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Patsiaouras (ΠΑΤΣΙΑΟΥΡΑΣ) Asterios (ΑΣΤΕΡΙΟΣ)

Date of birth: 24/03/1970 | **Nationality:** Greek | **Phone number:** (+30) 6936789037 (Mobile) |

Email address: spats@uth.gr | **Address:** Falanis, 16, 40400, Ambelonas, Greece (Home)

ABOUT ME

Dr. Mag. Phil Patsiaouras Asterios (PhD), is sport psychologist and Volleyball coach. Currently he is working as a research fellow (permanent staff) at the Department of Physical Education and Sport Science of University of Thessaly, in Trikala Greece. His research interests focus on sport psychology, sport didactics, resilience, and training in team sports, particularly volleyball. Dr. Patsiaouras has published widely on physical education, sport psychology, and high level performance mainly in Volleyball, with 1411 Google Scholar citations, an h-index of 15, and an i10-index of 23. His expertise has been recognized through distinguished invitations from international organizations and served as a Supervisor for the European Volleyball Confederation (CEV) and the Balkan Volleyball Association (BVA), as well as a president of game Jury for international Volleyball matches. Since 2015 Dr. Patsiaouras has been an expert Consultant for IKY and Erasmus+ KA2 projects in field of Universities and Sports and an Evaluator for the Research Promotion Foundation's IRIS, (RPF) for Cyprus (IRID : 49880)

WORK EXPERIENCE

EEP – UNIVERSITY OF THESSALY /DPESS – 31/08/2000 – Current – TRIKALA, GREECE

Undergraduate Teaching
1. Teaching Volleyball (MK0305, ECTS 4) winter semester, 8-12 h/w (hours per week)
2. Teaching Beach Volleyball (ME0105, ECTS 2) summer semester, 8 h/w

Specialfach: Elite Sport Performance
1. Volleyball I (KE1001, ECTS 12) winter semester 10 h/w
2. Volleyball II (KE1002, ECTS 12) summer semester 10 h/w
3. Practicum (KE1010, ECTS 4) winter- oder summersemester 4 h/w

Postgraduate Teaching (European Master in Sport and Exercise Psychology)
1. Counseling clinical populations (until 2016, 2nd semester) summer semester 12x3 hours (in blocks).
2. Communication principles and skills (2017, 3rd semester), winter semester 12x3 hours (in blocks).

Postgraduate Teaching (MSc in Lifestyle Medicine).
1. Module MB02-Stress and Anxiety Management, (2024, 3rd ssemester),Theories and Techniques to Cope with anxiety

Postgraduate Teaching International Hellenic University (IHU) – Department of Biomedical Sciences MSc in *Innovative Approaches in Clinical Microbiology and Infectomics* (2026 - Present)
1. Module A.5: Bioinformatics and Study Design in Infectious Diseases: Evidence-Based Medicine. Teaching includes research methodology, biostatistics, evidence-based medicine, bioinformatics, study design, scientific writing, and data analysis applications in infectious diseases research and clinical microbiology.

EDUCATION AND TRAINING

31/08/1988 – 31/10/1992 Thessaloniki, Greece
BACHELOR IN PHYSICAL EDUCATION Aristotles University of Thessaloniki / DPESS

31/08/1988 – 31/10/1992 Thessaloniki, Greece
DIPLOM VOLLEYBALL COACH Aristotles University of Thessaloniki / DPESS

31/12/1992 – 31/07/1994 Vienna, Austria
MAGISTER DER PHILOSOPHIE Alma Matter Rudolphina Universitaet Wien / Sport Universitaet

31/08/1994 – 02/03/1999 Vienna, Austria
DOKTOR DER PHILOSOPHIE (PHD) Alma Matter Rudolphina Universitaet Wien / Sport Universitaet

SKILLS

Microsoft Word | Microsoft Excel | Microsoft Powerpoint | Google Drive | Microsoft Office | Google Docs | Social Media | Zoom | Instagram | Skype | Outlook | Internet user | Written and Verbal skills | Power Point | Good listener and communicator | Organizational and planning skills | LinkedIn | Analytical skills | Presenting | Motivated | Decision-making | Critical thinking | Creativity | Gmail | Conflict resolution | Team-work oriented | WhatsApp | Flexibility | Research and analytical skills | Strategic Planning | Responsibility | Reliability | Excellent writing and verbal communication skills | Empathic listener | leadership | Good time management | positive thinking | Detail-Oriented | Teamwork

