



VASILIKI ZISI

Items	Number
Books	1
Book Chapters	1
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	55
Articles in Journals not Indexed in Bibliographical Databases	7
Refereed International Conference Presentations	127
Invited Presentations	1
Citation Index (including self-citations)	429
h-index	10
Involved in Successful Grant Applications	20

1 EDUCATION

- **2001-2002:** Post-Doctoral Research funded by the State Scholarships Foundation, entitled: *“Effects of motor and cognitive activity on Perceptuo – motor and Cognitive Abilities of people aged 65 – 80 years”*.
- **2001:** Doctorate of Philosophy (Ph.D.) in Human performance and health. Aristotle University of Thessaloniki, Greece. (Ph.D. dissertation: *Habitual Physical Activity of Persons Aged 60-75: Effects on Perceptuo – motor and Cognitive Abilities*).
- **1998:** Master of Sciences (MSc) in Coaching. Democritus University of Thrace, Komotini, Greece (Dissertation: *Exercise effects on motor function of the elderly*).
- **1988:** BSc. in Physical Education and Sport Science offered by the Aristotle University of Thessaloniki, Department of Physical Education and Sport Science with specialization “Rhythmic Gymnastics”.

2 EMPLOYMENT HISTORY

- Associate Professor of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2015-today).
- Visiting researcher, University of Bath, UK (2017 – 2018)
- Assistant Professor of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2010-2015).
- Lecturer of Aging and Physical activity, Department of Physical Education and Sport Sciences, University of Thessaly (2005-2010).
- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, University of Thessaly (2004-2005).
- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, Democritus University of Thrace (2002-2004).

- Part-time Lecturer (P.D. 407/80), Department of Physical Education and Sport Sciences, Aristotle University of Thessaloniki (1999-2001).

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. **2004-today:** Department of Physical Education and Sports Science at the University of Thessaly teaching: *“Aging, physical activity & Exercise”, “Performance evaluation using field tests”, “Counseling health behaviors”, “Writing research”, “Gender and equality issues in Sport”, “Exercise and Quality of Life”, “Health Education”, “Social and Psychological Aspects in Exercise for Special Populations”, “ICT”, “ICT – Applications in Physical Education”, “Women Issues in Sport”, “Male and Female Athletes: Social and Psychological Approaches”.*
2. **2001-2004:** Department of Physical Education and Sports Science at the Democritus University of Thrace teaching: *“Teaching motor skills”, “Motor Learning”, “Motor Learning lab”*
3. **1998-2001:** Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki, teaching: *“Motor Learning”, “Motor Learning lab”*

3.2 Postgraduate Teaching

1. European Masters in Sport and Exercise Psychology AND Psychology of Exercise (University of Thessaly), teaching:

2009-2017:

 - Psychological correlates of exercise in the elderly (module of 3rd semester)
 - Motor Learning, Physical Activity & Health (module of 2nd semester)

2009-2014:

 - Writing skills (part of the Orientation seminar: Training academic skills)
 - Writing research (Part of the seminar: “Developing research proposal”)
2. Exercise & Health (University of Thessaly), teaching:

2015-today:

 - Physical activity, physical functioning and quality of life in aging

2009-today:

 - Data presentation and thesis writing (lecture)

2007-2009:

 - Psychological support in clinical population (lectures)
3. Exercise & Quality of Life (Democritus University of Thrace & University of Thessaly), teaching:

2012-today:

 - Music and Rhythm in Physical Education (2 lectures)
 - Learning and development (2 lectures)
 - Sport and Exercise in Seniors (3 lectures)
4. MSc in Military Fitness & Wellbeing (University of Thessaly):

2014-today:

 - Physical activity, physical functioning and quality of life in aging
 - Data presentation and thesis writing (lecture)
5. Physical Activity & Quality of Life (Aristotle University of Thessaloniki):

2011-2014:

 - Physical Activity & Quality of Life: International research trends (lecture)

2006-2013:

