Curriculum Vitae

PERSONAL INFORMATION:

First Name: Panagiotis
Sure Name: Tsimeas
Fathers' name: Dimitrios
Date of Birth: 17.02.1975
Marital Status: Married with two children
Military Requirements: Completed
Address: Agaristis 9, Postcode 42100
City: Trikala
Perfecture: Thessaly
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Social Media:



ABSTRACT

Panagiotis Tsimeas has been a member of the teaching staff of the Department of Physical Education and Sport Science (DPESS) at the University of Thessaly (UTH) since 2009. He previously taught in the Department as a contract lecturer from 2001 to 2004. He graduated from DPESS in 1998 and earned his PhD with honours from the same department in 2006. During his undergraduate studies, he received four scholarships from the Hellenic State Scholarships Foundation (IKY), followed by a three-year IKY scholarship during his doctoral studies.

He has more than 30 years of teaching experience in basketball at both competitive and academic levels and has been a member of the Hellenic Association of Basketball Coaches since 2001. At DPESS, he teaches undergraduate courses in basketball and has also taught handball and computer skills. As a fitness coach for men's basketball teams, he contributed to championship-winning campaigns in the Thessaly regional league during the 2007–2008 season and in the Greek Third National Division during the 2009–2010 season. As a coach of a women's basketball team, he won the Thessaly regional championship during the 2013–2014 season.

His research interests include children's exercise, physical activity, and fitness coaching in team sports. He has contributed to two books and two book chapters and has authored or co-authored 35 scientific publications, 29 of which have appeared in international journals. He has also delivered more than 50 presentations at national and international scientific conferences. In addition, he serves as a reviewer for seven scientific journals and has participated in four European research projects, five projects funded by the Research Committees of UTH and Aristotle University of Thessaloniki (AUTH), and four self-funded research projects.

STUDIES

2006 PhD, 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
(Academic)

2022 Best Oral Presentation:
Papanikolaou K., Poulios A., Draganidis D., Margaritelis N., Baloyiannis I., Papadopoulos C., Deli C., Syrou N., Georgakouli K., **Tsimeas P**., Rosvoglou A., Tzatzakis T., Makri S., Kouretas D., Nikolaidis M., Jamurtas A., Fatouros I. "Erythrocyte and skeletal muscle redox status is associated with dietary cysteine intake, strength and physical activity levels in young men" *Abstracts*: 30th International Congress of Physical Education & Sport, Komotini, *267,* 2022

2011 Best Poster:
M. Dina, **P. Tsimeas**, A. Giavroglou, E. Tsarouchas, A. Tsiokanos. "Power of lower limbs of high level Greek Basketball players" *proceedings*: 14th 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.

1994-1995 Pre-Graduate Scholarship from IKY having achieved the best scores in the exams conducted at the end of each academic semester of 1st academic year

1995-1996 Pre-Graduate Scholarship from IKY having achieved the best scores in the exams conducted at the end of each academic semester of 2nd academic year

1996-1997 Pre-Graduate Scholarship from IKY having achieved the best scores in the exams conducted at the end of each academic semester of 3rd academic year

1997-1998 Pre-Graduate Scholarship from IKY having achieved the best scores in the exams conducted at the end of each academic semester of 4th academic year

AWARDS
(Basketball Coach)

2013-14 Champion of Thessaly as a coach with the women's team Aeolus AO Trikala

2009-10 Champion of 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

CERTIFICATIONS

March 2022 Certified "Basic Life Support (BLS) Provider" organized by the European Resuscitation Council: ERC-209-996710

December 2017 Certified "Basic Life Support (BLS) Provider" organized by the European Resuscitation Council: ERC-209-996710

August 2017 Participation in the "FIFA 11 for Health" course organized by F-MARC under the auspices of the Federation Internationale de Football Association (FIFA) and in cooperation with the Danish Football Association and the University of Southern Denmark. Conducted by Malte Larsen & Charlotte Sandager, SDU

April 2001 Certified Basketball Referee by Federation of Basketball Referees of Greece

November 2000 Certified Basketball Coach 1st Category by Ministry of Culture and Sports, Hellenic Republic (s/n: 27797/8-11-2000)

ON LINE COURSES

June 2018 "Basics of Basketball Injury Prevention" (25h) online course organized in the framework of Erasmus+ project "Massive Open Online Course for Basketball Injury Prevention Strategies (C4BIPS)"

2016-Today Elsevier Publishing Campus

- 10 tips for writing a truly terrible journal article
- Using proper scientific language
- The journal publishing cycle
- Structuring your article
- Making sense of science stories
- How to respond to reviewers' comments
- How to get published in the Chemical Sciences
- How do Editors look at your paper?
- Publishers: Origins, roles and contributions

ATTENDANCE OF CONGRESSES

December 2014 13th Congress of Sport Psychology "Sports Psychology in Education and Sport" held in Trikala, Greece

October 2014 4st Congress of Biochemistry and Physiology of Exercise held in Trikala, Greece

May 2014 22ο International Congress of Physical Education & Sports Science held in Komotini, Greece

May 2011 1st Congress of Biochemistry and Physiology of Exercise held in Komotini, Greece

May 2011 19ο International Congress of Physical Education & Sports Science held in Komotini, Greece

April 2011 14th International Congress of Physical Education & Sports, EGVE, held in Salonica, Greece

May 2007 2nd World Scientific Soccer Congress held in Trikala, Greece

July 2005 10th Annual Congress of the European College of Sport Science held in Belgrade, Serbia & Montenegro

July 2005 2nd Greek Basketball Coaches Congress held in Athens, Greece

August 2004 Preolympic Congress 2004 held in Thessaloniki, Greece

July 2003 8th Annual Congress of the European College of Sport Science held in Saltzburg, Austria

November 2002 1st International Track and Field Congress held in Trikala, Greece

July 2002 7th Annual Congress of the European College of Sport Science held in Athens, Greece

June 2002 6th National Conference of Physical Education held in Athens and organized by National Association of Graduates of Physical Education.

