

CURRICULUM VITAE

5 – 1 – 2023

Personal Data

Full Name: Natsis Petros

Father's Name: Athanasios

Mother's Name: Foteini

Date of Birth: 12-7-1966

Place of Birth: Florina

Marital Status: Married with 2 kids: aged 28 (daughter) and 26 (son)

Place of residence: Smyrni's 30, 50100, Kozani

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Education

- Doctoral Degree, PhD in Physical Education (P.E.) from the P.E. Department of the University of Thessaly, 1–4–2003.
- Master's Degree in Coaching (M.Sc.) from the P.E. Department of the Democritus University of Thrace, 1–7–1998.
- Physical Education Bachelor's Degree, the P.E. Department of the Democritus University of Thrace, 7–9–1989.
- Specialization titles:
- Football (Main Specialization),
- Tennis (Secondary Specialization),
- Basketball (Secondary Specialization).
- English Language: First (1st) Certificate in English, (Cambridge) June 1996.
- Education in Information and Communication Technologies:
 - Holder of the European Diploma: “European Computer Driving License” (ECDL) (Word, Excel, Power Point, Access, Windows, Computer Theory, Internet) 12–8–2002.
 - Certification of Skills and Knowledge in Information and Communication Technologies of the Ministry of Education (15/10/2008).
- Byzantine Music Certificate, Certified by the Ministry of Culture (2013).
- Update of Knowledge of P.E. Graduates with Title: "Athletic Tourism: Hotel sports tourism, therapeutic recreation and spa tourism, organization of sports and cultural events, children's tourism - camps, outdoor activities and environment, lasting 150 hours (30 ECTS), from 28/11/2014 to 02/02/2015, in the P.E. Department of Komotini (Democritus University of Thrace) in cooperation with the P.E. Department of Trikala (University of Thessaly)

Professional Experience as a Coach

- Tennis coach from 1991 to 1996, at the Kozani Tennis Club, with totally 500 children and adults & participating in regional and Pan-Hellenic championships.
- Football/ Soccer Coach in the 1997-98 and 1998-99 seasons at the Sports-Football Association: "Hermes Platanorreuma" of the Serbian Region of Kozani, which participated in the local amateur championship of the Union of Football Clubs of Kozani.
- Soccer teacher at the "Hermes Platanorreuma" Academy for children aged 6–9 and 10–12 years, from 1-2-2003 to 30-6-2003, from 1-9-03 to 15-6-2004, from 1- 9-2004 to 31-12-2004 and from 1-2-2005 to 15-5-2005 at the Football Academy "Hermes Platanorreuma" of the Serbian Region of Kozani.

- Football Coach, during the 1st round of the 2005-06 season in the Sports-Football Association: "Elymos" of the Elimia Region of Kozani, which participated in the local amateur championship of the Union of Football Clubs of Kozani.
- Football Coach, during the 2008-09 season at the Sports-Football Club: "ERMIS" of Platanorreuma, Region of Serbia, which participated in the local amateur championship of the Union of Football Clubs of Kozani.
- Football Coach, during the 1st round of the 2010-11 season at the Sports-Football Club: "ERMIS" Platanorreuma, Region of Serbia, in the local amateur championship of the Union of Football Clubs of Kozani.
- Sports Psychologist at the Pegasos Kozani Volleyball team, during the 2015-16 Competition Season, which emerged as champion in the 2nd National Category Championship and rose to the A2 National Category.

Professional Experience as a Physical Education Teacher

- Physical Education teacher in the physical education programs of the National Welfare Organization in the spring period of the years: 1991, 1992 and 1993, in 14 villages of the Prefecture of Kozani.
- Professor of Physical Education in the talent detection and utilization programs of General Secretariat of Sports, during the years: 1993 to 1995, in the city of Kozani.
- Teacher of Physical Education in the Mass Sports programs during the years 1996, 1997 and 1998, in the city of Kozani.
- Teacher at the P.E. Department of the University of Thessaly (Teaching Research Staff Contract N/407) in the academic years 1998 – 1999 & 1999 – 2000, the Handball course.
- Professor of Physical Education at I.E.K. Kozani, department: "Forest Protection Specialist" the course: "physical education-shooting" in the winter semester of the academic year: 1998-99.
- Professor of Physical Education at I.E.K. Kozani, department: "Aesthetics Application Specialist" the course: "gymnastics" in the winter semester of the academic year: 1999-2000.
- Physical Education Teacher (Substitute) in the Olympic Education Program in the Academic Year 1999 - 2000, in primary schools: 5th, 10th and 15th Kozani.
- Appointment in Secondary Education: 3rd Region of Western Attica: 31-8-2000. Physical Education Teacher at Magoula High School and 2nd Megara High School in the school year 2000-2001.
- Transfer to Kleines High School, Second Education District of Florina, School Year 2003-04
- Secondment to the P.E. Department of the University of Thessaly in the academic years 2001 – 02, 2002 – 03, 2003 – 04, 2004 – 05, 2005 – 06 & 2006 – 07.
- Teacher at P.E. Department of the University of Thessaly (Teaching Research Staff Contract N/407) for the winter semester of the Academic Year 2007 – 08 (teaching football).
- Secondment to the Office of Physical Education of the Prefecture of Kozani during the school year: 2007 – 08.
- Secondment to the Senior High School of Tsotyli during the school year: 2008 – 09. Availability at the Office of Physical Education of the Prefecture of Kozani.
- Secondment to the Senior High School of Tsotyli during the school year: 2009 – 10. Availability at the Office of Physical Education of the Prefecture of Kozani.
- Secondment to the 3rd Middle School of Kozani, the school year 2010 – 11. Assignment to the Experimental School of Kozani (Secondary Education) and to 4 Full-day Board Schools (Primary Education) in the area of Kozani.
- Posting at Lefkopigi High School (7 hours) and Lefkovrysi Primary School (12 hours) of Regional Service Board of Primary Education (PYSPE) and Regional Service Board of Secondary Education (PYSDE) of Kozani in the school year 2011-12.
- Secondment στο 10th Elementary School of Kozani (12 hours) και στο 17th Elementary School of Kozani (6 hours).