- Physical Activity & Exercise Programs in Seniors
- Physical Education in Primary School (3 lectures)
- Motor Learning

3.3 Supervision/Co-supervision of Doctoral Theses

3.3.1 Completed – main supervisor

1. M. Ypofanti (2015): Cognitive Behavioral therapy for smoking cessation: The role of personality traits and physical activity.
2. M. Bougiesi (2015): Mental Health and Emotional Intelligence differences among participants in dance and other types of exercise in young and older adults.
3. D. Leontari (2018): Individual Counseling for Smoking Cessation and Increase of Physical Activity

3.3.2 In Progress

1. Ai. Gianni: Greek traditional dance as a mean of enhancing health behaviors and emotional intelligence in seniors
2. M. Gikoudi: The practice of yoga in mental health and quality of life in seniors
3. X. Haralampidou: Parkinson disease and digital motion games: Effects on functional ability and quality of life
4. Th. Zacharis: Physical activity and quality of life in caregivers of mental health patients

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. A. Papathanasiou (2019) – supervisor
2. V. Lachanou (2019) - supervisor
3. S. Dimou (2018) - supervisor
4. S. Kehagia (2017) – supervisor
5. T. Papadopoulou (2016) – supervisor
6. V. Koutsogiannis (2016) - supervisor
7. N. Halari (2014) - supervisor
8. E. Konstantopoulou (2014) - supervisor
9. X. Haralampidou (2014) - supervisor
10. Ai. Gianni (2013) - supervisor
11. E. Adamidou (2013) - supervisor
12. M. Gilyana (2013) - supervisor
13. F. Tachias (2013) - supervisor
14. G. Theodoropoulou (2013) - supervisor
15. K. Baliami (2013) - supervisor
16. M. Georgiou (2011) - supervisor
17. D. Leontari (2011) - supervisor
18. M. Bougiesi (2011) - supervisor
19. V. Sakkas (2011) - supervisor
20. G. Igglezakis (2010) - supervisor
21. Th. Peta (2009) - supervisor
22. V. Bouglas (2009) - supervisor
23. E. Dova (2008) - supervisor
24. V. Lyssa (2008) - supervisor
25. A. Akritidou (2008) - supervisor
26. D. Adamou (2008) - supervisor
27. G. Skondras (2007) – supervisor

She has also co-supervised more than 15 Master thesis

3.4.2 In Progress

M. Tagalidou - supervisor

3.5 Funding

3.5.1 Competitive International

1. **2016-2019:** EACEA, Erasmus+: Sport, Youth and EU Aid Volunteers. ObLoMoV: Obesity and Low Motility Victims – “physical short shocks” and “theatre short stories” to convert inactive victims into HEPA social Actors (coordinator for the Greek part).
2. **2005 – 2008:** Comenius 2.1 – 2005. An ICT tool to discover the “other” through the European school correspondence (Un utile informatique pour découvrir l’ autre dans l’ école Européen correspondance) (coordinator for the Greek part).

3.5.2 Competitive National

Participated in 17 research projects funded by the Greek Government

3.5.3 Miscellaneous

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3.6 Participation in International Scientific and Administrative Committees

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3.7 Membership in International Professional Organizations

1. International Network of Sport and Health Sciences
- 2.

4 PUBLICATIONS

4.1 Books

1. Translation and editing of the book: Jastrjemskaia, N. & Titov, Y. (1999). *Rhythmic Gymnastics*. Champaign IL: Human Kinetics. Για την ελληνική έκδοση: *Ρυθμική Γυμναστική*. Translation in the Greek Language and editing E. Giannitsopoulou, V. Zisi. Thessaloniki: University Studio Press.

4.2 Book Chapters

1. Zisi, V., Katsarou, D., Kokaridas, D., & Kouthouris C. (2017). New Approaches on History and Disability in Greece. In Gaillard, J., Cuartas, L. A. H., & Ortega, J. A. F. (Eds.), *Estructura y Organización del Deporte Paralímpico. Una mirada Internacional*, pg 231-250. Bogotá, Colombia: Corporación Universitaria CENDA.