May 2002 10th International Congress of Physical Education & Sports Science held in Komotini, Greece

November 2000 1st Congress of the Greek Society of Sport Science "Exercise, robust, Health" held in Athens

May 2000 8th International Congress of Physical Education & Sports Science held in Komotini, Greece

November 1999 1st National Congress of Physical Education "Physical Education at the turn of the century" held in Trikala

June 1999 1st National Congress on Sports Law with International Participation held in Trikala
May 1999 Traditional Scientific Conference held in Sofia, Bulgaria
May 1998 6th International Congress of Physical Education & Sports Science held in Komotini, Greece
May 1997 5th International Congress of Physical Education & Sports Science held in Komotini, Greece
May 1996 4th International Congress of Physical Education & Sports Science held in Komotini, Greece
May 1995 3th International Congress of Physical Education & Sports Science held in Komotini, Greece

ATTENDANCE OF SEMINARS

June 2018 International Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: G. Baker, M. Manouselis, V. Ziagkos, and T. Alexandrakis
June 2016 International Basketball Clinic held in Salonica and organized by Hellenic Association of Basketball Coaches. Speakers: D. Itoudis, A. Pistiolis, K. Chatzichristos, G. Bartzokas, C. Pappas, G. Bozikas, G. Vavetsis
June 2013 International Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: G. Bartziokas, V. Aggelou, Chr. Marmarinos, P. Zalogos, L. Banchi and V. Walberg.
April 2013 Basketball Clinic held in Larissa, and organized by Hellenic Association of Basketball Coaches, Prefecture of Thessaly and Basketball Clubs of Larissa. Speakers: Zouros Elias, Missas Kostas and Priftis Dimitris.
June 2012 International Basketball Clinic "Fedon Mattheou" held in Salonica and organized by Hellenic Association of Basketball Coaches. Speakers: Zelimir Obradovic, Dimitris Itoudis, Andrea Trinchieri, Vasilis Fragkias, Stergios Koufos
December 2010 Soiree organized by *Orthopedic Clinic of University of Thessaly* in collaboration with the *Scientific Society of Greek Medicine Students* and *Department of Physical Education and Sport Science (DPESS) of University of Thessaly*, entitled: "The Injury in Sport, Prevention - Rehabilitation".
June 2010 International Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: Dirk Baouermann, Theodoros Rodopoulos, Helias Zouros, Giorgos Kalafatakis, Vaggelis Aggelou, Tzortzis Dikaioulakos
June 2009 Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: Theodoros Rodopoulos, Vaggelis Aggelou, Giorgo Bartzioka, Kellis Spiros.
July 2008 International Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: Neven Spahija, Eric Musselman, Mike Dunlap, Oktay Mahmuti.
June 2008 9th International Basketball Clinic for young players held in Veroia, and organized by Hellenic Association of Basketball Coaches. Speakers: Sito Alonso, Yiannis Sferopoulos, Steve Spencer
May 2007 International Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: Pepu Hernadez, Carlo Recalcati, Helias Zouros, David Blat, Dusko Ivanovic
June 2006 International Basketball Clinic for young players held in Athens, and organized by Hellenic Association of Basketball Coaches. Speakers: Jim O'Brien, Panagiotis Giannakis, Pete Gillen, Fotis Katsikaris.

June 2006	6th International Basketball Clinic for young players held in Athens, and organized by Hellenic Association of Basketball Coaches. Speakers: Vaggeli Aggelou, Mario Fioretti, Pat Sullivan.
June 2006	5th International Basketball Clinic for young players held in Salonica, and organized by Hellenic Association of Basketball Coaches. Speakers: Vaggeli Aggelou, Mario Fioretti, Pat Sullivan.
April 2005	Youth Entrepreneurship Seminar organized by the Liaison Office of the University of Thessaly.
October 2004	22th Annual Referring Seminar 2004 held in Katerini and organized by the Federation of Greek Basketball Referees. Speakers: V. Lazarov, A. Travlos, S. Douvis.
August 2004	Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: D. Ivkovic, J. Callipari, D. Ivanovic, I. Ioannidis, D. Harris, L. Brown, G. Popovic, S. Jackson.
July 2003	Basketball Clinic held in Athens and organized by Hellenic Association of Basketball Coaches. Speakers: G. Karl, F. Frashila, J. Improda, P. Sullivan, Th. Rodopoulos
June 2003	International Basketball Clinic for young players held in Athens, and organized by Hellenic Association of Basketball Coaches. Speakers: J. M. Buceta, L. Killik, M. Mondoni
May 2003	Basketball Clinic held in Trikala, and organized by Hellenic Association of Basketball Coaches and Municipality of Trikala. Speakers: Dikaioulakos G., H. Zouros, Kalafatakis G., K. Sorotos
July 2002	Basketball Clinic held in Nikaia and organized by Hellenic Association of Basketball Coaches. Speakers: Y. Ioannidis, B. Kloppenburg, E. Messina, Z. Obradovic
June 2002	2nd Basketball Clinic held in Salonica, by Salonica Basketball Camp (SBC). Speakers: B. Staak, G. Bittner, J. Christian, S. Kellis, Th. Rodopoulos
June 2002	Baskeball Clinic held in Athens and organized by National Association of Graduates of Physical Education. Speakers: A. Gavrielides, M. Anastassiades, G. Kalafatakis, N. Costopoulos, A. Rodafinos, G. Moulinos, G. Ioannidis
April 2002	Basketball Clinic held in Trikala, and organized by Hellenic Association of Basketball Coaches and Municipality of Trikala. Speakers: Th. Rodopoulos, G. Zevgolis, N. Tsoskounoglou, K. Kourkoumpas.
June 2001	1st Baskeball Clinic GA Peristeri held in Peristeri by Hellenic Association of Basketball Coaches and GA Peristeri. Speakers: K. Petropoulos, K. Missas, N. Apostolidis, T. Bolatoglou.
November 2000	Seminar on use of services Library, University of Thessaly held in Department of Physical Education and Sport Science (DPESS), from the library of University of Thessaly.
July 2000	International Basketball Clinic held in Ancient Olympia, and organized by Hellenic Association of Basketball Coaches. Speakers: Jim Harrick, Don Casey, Spiros Kellis.
July 1999	International Basketball Clinic held in Salonica, and organized by Hellenic Association of Basketball Coaches. Speakers: Tex Winter, Alvin Gentry, Dave Cowens.
July 1998	International Basketball Clinic held in Athens, and organized by Hellenic Association of Basketball Coaches. Speakers: Lenny Wilkens, Al Vermeil, Del Harris, G. Ioannidis.
June 1997	International Basketball Clinic held in Athens, and organized by Hellenic Association of Basketball Coaches. Speakers: Bob Mc Killop, Stan Morrison, Al Sokaitis, G. Ioannidis.

