CV

Photo	
Personal Details	
Name	Lilou Olympia
Academic Position	Special Education Staff
Scientific Field	Greek Traditional Dance
Section	Humanities and Recreation Studies
Laboratory	Sports, Tourism and Recreation Management Workshop
Administrative post	Member of the Greek National Section of CIOFF (International Council of Organizers of Popular Culture and Traditional Arts Events). General Secretary of the Association of Physical Education Teachers Specializing in Greek Traditional Dance.
Personal website	https://www.phed.auth.gr/%CF%80%CF%81%CE%BF%CF%83%CF%89%CF%80%CE%B9%CE%BA%CF%8C/%CE%BB%CE%B9%CE%BB%CE%BF%CF%85-%CE%BF%CE%BB%CF%85%CE%BC%CF%80%CE%B9%CE%B1
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Student consultation	Monday and Wednesday 09:30-11:30
Academic Degrees	

Undergraduate degrees	**Bachelor** Bachelor in Department of Physical Education and Sports Science, Aristotle University of Thessaloniki (AUTH) **Specialty:** Greek traditional dances
Masters	**Master Postgraduate Diploma** in Business Administration (MBA) University of Macedonia
PhD	**Ph.D. Candidate** School of Physical Education and Sport Science Aristotle University of Thessaloniki (AUTH)
University Teaching	
Undergraduate	• Teaching of Greek Traditional Dances I (121) • Teaching of Greek Traditional Dances II (171) • Specialization in Greek Traditional Dances
Research Interest	
Academic Interest	Greek Traditional Dance Greek Traditional Dance and Quality of Life Greek Traditional Dance and Disability Greek Traditional Dance and Old Age Greek Traditional Dance and Leisure Lifelong Exercise New Technologies in Sports
Selected Publications	**1.** Douka S., Zilidou V., **Lilou O**., Manou V. (2019). Traditional Dance Improves the Physical Fitness and Well-Being of the Elderly. Frontiers in Aging Neuroscience: Volume 11, article 6, doi: 10.3389/fnagi.2019.00075. **2.** Douka S., Zilidou V., **Lilou O**., Tsolaki M. (2019). Greek Traditional Dances A Way to Support Intellectual, Psychological, and Motor Functions in Senior Citizens at Risk of Neurodegeneration. Frontiers in Aging Neuroscience: Volume 11, article 75, 1-9, doi: 10.3389/fnagi.2019.00006. **3.** Efthymios Ziagkas, Panagiotis Stylianidis, Andreas Loukovitis, Vasiliki Zilidou, Olympia Lilou, Aggeliki Mavropoulou, Thrasyvoulos Tsiatsos, Styliani Douka (2020). Greek Traditional Dances 3D Motion Capturing and a Proposed Method for Identification Through Rhythm Pattern Analyses (Terpsichore Project). In: Kavoura A., Kefallonitis E., Theodoridis P. (eds) Strategic Innovative Marketing and Tourism. Springer Proceedings in

	Business and Economics. Springer, Cham. https://doi.org/10.1007/978-3-030-36126-6_73 4. Sivvas G., Varsamis P., Pitsi A., Masadis G., **Lilou O**., Megas G., Derri V., Filippou F., (2025). Teaching Young Adults with Down Syndrome (DS) and Mild Mental Retardation the Traditional Greek Dance. International Journal of Latest Research in Humanities and Social Science (IJLRHSS): Volume 08, Issue 04. PP. 01-08. http://www.ijlrhss.com/paper/volume-8-issue-4/1-HSS-3057.pdf **5.** Sivvas G., Varsamis P., Pitsi A., Masadis G., **Lilou O**., Megas G., Derri V., Filippou F., (2025). The Effect Of Two Intervention Programs On The Development Of Balance In Young Adults With Down Syndrome. IOSR Journal of Sports and Physical Education (IOSR-JSPE) : Volume 12, Issue 2. https://www.iosrjournals.org/iosr-jspe/papers/Vol-12Issue2/A1202010108.pdf 6. Sivvas G., Varsamis P., Pitsi A., Masadis G., **Lilou O**., Megas G., Derri V., Filippou F., (2025). Effect Of Two Intervention Programmes -Traditional Greek Dance & Motor Games- On Heart Rate In Young Adults With Down Syndrome. IOSR Journal of Sports and Physical Education (IOSR-JSPE) : Volume 12, Issue 2. 7. Avgerinos G. A., Shiakou M., Christodoulou F., Karavidas L., Politopoulos N., Skrapali G., **Lilou O**., Mavropoulou A., Douka S., Tsiatsos T. (2025). Evaluating digital tools for player development managers: Insights from the GOAL4PDM project. International Journal of Physical Education :Volume 62, Issue 1.
Current research projects	2023-2025 : GOAL4PDM is a project aiming at the up-skilling and re-skilling of various target groups (i.e., coaches in sport academies, students of Physical Education and Sport departments, physical education teachers, former athletes) to become Player Development Managers (PDM) specialised to support the Dual Career of Athletes.GOAL4PDM could be regarded as the successor of project GOAL (http://goal.csd.auth.gr/) successfully implemented (its final report received 92/100) from 2017 to 2019. GOAL project has directly supported the Dual Career (DC) of athletes (ages 18-31 years) for their smooth transition from the athletic to the business career by implementing a distant learning program. 2023- 2025: HALT4KIDS Erasmus program Erasmus +Funding Agency European Commission-Directorate General for Research & Innovation. Survey on Harassment and Abuse in Sport for Child athletes, the policies, roles, rights and flows of information in HALT4Kids Community ". HALT4Kids is based on the solid results of HALT project, namely the extensive penetration of digital learning technologies – LT (e.g., Open Educational Resources-OER, Serious game, VCoP, movie). More specifically more than 1200 youngsters have used HALT learning technologies in a very short pilot period. HALT4Kids will exploit this momentum for child athletes (5-12 years old), based on the well-established involvement of child athletes (5-12 years old) and sport people

	(students, athletes, former athletes, couches, young scientists) with LT in order to achieve its main objective. Also, HALT4Kids is aware that the COVID-19 crisis led to an unprecedented shift to online learning and digital technologies, especially in its target groups.
Citations	**217**
h-index Scopus	**3**