CV

Photo 	
Personal Details	
Name	**DIMITRA MOSCHA**
Academic Position	**SPECIAL TEACHING STAFF**
Scientific Field	**RHYTHMIC GYMNASTICS**
Section	DIVISION OF SPORTS
Laboratory	BIOMECHANICS
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Student consultation	
Academic Degrees	
Undergraduate degrees	**B.Sc. - Diploma in Physical Education and Sports Science** Department of Physical Education and Sports Science Aristotle University of Thessaloniki

Masters	**M.Sc. – Postgraduate Studies Program: "Physical Activity and Quality of Life".** Department of Physical Education and Sport Science Aristotle University of Thessaloniki
PhD	**Ph.D. – Doctoral Degree in Sport Sciences** Department of Physical Education and Sport Science Aristotle University of Thessaloniki Doctoral Thesis Topic: "*The impact of rhythmic gymnastics skills on physical activity, motor functionality, cognitive function, and quality of life in older women*".
University Teaching	
Undergraduate	1. Teaching Rhythmic Gymnastics I 2. Teaching Rhythmic Gymnastics II
Postgraduate	
Research Interest	
Academic Interest	• Design and implementation of rhythmic gymnastics programs for older adult populations. • Investigation of the effects of rhythmic gymnastics on motor, cognitive, and psychological parameters. • Sports biomechanics and kinematic analysis. • Gait analysis.
Selected Publications	Moscha, D., Giannitsopoulou E., Lola A., Tzetzis G., Zisi V. (2025). The effect of recreational Rhythmic Gymnastics's training programs on older women's manual dexterity: A randomized trial. Journal of aging and physical activity; 1(aop), 1-10. Moscha, D., Giannitsopoulou E., Lola A., Tzetzis G., Zisi V. (2025). The effect of a Rhythmic Gymnastics exercise program on the balance ability of women over 65 years old. Archives of Hellenic Medicine; 43(2), 234-240. E. Semaltianou, A. Lola, G. Stavropoulou, V. Skandalis, Z. Amanatidou, D. Moscha, X. Konstandinidou, D.Hatzimanouil (2025). Aerobic Capacity Differences Among Elite and Sub-Elite Young Female Soccer Players: A Longitudinal Comparison by Competition Level and Playing Position. The Open Sport Science Journal; 18(1). Kosmidou, E., Drakou, A., Papadopoulou, Z., & Moscha, D. (2025). Relation between Perfectionism and State Anxiety during Practice Exams (Rhythmic Gymnastics and Handball) for Physical Education and Sport Students. Central European Journal of Sport Sciences and Medicine; 52, 27-40. Nikodelis, T., Moscha, D., Metaxiotis, D., & Kollias, I. (2011). Commercial video frame rates can produce reliable results for both normal and CP spastic gait's spatiotemporal, angular, and linear displacement variables. Journal of applied biomechanics; 27(3), 266-271. Bouchouras, G., Moscha, D., Papaiakovou, G., Nikodelis, T., & Kollias, I. (2009). Angular momentum and landing efficiency in the long jump. European Journal of Sport Science; 9(1), 53-59.

Citations	**9**
h-index Scopus	**2**