May 1996 "Training and rehabilitation of sports injuries by isokinetic dynamometry" organized in the framework of the 4th International Congress on Physical Education & Sport in Komotini.

May 1996 "Muscle strength enhancement in sport" held within the 4th International Congress of Physical Education and Sport in Komotini.

May 1995 "Methods for developing jumping ability" organized as part of the 3rd International Congress on Physical Education & Sport in Komotini.

April 1995 "2nd National Basketball Seminar " held in Athens by National Association of Graduates of Physical Education.

COMPUTING SKILLS

- MS Office (ECDL Core, s/n: EL100196584PT)
- 365
  - MS Forms
  - MS Teams
  - MS Office
- IBM SPSS - Statistical Package for the Social Sciences
- Database Management.
  - MS Access
  - Webdocs
- Social Media
  - Twitter
  - Facebook,
  - Linkedin,
  - ResearchGate,
  - Academia
- Graphical
  - Photoshop
  - Corel Draw
  - Affinity Publisher
  - Gimp
- Communication
  - Skype
  - Team Viewer
  - Big Blue Button
- Adobe Acrobat Professional
- Endnote
- Designing and management internet sites (Joomla-Wix)

FITNESS ASSESSMENT SKILLS

- Body Fat
  - Skinfolds
  - Bio-impendence
  - DXA
- Strength
  - Isokinetic Dynamometer
  - Hand Grip
  - Force Plate
  - Wingate
- Speed

  - Photo-Cells
  - RSA
- Flexibility
  - Sit & Reach
  - Flexometry
  - Goniometry
- Agility
  - Illinois
  - T
- Aerobic Capacity
  - Stable Gas Analyser Vmax29
  - Portable Gas analyser Oxycon Pro

- Field - Testing
  - Eurofit Test Battery
  - Sport specific Tests (Soccer & Basketball)

LANGUAGES English in advanced level, (TOEIC, 800)

BOOKS

1. Gerodimos V., Perkos S., **Tsimeas, P**. Krommidas C., Karatrantou C. Ioakimidis P. (2020). *Basketball Teaching*. Thessaloniki: Kiriakidis
2. Karatzaferi C., Gjata P., Theophilidis G., Kaltsatou A., Kapnia A., Karioti, A., Krasse A., Koutedakis Y., Mitrou G., Bogdanis, G., Roka B., Poulianiti K., Skouba A., Stavropoulos-Kalinoglou A., Sakkas G., Stefanidis I., Syrmos N., Terzis G., **Tsimeas, P**., Flouris A. (2015). *Manual for the athletes' physical assessment: laboratory and field tests for the scientific support of competitive sports.* [electronic book.] Athens: Association of Greek Academic Libraries. Available at: http://hdl.handle.net/11419/4443 [accessed 19th June 2016].

BOOK CHAPTERS

1. **Tsimeas P.,** Mitrou G., Koutedakis Y., Karatzaferi C. 2015. *΄Measurement and evaluation of flexibility΄, in Manual for the athletes' physical assessment: laboratory and field tests for the scientific support of competitive sports*, ed. by Karatzaferi C. [electronic book chapter.] Athens: Association of Greek Academic Libraries, 2015: http://hdl.handle.net/11419/4451 [accessed 19th June 2016].

2. Karatzaferi C., Bogdanis G., Kapnia A., **Tsimeas P.,** Sakkas G., Koutedakis Y. 2015. ΄Case studies΄, in Manual for the athletes' physical assessment: laboratory and field tests for the scientific support of competitive sports, ed. by Karatzaferi C. [electronic book chapter.] Athens: Association of Greek Academic Libraries, 2015: http://hdl.handle.net/11419/4454 [accessed 19th June 2016].

