

CURRICULUM VITAE

Personal details	
Surname/name:	Ilias Paraschos
Position:	Special Teaching stuff
Specialty:	Track and Field
Department:	Athletics
Laboratory:	Laboratory of Evaluation of Human Biological Performance
Current administrative positions:	
Personal Webpage:	
Contact details	
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Student consultation:	Thursday 9:00- 14:00
Qualifications	
Degree:	Department of Physical Education & Sport Science (1988)
Master:	Cross-sectional post graduate diploma in human performance & health (2001)
PhD:	Department of Physical Education & Sport Science (2008)
Teaching	
Undergraduate courses:	<ol style="list-style-type: none"> 1. Teaching the athletics I, II, 2. Classic Sports (athletics) specialty lessons I, II 3. Strength Evaluation and neuromuscular control
Postgraduate courses:	
Research	

Research interests:	Combined training programs, post activation potentiation, Neuromuscular adaptations, rate of force development, electromyography, electostimulation, sport tapering, age, fatigue
Books and chapters in books:	Differences in voluntary activation between adult and prepubetal males (chapter)2008 Children and Exercise XXIV pp. 247-250
Selected publications (up to 10):	<ol style="list-style-type: none"> 1) Landing from different heights: Biomechanical and neuromuscular strategies in trained gymnasts and untrained prepubecent 2017 J. Electr. Kinesiol. 32, pp.1-8 2) Fatigue differences between adults and prepubertal males, 2007 Intern. J. Sports Med. 28, pp.958-961 3) Muscle fatigue and electromyographic changes are not different in women and men matched for strength 2004, European J. Appl. Physiol. 92, pp. 298-304 4) The effect of age on isokinetic concentric and eccentric moment of the knee extensors 2001, Isokinetic and Exerc. Sciense 9, pp. 155-161
Current research projects:	
Reviewer in journals:	
Citations (citations in Scopus):	76
h-index in Scopus:	4