4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)

1. Malegiannaki, A., Katsarou, D., Liolios, A., & Zisi, V. (2019). Ageing and Down syndrome: Neurocognitive characteristics and pharmacological treatment. *Hellenic Journal of Nuclear Medicine*, 22, 123-132.

2. Zacharis T. & Zisi, V. (2018). Quality of life and physical exercise in caregivers of patients with mental illness. *Archives of Hellenic Medicine*, 35(2), 182-187.
3. Leontari, D., Zisi, V., Gratsani, S., Chroni, S., & Theodorakis, Y. (2017). Motivational Interviewing for Smoking Cessation and Increase of Physical Activity in Adults. *Psychology*, 8(12), 1988-2010.
4. Konstantinidou, E., & **Zisi, V.** (2017). Do Physical Educators Promote Students' Creativity? An observational analysis study. *The Physical Educator*, 74(3), 421-442.
5. Katsarou, D., **Zisi, V.**, & Kokaridas, D. (2017). The effect on self talk on the improvement of reading comprehension skills and health education of children with intellectual disabilities. *International Education and Research Journal*, 3(8), 150-151.
6. Gratsani, S., Leontari, D., & **Zisi, V.** (2017). Counselling interventions for smoking cessation in adults. *Archives of Hellenic Medicine*, 34(2), 173-180.
7. **Zisi, V.**, Gratsani, S., Leontari, D., & Theodorakis, Y. (2016). Combining individual and group counselling sessions in a smoking cessation intervention. *Psychology*, 7, 1766-1784.
8. Anastasiadis, M., Kourtessis, T., **Zisi, V.**, & Kioumourtzoglou, E. (2016) Knowledge of elementary school educators in Cyprus regarding developmental coordination disorder in childhood *Journal of Physical Activity, Nutrition and Rehabilitation*, 2, 128-141.
9. Gratsani, S., Leontari, D., **Zisi, V.**, & Theodorakis, Y. (2016). Counselling intervention for smoking cessation in adults. *Inquiries in Sport and Physical Education*, 14 (1), 67-78.
10. Leontari, D., Gratsani, S., **Zisi, V.**, & Theodorakis, Y. (2016). Individual counselling for smoking cessation. An intervention applied by medical and nursing staff in Health centres in Greece. *Inquiries in Sport and Physical Education*, 14 (1), 79-93.