- Reassigned as an administrator to the Directorate of Primary Education of Kozani (September 9, 2013).
- Reinstatement to the Florina Secondary School Directorate as a Physical Education Teacher, February 2014.
- Secondment to the Regional Directorate of Education of Western Macedonia - Office of School Counselors from 1-9-2014 to 21-6-2015.
- Reassignment to the position of Teacher in Primary Education Kozani PYSPE of Kozani.
- Placement at the Elementary School of Aiani Kozani (16 hours) and at the Elementary School of Lefkopigi Kozani (6 hours) in the 2015-16 School Year.
- Placement at the Platanorreuma Elementary School of Kozani (18 hours) and at the 17th Full Day Primary School of Kozani (4 hours) in the 2016-17 School Year.
- Placement at the 17th All-Day Kozani for the 2017-18 school year, from 1-9-2017 to 23-10-2017.
- Transfer to the position of Special Educational Staff at the Department of Physical Education and Sports Science (TEFAA) of the University of Thessaly, Trikala.

Organization of Seminars

Coordinator of the Seminar-Training Program for Physical Education graduates: "Sports Management and Coaching" of the Unified K.E.K. N. Kozani. February – May 1999

Teaching in Seminars - Presentations

- Lecturer for 20 teaching hours in the Seminar-Training Program for Physical Education graduates: "Sports Management and Coaching" of the Unified K.E.K. N. Kozani. February – May 1999.

Teaching Modules:

- Introduction to Sports Management.
 - Sports Management and Sports Psychology.
 - Introduction to Mental Skills
- Lecturer for 18 teaching hours in the Seminar-Training Program for Physical Education graduates: "Introduction to Nautical Sports" of K.E.K. of the Regional Labor Institute G.S.E.E. of Western Macedonia. May – June 1999.
 - Introduction to Mental Skills in Sports.
 - Goal Setting as a technical increase in performance in Sports.
 - Psychological Preparation Programs for Athletes.
 - Lecturer for 12 teaching hours in the Seminar-Training Program for Physical Education graduates: "General Coaching - Sports Psychology - Management - Informatics" of the K.E.K. of the Regional Labor Institute G.S.E.E. of Western Macedonia. 8/8/2000 and 9/8/2000.
 - Indications for the Implementation of psychological skills training programs.
 - Counseling in the Profession of Coach - Physical Education Teacher.
 - Reporter – coordinator in a working group for the training of Physical Education teachers for the program "OLYMPIC EDUCATION" organized by the Ministry of National Education and Religious Affairs and the Organizing Committee of the Olympic Games Athens 2004, in Athens from 12/02/2001 to 15/02 /2001.
 - Lecturer in the Physical Education Teacher Training Program for the New Elementary and High School Physical Education Books, for the Primary and Secondary Physical Education Teachers of the Prefectures of Kozani and Florina, organized by the Pedagogical Institute, September 4 – 15, 2006.
 - Lecturer in the Training Program for Newly Appointed Physical Education Teachers of the P.E.K. Kozani, November 13-30, 2006, for 24 hours.

Teaching Units:

- Modern Teaching Methods in Physical Education.

