

CURRICULUM VITAE

Personal details	
Surname/name:	Dalamitros A. Athanasios
Position:	Teaching Staff
Specialty:	Physical Education - Swimming Didactics
Department:	Physical Education & Sport Science
Laboratory:	Laboratory of Evaluation of Human Biological Performance
Current administrative positions:	
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Student consultation:	Monday: 9.30 – 14.00, Wednesday: 9.00 – 13.00
Qualifications	
Degree:	Physical Education & Sport Science
Master:	Team Sports Coaching
PhD:	Exercise Science
Teaching	
Undergraduate courses:	1. Swimming Didactics
Postgraduate courses:	1.
Research	
Research interests:	Strength & Conditioning, Sports Science, Swimming Physiology, Training & Testing

Books and chapters in books:	<ul style="list-style-type: none"> Manou V., Minos V., Dalamitros A. (2019). Effects of different rest intervals between potentiation exercises on sprint performance in trained soccer players. In: Fernandes R.J., Morouco P. & Takagi H. (eds): “<i>Sport Science: current and future trends for performance optimization</i>” (pp. 223-229). Portugal: ESECS/Instituto Politecnico de Leiria.
Selected publications (up to 10):	<ul style="list-style-type: none"> Zafeiridis A., Dalamitros A., Dipla K., Manou V., Galanis N. & Kellis S. (2005). Recovery during high intensity-intermittent anaerobic exercise in boys, teens and men. <i>Medicine and science in sports and exercise</i>, 37(3), 505-512. Dipla K., Tsirini T., Zafeiridis A., Manou V., Dalamitros A., Kellis E. & Kellis S. (2009). Fatigue resistance during high-intensity intermittent exercise from childhood to adulthood in males and females. <i>European Journal of Applied Physiology</i>, 106.645-653. Dalamitros A., Manou V. & Pelarigo J.P. (2014). Laboratory-based tests for swimmers: methodology, reliability, considerations and relationship with front-crawl performance. <i>Journal of Human Sport & Exercise</i>, 172-187. Dalamitros A., Manou V., Christoulas Ch. & Kellis S. (2015). Knee muscles isokinetic evaluation after a six-month regular combined swim and dry-land strength training program in adolescent competitive swimmers. <i>Journal of Human Kinetics</i>, 49, 195-200. Dalamitros A., Fernandes R., Toubekis A., Manou V., Loupos D. & Kellis S. (2015). Is speed reserve related to critical speed and anaerobic distance capacity in swimming? <i>Journal of Strength & Conditioning Research</i>, 29(7), 1830-1836. Dalamitros A., Zafeiridis A., Toubekis A., Tsalis G., Pelarigo J., Manou V. & Kellis, S. (2016). The effects of short- and long-interval swimming protocols on performance, aerobic adaptations, and technical parameters: a training study. <i>Journal of Strength & Conditioning Research</i>, 30(10), 2871-2879. Clemente V., Dalamitros A. & Nikolaidis P.T. (2016). The effect of a short-term training period on physiological parameters and running performance: intensity distribution versus constant- intensity exercise. <i>Journal of Sports Medicine and Physical Fitness</i>, 58(1-2), 1-7. Clemente-Souarez, V., Dalamitros A., Ribeiro, J., Sousa, A., Ricardo J. Fernandes & Vilas-Boas J.P. (2017). The effects of two different training periodization on physiological parameters at various exercise intensities in competitive swimmers. <i>European Journal of Sports Science</i>, 17(4), 425-432. Dalamitros, A., Vagios, A., Toubekis, A., Tsalis, G., Manou, V., Kellis, S. (2018). The influence 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. Dalamitros, A., Mavridis, G., Semaltianou, E., Loupos, D., Manou, V. (2019). Psychophysiological responses after a potentiation activity on sprint breaststroke swimming in athletes of different competitive levels. <i>Physiology & Behavior</i>. 204:106-111.
Current research projects:	Aerobic stimulation or ultra short sprints to enhance repeated sprint ability in trained swimmers
Reviewer in journals:	International Journal of Sports Physiology and Performance Journal of Motor Behavior International Journal of Psychophysiology Acta Physiologica Hungarica Stress and Health High Altitude Medicine & Biology Journal of Medical Systems Sport, Exercise, and Performance Psychology International Journal of Psychophysiology Journal of Sports Sciences Physiology & Behavior Open Access Journal of Sports Medicine Human Movement Journal of Strength and Conditioning Research
Citations (citations in Scopus):	139
h-index in Scopus:	4

