

## CURRICULUM VITAE

<b>Personal details</b>	
Surname/name:	Constantine Beis
Position:	Special Teaching Staff
Specialty:	TAE KWON DO
Department:	Sports
Laboratory:	Laboratory of Evaluation of Human Biological Performance
Current administrative positions:	Responsible for the TAE KWON DO SPECIALTIES (WTF & ITF) and TAE KWON DO OPTION
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Student consultation:	Thursday, 11.00- 14.00
<b>Qualifications</b>	
Degree:	Faculty of Physical Education and Sports Science (1988), Aristotle's University of Thessaloniki
Master:	Master of Science in Training (Coaching, 1996), Faculty of Physical Education and Sports Science, Democritus University of Thrace, Thesis: <i>Injuries in Taekwondo National Championships</i>
PhD:	PhD in Exercise and Health (2001), Faculty of Physical Education and Sports Sciences, Aristotle's University of Thessaloniki, Thesis: <i>Craniocerebral, Cervical and Spine Injuries in Taekwondo and Boxing</i>
<b>Teaching</b>	
Undergraduate courses:	1. SPECIALTY TAE KWON DO - WTF 2. SPECIALTY TAE KWON DO - ITF 3. OPTION TAE KWON DO
Postgraduate courses:	

Research	
Research interests:	About TAE KWON DO: Injuries, Training, physiology, Psychology
Books and chapters in books:	<p>Author and self-publishing three books on TAE KWON DO:</p> <ol style="list-style-type: none"> <li>1. Constantine Beis. <i>TAE KWON DO: Technique, Tactic and Kinesiology of the Fight</i>, Thessaloniki 1998, (190 pages).</li> <li>2. Constantine Beis. <i>TAE KWON DO - OLYMPIC SPORT</i>, Thessaloniki 2015, (464 pages, the first interactive book worldwide for Tkd, with 700 videos of all techniques, posted at: <a href="http://www.kostasbeis-tkd.gr">www.kostasbeis-tkd.gr</a>)</li> <li>3. Constantine Beis. <i>TAE KWON DO: The way to win. The Science of the fight</i>, Thessaloniki 2020, (Interactive book in English, in Press).</li> </ol>
Selected publications (up to 10):	<ol style="list-style-type: none"> <li>1. <i>Taekwondo competition injuries in Greek young and adult athletes</i>. Beis K., Tsaklis P., Pieter W., Abatzides G., <i>European Journal of Sports Traumatology and related research</i>, 2001, 23 (3): 130-136.</li> <li>2. <i>Match characteristics and Taekwondo injuries</i>. Beis K., Pieter W., Abatzides G., <i>Acta Kinesiologiae</i>, 2001, 6: 77-80.</li> <li>3. <i>Suppression effects of transiently evoked otoacoustic emissions in Taekwondo athletes</i>. Lalaki P., Beis K., Abatzides G., Tsalighopoulos M.G., Daniilidis I., <i>Journal of Human Movement Studies</i>, 2002, 42: 185-197.</li> <li>4. <i>Injuries of the Taekwondo Athletes in the Official Championships of the Greek Taekwondo Federation</i>. Beis K., Abatzides G., 1<sup>st</sup> International Symposium for Taekwondo Studies, 2007, 5: 229-237.</li> <li>5. <i>Taekwondo Techniques and Competition Characteristics Involved in Time-Loss Injuries</i>. Beis K., Pieter W., Abatzides G., <i>e-Journal: Journal of Sports Science and Medicine</i>, 2007, 6, Combat Issue II.</li> <li>6. <i>Consumption of dietary supplements in Greek Taekwondo athletes</i>, Beis K., Razakou F., Tsiros S., Willy Pieter, <i>Proceedings, 3<sup>th</sup> International Symposium on Taekwondo Studies</i>, Seoul, Korea, 2011.</li> <li>7. <i>Mechanisms and causes of injuries in Taekwondo Olympic Athletes (W.T.F.)</i>. Beis K., Abatzides G., Kitsios A., Galinos, 1998, 40 (1): 88-97.</li> <li>8. <i>Investigate specific factors related to the involvement of children aged 7-12 in sport</i>. Razakou F., Tsapakidou A., Beis K., Tsobanaki Th., <i>E-journal: Inquiries in Physical Education &amp; Sport</i>, 2003, 1 (2): 143-151.</li> <li>9. <i>Heart rate behavior in high level athletes in Taekwondo</i>. Beis K., Laparidis K., Kampas A., Naziris G., <i>Proceedings of the 3<sup>rd</sup> International Conference of the Sports Association of Northern Greece</i>, 1995, 317-321.</li> <li>10. <i>Mentaltraining-Stresstraining. Psychological training for athletes in Taekwondo National teams, in view of European and World Championships</i>. Beis K., <i>Proceedings of the 1<sup>st</sup> International Conference on Sport Psychology</i>, 1996, 166-171.</li> </ol>
Current research projects:	
Reviewer in journals:	<p>From 2012:</p> <ol style="list-style-type: none"> <li>a) British Journal of Sports Medicine</li> <li>b) Journal of Applied Biomechanics (Human Kinetics)</li> <li>c) International Sports Medicine Journal</li> </ol>

Citations (citations in Scopus):	
h-index in Scopus:	