- Evaluation regarding the educational-teaching project, the material and the student.
 - Use of new technologies in Physical Education.
 - Teaching of Physical Education by educational level.
- Trainer in the research program with Code: 53014.01 entitled: "KALLIPATEIRA - Design and implementation of training programs for Physical Education teachers - Olympic Education - Development/preparation of curriculum, training, educational material and Action Plan for School Pilot Programs" and scientific manager Mr. Theodorakis I. from 10/11/2006 to 28/2/2007.
 - Lecturer in the Training Program for Newly Appointed Physical Education Teachers of the P.E.K. Kozani, September 1-4, 2008, for 16 hours.
 - Lecturer in the Training Program for Newly Appointed Physical Education Teachers of the P.E.K. Kozani, September 2009, for 16 hours.
 - Speaker, on the topic: "Psychosocial Factors for Exercise and Nutrition" at the Conference organized by the Association of Graduates of Physical Education of the Prefecture of Kozani on the topic: Obesity and Exercise. Ptolemais, May 6, 2010.
 - Lecturer in the Training Program for Newly Appointed Teachers of the P.E.K. Kozanis, December 2010, for 4 hours.
 - Basic principles of maintaining school order – Modern teaching methods
 - Lecturer in the Training Program for Deputy Teachers of the P.E.K. Kozanis (Kastoria), December 2010, for 8 hours.
 - The school as a versatile educational and cultural community and the role of the teacher in it.
 - Basic principles of maintaining school order – Modern teaching methods
 - Speaker at the Conference organized for the Physical Education Teachers of the Prefecture of Kozani, on Tuesday 22/3/2011 at the Municipal Sports Center of Kozani, by the School Counselor of Physical Education in collaboration with the Office of Physical Education of the Prefecture of Kozani and the Association of Graduates of Physical Education N. Kozani. The topic of the presentation was: "An Alternative Approach to Teaching Games-Sports in the Physical Education Course".
 - Speaker at the Conference organized for the Physical Education Teachers of the Prefecture of Florina, on Wednesday 23/3/2011 at the Municipal Sports Center of Florina, by the Association of Graduates of Physical Education of the Prefecture of Florina in collaboration with the School Counselor of Physical Education. The topic of the presentation was: "An Alternative Approach to Teaching Games-Sports in the Physical Education Course".
 - Speaker at the Conference organized for the Physical Education Teachers of the Prefecture of Kastoria, on Thursday 5/5/2011 at the Municipal Children's Center of Kastoria, by the Office of Physical Education of the Prefecture of Kastoria in collaboration with the School Counselor of Physical Education. The topic of the presentation was: "An Alternative Approach to Teaching Games-Sports in the Physical Education Course".
 - Speaker on the topic: "Diversity in Physical Education" at the Conference organized for the Physical Education Teachers of the Prefecture of Florina by the Youth Advisory Office of the Municipality of Florina. Florina on December 15, 2015.
 - Presentation on the topic: "The Effect of Play on Children's Cognitive Function" at the 1st Scientific Conference of the Association of Graduates of Physical Education of the Prefecture of Kozani, with the Theme: "Exercise and Mental Health", January 24, 2016, Koventareion Hall of the Municipality of Kozani.
 - Presentation on the subject: "Psychosocial Factors for Exercise" at the 1st Scientific Conference on the

Subject: "Exercise and Mental Health", January 24, 2016, Koventareion Hall of the Municipality of Kozani.

Lectures:

- Physical Education and Psychomotor development of the child.
- The role of the mind in Sports
- Workshop: Psychosocial parameters of Exercise and Sports: "School Physical Education - Sports & Children", on Wednesday June 8, 2016, Spiritual Center of Aiani Kozani.
- Lecturer at the 2nd Scientific Conference, of the Association of Graduates of Physical Education of N. Kozani "Children's Sports", organized on March 5, 2017, with the topic of presentation: "Sports-centered Methodology in Sports Pedagogy".
- Lecturer at the 4th Scientific Conference of the Physical Education Graduates' Union of Fthiotida, organized in Lamia on September 9, 2017, on the topic: "Student-centered Approaches to Physical Education".
- Lecturer at the Seminar: "Student-Centered Teaching in Physical Education Using Teaching to Understand Games". 21st International Conference on Physical Education & Sports. Union of Gymnasts of Northern Greece. Saturday, April 28, 2018.
- Presentation to parents, at the Day of the Association of Parents and Guardians of the 10th Primary School of Kozani, on the topic: "The Effect of Physical Activity on the Psychomotor, Emotional and Cognitive Functioning of Primary School Students". Kozani, May 20, 2019.
- Presentation to the students of the 2nd High School of Trikala, with the Theme: "Physical Activity, Sports, Exercise", as part of the thematic week. Trikala, May 21, 2019.

