CURRICULUM VITAE

Personal details	
Surname/name:	**Dalamitros A. Athanasios**
Position:	**Assistant Professor**
Specialty:	**Physical Education - Swimming Didactics**
Department:	**Physical Education & Sport Science**
Laboratory:	**Laboratory of Evaluation of Human Biological Performance**
Current administrative positions:	**Erasmus+ International Committee**
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Student consultation:	**Monday: 12.00 – 14.30, Thursday: 9.30 – 11.30**
Qualifications	
Degree:	**Physical Education & Sport Science**
Master:	**Team Sports Coaching**
PhD:	**Exercise Science**
Teaching	
Undergraduate courses:	**Swimming Didactics / Swimming Specificity**
Postgraduate courses:	**Human Performance**
Research	
Research interests:	**Strength & Conditioning, Sports Science, Swimming Physiology, Training & Testing**

Books and chapters in books:	• 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): *"Sport Science: current and future trends for performance optimization"* (pp. 223-229). Portugal: ESECS/Instituto Politecnico de Leiria. • **Dalamitros A.** (2022). Biological mechanisms related to exercise. In: Kouthouris Ch., Zafeiroudi L., Zisi V., Patsiaouras A. & Bekiari A. *"Kinetic Recreation: Nature, Sports, Arts"* (pp. 1-29). Hellenic Academic Books, Kallipos. Athens, Greece. • **Dalamitros A.** (2022). Exercise programs for recreational athletes. In: Kouthouris Ch., Zafeiroudi L., Zisi V., Patsiaouras A. & Bekiari A. *"Kinetic Recreation: Nature, Sports, Arts"* (pp. 30-52). Hellenic Academic Books, Kallipos. Athens, Greece. • **Dalamitros A.,** Mavridis G., Tsalis G (2025). *Didactics & Training in Swimming.* Sport book, Thessaloniki.
Selected publications (up to 10):	• **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. *Medicine and science in sports and exercise, 37*(3), 505-512.** • **Dalamitros A.,** Manou V. & Pelarigo J.P. (2014). Laboratory-based tests for swimmers: methodology, reliability, considerations and relationship with front-crawl performance. *Journal of Human Sport & Exercise*, 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. *Journal of Human Kinetics*, *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? *Journal of Strength & Conditioning Research, 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. *Journal of Strength & Conditioning Research*, *30*(10), 2871-2879. • 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. *European Journal of Sports Science, 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. *Human Movement. 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. *Physiology & Behavior.* 204:106-111. • **Dalamitros, A.**, Semaltianou, E., & Kabasakalis, A. (2021). Muscle oxygenation, heart rate, and blood lactate concentration during submaximal and maximal interval swimming. *Frontiers in Sports & Active Living*, 3:759925. • Zhou, Z., Morouço, P.G., **Dalamitros, A.A.** *et al.* (2024). Effects of two warm-up protocols on isokinetic knee strength, jumping ability and sprint swimming performance in competitive swimmers. *Scientific Reports, 14*, 28415.
Current research projects:	**Campus Run (Erasmus sports)**
Reviewer in journals:	International Journal of Sports Physiology and Performance Journal of Motor Behavior International Journal of Psychophysiology Acta Physiologica Hungarica BMC Sports Science, Medicine and Rehabilitation Frontiers in Sports & Active Living International Journal of Sports Science & Coaching Journal of Science in Sports & Exercise 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):	**1038**
h-index in Scopus:	**15**