11. Bougiesi, M., **Zisi, T.**, Zisi, V. (2016). Differences in cognitive function among hellenic folk dancers, exercisers and non-exercisers. *Journal of Physical Activity, Nutrition and Rehabilitation*, 1, <http://www.panr.com.cy/?p=1384>
12. Ypofanti, M., Lyrakos, G., Mouchtouri, B., Tzanne, P., Grigoraki, M., Grigoriadou, M., Theodorakis, Y., & **Zisi, V.** (2015). Cognitions, physical-activity, socio-demographical traits and "Emotional Stability": Their connection with smoking cessation. *Archives of Hellenic Medicine*, 32(4), 492-500.
13. Ypofanti, M., **Zisi, V.**, Zourbanos, N., Mouchtouri, B., Tzanne, P., Theodorakis, Y., & Lyrakos, G. (2015). Psychometric properties of the IPIP Big-Five personality questionnaire for the Greek population. *Health Psychology Research*, 3 (2), 41-47. DOI: 10.4081/hpr.2015.2206.
14. Konstantinidou, E., **Zisi, V.**, Katsarou, D., & Michalopoulou, M. Barriers and Inhibitors of Creativity in Physical Education. *European Psychomotricity Journal*, 7 (1), 17-31.
15. Konstantinidou, E., **Zisi, V.**, & Michalopoulou, M. (2014). Preliminary psychometric properties of the CFTIndex in Greece: The perspective of Physical Education. *Early Child Development and Care*, DOI: 10.1080/03004430.2014.930452.
16. Bougiesi, M., Gianni, Ai., & **Zisi, V.** (2014). Quality of life and dance in middle aged and older adults: A literature review. *Inquiries in Sport and Physical Education*, 12(3), 16-28. <http://www.pe.uth.gr/emag/index.php/inquiries/article/view/173>.
17. **Zisi, V.**, Gianni, Ai., Bougiesi, M., Pollatou, E., & Michalopoulou, M. (2014). Systematic Participation in Folk Dance or Physical Activity? Effects in Quality of Life in the Elderly. *Inquiries in Sport and Physical Education*, 12(1), 1-8. <http://www.pe.uth.gr/emag/index.php/inquiries/article/view/146>
18. Adamidou, E., **Zisi, V.**, Hassandra, M., & Chroni, S. (2013). Body Image in 13-17 Years Old Adolescents: Gender and Physical Activity Effects. *Inquiries in Sport and Physical Education*, 11(1), 65-75. <http://www.pe.uth.gr/emag/index.php/inquiries/article/view/96>
19. Hassandra, M., Tsiaousi, L., **Zisi, V.**, Karatzaferi, C., & Theodorakis, Y. (2013). Effects of physical activity, smoking and alcohol consumption on quality of life of students in continuous education