Publications in International Scientific Journals

1. Y. Theodorakis, R. Weinberg, **P. Natsis**, I. Douma & P. Kazakas (2000). "The effects of motivational versus instructional self-talk on improving motor performance" *The Sport Psychologist*, 18: 229-252.
2. Y. Theodorakis, **P. Natsis**, A. Papaioannou (2002). "Correlation between exercise and other health related behaviors in Greek students". *International Journal of Physical Education*, 2: 30-34.
3. Yannis Theodorakis, **Petros Natsis**, Athanasios Papaioannou & Marios Goudas (2003). "Longitudinal Study of Greek Students' Attitudes to Physical Activity and Health Related Behaviors". *Psychological Reports*, 92: 275-283.
4. Vasiliki Zisi, Yiannis Theodorakis, George Skondras, **Petros Natsis** (2006). "The relation of balance performance and balance confidence with physical activity in elderly fallers and non-fallers". Submitted to *Studies in Physical Culture and Tourism*, has been accepted for publication in the supplement of the journal, Vol. XIII.
5. Kokaridas, D., Paslamouska, M., Patsiaouras, A., **Natsis, P.**, Karagiannidis, I., Maggouritsa, G., & Efthimiou, P. (2013). Dynamic evaluation approach in adapted physical education: Assessing procedure and Individualized Education Program for inclusion purposes. *Electronic Journal for Inclusive Education* (accepted for publication).
6. Palamas, A., Zapartidis, I., Kotsampouikidou, Z., Tsakalou, L., **Natsis, P.**, & Kokaridas, D. (2015). The Use of Anthropometric and Skill Data to Identify Talented Adolescent Team Handball Athletes. *Journal of Physical Education and Sports Management*, 2(2), 174-183.
7. Papastergiou, Marina; **Natsis, Petros**; Vernadakis, Nikolaos. Introducing Tablets and a Mobile Fitness Application into Primary School Physical Education. *Education and Information Technologies*, v26 n1 p799-816 Jan 2021. (EJ1280695), Database: ERIC
8. **P. Natsis**, G. Chatziioannou, G. Grivas (2021). Peoples' Attitudes and Beliefs in A Recreational Forest

Publications in Greek & International Scientific Journals

1. **P. Natsis** & I. Theodorakis. "Predicting physical activity and health-related behaviors". *Sport Psychology*, 11: 3-33, 2000.
2. **P. Natsis**, F. Theodorou., D. Kokaridas., and A. Hatzigeorgiadis (2004). "Participation of children with mental retardation in exercise programs. Predicting parental intention". *Research in Physical Education & Sports*. 2, 51-57.
3. D. Kokaridas, **P. Natsis**, K. Makropoulos, A. Chatzigeorgiadis, & N. Karpathakis (2005). "The sports orientation and sports identity of shooters of the Athens Paralympic games". *Research in Physical Education & Sports*. 3, 98-106.
4. **P. Natsis**, K. Golia, & D. Kokaridas (2006). "Traditional games and their extensions, a qualitative approach". *Research in Physical Education & Sports*.
5. **Natsis P.**, Papa M., Tsakalou L., Kotsabouikidou Z., Papanikolaou F., Palamas, A. "Correlation of running speed and agility in young handball athletes". *Sport and Society*, Conference Issue 2016.
6. **Natsis P.**, Grivas G., Kokaridas D. (2018). "Implementation of the Sense of Game model and perceived satisfaction of undergraduate physical education students: a qualitative approach". *Sport and Society*, Conference Issue 2018.
7. Papastergiou, M., **Natsis, P.**, Vernadakis, N., & Antoniou, P. (2018). Integration of tablets and a training application for mobile devices into the physical education course. In S. Demetriadis, V. Dagdilelis, T. Tsiatsos, I. Magnisalis & D. Tzimas, (Eds.), *Proceedings of the 11th Pan-Hellenic and International Conference "ICT in Education"*, Thessaloniki, Greece, October 2018 (pp. 243-250) (in Greek).
8. **Natsis P.**, Chatziioannou, G., Grivas, G., (2021). "Investigation of the attitudes and beliefs of forest recreation practitioners in the framework of the theory of planned behavior with a qualitative approach". *Sport and Society*, Conference Issue May 14-16, 2021.

Writing Work

- Physical Education: Student's Book A', B', C' High School. Ioannis Theodorakis, Athanasios Tziamurtas, **Petros Natsis**, Evdoxia Kosmidou. MINISTRY OF EDUCATION, PEDAGOGICAL INSTITUTE, TEXTBOOK PUBLISHING ORGANIZATION, ATHENS 2006.
- HANDBALL, Steps to Success. Reita E. Clanton, Mary Phyl Dwight. Translation-Editor: **Petros Natsis**, Angelos Pappas, Yiannis Yiakas. Christodoulidis Publications. Thessaloniki, 2006.
- VOLLEYBALL, Steps to Success. Bonnie Kenny, Cindy Gregory. Translation-Editor: Patsiaouras Asterios, **Petros Natsis**. Christodoulidis Publications. Thessaloniki, 2007.
- TENNIS, Steps to Success. Jim Brown. Translation-Editor: **Petros Natsis**, Theodosiou Argyrios, Zurbanos Nikolaos. Christodoulidis Publications. Thessaloniki, 2008.
- SOCCER, Steps to Success. Joseph A. Luxbacher. Translation-Editor: **Petros Natsis**, Patsiaouras Asterios. Christodoulidis Publications. Thessaloniki, 2008.
- VOLLEYBALL, Steps to Success. Becky Schmidt. Translation-Editor: Patsiaouras Asterios, **Petros Natsis**. Kyriakidis Brothers Publications, Thessaloniki, 2018.
- Swimming: Steps to Success. Scott Bay. Translation-Editor: Galanis E., Theofilidis G., **Natsis P.**, Hatzigeorgiadis A., Kyriakidis Brothers Publications, Thessaloniki, 2020.
- TENNIS: Steps to Success. Jim Brown, & Camille Soulier. Translation-Editor: Argyris Theodosiou, **Petros Natsis**. Kyriakidis Brothers Publications, Thessaloniki, 2020.
- THE ESSENTIALS IN THE TEACHING OF PHYSICAL EDUCATION, Program. studies, Teaching, and Assessment. Mitchell, S.A., & Walton-Fisette, J.K., Edited by: Derri Vasiliki, Translated by: Derri Vasiliki,

