CURRICULUM VITAE

Photo	
Personal details	
Surname/name:	Manou Vasiliki
Position:	Professor
Specialty:	Theory and Methodology of Training
Department:	Human Performance
Laboratory:	Laboratory of Biological Evaluation of Human Performance
Current administrative positions:	Director of Human Performance Department
Personal Webpage:	
Contact details	
Office:	Thermi, DPESS AUTH, Thessaloniki, 57001, Guest house (1st floor) (geographical coordinates: 40°34′02.25′′ north, 23°00′07.25′′ east)
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Student consultation:	Tuesday 10.30 - 12.30, Thursday 10.00 – 12.00
Qualifications	
Degree:	1993: Bachelor's degree in Physical Education and Sport Science at School of Physical Education and Sport Science, Aristotle University of Thessaloniki

Master:	
PhD:	2002: Doctoral degree in Human Performance and Health at School of Physical Education and Sport Science, Aristotle University of Thessaloniki
Teaching	
Undergraduate courses:	1. Theory and Methodology of Training 2. Designing a year-round training program 3. Training in children and adolescents 4. Design exercise programs for recreational athletes 5. Techniques for strength and power development
Postgraduate courses:	1. Theory and Methodology of Training 2. Designing lifelong exercise programs
Research	
Research interests:	Evaluation and guidance of training process
Books:	1. Kellis S., Manou V. (2024). Long-term and annual training planning in athletics. In S. Kellis (ed.), Long-term and Annual Planning in the Sprinting and Complex Events in Athletics. Thessaloniki: Sportbook Publications. 2. Manou V., Aslanidis P. (2024). The Sprinting Events. In S. Kellis (ed.), Long-term and Annual Planning in the Sprinting and Complex Events in Athletics. Thessaloniki: Sportbook Publications. 3. Apostolopoulos A., Varitimidis, Ch., Kaloudis M., Katsikas Ch., Kellis P., Kondonasios I., **Manou V**., Matakis S., Barkoukis V., Orfanopoulos D., Sismanidis P., Chalvatzaras D., Chatzivasileiou Ch. (2020). Training and competition activities at track and field for categories U12, U10, U8 with the application of Kids' Athletics. Thessaloniki: Sportbook publications. 4. Kellis S., Kondonasios I., **Manou V**., Pylianidis Th., Saraslanidis P., Soulas D. (2020). Track and Field: Technic, didactic, training of developmental ages. Thessaloniki: Sportbook publications. 5. **Manou V.,** Dalamitros A.A., Minos V., Kellis S. (2018). Effects of different rest intervals between potentiation exercises on sprint performance in trained soccer players. In P. Morouço, H. Takagi & R.J. Fernandes (eds.), Sport Science: Current and Future Trends for Performance Optimization (pp. 223-234). ESECS/Instituto Politécnico de Leiria. ISBN: 978-989-8797-19-3.
Selected publications (up to 10):	1. Dalamitros, A. A., Kouloglou, A., Nasoufidis, G., Stogiannidou, K., Eradli, N., & **Manou, V.** (2025, February). Impact of a 10-Week Aqua Fitness Intervention on Physical Fitness and Psychosocial Measures in Inactive Healthy Adult Women. *Healthcare* (Vol. 13, No. 3, p. 334). MDPI. 2. Koutsouridis, C., Galazoulas, C., **Manou, V.,** Stavropoulos, N., & Prantsidis, D. I. (2025). Optimizing performance with a 1-minute high-intensity re-warm up protocol in basketball substitutes. *Journal of Human Sport and Exercise, 20*(1), 216-227.

	3. Vasileiou, S. S., Asimakidis, N. D., Dalamitros, A. A., & **Manou, V.** (2024). Effects of an 8-Week In-Season Explosive Power Training Program on Neuromuscular Performance and Lower-Limb Asymmetries in Young Male Soccer Players. *The Journal of Strength & Conditioning Research, 38*(12), 2121-2128. 4. Dalamitros, A. A., Tzivanis, D., Martín-Rodríguez, A., Semaltianou, E., Mavridis, G., & **Manou, V.** (2024). The effects of six sprint interval training sessions on muscle oxygenation and swimming performance in untrained swimmers. *Frontiers in Sports and Active Living, 6*, 1451738. 5. Panoutsakopoulos, V., Kotzamanidou, M. C., & **Manou, V.** (2024). Sex Differences Exist in the Relationship Between Vertical Jump Performance Biomechanical Parameters and Hamstring/Quadriceps Ratio in Adolescent U18 Track and Field Athletes. *Sports, 12*(11), 295. 6. Koutsouridis, C., Galazoulas, C., **Manou, V.,** Stavropoulos, N., & Bassa, E. (2024). Evaluating the impact of a 3-min moderate-intensity re-warm-up protocol on basketball player performance. *Journal of Physical Education and Sport, 24*(5), 1099-1108. 7. Alexiou, P., Nikolopoulos, A., Lola, A., Tsalis, G., Mavridis, G., **Manou, V.,** & Dalamitros, A. (2024). A Descriptive Study of Coaches' Perceptions Regarding Talent Identification and Development in Swimming. *Int. J. Hum. Mov. Sports Sci, 12,* 326-336. 8. Asimakidis, N.D., Vasileiou, S.S., Dalamitros, A.A., Nikolaidis, P.T., **Manou, V.** (2022). Effect of the COVID-19 Confinement Period on Selected Neuromuscular Performance Indicators in Young Male Soccer Players: Can the Maturation Process Counter the Negative Effect of Detraining? International *Journal of Environmental Research and Public Health, 19*(9). DOI: 10.3390/ijerph19094935 9. Angelou, S.D., Stavropoulos, N., Galazoulas, Ch., **Manou V.** (2022). Effectiveness of the pick and roll offence at the 2017 European U'20 Championship. *European Journal of Physical Education and Sport Science, 8*(2). DOI: 10.46827/ejpe.v8i2.4204 10. Asimakidis, N. D., Dalamitros, A. A., Ribeiro, J., Lola, A. C., & **Manou, V.** (2022). Maturation stage does not affect change of direction asymmetries in young soccer players. *The Journal of Strength & Conditioning Research, 36*(12), 3440-3445.
Current research projects:	
Reviewer in journals:	
Citations (Σ citations in Scopus):	**686**
h-index in Scopus:	**14**