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Education

- 2009-2014** PhD: “The effect of two different aerobic interval protocols on performance parameters in swimming”. School of Physical Education and Sport Science, Aristotle University of Thessaloniki, Greece
- 2001-2004** MSc: “Recovery during high-intensity intermittent anaerobic exercise in boys, teens, and men”. Faculty of Physical Education and Sport Science, Aristotle University of Thessaloniki
- 1995-1999** Bachelor’s degree: “Applications of CSAI-2 (Competitive State Anxiety Inventory) in swimming”. Faculty of Physical Education and Sport Science, Aristotle University of Thessaloniki

Education Experience

- 2006-2007** Physical education teacher in secondary and preliminary schools
- 2011-2013**
- 2012** Teaching the water polo class at the University of Porto, Faculty of Sport/Swimming Department
(Nov.-Dec.)
- 2007-2010** Research Associate, Faculty of Sport Science and Physical Education of the Aristotle University of Thessaloniki. Responsibilities included teaching didactics and methodology in primary and secondary schools, in the Swimming Department (didactics, strength training in swimming), and in the competitive sports department (methods of improving force, annual planning of sports training). Supervision of 13 undergraduate and 8 postgraduate students.
- 2013- 2017**
- 2014- 2016** Part- time lecturer in Public Institutes of Vocational Training specializing in Sports Coaching. Responsibilities included teaching Applied Coaching, Sports Biomechanics, and Motor Behavior.
- 2017-2023** Part- time lecturer, Metropolitan University of Thessaloniki (in cooperation with the University of East London) specialized in Sports Coaching (Bachelor). Responsibilities included teaching Coaching Principles, Principles & Practice in Physical Education & Sports, Applied Coaching, and Swimming Didactics.
- 2017-present** Teaching staff, School of Sport Science and Physical Education of the Aristotle University of Thessaloniki. Responsibilities included teaching didactics and methodology in the Swimming Department and in the competitive sports department (long-term athletic development).

Work Experience

- 2015- 2017** Strength & conditioning coach in swimming teams
- 1996- 2015** Coach of swimming academies and competitive athletes
- 2003- 2006** Strength & conditioning coach in professional basketball teams
- 2017-2022**
- 2010-2011** Coaching young talented swimmers in the school environment
- 2009- 2011** Associate of the Sports and Kinetic Evaluation Center “*Metrisis*”

Research programs

Participation in 6 Erasmus+ Projects

- *Life After Sports*, 603311-EPP-1-2018-1-BG-SPO-SC
- *Entrepreneurship through sports*, 2020-1-SK01-KA202-078274
- *Aquatic Hubs*, 2022-SSCP, 10190024
- *Strong Aquatic Mind*, 101133574
- *RS4Woman*, 101133376
- *Campus RUN* 101243188

Research Interests Swimming physiology, strength & conditioning, training & testing.

Other activities Developing, and editing the “Safe Swimming Program” by the Safe Water Sports Organization, Greece

Certifications Adult education / certified personal trainer (NASM-CPT) / exercise physiology - University of Melbourne (Coursera) / Introduction to Food & Health – University of Stanford.

Publications Citations: 919 (Scopus *h* index 14) / 1696 (Google Scholar *h* index 17)