- centers. *Inquiries in Sport and Physical Education*, 11 (3), 9-21. <http://www.pe.uth.gr/emag/index.php/inquiries/article/view/124/105>
20. Hassandra, M., Kofou, G., Zourbanos, N., Gratsani, S., **Zisi**, V., & Theodorakis, Y. (2012). Initial evaluation of a smoking cessation program incorporating physical activity promotion to Greek adults in antismoking clinics. *Evaluation & the Health Professions*, 35(3), 323-330.
 21. Pollatou, E., Pantelakis, G. Agdiniotis, I. Mpenta, N., **Zissi** V., & Karadimou, K. (2012). How is the rhythmic ability of preschool children affected by the implementation of a music-movement program? *European Psychomotricity Journal*, 4(1), 49-56. [http://www.psychomotor.gr/images/stories/journal/Volume5/first_issue/6 POLLATOU 49 56.pdf](http://www.psychomotor.gr/images/stories/journal/Volume5/first_issue/6_POLLATOU_49_56.pdf)
 22. Grigoriou, S., **Zisi** V., Tachias, F., Gilyana, M., & Bougiesi, M. (2012). Emotional Intelligence, Age and Physical Activity: Review of Contemporary Literature. *Inquiries in Sport and Physical Education*, 10, 17-29. <http://www.pe.uth.gr/emag/index.php/inquiries/article/view/21>
 23. Michalopoulou, M., **Zisi**, V., Stani, S., Kiriazi, C., & Kioumourtzoglou, E. (2011). Physical activity of Greek older adults aged 65 and over. *Exercise and Quality of Life*, 3(2), 19-30. <http://scindeks.ceon.rs/article.aspx?artid=1821-34801102019M&lang=en>
 24. Bougiesi, M., **Zisi**, V., Gregoriou, S., & Pollatou, E. (2011). Greek folk dance systematic participation affects quality of life in young and middle age adults. *Inquiries in Sport and Physical Education*, 9, 131-140. http://www.pe.uth.gr/hape/images/stories/emag/vol9_2/Hape407.pdf
 25. Tsatsakos, G., Michalopoulou, M., Aggeloussis, N., & **Zisi**, V. (2011). Physical activity of older adults aged 65-85 years: Using a pedometer and the self-report measure PASE. *Physiotherapy Issues*, 6(4), 11-20.
 26. Michalopoulou, M., **Zisi**, V., Aggeloussis, N., Makavelou, P., & Tsatsakos, G. (2010). Pedometer determined physical activity of older adults in Greece. Age and sex effects. *International Journal of Health Science*, 3, 349-353.
 27. Giannitsopoulou, E., Kosmidou, E., & **Zisi**, V. (2010). Examination of parental involvement in Greek female athletes. *Journal of Human Sport and Exercise*, 5(2), 176-187.
 28. **Zisi**, V., Giannitsopoulou, E., Vassiliadou, O., Pollatou, E. & Kioumourtzoglou, E. (2009). Performance level, abilities and psychological characteristics in young junior rhythmic gymnasts: the role of sport experience. *International Quarterly of Sport Science*, 4, 1-13. http://mstt.hu/iqss/issues/20094/1_Zisi%20et%20al_IQSS_2009_4.pdf
 29. Agdiniotis, I., Pollatou, E., **Zisi**, V., Gerodimos, V., Karadimou, K., & Yiagoudaki, F. (2009). Relationship between rhythmic ability and type of motor activities in preschool children. *European Psychomotricity Journal*, 2(1), 24-34. http://www.psychomotor.gr/docs/6AGDINIOTIS_24_34.pdf
 30. **Zisi**, V., Mastori, D., Megalogeni, I., & Kofou, G. (2009). Exercise habits and Quality of life of older adults in Greek provincial cities. *Inquiries in Sport and Physical Education*, 7, 297-306. http://www.hape.gr/emag/vol7_3/Hape273.pdf
 31. **Zisi**, V., Boura, S. Pollatou, E., Gianitsopoulou, E., & Kioumourtzoglou, E. (2009). Construction of a Questionnaire Evaluating Secondary Education Students' Knowledge about Rhythmic Gymnastics. *Inquiries in Sport and Physical Education*, 7, 114-129. http://www.pe.uth.gr/hape/images/stories/emag/vol7_2/hape343.pdf
 32. Pavlidou, E., Mertzanidou, O., & **Zisi**, V. (2009). Evaluation of rhythmic ability in rhythmic gymnasts and non gymnasts. *Inquiries in Sport and Physical Education*, 7, 203-209. http://www.pe.uth.gr/hape/images/stories/emag/vol7_2/hape142.pdf
 33. Chanou, K., Gerodimos, V., Karatrantou, N., **Zisi**, V., Tziamourtas, A., Tsiokanos, A., & Kriki, Th. (2009). Whole Body Vibration Training. *Inquiries in Sport and Physical Education*, 7, 39-56. http://www.pe.uth.gr/hape/images/stories/emag/vol7_1/Hape328.pdf