LANGUAGE SKILLS

Mother tongue(s): **GREEK**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
GERMAN	C2		C2	C2	C2
ENGLISH	C1	C1	C1	C1	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

PROJECTS

01/03/2024 – 31/12/2029

STARS “Shaping Talents and Achieving Vocational Excellence in Sports”

Project coordinator in Erasmus +, EU LSP Sport (CoVe) STARS “*Shaping Talents and Achieving Vocational Excellence in Sports*”, Project Number: 101143990, for the Hellenic Volleyball Federation (HVBF) https://shapingsport.eu/ere the description...

01/12/2024 – 31/12/2026

MindFit “Empowering Minds: Enhancing children's mental fitness”

Project coordinator in Erasmus +, EU (CERV) MindFit““Empowering Minds: Enhancing children's mental fitness” , Project Number: 101143990, for University of Thessaly /DPESS https://

01/01/2022 – 31/12/2023

TETRIS (TEachers’ TRraining to combat Gender-based violence In Sports).

Project coordinator in Erasmus+ for University of Thessaly/DPESS (Project Code: KA220-HED-2FE7D50C [TEachers’ TRraining to combat Gender-based violence In Sports (TETRIS)] 2021-1-IT02-KA220-HED-000030199.ite here the description...

01/04/2021 – 31/12/2023

Whistle

Project coordinator in Erasmus +, EU Solidarity Corps for the Hellenic Volleyball Federation (HVBF) Project 101049134 — WHISTLE. (https://whistleproject.eu/).

02/01/2021 – 30/04/2023

ISports (Integrated Approach for the Prevention, Detection and Combat of Sexual Harassment in Sports)

2021-2022
Deputy project coordinator in Erasmus + or University of Thessaly/DPESS (Project Code: 623032-EEP-2020-1-EL-SPO-SCP.https://project-isports.eu/news/

01/01/2020 – 31/12/2021

ENTOS (Entrepreneurship Through Sport)

Deputy project coordinator in Erasmus + or University of Thessaly/DPESS (Project Code: 2020-1SK01-ka202-078274)

01/01/2019 – 31/12/2020

LAS (Life After Sport)

Deputy project coordinator in Erasmus + for University of Thessaly/DPESS (Project Code: 603311-EPP-1-2018-1-BG-SPO-SCP)

PUBLICATIONS

2027

Resilience of Parents Raising Children With Intellectual Disabilities

In A. Argyriadi & A. Argyriadis (Eds.), Health Psychology in Practice: Exploring Behavior, Meaning, and Resilience (pp. 77-96).

Authors: Katsarou, D. V., Mantsos, E., Efthymiou, E., Sofologi, M., Kougioumtzis, G. A., & Patsiaouras, A. | **Publisher**: IGI Global Scientific Publishing.

2025

Towards Holistic Wellness: Strategies for Managing Mental Health and Embracing Neurodiversity

Alexandros Argyriadis, Olga Drakopoulou, Agathi Argyriadi, Evangelos Mantsos, Dimitra V. Katsarou, Asterios Patsiaouras (2025). Towards Holistic Wellness: Strategies for Managing Mental Health and Embracing Neurodiversity. In Sofologi, M., Katsarou, D., & Efthymiou, E. (Eds.), *Exploring Cognitive and Psychosocial Dynamics Across Childhood and Adolescence*. IGI Global (pp. 1-22). https://doi.org/10.4018/979-8-3693-4022-6

Alexandros Argyriadis, Olga Drakopoulou, Agathi Argyriadi, Evangelos Mantsos, Dimitra V. Katsarou, Asterios Patsiaouras

2023

Η ψυχική ανθεκτικότητα στην ψυχική υγεία εργαζομένων υγείας

Αστέριος Πατσιαούρας (2023). Η ψυχική ανθεκτικότητα στην ψυχική υγεία εργαζομένων υγείας (59-76). In Κατσαρού,Δ., Κούνδουρου Χ., & Πέππα Γ., (Ed.), Νέες τάσεις και προσεγγίσεις στην ψυχοπαθολογία και στην ψυχική υγεία παιδιών και ενηλίκων Εκδόσεις Gutenberg. ISBN: 978-960-01-2465-1

Η ψυχική ανθεκτικότητα στην ψυχική υγεία εργαζομένων υγείας(59-76).In Κατσαρού,Δ., Κούνδουρου Χ., & Πέππα Γ., (Ed.), Νέες τάσεις και προσεγγίσεις στην ψυχοπαθολογία και στην ψυχική υγεία παιδιών και ενηλίκων Εκδόσεις Gutenberg.ISBN: 978-960-01-2465-1

2020

Relations of Parents, Coaches and Players in Volleyball: Expectations, Values and Guidelines.