1. Zafeiridis A., **Dalamitros A.**, Dipla K., Manou V., Galanis N. & Kellis S. (2005). Recovery during high intensity-intermittent anaerobic exercise in boys, teens and men. *Medicine and science in sports and exercise*, 37(3), 505-512.
2. **Dalamitros A.**, Vavritsas G., Stavropoulos N. & Kellis S. (2008). Changes in physical conditioning parameters during an 8- week preseason training program in basketball players. *Coaching & Sports Science Journal*, 3(3), 5-8.
3. Dipla K., Tsirini T., Zafeiridis A., Manou V., **Dalamitros A.**, Kellis E. & Kellis S. (2009). Fatigue resistance during high-intensity intermittent exercise from childhood to adulthood in males and females. *European Journal of Applied Physiology*, 106.645-653.
4. **Dalamitros A.**, Vavritsas G., Mitrou K. & Kellis S. (2010). Type and frequency of injuries in Volleyball. *Journal of the Sports Medicine Association of Greece*, 1(4), 16-20.
5. **Dalamitros A.**, Pappa M., Vavritsas G., Manou V. & Kellis S. (2011). Relation of isometric evaluation parameters and velocity after turn in female swimmers. *Hellenic Journal of Physical Education and Sport Science*, 31(3), 229-237.
6. Keramidas P., Vavritsas G., **Dalamitros A.**, Manou V. & Kellis S. (2013). Correlation of performance in a modified Wingate test with 1000 and 2000m races in young rowers. *Inquiries in Sport & Physical Education*, 11(1), 76-83.
7. **Dalamitros A.**, Manou V. & Pelarigo J.P. (2014). Laboratory-based tests for swimmers: methodology, reliability, considerations and relationship with front-crawl performance. *Journal of Human Sport & Exercise*, 172-187.

8. Ountzoudi D., Vavritsas G., **Dalamitros A.**, Manou V. & Kellis S. (2014). The effect of a pre-activation training protocol on maximum running speed in adolescent track and field athletes. *Inquiries in Sport & Physical Education*, 12(3), 176-182.
9. **Dalamitros A.**, Manou V., Christoulas Ch. & Kellis S. (2015). Knee muscles isokinetic evaluation after a six-month regular combined swim and dry-land strength training program in adolescent competitive swimmers. *Journal of Human Kinetics*, 49, 195-200.
10. **Dalamitros A.**, Fernandes R., Toubekis A., Manou V., Loupos D. & Kellis S. (2015). Is speed reserve related to critical speed and anaerobic distance capacity in swimming? *Journal of Strength & Conditioning Research*, 29(7), 1830-1836.
11. **Dalamitros A.**, Zafeiridis A., Toubekis A., Tsalis G., Pelarigo J., Manou V. & Kellis, S. (2016). The effects of short- and long-interval swimming protocols on performance, aerobic adaptations, and technical parameters: a training study. *Journal of Strength & Conditioning Research*, 30(10), 2871-2879.
12. Tsooufa, K., **Dalamitros, A.** Manou, V., Stavropoulos, N. & Kellis, S. (2016). Can a one-day field testing battery discriminate competitive and non- competitive preteen tennis players? *Journal of Physical Education & Sport*, 16(Suppl 2), 1075-1077.