34. Kosmidou, E.B., Ioannidis, T.D., Lyssa, V., **Zisi** V., & Theodorakis, Y. (2009). Examining alcohol and exercise students through Planned Behavior theory using self-identity and past behavior. *Hellenic Journal of Physical Education & Sport Science*, 29(3), 272-289.
35. Benetou, Ai., Kofou, G., **Zisi**, V., & Theodorakis, Y. (2009). The role of body weight and exercise in body cathexis and body image of young women aged 15-25. *Inquiries in Sport and Physical Education*, 6 (1), 47-55. http://www.pe.uth.gr/hape/images/stories/emag/vol6_1/Hape284.pdf
36. Pollatou, E., Gerodimos, V., **Zissi**, V., Zervanou, D., & Karadimou, K. (2008). Spatial orientation ability in boys and girls toddlers. *Scientific Journal of Orienteering*, 18, 40 – 46.
37. Kyriazi, Ch., Michalopoulou, M., **Zisi**, V., Theodorakis, Y., & Kioumourtzoglou, E. (2007). Functional assessment in the elderly with the use of a self administered questionnaire and a physical performance test. *Inquiries in Sport and Physical Education*, 5 (2), 264-272. http://www.pe.uth.gr/hape/images/stories/emag/vol5_2/hape160.pdf
38. **Zisi**, V., Theodorakis, Y., Skondras, G., & Natsis, P. (2006). The relation of balance performance with physical activity in elderly fallers and non-fallers. *Studies in Physical Culture and Tourism*, 13, 111-114.
39. Kyriazi, Ch., Michalopoulou, M., **Zisi**, V., Theodorakis, I. & Kioumourtzoglou, E. (2006). Relation Between Self- Administered and Objective measures of physical function in Greek Older Adults. *Studies in Physical Culture and Tourism*, 13, 57- 61.
40. Michalopoulou, M., Aggeloussis, N., **Zisi**, V., Ventouri, M., Kourtessis, Th., & Malliou, P. (2006). Physical activity patterns of greek adults aged 60 – 90 years: Age and gender effects. *Inquiries in Sport and Physical Education*, 4 (1), 87 - 96. http://www.pe.uth.gr/hape/images/stories/emag/vol4_1/hape124.pdf
41. Michalopoulos, M., **Zisi**, V., Malliou, P. & Kioumourtzoglou, E. (2004). Habitual activity & motor function in a rural Greek elderly population. *Journal of Human Movement Studies*, 46, 519-530.
42. Vassiliadou, O., Derri, V., **Zisi**, V., Goudas, M. & Kioumourtzoglou, E. (2004). Qualitative aspects of teaching and manipulative skill enhancement: is there any relationship? *Journal of Human Movement Studies*, 46, 259 – 273.
43. **Zisi**, V., Ventouri, S., & Tsougou, E. (2004). Physical activity and information processing speed in older women: The role of exercise. *Inquiries in Sport and Physical Education*, 2 (2), 110 - 118. http://www.pe.uth.gr/hape/images/stories/emag/vol2_2/hape77.pdf
44. Akritidou, A., Tsougou, E., Ventouri, S., & **Zisi**, V. (2004). Exercise as a mean of treating idiopathic scoliosis in children and adolescents: Practical applications. *Inquiries in Sport and Physical Education*, 2 (2), 138 - 147. http://www.pe.uth.gr/hape/images/stories/emag/vol2_2/hape75.pdf
45. Giannitsopoulou, E., **Zisi**, V. & Kioumourtzoglou, E. (2003). Elite performance in rhythmic gymnastics: Do the changes in code of points affect the role of abilities? *Journal of Human Movement Studies*, 45, 327-346.
46. Malliou, P. Fatouros I., Beneka , A. Gioftsidou A., **Zissi** V., Godolias G., Fotinakis P. (2003). Different training programs for improving muscular performance in healthy inactive elderly. *Isokinetics and Exercise Science*, 11, 189-195.
47. **Zisi**, V., Deri, V. & Hatzitaki, V. (2003). The role of perceptual and motor abilities in instep kicking performance of young soccer players. *Perceptual & Motor Skills*, 96, 625-636.
48. **Zisi**, V., Gikoudi, M., & Kioumourtzoglou, E. (2003). Physical Activity and Cognitive Function in the Elderly. *Inquiries in Sport and Physical Education*, 1 (1), 80 - 91. http://www.pe.uth.gr/hape/images/stories/emag/Vol1_1/hape18.pdf
49. Giannitsopoulou, E., **Zisi**, V., Oikonomikou, A., & Michou, T. (2003). Exercise as a mean of treating idiopathic scoliosis in children and adolescents: Practical applications. *Inquiries in Sport and Physical Education*, 1 (1), 49-57. http://www.pe.uth.gr/hape/images/stories/emag/Vol1_1/hape26.pdf

