CV

Photo	
Personal Details	
Name	**Anastasia Samara**
Academic Position	Educational staff
Scientific Field	Swimming
Section	Sports
Laboratory	Sports Medicine
Administrative post	Member of the Supervisory Committee of University AUTh Sports Centre
Personal website	1)https://scholar.google.com/citations?hl=en&user=nnNJbD0AAAAJ&view_op=list_works&gmla=AOv-ny9zXwP2nlMoOtizAlgtfYjgxM3e48BCZzTRF3yVLX1FUQxR2dZEAZCDEKkgl5xGL8xdbKDa 2) https://www.researchgate.net/profile/Anastasia-Samara-4?ev=hdr_xprf
Contact Details	
Office	
Tel	**2310991503**
Fax	
e-mail	ansamara@phed.auth.gr
Student consultation	Tuesday 10:00-12:00 Wednesday 10:00-12:00

Academic Degrees	
Undergraduate degrees	Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (1992) (Grade "Excellent")
Masters	In Physical Activity and Quality of Life, Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (2008) (Grade "Excellent 9,5")
PhD	In Physical Activity and Quality of Life, Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (2013) (Grade "Excellent 9,5") PhD Thesis Title: "The role of aquatic exercise in functional capacity and quality of life in hemodialysis patients"
University Teaching	
Undergraduate	**1. Didactics of Swimming II & II (Compulsory applied module)** **2. Hydrogymnastics- Hydroaerobics (elective applied course)** **3. Swimming Learning (elective applied course)** **4. Diving (elective applied course)** **5. Scuba diving (elective applied course)**
Postgraduate	
Research Interest	
Academic Interest	**Aquatic exercise-therapeutic applications** **Teaching and exercise in water for all ages** **Exercise and Quality of Life** **Lifelong learning and Exercise**
BOOKS	
Selected Publications	1. **Samara A**. Aqua Instructor Training Program in Continuing Education (2024). *European Journal of Science, Innovation and Technology*, vol. 4 no. 4, 277-286. ISSN: 2786-4936 2. **Samara A.,** Kouidi E., Fountoulakis K., Alexiou S., Deligiannis A (2016). The Effects of Aquatic Exercise on Functional Capacity and HealthRelated Quality of Life in Hemodialysis Patients. *Journal of Clinical & Experimental Nephrology*, vol.1 no.3:15 3. Yfanti M., **Samara A.,** Kazantzidis P., Hasiotou A., Alexioy S. (2014). Swimming as physical activity and recreation for women and their life. *Stručni članak Fakultet za Sport i turizam*, Novi Sad, TIMS Acta 8, 137-145 4. Deligiannis AP, Kouidi EJ, Koutlianos NA, Karagiannis V, Anifanti MA, Tsorbatzoglou K, Farmakis D, Avgerinos C, Mameletzi DN, **Samara AP**. (2014). Eighteen years' experience applying old and

	current strategies in the pre-participation cardiovascular screening of athletes». *Hellenic J Cardiol*. 55(1):32-41 5. **Samara AP**, Kouidi E, Ouzouni S, Vasileiou S, Sioulis A, Deligiannis A. (2013). Relationship between exercise test recovery indices and psychological and quality of life status in hemodialysis patients: a pilot study. *J Nephrol*, 16;26(3):495-501 6. G. Hatzopoulou**, A Samara**, G Koukouvou, E Konstantinidou, E Kouidi, A Deligiannis. (2005) The effects of exercise training on cardiac function in dialysis patients. *European Journal of Cardiovascular Prevention & Rehabilitation*. 12(3):310
Current research projects	**Scientific manager in Center for Education and Lifelong Learning for the Lifelong Program "Aqua Trainer"** **https://kedivim.auth.gr/programs/aqua-trainer-2/**
Reviewer in peer reviewed scientific journals	
Citations	**14**
h-index Scopus	**2**