Asterios Patsiaouras (2020). Relations of Parents, Coaches and Players in Volleyball: Expectations, Values and Guidelines. In Schwartz, M. (Ed.), Essential Topics in Tennis and Volleyball. Nova Science Publishers. ISBN: 978-1-53618-200-2

.Asterios Patsiaouras (2020). Relations of Parents, Coaches and Players in Volleyball: Expectations, Values and Guidelines. In Schwartz, M. (Ed.), Essential Topics in Tennis and Volleyball. Nova Science Publishers. ISBN: 978-1-53618-200-2

2019

Should Athletes Be Role Models or Not? A Question about the Ethics and Assimilation by Children of Individual and Social Values

Garyfallos Anagnostou, Nikoletta Dimosthenous, and Asterios Patsiaouras (2019). Should Athletes Be Role Models or Not? A Question about the Ethics and Assimilation by Children of Individual and Social Values. In Columbus M.A. (Ed.), Advances in Psychology Research, Vol. 137. Nova Science Publishers **ISBN: 978-1-53615-534-1**

In Columbus M.A. (Ed.), Advances in Psychology Research, Vol. 137. Nova Science Publishers ISBN: 978-1-53615-534-1

2017

Coach – Athlete:Taking the Next Steps When the “Simplicities” of This Relationship are Over..

Garyfallos Anagnostou, Asterios Patsiaouras (2017). Coach – Athlete:Taking the Next Steps When the “Simplicities” of This Relationship are Over.. In Columbus M.A (Ed.), Advances in Psychology Research, Vol. 122. Nova Science Publishers ISBN:978-1-53610-702-9.

In Columbus M.A (Ed.), Advances in Psychology Research, Vol. 122. Nova Science Publishers ISBN:978-1-53610-702-9.

2022

The relationship of resilience and anxiety in volleyball

Patsiaouras, A., Boziou, E. F., & Kontonasiou, D. (2022). The relationship of resilience and anxiety in volleyball. Scientific Journal of Sport and Performance, 1(4), 285-295. https://doi.org/10.55860/OEFW1765

Patsiaouras, A., Boziou, E. F., & Kontonasiou, D. (2022). The relationship of resilience and anxiety in volleyball. Scientific Journal of Sport and Performance, 1(4), 285-295. https://doi.org/10.55860/OEFW1765

2021

The Differences of Technical Elements between European National Volleyball Men and Women Teams and Their Impact in Predicting the Match Winners

Patsiaouras, A., Gortsila E. (2021). The Differences of Technical Elements between European National Volleyball Men and Women Teams and Their Impact in Predicting the Match Winners. *International Journal of Physical Education, Fitness and Sports*, 10(3), 55-67. DOI:10.34256/ijpefs2137

The Differences of Technical Elements between European National Volleyball Men and Women Teams and Their Impact in Predicting the Match Winners

2021

Team category and gender differences of resilience among high-level volleyball players.

Patsiaouras, A. (2021). Team category and gender differences of resilience among high-level volleyball players. *Journal of Physical Education and Human Movement,* 3(1), 1-9. DOI: 10.24310/JPEHMjpehmjpehm.v3i110436

Team category and gender differences of resilience among high-level volleyball players.

2021

The Impact of Coach Leadership Style on Resilience of Volleyball Players

Patsiaouras, A. (2021). The Impact of Coach Leadership Style on Resilience of Volleyball Players. *International Journal of Physical Education, Fitness and Sports*, *10*(1), 16-23. https://doi.org/10.34256/ijpefs2113

Patsiaouras, A. (2021). The Impact of Coach Leadership Style on Resilience of Volleyball Players. International Journal of Physical Education, Fitness and Sports, 10(1), 16-23. https://doi.org/10.34256/ijpefs2113