
Department of Commerce and Advertising (Marketing)  
Technological Institute of Thessaloniki.
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### EMPLOYMENT HISTORY

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- 8/14 – present Teaching Laboratory Staff  
Lab of Exercise Psychology & Quality of Life  
Department of Physical Education and Sport Sciences  
University of Thessaly
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- 10/02 – 7/14 Technical Laboratory Staff  
Department of Physical Education and Sport Sciences  
University of Thessaly
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- 06/00 – 9/02 Account Supervisor  
Point Zero S.A. Advertising Company  
Thessaloniki, Greece
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### ARTICLES IN PEER-REVIEWED JOURNALS

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5. Gerber, M., Colledge, F., de Quervain, D., **Filippou, K.**, Havas, E., Knappe, F., Ludyga, S., Meier, M., Morres, I.D., Panagos, A., Pühse, U., Ramadan, K., Seelig, H., Theodorakis, Y., Kanel, R., Hatzigeorgiadis, A.  
Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers: study protocol for the SALEEM pragmatic randomized controlled trial. *Trials* 22, 827 (2021). <https://doi.org/10.1186/s13063-021-05808-2>
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4. Morela E., Papageorgiou E., **Filippou K.**, Theodorakis Y., Hatzigeorgiadis A. (2021). Pro Social and Antisocial Sport Environment and Attitudes towards Refugees' Acculturation among Young Greek Football Players. *International Journal of Research in Humanities and Social Studies*, Volume 8 (7), 1-10
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3. Papageorgiou, E., Morela, E., **Filippou, K.**, Theodorakis, Y., Digelidis, N., Hatzigeorgiadis, A. (2021). Exploring adolescents' perspectives on refugees' acculturation and the role of physical education and sport. Submitted for publication.
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2. **Filippou, K.**, Kouthouris, H., & Bounova, A. (2012). The role of camp participation in the development of social skills. *Inquiries in Sport & Physical Education*,
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1. Gourzi, M., **Filippou, K.**, Kagiorgi, E., & Zourbanos, N. (2007). The relationship between competitive state anxiety and self-talk during performance in swimmers. *Inquiries in Sport & Physical Education*, 5(1), 173-178.
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#### **BOOK CHAPTER**

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1. Filippou, K. (1999). Alternative tourism ways to increase overnight stays per person, in the tourist area of Kalambaka of Trikala. In D. Karapistolis (Eds.), *Data Analysis and Market Research* (pp. 253-264). Thessaloniki: Anikoula Publications.
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#### **ORAL & POSTER PRESENTATIONS IN CONFERENCES**

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9. **Filippou K.**, Papageorgiou E., Morela E., Theodorakis Y. and Hatzigeorgiadis A. (2020). Exploring acculturation perspectives of young refugees and the role of sport. *Proceedings, 28th International e-Congress on Physical Education & Sport Science* (p. 200), Komotini, Greece.
  8. Papageorgiou E., Morela E., **Filippou K.**, Theodorakis Y., Hatzigeorgiadis A. Exploring Greek adolescents' perspectives on refugees' acculturation and the role of physical education and sport. *Proceedings, 28th International e-Congress on Physical Education & Sport Science* (p. 200), Komotini, Greece.
  7. Morela E., Papageorgiou E., **Filippou K.**, Theodorakis Y., Hatzigeorgiadis A. Coach-promoted prosocial/antisocial behavior and attitudes towards refugees' acculturation in team sport athletes. *Proceedings, 28th International e-Congress on Physical Education & Sport Science* (p. 200), Komotini, Greece.
  6. **Filippou K.**, Hatzigeorgiadis A., Costa C., Vihar L., Corrao G. and Caci L. (2019). Solidarity network for migrants and refugees: a project towards integration through sport. *Proceedings, 15th European Congress of Sport Psychology* (p.146), Muenster, Germany.
  5. **Filippou, K.**, Hatzigeorgiadis, A., Theodorakis, Y. (2018). Solidarity Network for Young Migrants and Refugees Through Sport - So.Net. Erasmus+ project, 15th Congress of Sport Psychology, Hellenic Society of Sport Psychology, Athens, Greece.
  4. **Filippou, K.**, Bounova, A., & Kouthouris, H. (2012). The role of camp participation in the development of social skills. 5th Forum of the Hellenic Academy of Physical Education, HAPE, Thessaloniki, Greece.
  3. **Filippou, K.**, Zafeiroudi, A., & Spontis, A. (2006). Investigation of persistence adult participation in free exercise activities. 9th Congress in Physical Education & Sport Sciences, Northern Union of Physical Education Teachers, Thessaloniki, Greece.
  2. **Filippou, K.**, Spontis, A., & Kouthouris, H. (2006). Limitations on exercise participation of the civil servants of the Prefecture of Trikala. 14th Congress in Physical Education & Sport Sciences, Komotini, Greece.
  1. **Filippou, K.**, Spontis, A., & Kouthouris, H. (2006). Self-Regulation exercise in relation to sex and age. 14th Congress in Physical Education & Sport Sciences, Komotini, Greece.
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**FUNDED PROJECTS**