CONFERENCE PAPERS

1. **Tsimeas, P.,** Pantazis, D., Avloniti, A., Draganidis, D., Tsaousidis, I., Fatouros, G., Tsagkogiannis, V., Jamurtas, A., Chatzinikolaou, A., & Fatouros, I. (2026). Analysis of external and internal load during basketball game play. In *34th International Congress on Physical Education & Sport Science: Book of Abstracts* (p. 245). Komotini, Greece.
2. Voulgaris, E., Jamurtas, A. Z., Stavropoulos-Kalinoglou, A., Fatouros, I. G., Metsios, G. S., Draganidis, D., Mastorakos, G., **Tsimeas, P.**, Poulios, A., Saridaki, Z., & Syrou, N. (2026). Bridging the gap between knowledge, attitudes, and practice regarding physical activity and exercise among Greek medical oncologists **[***Meeting abstract presented at the Annual Meeting of the American Society of Clinical Oncology (ASCO)***]**. *Journal of Clinical Oncology, 44*(16_suppl), e23141. https://doi.org/10.1200/JCO.2026.44.16_suppl.e23141

3. Mitsiou, N., Fatouros, I. G., Rosvoglou, A., Gatsas, A., Papanikolaou, K., Poulios, A., **Tsimeas, P**., Deli, C. K., Syrou, N., Jamurtas, A. Z., & Draganidis, D. (2023). Disparate levels of blood glutathione, inflammation and physical activity among older adults with high vs. low HOMA-IR. In *31st International Congress on Physical Education & Sport Science: Book of Abstracts* (p. 220). Komotini, Greece.
4. Rosvoglou, A., Poulios, A., Draganidis, D., Papanikolaou, K., Deli, C. K., Syrou, N., Pappas, A., **Tsimeas, P.**, Liakou, C., Vlissaris, D., Jamurtas, A. Z., & Fatouros, I. G. (2022). The effects of eccentric exercise volume on the recovery kinetics and muscle damage manifestations. In *10th Conference of Biochemistry & Physiology of Exercise: Book of Abstracts* (p. 36). Athens, Greece.
5. Papanikolaou K**.**, Poulios A., Draganidis D., Baloyiannis I., Papadopoulos C., Deli C., Syrou N., Georgakouli K., **Tsimeas P.,** Rosvoglou A., Tzatzakis T., Jamurtas A., Fatouros I. "N-Acetylcysteine supplementation enhances redox status, attenuates oxidative stress and expedites strength recovery following exercise-induced muscle injury in individuals with low glutathione levels" *Abstracts*: 30th International Congress of Physical Education & Sport, Komotini, *94,* 2022
6. Papanikolaou K., Poulios A., Draganidis D., Margaritelis N., Baloyiannis I., Papadopoulos C., Deli C., Syrou N., Georgakouli K., **Tsimeas P**., Rosvoglou A., Tzatzakis T., Makri S., Kouretas D., Nikolaidis M., Jamurtas A., Fatouros I. "Erythrocyte and skeletal muscle redox status is associated with dietary cysteine intake, strength and physical activity levels in young men" *Abstracts*: 30th International Congress of Physical Education & Sport, Komotini, *267,* 2022
7. Tsiokanos Kavalas L., Panagiotidi E., Poulios A., **Tsimeas P.** "Anthropometric and age characteristics of elite soccer players in relation to their competitive position: a longitudinal study of FIFA world cups" Abstracts: 25th International Conference on Physical Education & Sports EGVE, Thessaloniki, 2022.
8. A. Batrakoulis, K. Georgakouli, D. Draganidis, C. Deli, K. Papanikolaou, P. **Tsimeas, A**. Chatzinikolaou, A. Jamurtas, and I. Fatouros "A 5-month high-intensity interval neuromuscular training program attenuates oxidative stress and improves redox status in obese women" Abstracts: NSCA National Conference, 2020
9. Afendris M., Alexelis I., Batsilas D., Poulios A., Draganidis D., **Tsimeas P**. " Early offense on FIBA Basketball World Cup 2019" *Abstracts:* 28th International Congress of Physical Education & Sport, Komotini, 117, 2020
10. Alexelis I., Afendris M., Poulios A., Batsilas D., Draganidis D., **Tsimeas P**. "Effectiveness of the attack on the final phase of the 2018 FIFA world cup" *Abstracts:* 28th International Congress of Physical Education & Sport, Komotini, 119, 2020
11. A. Batrakoulis, D. Draganidis, K. Georgakouli, , K. Papanikolaou, C. Deli, P. **Tsimeas, A**. Chatzinikolaou, A. Jamurtas, and I. Fatouros "A 10-month high-intensity interval neuromuscular training improves fundamental movement patterns in previously inactive obese women" *Abstracts:* NSCA National Conference, 2019
12. *I.* Fatouros, A. Batrakoulis, A. Jamurtas, K. Georgakouli, D. Draganidis, C. Deli, K. Papanikolaou, A. Avloniti, A. Chatzinikolaou, D. Leontsini, **P. Tsimeas**, N. Comoutos, M. Michalopoulou "A functional high-intensity circuit training program improves functional movement screen scores in overweight/obese women" *Abstracts:* 8th Congress of Biochemistry and Physiology of Exercise, Thessaloniki, 2018
13. D. Mitrainas, **P. Tsimeas**, T. Tzatzakis, S. Kritikos, K. Papanikolaou, A. Poulios, V. Laschou, D. Draganidis, C. Deli, K. Georgakouli, A. Chatzinikolaou, A. Z. Jamurtas, I. G. Fatouros " Physical fitness profile of police officers on motorcycles and operation readiness "*Abstracts:* 8th Congress of Biochemistry and Physiology of Exercise, Thessaloniki, 2018
14. G. Themelis., **P. Tsimeas**, "Comparison between central and side fast breaks in the 2013, 2015, 2017 Eurobasket tournaments" *Abstracts*: 26th International Congress of Physical Education & Sport, Komotini, *150,* 2018.
15. H. Tsarbou, N. Liveris, **P. Tsimeas**, A Tsiokanos. " The effect of fatigue caused by a volleyball match in the biomechanics of jump landing " *Abstracts:* 28th Annual National Scientific Conference, Panhellenic Physiotherapists' Association, Athens, 2018.