Scientific Announcements in International Conferences

- **Natsis P.**, Theodorakis G., Weinberg, R. "The effect of different forms of self-dialogue on the improvement of performance in an accuracy skill in soccer". 6th International Conference on Physical Education. Komotini 22-24 May 1998. *Abstracts: Sports & Society*, 22: 88-89, 1998.
- Laparidis K., Douma E., Bebetos E., **Natsis P.**, Theodorakis G., Dikos K. "Is a simple shooting exercise in basketball able to induce training adaptations?". 6th International Conference on Physical Education. Komotini 22-24 May 1998. *Abstracts: Sports & Society*, 22: 47, 1998
- **Natsis P.**, Theodorakis G., Weinberg, R., Tsimeas P. "The effect of different forms of self-talk in a strength test". 7th International Conference on Physical Education. Komotini 21-23 May 1999. *Abstracts: Sports & Society*, 22: 95, 1999.
- Papaioannou A., Siminas P., **Natsis P.**, Theodosiou A., Theodorakis G. "Attitudes, Perceptions and Behaviors regarding the Physical Education Course and a Healthy Lifestyle: Differences Due to Different Regions". 7th International Conference on Physical Education. Komotini 21-23 May 1999. *Abstracts: Sports & Society*, 22: 182, 1999.
- Y. Theodorakis, **P.A. Natsis**, E. Douma, C. Mouzakidis, S. Perkos, E. Voudalikakis. "Attitudes and behaviours in the physical education lesson and towards a healthy lifestyle: Differences due to family condition, 4th Annual Congress of the European College of Sport Science, Rome, 14-17 July, 1999.
- A. Papaioannou, K. Karastogiannidou, Y. Theodorakis, A. Teodosiou, **P. Natsis**, O. Kouli, S. Perkos, C. Mouzakidis. "Goal perspectives, Perceived motivational climate, life satisfaction and health-related attitudes and behaviors of Greek students". *Association for the Advancement of Applied Sport Psychology, 1999 Conference Abstracts, Banff, Alberta, Canada, September 22-26 1999.*
- **P. Natsis**, P. Siminas, E. Bebetos, O. Kouli, S. Perkos, G. Theodorakis, A. Papaioannou. "Prediction of healthy and unhealthy behaviors in secondary school students". 8th International Conference of Physical Education & Sports, Komotini 19-21 May 2000. *Abstracts: Sports & Society*, 25: 229, 2000.
- **P. Natsis**, E. Bebetos, O. Kouli, A. Theodosiou, G. Theodorakis, A. Papaioannou. "Parental educational level and predisposing factors for exercise and health behaviors". 8th International Conference of Physical Education & Sports, Komotini 19-21 May 2000. *Abstracts: Sports & Society*, 25: 43, 2000.
- S. Perkos, **P. Natsis**, P. Plessa, H. Mouzakidis, H. Voudoulidakis, A. Papaioannou, G. Theodorakis. "Predisposing factors for health behaviors in relation to the social level of secondary school students". 8th International Conference of Physical Education & Sports, Komotini 19-21 May 2000, 2000. *Abstracts: Sports & Society*, 25: 230, 2000.
- O. Kouli, A. Papaioannou, C. Mouzakidis, S. Perkos, **P. Natsis**. "Motivational climate in physical education class and perception of teacher encouragement in boys and girls". 8th International Conference of Physical Education & Sports, Komotini 19-21 May 2000. *Abstracts: Sports & Society*, 25: 215-216, 2000.
- **P. Natsis**, G. Theodorakis, A. Papaioannou. "Longitudinal study of the theory of planned behavior in primary and secondary school students". 9th International Conference on Physical Education & Sports, Komotini 18-20 May 2001. *Abstracts: Sports & Society*, 28: 71-72, 2001.
- **P. Natsis**, Y. Theodorakis, A. Papaioannou. "Longitudinal study of Greek students' attitudes towards physical activity and health behaviors. 10th World Congress of Sport Psychology May 28 – June 2, Skiathos, Hellas, 2001. *Proceedings: Vol. 1: 48-50, 2001.*
- **Natsis P.**, Theodorakis G., Perkos S. "Correlation of exercise and attitudes to exercise with other healthy and unhealthy behaviors". 10th International Conference on Physical Education. Komotini 17-19 May 2002. *Abstracts: Sport & Society*, 31: 222-223, 2002.
- Perkos S., Theodorakis G., **Natsis P.** "Two Alternative Forms of Self-Dialogue for the Execution of Basic Basketball Skills". 10th International Conference on Physical Education. Komotini 17-19 May 2002.