50. Hatzitaki, V., Zisi, V., Kollias, I. & Kioumourtzoglou, E. (2002). Perceptual-Motor Contributions to Static and Dynamic Balance Control in Children. *Journal of Motor Behavior*, 34, 161-170.
51. Tzetzis, G., Goudas, M., Kourtessis, Th. & Zisi V. (2002). The relation of goal orientation to physical activity in physical education. *European Physical Education Review*, 8, 177-188.
52. Zisi, V., Michalopoulou, M., Tzetzis, G. & Kioumourtzoglou, E. (2001). Effects of a short-term exercise program on motor function and whole body reaction time in the elderly. *Journal of Human Movement Studies*, 40, 145 – 160.
53. Derri, V., Zisi, V., & Pachta, M. (2001). Development of manipulative skills by children in primary grades. *Journal of Human Movement Studies*, 40, 377 –390.
54. Derri, V., Gouvatzi, A., Vasileiadou, O., & Zisi, V. (1999). The effect of age and gender on kinetic abilities of children 6-9 years old. *Athletic performance and health*, 4, 347-358.
55. Derri, V., Zisi, V., Papadimitriou, K. & Kourtesis, T. (1997). Age and experience effects on information processing of female gymnasts, *Physical Culture*, 5, 515-520.

4.4 Articles in Journals not Indexed in Bibliographical Databases

1. Geronteli A., Beneka, A., Malliou, P, Theodorakis, Y., & Zisi, V. (2013) Therapeutic and recreational exercise in office workers – pc users with chronic neck pain. *Ergotherapy*, 54, 42-47.
2. Giannitsopoulou, E., Zisi, V., Lina M., & Kioumourtzoglou E. (2003). Differences in perceptuo-motor and cognitive abilities among Rhythmic Gymnastics athletes aged 9 – 12 years. *Health and Sport Performance*, 5, 5-17.
3. Zisi, V., Kioumourtzoglou, E., Grouios, G., & Tsorbatzoudis, Ch. (2002). Age and physical activity effects on information processing speed in persons aged 60 to 75 years. *Physical Activity & Quality of Life*, 3, 18-29.
4. Zisi, V., Deli, E., & Theodorakis, Y. (1999). Exercise and psychological health in the elderly. *Health and Sport Performance*, 1, 183-199.
5. Michalopoulou, M., Malliou, P., Zisi, V., & Godolias, G. (1999). The effect of exercise on strength and flexibility parameters of the elderly. *Health and Sport Performance*, 1, 129-139.

5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Konstantinidou, E., Zisi, V., & Michalopoulou, M. (2016). Do Creativity Fostering Teachers Behaviors Differ According to Gender, Age and Professional Experience? *Proceedings of the Sports, Health and Women, International Congress*. Monastir, Tunisia, 5-7 September.
2. Konstantinidou, E., Zisi, V., & Bougiesi, M. (2016). Differences in emotional intelligence among young adults participating in different types of dances and exercise. *Proceedings of the Sports, Health and Women, International Congress*. Monastir, Tunisia, 5-7 September.
3. Anastasiadis, M., Kourtessis, Th., Zisi, V., & Kioumourtzoglou, E. (2016). Knowledge of elementary school educators in Cyprus regarding developmental coordination disorder in childhood. *Short Papers of the 24th International Congress of Physical Education & Sport*, Komotini, 20-22 of May, 2016, 88 - 92.
4. Zisi, V., Bougiesi, M., Gianni, Ai., & Michalopoulou, M. (2015). Differences in emotional intelligence among dancers and exercisers aged over 60. *Proceedings of the Active Healthy Aging, Sports Science and Neuroscience International Conference*, Magdeburg, Germany, 2-5 September.

