


## CURRICULUM VITAE

	
<b>Personal details</b>	
Surname/name:	<b>Manou Vasiliki</b>
Position:	<b>Associate Professor</b>
Specialty:	<b>Theory of Training</b>
Department:	<b>Division of Human Performance</b>
Laboratory:	<b>Laboratory of Biological Evaluation of Human Performance</b>
Current administrative positions:	<ol style="list-style-type: none"><li>1. Member of the Curriculum Committee.</li><li>2. Member of the Committee of the AUTH University Gym.</li><li>3. Student Advisor for the first year students.</li><li>4. Member of the Scientific Equipment Committee.</li><li>5. Member of the Committee of the Postgraduate Program in Human Performance.</li><li>6. Member of the Internal Evaluation Team (OMEA).</li></ol>
Personal Webpage:	
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Student consultation:	Tuesday 10.30-12.30, Thursday 10.30-12.30
<b>Qualifications</b>	
Degree:	School of Physical Education and Sport Science, Aristotle University of Thessaloniki, 1993
Master:	
PhD:	School of Physical Education and Sport Science, Aristotle University of Thessaloniki, 2002
<b>Teaching</b>	
Undergraduate courses:	<ol style="list-style-type: none"> <li>1. Theory of Training</li> <li>2. Yearly planning of training program</li> <li>3. Childhood and adolescent training</li> <li>4. Design training programs for health</li> <li>5. Techniques of strength &amp; power exercises</li> <li>6. Track and Field</li> </ol>
Postgraduate courses:	<ol style="list-style-type: none"> <li>1. Theory and methodology of training</li> <li>2. Designing lifelong exercise programs</li> </ol>
<b>Research</b>	
Research interests:	<b>Evaluation and guidance of training</b>
Books and chapters in books:	<ol style="list-style-type: none"> <li>1. Apostolopoulos A., Varimitimidis C., Kaloudis M., Katsikas C., Kellis S. Kontontassios, I. <b>Manou V.</b>, Matakis S., Barkoukis V., Orfanopoulos D., Sismanidis P., Chalvatzaras D., Chatzivasileiou X. (2019). Training and competition activities for the U12, U10, U8 categories with Kids' Athletics. Athens: SEGAS.</li> <li>2. <b>Manou V.</b>, Dalamitros A.A., Minos V., Kellis S. (2018). Effects of different rest intervals between potentiation exercises on sprint performance in trained soccer players. In P. Morouço, H. Takagi &amp; R.J. Fernandes (eds.), <i>Sport Science: Current and Future Trends for Performance Optimization</i> (pp. 223-234). ESECS/Instituto Politécnico de Leiria. ISBN: 978-989-8797-19-3.</li> <li>3. Gerodimos, V., Karatrandou, K., <b>Manou, V.</b>, Paschalis, V., &amp; Kellis, S. (2014). Exercise and health [in Greek] (pp. 5-57). In A. Koustelios (Ed.), Exercise for all. Trikala. <a href="http://www.athlisigiaolous.gr/uploads/Odigos%20ylopoiisis%20PAGO.pdf">http://www.athlisigiaolous.gr/uploads/Odigos%20ylopoiisis%20PAGO.pdf</a></li> <li>4. Gerodimos, V., Karatrandou, K., <b>Manou, V.</b>, Paschalis, V., &amp; Kellis, S. (2013). Design exercise programs aimed at promoting health [in Greek] (pp. 4-111). In V. Gerodimos (Ed.) Exercise as chronic disease prevention and remedy. Trikala. <a href="http://www.exerciseforhealth.gr/uploads/Book.pdf">www.exerciseforhealth.gr/uploads/Book.pdf</a></li> <li>5. Kellis, S., Kondonasis, I., <b>Manou, V.</b>, Pilianidis, Th., Saraslanidis, P., Soulas, D. (2009). Track &amp; Field in Physical Education and Sports [in Greek]. Thessaloniki: Salto.</li> </ol>