Abstracts: Sports & Society, 31: 50, 2002.

- **Natsis P.**, Theodorakis G., Papaioannou A., Hatzigeorgiadis A. "Prediction of physical activity in primary and secondary school students". 11th International Conference of Physical Education & Sports, Komotini 16-18 May 2003.
- Theodorou F., **Natsis P.**, Theodorakis G., Hatzigeorgiadis A., Kokkaridas D. "Intentions of parents of children with intellectual disabilities for their children's participation in exercise programs". 11th International Conference on Physical Education & Sports, Komotini 16- May 18, 2003.
- Karagiorgou A., **Natsis P.**, "Teachers' perceptions of the implementation of homework in the context of the Physical Education course". 12th International Conference of Physical Education & Sports, Komotini 21-23 May 2004.
- Golia K., **Natsis P.**, Antoniou I. "Traditional games of the Kozani region and their extensions in everyday life". 12th International Conference of Physical Education & Sports, Komotini 21-23 May 2004.
- Galiotou S., Latta G., Apostolaki A., **Natsis P.** "Discipline and ways of maintaining it in the Physical Education course". 12th International Congress of Physical Education & Sports, 13th International Congress of Physical Education & Sports, Komotini May 21-23, 2004.
- Apostolopoulou, E., Papadopoulou E., **Natsis P.** "Perceptions and emotions after an exercise program" Komotini May 20-22, 2005.
- Apostolaki A., Latta G., Galiotou S., **Natsis P.** "The game in the physical education lesson: Teachers' opinions" 13th International Conference of Physical Education & Sports, Komotini May 20-23, 2005.
- Anifanti X., Mastori, D. **Natsis P.** "Perceptions and exercise behaviors of sedentary workers" 13th International Conference of Physical Education & Sports, Komotini May 20-22, 2005.
- Zisi V., Theodorakis G., Hasandra M., **Natsis P.** "Differences between elderly people in mental health parameters according to walking habits" 14th International Conference of Physical Education & Sports, Komotini May 19-21, 2006.
- **Natsis P.**, Kotoula A., Kounavas I., Kokkinou S. "Investigation of the Way of Teaching Games - Sports by Physical Education Teachers" 19th International Conference of Physical Education & Sports, Komotini May 20-22, 2011.
- **Natsis, P.**, Kokaridas, D., & Mathas, G. "Perceptions of Greek PE teachers toward the value and application of a TGfU model in school settings." The Fifth International Teaching Games for Understanding Conference. Loughborough University, U.K., July 14-16, 2012.
- Palamas A., Kotsabouikidou Z., **Natsis P.**, Chronopoulou X., Papanikolaou F. "Forecasting the Selection of Young Talented Handball Players" 23rd International Conference on Physical Education & Sports, Komotini May 15-17, 2015.
- Palamas A., Kotsabouikidou Z., Chronopoulou X., Papanikolaou F., **Natsis P.**, "Physiological Characteristics of Female Handball Players: Changes from the Pre-Competition to the Competition Period" 23rd International Conference on Physical Education & Sports, Komotini May 15-17 2015.
- **Natsis P.**, Papa M., Tsakalou L., Kotsabouikidou Z., Papanikolaou F., Palamas, A. "Correlation of running speed and agility in young handball athletes". 24th International Conference of Physical Education & Sports, Komotini 20-22 May 2016.
- Palamas A., Kotsabouikidou Z., Tsakalou L., Papa M., Papanikolaou F., **Natsis P.** "Aerobic capacity and power in female handball players". 24th International Conference of Physical Education & Sports, Komotini 20-22 May 2016.
- **Natsis P.**, Grivas G., Kokaridas D. "Application of the Sense of Game model and perceived satisfaction of undergraduate physical education students: a qualitative approach". 26th International Conference of Physical Education & Sports, Komotini 18-20 May 2018.
- Papastergiou, M., **Natsis, P.**, Vernadakis, N., & Antoniou, P. (2018). Integration of tablets and a training application for mobile devices into the physical education course. In S. Demetriadis, V. Dagdilelis, T. Tsiatsos, I. Magnisalis & D. Tzimas, (Eds.), *Proceedings of the 11th Pan-Hellenic and International*

Conference "ICT in Education", Thessaloniki, Greece, October 2018 (pp. 243-250) (in Greek).