16. N. Liveris, H. Tsarbou, **P. Tsimeas**, A Tsiokanos. " The effect of fatigue caused by a basketball match in the biomechanics of jump landing " *Abstracts:* 28th Annual National Scientific Conference, Panhellenic Physiotherapists' Association, Athens, 2018.
17. Livitsanos R., Gavalas N., Dina M., Perkos S., **P. Tsimeas**, "Effect of changing the distance of the 3-point line in A1 ESAKE (Basketball-First National Division)" *Abstracts:* 20th International Congress on Physical Education & Sport EGVE, Thessaloniki, 2017
18. Gavalas N., Livitsanos P., Dina M., Perkos S., **P. Tsimeas**, "Evolution of the way of scoring over the decade from 2005 to 2015 in the Euroleague" Abstracts: 20th International Congress on Physical Education & Sport EGVE, Thessaloniki, 2017
19. Vlachos O., Perkos S., Krommidas X., Androutsopoulos P., **Tsimeas P.,** & Papaioannou A. "The relationship of self-reported physical activity and pleasure with the quality of life of young basketball players" *Abstracts:* 14th Panhellenic Sports Psychology Conference, Thessaloniki, 2016.
20. S. Perkos, Ch. Krommidas, S. Kalotichos, P. Hasioti, **P. Tsimeas**, & A. Papaioannou."The relationship between basic psychological needs with pleasure, anxiety, subjective vitality and self-esteem of young basketball players "*Abstracts:* 14th National Conference of Sport Psychology, Thessaloniki, 2016
21. M. Goudas**, P. Tsimeas**, E. Tsitskari, C. Baker, E. Loughgreen, D. Crone "Skills and attributes needed in the workplace: a European survey of sport employers' and sport graduates' perceptions" *Short paper in Abstracts*: 23 International Congress of Physical Education & Sport, Komotini, *8,* 2015
22. M. Goudas, **P. Tsimeas**, E. Tsitskari "What skills are needed for employability in sport? Views of employers and graduates". *Proceedings:* 13th Panhellenic Conference of Sport Psychology, Trikala, 2015
23. Charachousi, F., Tsetsila, P., **Tsimeas, P.**, Galanis, E., & Hatzigeorgiadis, A. (2014). The effect of an intervention self-talk program on performance on free throws in distraction conditions. Proceedings, 13th National Congress of Sport Psychology, (p. 82), Trikala, Greece.
24. A. Tsiokanos, A. Giavroglou, A. Poulios, Ch. Chalitsios, **P. Tsimeas**, L. Tsarouchas "Relationship between maximal rotary frequency at a cycle ergometer and vertical jump performance" Abstracts: 22th International Congress of Physical Education & Sport, Komotini, 29-30, 2014.
25. Tsoutsoubi L., Ioannou L., Dina M., **P. Tsimeas**, " Effects of speed and power on agility of 12-years-old boys and girls" Abstracts: 16th International Congress on Physical Education & Sport EGVE, Thessaloniki, 2014.
26. A. Poulios, M. Dina, K. Karatrantou, D. Oikonomou, V. Paschalis, A. Theodorou, **P. Tsimeas**, A. Jamurtas, A. Tsiokanos "The effect of exercise with negative pressure treadmill on body composition and blood-lipidemic indices in young obese women" *Abstracts*: 1st Congress of Biochemistry and Physiology of Exercise, Komotini, 15, 2011.
27. Dina M., **P. Tsimeas**, A. Giavroglou, E. Tsarouhas, A. Tsiokanos. "Power of the lower limbs of high level Greek basketball players" Abstracts: 14th International Congress on Physical Education & Sport EGVE, Thessaloniki, 2011
28. Chalitsios Ch., A. Vlahavas, I. Koutsioras, **P. Tsimeas**, A. Tsiokanos. "Differences in isokinetic and Power tests of lower limbs between young Men and Women long jumpers " Abstracts: 15th International Congress of Physical Education & Sport, Komotini, 3-4, 2007.
29. Tsiokanos A., J. Koutsioras D. Tsaopoulos, **P. Tsimeas**. "Kinematic analysis of take-off phase of young long jumpers" *Proceedings:* 1st Conference ELEMVIO, Trikala 2006, 1:28, 2006
30. T. Theodorou, V. Paschalis, M. Nicolaides, T. Tofas, Yfanti C., G. Tsiotra, V. Theocharis, **P. Tsimeas**, Y. Koutedakis, A. Jamurtas. "Correlation analysis between V_{O2Max} and heart rate reduction during recovery after exercise". *Proccedings:* 9th National Congress of Physical Education and Sport, with international participation. Thessaloniki, 2006, Physical Education and Sports, 59:103,2006.
31. **P. Tsimeas,** G. Tsiotra, A. Jamurtas, A. Tsiokanos, Y. Koutedakis "The impact of place of residence on pulmonary function of 12-year old Greek children" *Proceedings*: 10th Annual Congress of the European College of Sport Science, Belgrade, 2005,*1:202,2005.*
32. Karagianni O., Tsiokanos I., **Tsimeas P.**, A. Tsiokanos (2004). "Does the sequence of attempt affect the best performance in throwing events in athletics?". Abstracts: 12th International congress on physical education and sport, Komotini, Greece, 2004. Exercise & Society, 36: 196.