13. Clemente V., **Dalamitros A.** & Nikolaidis P.T. (2016). The effect of a short- term training period on physiological parameters and running performance: intensity distribution versus constant- intensity exercise. *Journal of Sports Medicine and Physical Fitness*, 58(1-2), 1-7.
14. Clemente-Souarez, V., **Dalamitros A.**, Ribeiro, J., Sousa, A., Ricardo J. Fernandes & Vilas-Boas J.P. (2017). The effects of two different training periodization on physiological parameters at various exercise intensities in competitive swimmers. *European Journal of Sports Science*, 17(4), 425-432.
15. **Dalamitros, A.**, Vagios, A., Tsalis, G., Manou, V., Kellis, S. (2017). Swim coaches' in-water warm-up practices for the 50 and 400m events. *Inquiries in Sport & Physical Education*, 15(3), 21-27.
16. Manou V, **Dalamitros A**, Kellis S. (2018). Variations in important aerobic fitness parameters and physical characteristics during two consecutive preseason periods in adolescent soccer players. *Human Movement*. 19(2), 75-81.
17. **Dalamitros, A.**, Vagios, A., Toubekis, A., Tsalis, G., Manou, V., Kellis, S. (2018). The influence of two additional dry-land active warm-up protocols on the 50 m front-crawl swimming performance. *Human Movement*, 19(3), 75-81.
18. **Dalamitros, A.**, Mavridis, G., Semaltianou, E., Loupos, D., Manou, V. (2019). Psychophysiological responses after a potentiation activity on sprint breaststroke swimming in athletes of different competitive levels. *Physiology & Behavior*, 204:106-111.
19. Manou V, Tornero Aguilera JF, **Dalamitros A.** (2019). Aerobic power, anaerobic power and vertical jumping ability over an entire competitive period in young elite male handball players. *Human Movement*, 20(4), 28-32.
20. Belinchón-deMiguel, P., Rosemann, T., Knechtle, B., Tornero-Aguilera, J.F., **Dalamitros, A.**, Nikolaidis, P.T., Clemente-Suárez, V.J. (2019). Psychophysiological response and performance predictors of ultraendurance mountain athletes. *Frontiers in Physiology* 10. 1507, 1-8.
21. Knechtle, B., **Dalamitros, A.**, Barbosa, T.M., Nikolaidis, P.T. (2020). Can women outperform men in swimming? A narrative review. *International Journal of Environmental Research and Public Health*, 17(3651).
22. Zafeiroudi, A., Patsiaouras, A., **Dalamitros, A.**, Bekiari, A. & Kouthouris, C. (2020). Dual Career of Elite Athletes in Greece. *Journal of Social Science*. 7(2), 120-134.
23. Bustamante-Sánchez, A., Tornero-Aguilera, J., Fernández-Elías, V., Alberto Hormeño, A., **Dalamitros, A.** & Clemente-Suarez, V.V. (2020). Effect of stress on Autonomic and Cardiovascular Systems in Military Population: A Systematic Review. *Cardiology Research & Practice*, 986249, 1-9.