	<p>6. <b>Manou V.</b> (2006). Theory of Training &amp; Physical Fitness. Theory &amp; Multiple Choice Questions [in Greek]. Thessaloniki: Salto.</p> <p>7. <b>Manou V.</b> (2004). Multiple Choice Questions in Theory of Training &amp; Physical Fitness. Theory &amp; [in Greek]. Thessaloniki: Salto.</p>
Selected publications (up to 10):	<p>1. <b>Manou, V.,</b> Dalamitros, A., Kellis, S. (2018). Variations in important aerobic fitness parameters and physical characteristics during two consecutive preseason periods in adolescent soccer players. <i>Human Movement</i>, 19(2), 75-81.</p> <p>2. <b>Manou V.,</b> Dalamitros A.A., Minos V., Kellis S. (2018). Effects of different rest intervals between potentiation exercises on sprint performance in trained soccer players. In P. Morouço, H. Takagi &amp; R.J. Fernandes (eds.), <i>Sport Science: Current and Future Trends for Performance Optimization</i> (pp. 223-234). ESECS/Instituto Politécnico de Leiria. ISBN: 978-989-8797-19-3.</p> <p>3. Dalamitros, A., Vagios, A., Toubekis, A., Tsalis, G., Clemente-Suarez, V.J., <b>Manou, V.</b> (2018). The effect of two additional dry-land active warm-up protocols on the 50 m front-crawl swimming performance. <i>Human Movement</i>. 19(3), 75-81.</p> <p>4. Siopi, A., Deda, O., <b>Manou, V.,</b> Kellis, S., Kosmidis, I., Komninou, D., ... &amp; Mougios, V. (2017). Effects of Different Exercise Modes on the Urinary Metabolic Fingerprint of Men with and without Metabolic Syndrome. <i>Metabolites</i>, 7(1), 5.</p> <p>5. Tsanaka, A., <b>Manou, V.,</b> &amp; Kellis, S. (2017). Effects of a modified ballet class on strength and jumping ability in college ballet dancers. <i>Journal of Dance Medicine &amp; Science</i>, 21(3), 97-101. doi.org/10.12678/1089-313X.21.3.97</p> <p>6. Tsoulfa, K., Dalamitros, A. A., <b>Manou, V.,</b> Stavropoulos, N., &amp; Kellis, S. (2016). Can a one-day field testing discriminate between competitive and non-competitive preteen tennis players?. <i>Journal of Physical Education and Sport</i>, 16(2), 1075 – 1077.</p> <p>7. Dalamitros, A. A., Zafeiridis, A. S., Toubekis, A. G., Tsalis, G. A., Pelarigo, J. G., <b>Manou, V.,</b> &amp; Kellis, S. (2016). Effects of Short-Interval and Long-Interval Swimming Protocols on Performance, Aerobic Adaptations, and Technical Parameters: A Training Study. <i>The Journal of Strength &amp; Conditioning Research</i>, 30(10), 2871-2879.</p> <p>8. Dalamitros, A. A., <b>Manou, V.,</b> Christoulas, K., &amp; Kellis, S. (2015). Knee Muscles Isokinetic Evaluation after a Six-Month Regular Combined Swim and Dry-Land Strength Training Period in Adolescent Competitive Swimmers. <i>Journal of human kinetics</i>, 49(1), 195-200.</p> <p>9. Dalamitros, A. A., Fernandes, R. J., Toubekis, A. G., <b>Manou, V.,</b> Loupos, D., &amp; Kellis, S. (2015). Is Speed Reserve Related to Critical Speed and Anaerobic Distance Capacity in Swimming?. <i>The Journal of Strength &amp; Conditioning Research</i>, 29(7), 1830-1836.</p> <p>10. Dalamitros, A. A., <b>Manou, V.,</b> &amp; Pelarigo, J. G. (2014). Laboratory-based tests for swimmers: methodology, reliability, considerations and relationship with front-crawl performance. <i>Journal of Human Sport and Exercise</i>, 9(1), 172-187.</p>
Current research projects:	

Reviewer in journals:	<b>Inquiries in Sport &amp; Physical Education</b>
Citations ( $\Sigma$ citations in Scopus):	<b>370</b>
h-index in Scopus:	<b>8</b>