5. Michalopoulou, M., Gianni, Ai., Bougiesi, M., & Zisi, V. (2015). Differences in emotional intelligence among dancers and exercisers aged over 60. *Proceedings of the Active Healthy Aging, Sports Science and Neuroscience International Conference*, Magdeburg, Germany, 2-5 September.
6. Ypofanti, M., Lyrakos, G., Mouchtouri, B., Tzanne, P., Grigoriadou, M., Grigoraki, M., Theodorakis, Y., & Zisi, V. (2014). The relation of personality traits with cognitions in smoking cessation. *Proceedings of the 2nd congress on Psychological Health*, Athens, December 18-20, 2014. 1st place in best submission award
7. Bougiesi, M., **Zisi, V.**, Hokelmann, A., Rehfeld, K. (2013). Germans dancing Greek folk dances: Opinions on experience and feelings. *Proceedings of the 35th World Congress on Dance Research*, Athens <http://cid-portal.org/cdr/athens2013/>
8. Gianni, K., Bougiesi, M., **Zisi, V.** (2013). Folk dance or systematic exercise for older people? Differentiation of effects in parameters of psychological health. *Proceedings 16o Pan-Hellenic Conference EGVE*, (p.25), Thessaloniki.
9. Bougiesi, M. & **Zisi, V.** (2012). Differences in Emotional Intelligence between participants in Greek folk dance and participants in other forms of exercise. *Dance Therapy World congress 2012*, Athens, Greece. <https://docs.google.com/document/d/11mwswymVUuo0qCKb-pVGXI103DAgleZknH1aSV7WvHo/edit?pli=1>
10. Bougiesi, M. & **Zisi, V.** (2012). Folk dance or systematic exercise for middle age population? Differentiation of effects in parameters of psychological health. *Proceedings 1^{2o} Pan-Hellenic Conference in Sport Psychology "Sport Psychology in Education, in Quality of Life and in Athletics"*, (p.89), Athens.
11. Bougiesi, M. & **Zisi, V.** (2012). Different effects of Greek traditional dance over other forms of exercise in quality of life factors. *Proceedings 20th International Conference of Physical Education and Sport*, (p.89), Komotini.
12. **Zisi, V.**, Hatzitaki, V., Nikodelis, Th., Theodorakis, Y. (2008). Relationship between balance performance and cognitive function in seniors. *8th World congress of performance analysis of sport*.
13. **Zisi, V.**, Skondras, G., Hasandra, M., Akritidou, A., & Theodorakis, Y. (2007). Physical activity patterns in Greek elderly people: Questionnaire versus pedometer assessment [abstract]. *Proceedings of the 12th European Congress of Sport Psychology*, (p. 166). Halkidiki, Hellas.
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 36. Derri, V., **Zissi**, V., & Kioumourtzoglou, E. (1999). The development of perceptual and motor abilities in relation with age and sex. *I Congresso Internacional de Motricidade Humana*, Almada - Portugal.
 37. Michalopoulou, M., Malliou, P., **Zisi**, V., & Godolias, G. (1999). The effect of exercise on muscular fitness and flexibility in the elderly. *15^o IOC World Congress*, Sidney, Australia.
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 39. Malliou, P., **Zisi**, V., Derri, V., Kourtesis, T., Michalopoulou, M. & Kioumourtzoglou, E. (1998). Relation between maximum muscle strength and information processing speed in older adults. *World Sport Science Congress*, New York.
- 86 more presentations in Greek language.*

6 INVITED PRESENTATIONS

1. Zisi V. (2016). Dance to be active, healthy and happy: Research approaches from young adulthood to old age. Keynote presentation. Sports, Health and Women, International Congress. Monastir, Tunisia

7 MISCELLANEOUS

- Member of the editorial board of the journal "Inquiries in Physical Education and Sport" (*assistant editor*).
- Reviewer in International (3) and Greek journals in the health and exercise field.
- Administrative Experience
 - **2009-today**: Erasmus departmental coordinator
 - **2006-today**: Member of the bioethics committee of the DPES, UTH
 - **2009**: Member of the Senate
- Coaching and Professional Experience
 - **1997- today**: Rhythmic Gymnastics Judge

- **2002 – 2011:** Administration and technical editor of the electronic journal “Inquiries in Sport and Physical Education”.
- **2000 – 2001:** Administration and technical editor of the electronic journal “Physical Activity and Quality of Life”.
- **2002 – 2006:** Design, construction and administration of the web site of Hellenic Academy of Physical Education www.hape.gr
- **1999 – 2001:** Administration of the web page of Graduate Course of the Department of Physical Education and Sport Science, Aristotele University www.phed.auth.gr
- **1987-1997:** Rhythmic Gymnastics Coach