

## CURRICULUM VITAE

<b>Personal details</b>	
Surname/name:	<b>Theofanis Siatras</b>
Position:	Professor
Specialty:	Gymnastics - Coaching
Department:	Human Performance
Laboratory:	Evaluation of Human Biological Performance
Current administrative positions:	Member of the coordinating committee for the postgraduate program "Human Performance"
Personal Webpage:	
<b>Contact details</b>	
Office:	School of Physical Education & Sport Sciences in Themi (Administration building, 2 <sup>nd</sup> floor)
Tel:	2310 992179
Fax:	2310 992179
e-mail:	fsiatras@phed.auth.gr
Student consultation:	Monday 10:00-12:00, Thursday 10:00-12:00
<b>Qualifications</b>	
Degree:	School of Physical Education & Sport Sciences, Aristotle University of Thessaloniki (1982)
Master:	DEA STAPS, Université de Bourgogne, France (1990)
PhD:	Doctorat d'Université, Université Blaise Pascal, France (1993)
<b>Teaching</b>	
Undergraduate courses:	Specialty in Artistic Gymnastics Biomechanics
Postgraduate courses:	Laboratory Evaluation of Athletes Mechanical Analysis of Motion Special Training Issues

	<p>Physiology of Exercise</p> <p>Theory and Methodology of Training</p> <p>Ergonomics of Overload</p> <p>Athletes Evaluation and Training Guidance</p>
<b>Research</b>	
Research interests:	<p>Stretching and athletes' performance</p> <p>Anthropometric testing in gymnastics</p> <p>Sport injuries in gymnastics</p> <p>Strength measurement reliability</p> <p>Mechanics of gymnastics exercise</p> <p>Gymnastics' coaching and teaching</p>
Books:	<p><b>Siatras Th.</b> (2016). <i>Gymnastics (Mechanics, Teaching, Pre-exercises, Aid and mistakes, Scientific research in gymnastics)</i>. University Studio Press, Thessaloniki.</p> <p><b>Siatras Th.</b> (2001). <i>Mechanics of gymnastics exercise</i>. University Studio Press, Thessaloniki.</p>
Selected publications (up to 10):	<p>Milosis D., <b>Siatras Th.</b>, Christoulas K., Patikas D. (2018). Relative and absolute reliability of isometric and isokinetic shoulder maximal moment and flexion/extension ratios in gymnasts. <i>Science of Gymnastics Journal</i>, 10(2): 227-244.</p> <p><b>Siatras Th.</b> (2014). Synergist and antagonist muscles static stretching acute effect during a V-sit position on parallel bars. <i>Science of Gymnastics Journal</i>, 6(3): 49-59.</p> <p><b>Siatras Th.</b> (2011). Computer-assisted image analysis for measuring body segmental angles during a static strength element on parallel bars: validity and reliability. <i>Sports Biomechanics</i>, 10(2): 135-145.</p> <p><b>Siatras Th.</b>, Skaperda M., Mameletzi D. (2010). Reliability of anthropometric measurements in young male and female artistic gymnasts. <i>Medical Problems of Performing Artists</i>, 25(4): 162-166.</p> <p><b>Siatras Th.</b>, Douka I., Milosis D. (2010). Feasibility and reproducibility of muscular strength measures in gymnastics-specific body positions using hand-held dynamometry. <i>Isokinetics and Exercise Science</i>, 18(4): 223-234.</p> <p><b>Siatras Th.</b>, Skaperda M., Mameletzi D. (2009). Anthropometric characteristics and delayed growth in young artistic gymnasts. <i>Medical Problems of Performing Artists</i>, 24(2): 91-96.</p> <p><b>Siatras Th.</b>, Mittas V., Mameletzi D., Vamvakoudis E. (2008). The duration of the inhibitory effects with static stretching on quadriceps peak torque production. <i>Journal of Strength and Conditioning Research</i>, 22(1): 40-46.</p> <p><b>Siatras Th.</b>, Mameletzi D., Kellis S. (2004). Knee flexor:extensor isokinetic ratios in young male gymnasts and swimmers. <i>Pediatric Exercise Science</i>, 16(1): 37-43.</p> <p><b>Siatras Th.</b>, Papadopoulos G., Mameletzi D., Gerodimos V., Kellis S. (2003). Static and dynamic acute stretching effect on gymnasts' speed in vaulting. <i>Pediatric Exercise Science</i>, 15(4): 383-391.</p> <p><b>Siatras Th.</b>, Kollias I. (2001). Peak power and lean body mass relationship in female gymnasts during vertical jump. <i>Journal of Human</i></p>

	<i>Movement Studies</i> , 40: 29-41.
Current research projects:	
Reviewer in journals:	Sports Biomechanics International SportMed Journal Pediatric and Exercise Science Journal of Sport and Health Science
Citations:	<b>563</b>
<i>h</i> -index:	<b>10</b>