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9. Project Title: Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers: A randomized controlled trial (2020-2022).  
Granting Institute: Swiss Network of International Studies (SNIS)  
Role: Investigator

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8. Project Title: Enhancing Health and Physical Activity Rates through Pentathlon (2020-2022).  
Granting Institute: European Union – ERASMUS+ (Collaborative Partnerships);  
Role: Investigator

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7. Project Title: Sportspeople Education & Training for Dual Career (2020-2022).  
Granting Institute: European Union – ERASMUS+ (Collaborative Partnerships);  
Role: Investigator

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6. Project Title: FutbolNet Programme Methodology by Barca Foundation (2019).  
Granting Institute: Asylum, Migration and Integration Fund of the European Union With Danish Refugee Council in Greece (DRC Greece), implemented by the Department of Physical Education and Sport Science of the University of Thessaly. With the support of e-trikala.  
Role: Investigator

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5. Project Title: Solidarity Network for young migrant and sport (2018-2019).  
Granting Institute: European Union – ERASMUS+  
Principle Investigator: Cinzia Costa  
Role: Investigator

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4. Project Title: From research to application: An evidence-based psychosocial intervention for doping prevention in young athletes (2015-2018).  
Granting Institute: WADA.  
Principle Investigator: Maria Kavussanu, University of Birmingham  
Role: Investigator

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3. Project Title: The Kalipatira project. From sport to daily life. All equal – all differed (2005-2007).  
Granting Institute: European Union & National funds.  
Project Leader: Yannis Theodorakis  
Role: Administration

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2. Project Title: Curriculum Development in Sport and Exercise Psychology CDSEP (2005 – 2008)  
Coordinator: Papaioannou Athanasios, Professor  
Role: Administration

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1. Project Title: Entrepreneurship in the Sports Sector (2004 – 2005).  
Principle Investigator: Koustelios Athanasios, Professor  
Role: Administration

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**LABORATORY SELF-FUNDED PROJECTS****LAB OF EXERCISE PSYCHOLOGY AND QUALITY OF LIFE****DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE, UNIVERSITY OF THESSALY**

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4. Project Title: “Hip-hop style dance training program. Promoting the health of High School students and the integration of their refugee classmates” (2020).  
Role: Coordinator
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3. Project Title: "Football for all" (2020).  
Role: Coordinator

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2. Project Title: "We welcome refugees through football" (2017-2019)  
Coordinator: Theodorakis Yannis, Professor & Konstantinia Filippou, Teaching staff  
Role: Investigator

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1. Project Title: "Exercise for refugees" (2016).  
United Nations High Commissioner for Refugees (UNHCR) & Department of Physical  
Education and Sport Science, University of Thessaly  
Principle Investigator: Theodorakis Yannis, Professor  
Role: Investigator

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#### **MOBILITY**

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01/08 – 02/08: ERASMUS

"Intensive Course of the European Master in Exercise and Sport Psychology ERASMUS  
Program"

Lisbon, Portugal

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#### **MEMBERSHIP**

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Member of the European Federation of Sport Psychology (FEPSAC)

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Member of the Hellenic Society of Sport Psychology

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