24. Clemente-Suárez, V.J., **Dalamitros, A.**, Beltrán-Velasco A.I., Ayuso, J.M. Tornero-Aguilera, J.F. (2020). Social and psychophysiological consequences of the COVID-19 pandemic: an extensive literature review. *Frontiers in Psychology*, 11:580225.
25. Skandalis, V., Hatzimanouil, D., Stavropoulos, N., **Dalamitros, A.**, Sykaras, E. & Mavrommatis, G. (2020). Anthropometric and range of motion evaluation of the lower limbs' joints as factors for symmetry assessment at high level handball players prior to their return to play after an injury in lower limbs. *Journal of Physical Education and Sports Management*, 7(2), 39-51.
26. Clemente-Suárez, V.J., Navarro-Jiménez, E., Ruisoto, P., **Dalamitros, A.A.**, Beltran-Velasco, A.I., Hormeño-Holgado, A., Laborde-Cárdenas, C.C., Tornero-Aguilera, J.F. (2021). Performance of Fuzzy Multi-Criteria Decision Analysis of Emergency System in COVID-19 Pandemic. An Extensive Narrative Review. *Int. J. Environ. Res. Public Health*, 1, 18, 5208.
27. Clemente-Suárez, V.J., Ramos-Campo, D.J., Mielgo-Ayuso, J., **Dalamitros, A.**, Nikolaidis, P.A., Hormeño-Holgado, A., Tornero-Aguilera, J.F. (2021). Nutrition in the Actual COVID-19 Pandemic. A Narrative Review. *Nutrients*, 13, 1924.
28. **Dalamitros, A.**, Orologas, P., Nousiou, S., Zourladani, A., Semaltianou, E. & Manou, V. (2021). The acute effects of different resistance training loads on repeated sprint ability in water polo players. *Human Movement*, 2(4), 78-82.
29. **Dalamitros A.**, Nousiou, S., Orologas, P., Manou, V. Nikolopoulos, A., & Mavridis, G. (2021). Greek coaches' passive and active recovery practices during swim races. *Inquiries in Sport & Physical Education*. 19(2), 105-113.
30. **Dalamitros, A.**, Semaltianou, E., & Kabasakalis, A. (2021). Muscle oxygenation, heart rate, and blood lactate concentration during submaximal and maximal interval swimming. *Frontiers in Sports & Active Living*, 3:759925.
31. Tijani J., Rhibi F., Zouhal H., **Dalamitros A.** & Abderrahmane A. (2022). Effect of Training at various intensities around CV on 400-meters swimming performance. *Journal of Sports Medicine & Physical Fitness*, 62(6), 749-756.
32. Asimakidis, N., Vasileiou, S., **Dalamitros, 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, 4935.
33. Asimakidis, N., **Dalamitros, A.** Ribeiro, J., Lola, A., & Manou, V. (2022). Maturation stage does not affect change of direction asymmetries in young soccer players. *Journal of Strength and Conditioning Research*, 36(12), 3440-3445.
34. **Dalamitros, A.**, Varsamidou, K., Gourgoulis, V., Zafeiroudi, A., Nikolopoulos, A. Loukovitis, A. & Powell, C. (2023) Swimming coaches' development and training practices: an international survey. *Frontiers in Sports & Active Living*, 5:1229066.
35. Clemente-Suárez, V.J., Redondo-Flórez, L., Beltrán-Velasco, A.I., Ramos-Campo, D.J., Belinchón-deMiguel, P., Martínez-Guardado, I., **Dalamitros, A.A.**, Yañez- Sepulveda, R., Martín-Rodríguez, A., Tornero-Aguilera, J.F. (2023). Mitochondria and Brain Disease: A Comprehensive Review of Pathological Mechanisms and Therapeutic Opportunities. *Biomedicines*, 11(9), 2488.
36. Asimakidis, N., Vasileiou S., **Dalamitros, 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. *Journal of Strength & Conditioning Research*, 38(12):2121-2128.
37. **Dalamitros, A.A.**, Yañez-Sepulveda, R., Tornero-Aguilera, J.F., Clemente-Suárez, V.J. (2024). Navigating the New Normal: Adapting Online and Distance Learning in the Post-Pandemic Era. *Educational Science*, 14, 19.
38. **Dalamitros, A.**, Toupektsi, E., Alexiou, P., Nousiou, S., Clemente-Suárez, V.J., Tornero-Aguilera, J.F., & Tsalis G. (2023). Effectiveness of water- versus land-based exercise on specific measures of physical fitness in healthy older adults. A brief systematic review. *Healthcare*, 12, 221.

