# CV

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| **Photo** |  |
| **Personal Details** | |
| Name | Thomas Nikodelis |
| Academic Position | Assistant Professor |
| Scientific Field | Biomechanics |
| Section | Human Performance |
| Laboratory | Biomechanics |
| Administrative post | |
| Personal website | |
| **Contact Details** | |
| Office | Biomechanics Laboratory at Thermi |
| Tel | 2310992202 |
| Fax | |
| e-mail | nikmak@phed.auth.gr |
| Student consultation | Monday and Wenday 10:00 – 12:00 or appointment via email |
| **Academic Degrees** | |
| Undergraduate degrees | Aristotle University of Thessaloniki, Thessaloniki, Greece<br>Exercise Science and Physical Education (1997) |
| Masters | |
| PhD | Aristotle University of Thessaloniki, Thessaloniki, Greece<br>Human Performance and Health: Swimming Biomechanics (2004) |
| **University Teaching** | |
| Undergraduate | Biomechanics (229Γ)<br>Biomechanical Assessment of Athletic Performance (058K) |

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| | Swimming in Primary School, (Department of Primary Education (ΕΠΜ144) |
| Postgraduate | Advanced Biomechanics (KME14)<br>Exercise for the Management of Neurological and Musculoskeletal Disorders (KAE9)<br>Research Methods and Applied Statistics (KAE12) |
| **Research Interest** | |
| Academic Interest | Sports Biomechanics, clinical Biomechanics, Human Movement Variability. |
| BOOKS | Nikodelis, Th., Ntampakis, V., Misailidis, K., Papacharisis, V. (2023). *Swimming in Primary School: The First Steps for Children Aged 6-12 Years*. ISBN: 978-618-5649-28-9, Sportbook, Thessaloniki. |
| Selected Publications | 1. Chalitsios, C., Mylonas, V., Stergiou, N., & Nikodelis, T. (2026). Stride-to-Stride fluctuations and temporal patterns of muscle activity exhibit a stronger relationship in Running-Induced fatigue. *Scandinavian Journal of Medicine and Science in Sports*, *36*(2), e70223. https://doi.org/10.1111/sms.70223<br>2. Chalitsios, C., Stergiou, N., & Nikodelis, T. (2025). Ground gradient affects stride-to-stride fluctuations and gait variability in overground walking. *European Journal of Applied Physiology*, *126*(1), 259–267. https://doi.org/10.1007/s00421-025-05896-x<br>3. Mylonas, V., Blom, P. M., Panoutsakopoulos, V., Stergiou, N., & Nikodelis, T. (2025). Transfer of motor learning in a motion-controlled video game is better facilitated using rotations of the torso rather than movements of the center of pressure as a controller. *Human Movement Science*, *103*, 103400. https://doi.org/10.1016/j.humov.2025.103400<br>4. Mylonas, V., Grigoriadis, S., Chalitsios, C., Stergiou, N., & Nikodelis, T. (2025). Correction: Postural sway variability in young adults presents higher complexity during morning compared to evening hours while in older adults remains the same. *Experimental Brain Research*, *243*(10), 214. https://doi.org/10.1007/s00221-025-07159-9<br>5. Chalitsios, C., Stergiou, N., & Nikodelis, T. (2025). Multifractality of stride-to-stride variations in adolescent runners is sensitive to endurance training. *Sports Biomechanics*, *24*(12), 3675–3691. https://doi.org/10.1080/14763141.2025.2552176<br>6. Mylonas, V., Grigoriadis, S., Metaxiotis, D., Kellis, E., Stergiou, N., & Nikodelis, T. (2025). Medial parapatellar surgical approach leads to greater loss of postural sway complexity compared to mid-vastus approach in women undergoing total knee arthroplasty. *Knee Surgery Sports Traumatology Arthroscopy*. https://doi.org/10.1002/ksa.70057 |

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| | 7. Nikodelis, T., Grigoriadis, S., Metaxiotis, D., Mylonas, V., & Kellis, E. (2024). Mid-vastus approach induces milder short-term effects on postural control compared to parapatellar approach in total knee arthroplasty. *Clinical Biomechanics*, *120*, 106354. https://doi.org/10.1016/j.clinbiomech.2024.106354<br>8. Chalitsios, C., Nikodelis, T., & Mougios, V. (2024). Mechanical deviations in stride characteristics during running in the severe intensity domain are associated with a decline in muscle oxygenation. *Scandinavian Journal of Medicine and Science in Sports*, *34*(8), e14709. https://doi.org/10.1111/sms.14709<br>9. Athanasakis, P., Nikodelis, T., Panoutsakopoulos, V., Mylonas, V., Loizidis, T., Koutlianos, N. A., & Kollias, I. A. (2024). Acute effect of dry needling on trunk kinematics and balance of patients with non-specific low back pain. *Journal of Bodywork and Movement Therapies*, *39*, 24–31. https://doi.org/10.1016/j.jbmt.2024.02.010<br>10. Chalitsios, C., Nikodelis, T., Mavrommatis, G., & Kollias, I. (2024). Subject-specific sensitivity of several biomechanical features to fatigue during an exhaustive treadmill run. *Scientific Reports*, *14*(1), 1004. https://doi.org/10.1038/s41598-024-51296-0 |
| Current research projects | Project SUB2: “Universities of Excellence” |
| Reviewer in peer reviewed scientific journals | • Journal of Biomechanics, ELSEVIER<br>• Sustainability & Journal of Functional Morphology and Kinesiology & Applied Sciences, MDPI<br>• Inquiries in Physical Education and Sport, University of Thessaly - Department of Physical Education & Sports Science |
| Citations Scholar | 582 |
| *h*-index Scholar | 12 |
| Citations Scopus | 324 |
| *h*-index Scopus | 10 |