33. A. Tsiokanos, **P. Tsimeas** "Comparison of physical Activity in Urban and Rural Greek Children" *Proceedings*: Preolympic Congress 2004, Thessaloniki, 2004,2*:392,2004*
34. **P. Tsimeas,** A. Tsiokanos "Comparison of Lung Function in Urban and Rural Greek Children Using allometric Scaling" *Proceedings*: Preolympic Congress 2004, Thessaloniki, 2004,*2:262,2004*
35. **P Tsimeas**, A. Tsiokanos, A. Jamurtas, S. Oikonomidis, D. Tsaopoulos, Y. Koutedakis "Gender differences in selected physiological parameters in young Greek children." *Proceedings*: 8th Annual Congress of the European College of Sport Science, Salzburg, 2003,*1:424,2003*
36. A Tsiokanos, E Georgiades, **P Tsimeas**, C Vassilopoulos, G Rennie, RH Wilson, YP Pitsiladis. "Body composition and aerobic capacity of Greek school-aged children." *Proceedings*: 7th Annual Congress of European College of Sport Science, Athens, 2002*,2:787,2002.*
37. **Tsimeas P.**, M. Kikidi, A. Tsiokanos, A. Jamurtas, Y. Koutendakis. "Influence of age and athletic involvement in selected parameters of respiratory function." *Abstracts:* 10th International Congress of Physical Education & Sport, Komotini, 2002 Sports & Society, 31:249,2002.
38. Tofas T., G. Tsiotra, **P. Tsimeas**, Y. Koutedakis. (2001). Correlations between breastfeeding time and body mass index in 12 years old Greek children. *Abstracts:* 2nd Annual conference of Hellenic Association of Sports Science, 2-4 November 2001, p. 73, Thessaloniki, Greece.
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41. Nevill, A., Tsiotra, G., **Tsimeas, P.**, & Koutedakis, Y. (2009). Allometric associations between body size, shape, and physical performance of Greek children. *Pediatr Exerc Sci, 21*(2), 220-232. https://doi.org/10.1123/pes.21.2.220
42. Y. Koutsioras, A. Tsiokanos, D. Tsaopoulos, **P. Tsimeas** (2009). Isokinetic muscle strength and running long jump performance in young jumpers. *Biology of Exercise*, 5(2):55-62.
43. **Tsimeas, P. D.**, Tsiokanos, A. L., Koutedakis, Y., Tsigilis, N., & Kellis, S. (2005). Does living in urban or rural settings affect aspects of physical fitness in children? An allometric approach. *Br J Sports Med, 39*(9), 671-674. https://doi.org/10.1136/bjsm.2004.017384

GREEK PUBLICATIONS

1. Χανδόλιας Κ., Τσιόκανος Α., Κωνσταντινίδου Ε.-Α., & **Τσιμέας Π.** (2019). Έλεγχος Αξιοπιστίας και Εγκυρότητας των WOTA 1 & 2 Δοκιμασιών Αξιολόγησης στο Νερό με Βάση τη Φιλοσοφία της Halliwick σε Παιδιά με Εγκεφαλική Παράλυση. *Αναζητήσεις στη Φυσική Αγωγή και τον Αθλητισμό*. *17*(2), 58–77.

   Chandolias K., Tsiokanos A., Konstantinidou E.-A., & **Tsimeas P.** (2019). Reliability and Validity of WOTA 1 & 2 Water Assessment Tests Based on the Halliwick Concept in Children with Cerebral Palsy. *Inquiries in Physical Education and Sport*, *17*(2), 58–77. Retrieved from https://journals.lib.uth.gr/index.php/inquiries/article/view/1525
2. Μ. Ντίνα, Α. Τσιόκανος, **Π. Τσιμέας**, Α. Γιαβρόγλου, Κ. Βαλασωτήρη, & Κ. Γκαντής (2014). "Δυναμικά χαρακτηριστικά των κάτω άκρων Ελλήνων αθλητών χειροσφαίρισης. Σχέση μεταξύ ισοκίνησης και δοκιμασιών ισχύος" *Αναζητήσεις στη Φυσική Αγωγή και τον Αθλητισμό*. 12(3): 183-190.
   Dina M., Tsiokanos A., **Tsimeas P.**, Giavroglou A., Valasotiris K., & Gandis K. (2014). Dynamic Characteristics of Lower Extremity of Greek Handball Players. Relationship between Isokinetic and Power Tests. *Inquiries in Physical Education and Sport*, *12*(3), 183–190. Retrieved from https://journals.lib.uth.gr/index.php/inquiries/article/view/1431
3. **Π. Τσιμέας**, Π. Ζιάρα, Α. Τσιόκανος, Σ. Οικονομίδης (2010). "Σύγκριση σωματικής δραστηριότητας δωδεκάχρονων παιδιών αστικών και μη αστικών περιοχών". *Φυσική Αγωγή & Αθλητισμός*, , 30 (2): 191-204.
   Tsimeas P. D., Tsiokanos A., Ikonomidis S., Ziara P. (2010) Comparison of physical activity in urban and rural Greek children 12 years old. *Hellenic J Phys Educ & Sport Sci*, (30) 2: 191 – 204
4. **Τσιμέας Π.,** Πούλιος Α., Βαλασωτήρης Κ. & Τσιόκανος Α. (2009). "Διαφορές στη Σύγκεντρη Ισοκινητική Ροπή των Εκτεινόντων Μυών του Γόνατος μεταξύ Ελλήνων Επαγγελματιών και Ερασιτεχνών Ποδοσφαιριστών με τη Χρήση Αλλομετρίας". *Φυσική Αγωγή & Αθλητισμός*, 29(2): 172-184.

