CV

	
Personal Details	
Name	**Evdoxia Kosmidou**
Academic Position	**Assistant Professor**
Scientific Field	**Rhythmic Gymnastics Coaching**
Section	**Sports**
Laboratory	**Laboratory of Human Research and Sport Psychology**
Administrative post	**1. Responsible for library, TEFAA Thessaloniki** **2. Responsible for Tennis building facilities** **3. Member of Editorial Committee of the Newsletter of the D.E.P.E.S.S (Auth)**
Personal website	**-**
Contact Details	
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Student consultation	**Monday 10:30-12:30, Wednesday 9Q30-10Q30**
Academic Degrees	
Undergraduate degrees	**Bachelor of Department of Physical Education and Sport Sciences, Aristotle University of Thessaloniki Specialization: Rhythmic Gymnastics.**
Masters	**"Physical performance and Health" (Aristotle University of Thessaloniki, Democritus University of Thrace, University of Thessaly), with specialization Physical Education.**

PhD	**1. "Physical activity and Quality of life", Aristotle University of Thessaloniki. Specialization: Rhythmic Gymnastics.** **2. "Exercise and Quality of life", Collaboration of Department of Physical Education & Sport of the University of Thessaly and Department of Physical Education & Sport of the Democritus University of Thrace.**
University Teaching	
Undergraduate	**1. Teaching Rhythmic Gymnastics I** **2. Teaching Rhythmic Gymnastics II** **3. Specialization Rhythmic Gymnastics** **4. Gymnastics for All**
Postgraduate	**Dance Education Program: Choreography and Sports: Technical directions and ways of building competitive compositions in gymnastics sports** **Sports, Recreation and Sports Tourism Management Program: Research Methods and Data Analysis**
Research Interest	
Academic Interest	Rhythmic gymnastics, sports psychology in competitive and recreational sports, health psychology, parents-coaches-children in the context of sports, women and sports, sports and body image
BOOKS	Palmer, C. H. (2017). Teaching Rhythmic gymnastics: A Developmentally Appropriate Approach. Thessaloniki: University Studio Press (Translation-Editors: Giannitsopoulou E., & Kosmidou E.). Theodorakis, Y., Tsiamourtas, Ath., Natsis, P. & Kosmidou, E. (2006). «Student's book for Physical Education in Junior high school» Theodorakis, Y., Tsiamourtas, Ath., Natsis, P., & Kosmidou, E. (2006). Ministry of Education and Religious affairs Goudas, M., Albanidis, E., Derri, V., Chroni, S., Zachopoulou, E., Hassandra, M., Avgerinos, A., Kourtesis, Th., Kosmidou, E., Zisi, V., Hatzigeorgiadis, A., Kouli, O., Nikopoulou, M. (2008). Kallipateira. Ministry of Education and Religious affairs ✓ Teacher's book, ✓ Student's book for 1^{st}-2^{nd}-3^{rd} grade of elementary school, ✓ Student's book for 4^{th}, 5^{th}, 6^{th} grade of elementary school, ✓ Student's book for junior high school
Selected Publications	1. Nasoulas, A., Kosmidou, E., Touloudi, E., Hassandra, M., Alexandris, K., & Theodorakis, Y. (2025). Enhancing Factors Influencing Athlete's Intention to Engage in Archery. *Inquiries in Sport & Physical Education.* 2. Milosis, D., Dallas, G., Kosmidou, E., & Siatras, T. (2024). The

	relationships among gymnasts' training age, body mass index, balance control, and gymnastics performance. *Science of Gymnastics Journal, 16(*3), 487-498. 3. Kosmidou, E., & Gavriilidou, A. (2024). Social attitudes toward appearance, social physique anxiety and the use of social media before and after COVID-19 in young adults. *Scientific Journal of Sport and Performance, 3*(4), 493-506. 4. Kosmidou E., Giannitsopoulou, E., Kountouratzi, N, & Karatzioti, M. (2022). Maltreatment, social physique anxiety, body dissatisfaction and drive for thinness in Greek female athletes after drop out. *Science of Gymnastics, 14* (2), 271-284. 5. Sigala, M., Kosmidou, E., Giannitsopoulou, E. (2018). Examination of the relations between social physique anxiety, body esteem and body image satisfaction in female athletes (current and former)," *PANR Journal,* October 31, https://www.panr.com.cy/?p=1764. 6. Pavlidou, E., Sofianidou, A., Lokosi, A., & Kosmidou, E. (2018). Creative dance as a tool for kindergarden teachers; developing preschoolers' communicative skills and movement expression. *European Psychomotricity Journal, 10* (1), 3-15. 7. Kosmidou E., Proios M., Giannitsopoulou, E. (2013). Physical self worth, athletic engagement and goal orientations in Greek female athletes. *Pamukkale Journal of Sport Sciences, 4* (2), 79-93. 8. Hassandra, M., Theodorakis, Y., Kosmidou, E., Grammatikopoulos, V., Hatzigeordiadis, A. (2009). I do not smoke- I exercise: A pilot study of a new educational resource. *Scandinavian Journal of Public Health, 37* (4) 372-379. 9. Kosmidou, E., Theodorakis, Y., & Chroni, A. (2008). Smoking attitudes among adolescents: effect of messages varying on argument quality and source's expertise. *Journal of Social, Behavioral and Health Sciences, 2*, 83-95. 10. Kosmidou E. & Theodorakis Y. (2007). Examining differences in smoking attitudes between adolescents and young adults. *Psychological Reports, 101*, 475-481.
Current research projects	-
Reviewer in peer reviewed scientific journals	• Science of Gymnastics • Pamukkale Journal of Sport Sciences • Educational Research and Reviews • Journal of Physical Education and Sport Management • Inquiries in Sport & Physical Education • Human Movement
Citations	**173**
h-index Scopus	**7**