39. Alexiou, P., Nikolopoulos, A., Lola A., Tsalis, G., Mavridis, G., Manou, V., & **Dalamitros A.** (2023). A descriptive study of coaches' perceptions regarding talent identification and development in swimming. *International Journal of Human Movement and Sports Sciences*, 12(2): 326-336.
40. Tsartsapakis, I., Papadopoulos, P., Stavrousis, D., **Dalamitros, A.A.**, Chatzipanteli, A., Chalatzoglidis, G., Gerou, M., & Zafeiroudi, A. (2024). Recreational Physical Activity and the Mediterranean Diet: Their Effects on Obesity-Related Body Image Dissatisfaction and Eating Disorders. *Healthcare*, 12, 1579.
41. **Dalamitros, A.**, Tzivanis, D., Martín-Rodríguez, A., Semaltianou, E., Mavridis, G., and Manou, V. (2024). The effects of six sprint interval training sessions on muscle oxygenation and swimming performance in untrained swimmers. *Frontiers in Sports & Active Living*, 6:1451738.
42. Zhou, Z., Morouço, P.G., **Dalamitros, A.A.** et al. Effects of two warm-up protocols on isokinetic knee strength, jumping ability and sprint swimming performance in competitive swimmers. *Scientific Reports*, 14, 28415.
43. Lola, A, **Dalamitros, A.A.**, Zafeiroudi, A., Eradli, N., Clemente-Suárez, V.J., Martín-Rodríguez, A. (2024). The Impact of an External Compared to an Internal Focus of Attention on Simple and Complex Motor Skills Acquisition in Novice Female Volleyball Players. *Children (Basel)*, 23, 11(12):1560.
44. **Dalamitros, A.**, Kouloglou, A., Nasoufidis, G., Stogiannidou, K., Eradli, N., Manou, V. (2025). Impact of a 10-Week Aqua Fitness Intervention on Physical Fitness and Psychosocial Measures in Inactive Healthy Adult Women. *Healthcare*, 13(3), 334.
45. Rey-Mota, J., Escribano-Colmena, G., **Dalamitros, A.A.**, Yáñez-Sepúlveda, R., Álvarez, D.M.-C., Jimenez, E.N., & Clemente-Suárez, V.J. (2025). Acute Effect of a Single Functional Neurology Intervention on Muscular Trigger Point. *Applied Sciences*, 15(5), 2293.
46. Nikolopoulos A., Martin-Rodriguez A., Lola A., Stavropoulou G., Clemente-Suárez V., Manou V., **Dalamitros A.A.** (2025). Relative age effect in swimming: Insights from a national talent program. *International Journal of Human Movement and Sports Sciences*, 13(4): 731-739.
47. Rey-Mota J., Escribano-Colmena G., **Dalamitros A.A.**, Martín-Caro Álvarez D., Clemente-Suárez V.J. (2025). Effectiveness of a Single Functional Neurology Intervention on Primitive Reflex Integration Dysfunction in Children. *Clinical Case Reports*, 14;13(8):e70797.
48. Clemente-Suárez V.J., Rey-Mota J., Escribano-Colmena G., **Dalamitros A.A.**, Martín-Caro Álvarez D. (2025). Acute Effect of Functional Neurology Intervention in a Patient with Cranial Nerve Dysfunction. *Clinical Case Reports*, under review.
49. Martín-Rodríguez, A., **Dalamitros A.A.**, Madrigal-Cerezo, R., Sánchez-Conde, P., Clemente-Suárez V.J., Tornero-Aguilera, J.F., Move to Remember: The Role of Physical Exercise in Preserving and Enhancing Cognitive Function in Aging. *Geriatrics*, under review.

