

CURRICULUM VITAE

Personal details	
Surname/name:	Samara Anastasia
Position:	Special Teaching Staff
Specialty:	Swimming
Department:	Sports
Laboratory:	Sports Medicine
Current administrative positions:	
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Student consultation:	Tuesday 10:00-12:00 Wednesday 10:00-12:00
Qualifications	
Degree:	Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (1992) (Grade "Excellent")
Master:	In Physical Activity and Quality of Life, Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (2008) (Grade "Excellent 9,5")
PhD:	In Physical Activity and Quality of Life, Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (2013) (Grade "Excellent 9,5") PhD Thesis Title: "The role of aquatic exercise in functional capacity and quality of life in hemodialysis patients"

Teaching	
Undergraduate courses:	<ol style="list-style-type: none"> 1. Didactics of Swimming II & II (Compulsory applied module) 2. Aquarobics (Applied free elective module) 3. Exercise on individuals with chronic disorders (Compulsory elective module- participation) 4. Sports Medicine (Compulsory theoretical module- participation)
Postgraduate courses:	
Research	
Research interests:	<p>Aquatic exercise-therapeutic applications</p> <p>Teaching and exercise in water for all ages</p> <p>Exercise and Quality of Life</p>
Books and chapters in books:	
Selected publications (up to 10):	<ol style="list-style-type: none"> 1. Samara A., Kouidi E., Fountoulakis K., Alexiou S., Deligiannis A (2016). The Effects of Aquatic Exercise on Functional Capacity and Health-Related Quality of Life in Hemodialysis Patients. <i>Journal of Clinical & Experimental Nephrology</i>, vol.1 no.3:15 2. Yfanti M., Samara A., Kazantzidis P., Hasiotou A., Alexioy S. (2014). Swimming as physical activity and recreation for women and their life. <i>Stručni članak Fakultet za Sport i turizam, Novi Sad, TIMS Acta</i> 8, 137-145 3. Deligiannis AP, Kouidi EJ, Koutlianos NA, Karagiannis V, Anifanti MA, Tsorbatzoglou K, Farmakis D, Avgerinos C, Mameletzi DN, Samara AP. (2014). Eighteen years' experience applying old and current strategies in the pre-participation cardiovascular screening of athletes». <i>Hellenic J Cardiol.</i> 55(1):32-41 4. Samara AP, Kouidi E, Ouzouni S, Vasileiou S, Sioulis A, Deligiannis A. (2013). Relationship between exercise test recovery indices and psychological and quality of life status in hemodialysis patients: a pilot study. <i>J Nephrol</i>, 16;26(3):495-501 5. G. Hatzopoulou, A Samara, G Koukouvou, E Konstantinidou, E Kouidi, A Deligiannis. (2005) The effects of exercise training on cardiac function in dialysis patients. <i>European Journal of Cardiovascular Prevention & Rehabilitation.</i> 12(3):310
Current research projects:	
Reviewer in journals:	
Citations (citations in Scopus):	6
h-index in Scopus:	2