Tsimeas P.D., Poulios A., Valasotiris K. and Tsiokanos L. (2009) Differences in concentric isokinetic moment of knee extensors between professional and amateur Greek soccer players using allometric scaling. *Hellenic J Phys Educ & Sport Sci*, 29(2): 172-184.

5. Ι. Κουτσιώρας, **Π. Τσιμέας**, Α. Τσιόκανος. "Εμβιομηχανική ανάλυση του άλματος σε μήκος". *Αναζητήσεις στη Φυσική Αγωγή & τον Αθλητισμό 2008,6(138-148)*.
   Koutsioras I., **Tsimeas P.**, & Tsiokanos A. (2008). Biomechanical Analysis of Long Jump. Inquiries in Physical Education and Sport, 6(1), 138–148. Retrieved from https://journals.lib.uth.gr/index.php/inquiries/article/view/1239
6. **Π. Τσιμέας**, Α.Τσιόκανος, Σ. Ζάνου. (1997). "Η επίδραση του στατικού χειρισμού της μπάλας στη βελτίωση της τρίπλας σε νεαρούς καλαθοσφαιριστές". *Αθλητική Επιστήμη Θεωρία & Πράξη* 12 (1).
   Tsimeas P., Tsiokanos A., and Zanou S. (1997). The impact of static ball-handling on the improvement of dribbling in young basketball players. *Sports & Exercise Science: Theory and Practice*,12 (1).

INVITED SPEAKER IN SEMINARS/WORKSHOPS

1. Jamurtas A., K. Georgakouli, **P. Tsimeas** "4th Panhellenic sports day". 2nd elementary School of Farkadona, Thessaly, Greece, 2017.
2. Gerodimos V., **P. Tsimeas** " Physical exercise in childhood and adolescence - Coach, parent and athlete relationships in basketball" Organised by Athletic Club Pelasgiotis, Larissa, Thessaly, Greece, 2016
3. **Tsimeas P.,** D. Kokaridas "Thoughts & suggestions to improve Internship in Department of Physical Education and Sport Science (DPESS) of University of Thessaly ". Organised by Academic Training Office of the University of Thessaly, Volos, 2011.
4. **Tsimeas P.,** V. Gerodimos & S. Perkos " Teaching basketball in School " Organised by Physical Education Office of Trikala, Trikala, Thessaly, Greece, 2010.

REVIEWER IN SCIENTIFIC JOURNALS

1. Inquiries in Sport & Physical Education, ISSN: 1790-3041,
2. Biomedical Human Kinetics, ISSN: 20802234,
3. Journal of Adolescent Health, ISSN: 1054-139X,
4. Biology of Sport, ISSN: 0860-021X,
5. Oxidative Medicine and Cellular Longevity, ISSN:1942-0994
6. Applied Sciences, ISSN: 2076-3417
7. International Journal of Environmental Research and Public Health, ISSN: 1660-4601

SUPERVISION OF BACHELOR THESES

1. **Chaintouti Eftychia (2026)** *The Effect of Selected Technical and Tactical Parameters on Rebounding in Basketball*
2. **Papanikolopoulos Athanasios (2026)** *Effectiveness of close out defense in basketball*
3. **Tzokas Konstantinos (2026)** *Comparison of External and Internal Load Between Playing Positions in Basketball Using IMU and Heart Rate Monitoring*
4. **Lampropoulos Dimitrios (2024)** *The physical condition of basketball players aged 12-17*
5. **Vargiamis Georgios (2023)** *Effectiveness of technical and tactical options in relation to body mass categories in the sport of Taekwondo*
6. **Paitaridou Paraskevi (2023)** *Technical and tactical characteristics of offensive and defensive taekwondo athletes and comparison of the effectiveness of the two profiles*
7. **Lampros Tsiokanos-Kavalas (2023)** *Age and anthropometric characteristics of world class male soccer players in relation to playing position: A longitudinal study of FIFA World Cups*
8. **Nikolaos Grammenos** *Recovery Kinetics Following Change of Direction (COD) Training in Soccer.*

9. **Alexelis Ioannis (2020)** *Effectiveness of the attack on the final phase of the 2018 FIFA World Cup*
10. **Afendris Emmanuel (2020)** *Early offense on FIBA Basketball World Cup 2019*
11. **Anagnostou Aggeliki (2019)** *Exploration of recovery speed following training involving large-scale square drills with a high number of athletes*
12. **Themelis Georgios (2018)** *Comparison between central and side fast breaks in the 2013, 2015, 2017 Eurobasket tournaments*
13. **Livitsanos Raphael (2017)** *Effect of changing the distance of the 3-point line in A1 ESAKE (Basketball-First National Division)*
14. **Gavalas Nikitas (2017)** *Evolution of the way of scoring over the decade from 2005 to 2015 in the Euroleague*

ORGANIZING CONGRESSES/SEMINARS

1. Member of the Organizing Committee (Management Secretarial Support, Online Support) of the 4th Congress of Biochemistry and Physiology of the Exercise held in Trikala 24-26 October 2014