Books - Book Chapter

1. **Dalamitros A.**, Mavridis G., Tsalis G (2025). *Didactics & Training in Swimming*. Sport book, Thessaloniki.
2. Manou V., Minos V., **Dalamitros A.** (2019). Effects of different rest intervals between potentiation exercises on sprint performance in trained soccer players. In: Fernandes R.J., Morouco P. & Takagi H. (eds): "*Sport Science: current and future trends for performance optimization*" (pp. 223-229). Portugal: ESECS/Instituto Politecnico de Leiria.
3. **Dalamitros A.** (2022). Biological mechanisms related to exercise. In: Kouthouris Ch., Zafeiroudi L., Zisi V., Patsiaouras A. & Bekiari A. "*Kinetic Recreation: Nature, Sports, Arts*" (pp. 1-29). Hellenic Academic Books, Kallipos. Athens, Greece.

4. **Dalamitros A.** (2022). Exercise programs for recreational athletes. In: Kouthouris Ch., Zafeiroudi L., Zisi V., Patsiaouras A. & Bekiari A. “*Kinetic Recreation: Nature, Sports, Arts*” (pp. 30-52). Hellenic Academic Books, Kallipos. Athens, Greece.

Conference Proceedings

1. Sioutas K., Valdirka D., Kellis I. & **Dalamitros A.** (2010). *Correlation of performance in vertical jumping and speed after start in swimmers*. Proceedings of the 18th International Congress of Physical Education & Sport, 49-54. Komotini, Greece.
2. Pelarigo, JP, **Dalamitros, A.**, Sousa, A, Fernandes, RJ, Greco, C. & Vilas-Boas, JP. (2014). *Relationship between the oxygen uptake efficiency plateau and the lactate threshold in endurance swimmers*. XIIth International Symposium on Biomechanics and Medicine in Swimming, 469-474. Canberra, Australia.
3. Karakatsis, E., **Dalamitros, A.**, Manou, V. & Kellis, S. (2015). *Basic somatometric and dynamic characteristics evaluation of taekwondo athletes. Comparison between successful and less successful fighters during a Greek championship*. Proceedings of the 23th International Congress of Physical Education & Sport, 198-202. Komotini, Greece.
4. Grapsas, PE Tornero-Aguilera, JF, **Dalamitros, A.** & Manou, V. (2018). *Comparing once-versus-twice-weekly plyometric and tennis drills training on agility and jumping performance in young players*. Proceedings of the 6th NSCA International Conference, 26-29/2019. Madrid, Spain.
5. **Dalamitros, A.**, Sousa Da Silva, D.M., Tornero-Aguilera, J.F., Pelarigo, J.G., Letieri, R.V. (2018). *Acute effects of myofascial release in 1RM test: A pilot study*. Proceedings of the 6th NSCA International Conference, 26-29/2019. Madrid, Spain.
6. Kakamouka, K., Tsoulfa, k., **Dalamitros, A.**, Manou, V. (2023). *Effect of training on different surfaces on physical performance measures in youth tennis players*. Proceedings of the 6th Strength & Conditioning Society International Conference, 19-22/09. Athens, Greece.
7. Fioretzi E., Karga M., Kiosi S., Varveri D., Nikolopoulos A., Daroglou F., Dalamitros A. *Monitoring un-season changes in mental health parameters in adolescent swimmers of both genders*. Proceedings of the 18th International Congress of Physical Education & Sport, Komotini, Greece.

Conference Abstracts

1. **Dalamitros A.**, Loupos D., Kirtsios D. & Grouios G. *Applications of CSAI-2 (Competitive State anxiety Inventory) in swimming*. 7th International Congress of Physical Education & Sport, 21-23/5/1999, Komotini, Greece.
2. **Dalamitros A.**, Kalfopoulos M., Vergou D. & Alexiou S. *Knee injuries in breaststroke competitive swimming*, 5th International Congress of the Sports Medicine Association of Northern Greece, 21-24/11/1999, Thessaloniki, Greece.
3. Alexiou S., Kalfopoulos M., **Dalamitros A.** & Vergou D. *Evaluation of physiological characteristics of ski athletes*, 5th International Congress of the Sports Medicine Association of Northern Greece, 21-24/11/1999, Thessaloniki, Greece.
4. Sarri K., **Dalamitros A.**, Giakoustidis G., Gallos L., Tsintsifa E. & Fahantidou A. *Eating habits of young students in public and private schools in Greece*. 5th International Congress of the Sports Medicine Association of Northern Greece, 21-24/11/1999, Thessaloniki, Greece.
5. **Dalamitros A.** & Dagklis T. *Atherosclerosis and exercise*. 2nd Greek Congress, Medicine in the 21st Century, 8-11/5/2003, Thessaloniki, Greece.
6. Rellias T. & **Dalamitros A.** *Reasons for children’s participation in adventure camps in Greece*. 12th International Congress of Physical Education & Sport, 29–31/ 5/2004, Komotini, Greece.
7. Zafeiridis A., Theou O., Manou V., Billis E., **Dalamitros A.**, Kellis S. *Fatigue during high intensity intermittent “anaerobic” exercise in preteen, teen, and adult females*. 9th Annual Congress of the European College of Sport Science, 3 – 6 July 2004, Clermont – Ferrand, France.