Scientific Announcements at Greek & International Conferences

- **Natsis P.**, Theodorakis G., Weinberg, R.: "The effect of different forms of self-talk on performance in football". 2nd Panhellenic Conference of the Union of Gymnasts of Northern Greece, Thessaloniki February 1998.
- **P. Natsis**. "Longitudinal study of primary and secondary school students' attitudes towards physical activity and health". 1st Panhellenic Conference of the Hellenic Society of Sports Science: Exercise – Eurostry – Health, Athens, November 10-12, 2000, *Proceedings: 1st Conference, 89-95, 2000*.
- **P. Natsis**. "Longitudinal study of attitudes toward physical activity and health behaviors". 6th Panhellenic Sports Psychology Conference: Research and applications in sports, Athens, December 1-3, 2000, *Proceedings: 6th Conference, 147-150, 2000*.
- **P. Natsis**, Theodorakis G., & Papaioannou A. "Differentiation of predispositions and behaviors of exercise and nutrition in Greek students". 7th Panhellenic Sports Psychology Conference: Research and applications in sports, Athens, November 1-3, 2002, *Book of Abstracts: 7th Conference, 47, 2002*.
- Theodorou F., **Natsis P.**, Hatzigeorgiadis A., Theodorakis G., & Kokaridas D. "Participation of children with intellectual disabilities in exercise programs: prediction of parents' intentions". 6th Panhellenic Conference of the Union of Gymnasts of Northern Greece, Thessaloniki April 11-13, 2003.
- Gkaleas K. **Natsis P.**, Makropoulos K., Agriodimos I.K. "The application of a self-assessment technique to Physical Education teachers". 7th Panhellenic Conference of the Union of Gymnasts of Northern Greece, Thessaloniki March 25-27, 2004.
- **Natsis P.**, Antoniou I., & Hatzigeorgiadis A. The effect of a traditional dance session on the mood of adults. 8th Panhellenic Sports Psychology Conference: The Application of Psychometric Tests in Sports Psychology, Trikala, November 26-28, 2004, *Conference Proceedings, 2004*.
- Georgaka A., **Natsis P.**, Kokaridas D. The effect of an aerobic exercise session on the mood of adult women. 8th Panhellenic Conference of the Union of Gymnasts of Northern Greece, Thessaloniki, April 7-9, 2006.
- **Natsis P.**, Kounavas I., Patsiaouras A., & Kokaridas D. The effect of a school football match on the mood of high school students. 11th Panhellenic Conference of the Union of Gymnasts of Northern Greece, Thessaloniki April 11-13, 2008.
- **Natsis P.** & Kokaridas D. "The Model: Teaching Games for Understanding, as an alternative proposal for teaching games in the Physical Education course, in Primary and Secondary Education". 14th International Conference of Physical Education & Sports, of the Union of Gymnasts of Northern Greece, Thessaloniki, April 1-3, 2011.
- **Natsis P.**, Papoulidis I., Saroglakis G., Kokaridas D. Teaching games for understanding – teaching for participation in games. 12th Thematic Conference of the Union of Gymnasts of Northern Greece Thessaloniki December 10, 11, 2011.
- Karakechagias A., Tsakalou L., Papa M., Kontostergiou M., Kotsamboikidou Z. **Natsis P.**, Palamas A. Characteristics of selected male handball athletes. 18th Physical Education Conference of the Union of Gymnasts of Northern Greece. Thessaloniki 27-27 March 2015.
- Karakechagias A., Kotsamboikidou Z., Tsakalou L., Kontostergiou M., Papa M., Palamas A., **Natsis P.** Relationship of grip strength and ball speed in young handball players. 18th Physical Education Conference of the Union of Gymnasts of Northern Greece. Thessaloniki 27-27 March 2015.
- **Natsis P.**, Tsakalou L., Papanikolaou F., Naisidou S., Palamas A. Correlation between running speed, agility and bounce in young handball players. 19th Physical Education Conference of the Union of Gymnasts of Northern Greece. Thessaloniki, April 8-10, 2016.
- Palamas A., Papa M., Kotsabouikidou Z., Naisidou S., **Natsis P.**
- Changes in motor characteristics of young handball players from the pre-competition to the competition

period. 19th Physical Education Conference of the Union of Gymnasts of Northern Greece. Thessaloniki, April 8-10, 2016.

- **Natsis P.**, Grivas G. Physical Education Teachers' Perceptions of the Presentation of the Student-Centered Model Teaching Games for Understanding: A Qualitative Approach. Physical Education Conference: Strategies for Enhancing the Physical Education Curriculum for Health and Social Inclusion in the School for All. IEP, University of Thessaly, Municipality of Volos. May 11-12, 2018.
- **Natsis P.**, Krommidas, X., Syrbas, I., Grivas, G. "Pilot Application of the Model: Sports Training for undergraduate students of Physical Education". 22nd Physical Education Conference of the Union of Gymnasts of Northern Greece. Thessaloniki 10-12 April 2019.