PARTICIPATION IN RESEARCH PROJECTS

	TITLE	FUNDER	PROJECT LEADER
1.	IRONMAN – Prevention of Sports Injuries in Team Sports through Machine Learning and Artificial Intelligence Technologies (κωδ.Αρ. Έργου: 8238)	Greece 2.0 – National Recovery and Resilience Plan, SUB1.1 "Research Excellence Partnerships" (RRF), funded by the European Union – NextGenerationEU	Ioannis Fatouros
2.	PILATES Training Specialist (κωδ.Αρ. Έργου: 4165.0333)	Research Committee University of Thessaly (Self-funded)	Ioannis Fatouros
3.	PILATES Exercise Specialist (κωδ.Αρ. Έργου: 4165.0181)	Research Committee University of Thessaly (Self-funded)	Ioannis Fatouros
4.	Clinical Exercise Physiologist - Prescription of Exercise and Physical Activity for Individuals with Non-Communicable Diseases - Level 2 (Project Code No.: 4165.0180)	Research Committee University of Thessaly (Self-funded)	Ioannis Fatouros
5.	Exercise and Physical Activity "Prescription" for People with Non-Communicable Diseases - Level 1 (Project Code No.: 4165.0135)	Research Committee University of Thessaly (Self-funded)	Ioannis Fatouros
6.	VANGUARD: Virtual Advice, Nurturing, Guidance on Universal Action, Research and Development for physical activity and sport engagement (Project Code No.: 6484)	European Union	Ioannis Fatouros
7.	Trainer Training - Second Level ICT Training (Project Code No.: 5833.01)	European Union European Central Bank National funds	Panagiotis Politis
8.	Summer School: "Learning Through Motion" (Project Code No.: 5208)	Research Committee University of Thessaly (Self-funded)	Vassilis Gerodimos
9.	EGS European Employability of Graduates in Sport (Project Code No.:4731)	European Union	Marios Goudas
10.	Internship for Students DPESS University of Thessaly (Project Code No.: 4163.01.11)	National Strategic Reference Framework (NSRF) 2007 -2013	Marios Goudas
11.	Eureka Sport	European Union Mars Chocolate	Yiannis Pitsiladis
12.	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
13.	Fitness evaluation of soccer players (Project Code No.: 2364)	Research Committee University of Thessaly	Yiannis Koutedakis
14.	Writing specifications for the operation of Scientific Support Center of Sports	Research Committee Aristotle University of Thessaloniki	Asterios Deligiannis

15. Effects of training loads on athletes and non-athletes (Project Code No.: 2310)	Research Committee University of Thessaly	Yiannis Koutedakis

EXPERIENCE

Academic Teaching Experience

2026- Today	Human Anatomy
2009- Today	1. The Teaching of Basketball 2. The Teaching of Basketball in advanced level 3. Computer Skills
2006- Today	Special lectures for the course "Exercise & Obesity" of Postgraduate program "Exercise & Health" organized by DPESS, University of Thessaly
2009-2019	The Teaching of Handball
2009-2015	Internship for Students
2005-2009	Lecturer in DPESS, University of Thessaly (Traditional dances).
2006-2009	Teaching Basketball in athletic class of the first high school of Kalambaka.
2000-2003	Lecturer in DPESS, University of Thessaly (Traditional dances).
1998-1999	Scientific collaborator of the Centre for Research and Evaluation of Physical Performance DPESS, University of Thessaly

Coaching Experience

2015-2017	Coach of the girls' basketball Club of Aiolos Trikalon
2013-2017	Coach of the women's basketball Club of Aiolos Trikalon
2008-2017	Manager and coach of the Aiolos Trikalon Basketball Academy
2007-2011	Assistant coach of men's basketball Club of Aiolos Trikalon (Rise in National C & Rise in National B)
2007-2009	Local Federal coach (Trikala) in development program of the Greek Basketball Federation
2005-2008	Manager and coach of the Trikala 2000 Basketball Academy
2006-2007	Coach of the children's group of the Trikala 2000 Sports Club
1992-1994	Assistant coach of men's basketball group of Elliniko Sports Club
1990-2002	Manager and coach of the AO Elliniko Basketball Academy

Administrative Experience

2011- Today	Member of the Internal Ethics Committee of DPESS, UTH
2019-2025	Member of the PhD Studies Committee of DPESS, UTH
2014-2019	Member of the Internal Assessment Committee of DPESS, UTH
2013-2015	Administrative support to EGS Project (European Employability of Graduates in Sport)
2010- 2015	Administrative support to Internship of DPESS, UTH

Basketball Camps

July 2013	Coach at Larissa Basketball Camp held in Larissa under the supervision of Dimitris Dellichristos.
July 2010	Coach at Junior Basketball Camp held in Patras under the supervision of John Christopoulos.

July 2009	Coach at Junior Basketball Camp held in Patras under the supervision of John Christopoulos and Dennis Antonakopoulos.
July 2009	Coach at A1 Basketball Camp held in Leptokaria supervised by Tsavas Apostolos and Karatzoulidis Dimitris.
July 2008	Coach at A1 Basketball Camp held in Leptokaria supervised by Tsavas Apostolos and Karatzoulidis Dimitris.
June 2008	Coach at 1st Basketball Camp of Olympiacos Karditsas sports club held in Karditsa supervised by Tzellas Evaggelos
July 2007	Coach at 3rd Olympia Summer Basketball Camp held in Ohrid in Skopje under the supervision of Bartzokas Georgios & Miritzis Antonios
July 2007	Coach at Junior Basketball Camp held in Patras under the supervision of John Christopoulos and Dennis Antonakopoulos.
July 2006	Coach at A1 Basketball Camp held in Leptokaria supervised by Tsavas Apostolos and Karatzoulidis Dimitris.

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 3rd National Division
2000-2006	Basketball Referees Association of Trikala