Participation in research projects

- "Effect of psychological techniques on physiological mechanisms to maximize athletic performance" Research Program prepared at T.E.F.A.A. of D.P. Thrace, with scientific manager Mr. Yiannis Theodorakis. (1999)
- "Measuring the Psychosocial Characteristics of Minority Groups of Thrace" Research Program prepared at T.E.F.A.A. of D.P. Thrace, with scientific manager Mr. Papaioannou Athanassios. (2000)
- • "Attitudes, Perceptions and Behaviors: 1. In the Physical Education class, 2) in the sports areas, 3) in terms of a healthy lifestyle, of people who differ in terms of gender, age, social class, religion and degree of mobility difficulty – imperfection. E.P.E.A.E.K. Program (Research), Action 32-b. Scientific managers: Papaioannou Athanassios, Theodorakis Yiannis. (2003)
- • "Walking, physical activity, motor function and mental health in elderly people" (Pythagoras - support of research groups at the University of Thessaly). P.E. Department, University of Thessaly, Scientific manager: Yiannis Theodorakis. (2004)
- "Expansion and Utilization of the Digital Educational Platform, Interactive Books and the Repository of Learning Objects". Ministry of Education, I.T.Y.E. "DIOFANTOS", ESPA. 2018.

Participation in World Conferences

- 2nd World Conference on the "Introduction of Olympic and Sports Education in Schools" Olympus June 2-4, 2000.
- 10th World Conference of Sports Psychology, Skiathos, May 28 – June 2, 2001.
- 5th World Conference on Teaching Games for Understanding, Loughborough University, United Kingdom, July 14-16, 2012.
- 6th World Conference on Teaching Games for Understanding (Teaching Games for Understanding) Cologne, Germany, July 25-28, 2016.

Scientific Honors - Commendations

Second prize in the competition of young researchers, in the context of the work of the 1st conference of the Hellenic Society of Sports Science, "Exercise, Eurosport, Health". Research title: "Longitudinal Study of Attitudes towards Physical Activity and Health of Primary and Secondary School Students". Athens, November 10-12, 2000.

Organization of Conferences

- Organization of a workshop with the Theme: "Conditions for a Happy Family", with the speaker Mr. Konstantinos Tsiboukis, Psychologist-Educator, in the Art Gallery of the Municipality of Kozani on Wednesday 5-22-2002, as vice-president of the Association of Parents and Guardians of the 17th Elementary School Kozani School. Sponsored by the Prefectural Self-Government of Kozani and the

Municipality of Kozani.

- Organization of a conference for Physical Education teachers (Wednesday, May 6, 2009) with the Office of Physical Education of the Prefecture of Kozani with Topics:
 - "Individualized Physical Education Program for students with Special Educational Needs"
 - "Development of Muscle Strength in Childhood and Adolescence"
- Organization of a conference for Physical Education teachers (Sunday, March 8, 2014), as President of the Union of Graduates of Physical Education of the Prefecture of Kozani, with the speaker Mr. Chronis Drougias, Sports Doctor, with topics:
 - Exercise and the Immune System
 - Elements of prevention and rehabilitation of Asciiogenic musculoskeletal diseases
- Organization of the 1st Scientific Conference of the Association of Graduates of Physical Education of the Prefecture of Kozani with the Theme: "Exercise and Mental Health", on Sunday, January 24, 2016, in the Koventario Hall of the Municipality of Kozani, with presenters:
 - Father Augustinos Myrou "Exercise and Mental Health in the Light of Orthodox Spirituality"
 - Dr. Irimi Argyriadou: "The effect of Dance on the mood of individuals"
 - Sports Doctor, Chronis Drougias: «Jogging and Health»
 - Psychologist Michael Tsemtseris: "Exercise and Mental Illnesses"
 - Dr. Kokaridas Dimitrios: "Exercise for Special Populations"
 - Professor Dr. Tzorbatzoudis Charalambos: "Epidemiological Evidence on Exercise and Mental Health of Adults"
 - Natsis Petros: "Games and Cognitive Function of children", "Psychosocial factors for exercise".
- Organization of a conference on Wednesday, June 8, 2016, with the theme: "School Physical Education - Sports & Children", for the parents of the students of the Primary School of Aiani Kozani and the general public, held at the Spiritual Center of Aiani Kozani.
- Organization of the 2nd Scientific Conference of the Union of Physical Education Graduates of the Prefecture of Kozani with the Theme: "CHILDREN'S SPORTS: Conditions-Problems-Proposals", on Sunday, March 5, 2017, at the Hall of Art of Kozani, with presenters:
 - Dr. Theodorakis Ioannis: "Exercise and Quality of Life in Children and Adolescents"
 - Dr. Father Augustinos Myrou: "Orthodox asceticism in the lives of children"
 - Sports doctor Drougias Chronis: "Physiology of exercise in children and adolescents"
 - Dr. Kokaridas Dimitrios: "Exercise and sports for children with and without disabilities"
 - Dr. Diggelidis Nikolaos: "Motivation in children's sports"
 - Patsou Eyfrosyni, MSc Psychologist: "The role of parents in children's sports" & "The role of Sports Psychology in children's sports"
 - Dr. Natsis Petros: "Competition in children's sports" & "Student-centered teaching in physical education and children's sports"