8. **Dalamitros A.**, Zafeiridis A., Dipla K., Theou O., Manou V. & Kellis S. *Fatigue during repetitive maximal knee extensions in boys, teens, and men.* 9th Annual Congress of the European College of Sport Science, 3 – 6 July 2004, Clermont – Ferrand, France.
9. Zafeiridis A., **Dalamitros A.**, Dipla K., Manou V. & Kellis S. *Recovery of muscle strength and total work after high-intensity long term “anaerobic” exercise in boys, teens and men.* 2004 Pre-Olympic Congress, 6-11/8/2004, Thessaloniki, Greece.
10. **Dalamitros A.**, Zafeiridis A., Manou V., Dipla K. & Kellis S. *The effects of set duration in high intensity interval training protocols on total work, heart rate and lactate in boys and men.* 2004 Pre-Olympic Congress, 6-11/8/2004 Thessaloniki, Greece.
11. **Dalamitros A.**, Nasioudis Ch. & Lailoglou A. *Isokinetic peak torque and vertical jumping performance characteristics in boys and teens.* 4th International Conference on Strength Training, 3-7/11/2004, Serres, Greece.
12. **Dalamitros A.** *Type I diabetes and exercise*, 3rd Greek Congress, Medicine in the 21st Century, 8-10/12/2005, Thessaloniki, Greece.
13. Vlahodimos D., Kaltsidis C., Voukas V. & **Dalamitros A.** *Acute effects in strength and jumping ability in athletes after vibration training.* 16th International Congress of Physical Education & Sport, 16–18/ 5/2008, Komotini, Greece.
14. Vlahodimos D., Kaltsidis C., **Dalamitros A.**, Manou V. & Kellis S. *Correlation between maximal running speed and peak isometric torque of knee extensors and flexors in young soccer players*, 16th International Congress of Physical Education & Sport, 16–18/ 5/2008, Komotini, Greece.
15. Panidis G., Antoniadis O., Kellis I. & **Dalamitros A.** *Periodical changes of maximal running speed in young football players.* 17th International Congress of Physical Education & Sport, 22–24/ 5/2009, Komotini, Greece.
16. Karampairis K., Kiriakidis G., Ontzoudi D. & **Dalamitros A.** *Correlation of peak power production and vertical jumping performance in teen basketball players.* 17th International Congress of Physical Education & Sport, 22–24/ 5/2009, Komotini, Greece.
17. Kiriakidis G., Karampairis K., Manou V. & **Dalamitros A.** *Peak power production and achievement of peak power. Comparison between small distance swimmers and runners*, 17th International Congress of Physical Education & Sport, 22–24/ 5/2009, Komotini, Greece.
18. Antoniadis O., Panidis G., Kellis I. & **Dalamitros A.** *Periodical changes of vertical jumping ability in young football players.* 17th International Congress of Physical Education & Sport, 22–24/ 5/2009, Komotini, Greece.
19. Vavritsas G., **Dalamitros A.**, Manou V. & Kellis S. *Effects of complex training protocols on young basketball players’ vertical jumping.* 11th International Conference of Sport Kinetics. 25 - 27 September 2009, Kallithea, Halkidiki, Greece.
20. Moshidou A., Valdirka D., Pashalidou D. & **Dalamitros A.** *Active recovery methods in sprint swimming*, 18th International Congress of Physical Education & Sport, 19–21/5/2010, Thessaloniki, Greece.
21. Valdirka D., Sioutas K. & **Dalamitros A.** *Correlation of Wingate anaerobic test parameters and fat percentage in teen swimmers*, 18th International Congress of Physical Education & Sport, 21–23/ 5/2010, Komotini, Greece.
22. Moshidou A., Damnianakis D. & **Dalamitros A.** *Active recovery methods in sprint swimming.* 18th International Congress of Physical Education & Sport, 21–23/5/2010, Komotini, Greece.
23. Thomaidis S., Kampatzi G. & **Dalamitros A.** *Evaluation of performance in special tests for young talented swimmers.* 14^o Congress of Physical Education and Sports, 1–3/ 4/2011, Thessaloniki, Greece.
24. Manou V., Kellis S., Vavritsas G., **Dalamitros, A.** & Kellis S. *Test-retest reliability of a bilateral isometric leg press test.* 19th International Congress of Physical Education & Sport, 20-22/5/2011, Komotini, Greece.
25. Pappa M., Kellis, S., **Dalamitros, A.** & Vavritsas G. *Evaluation of vertical jumping ability from standing and side movement and correlation on preference leg with the*

- performance in volleyball athletes*. 19th International Congress of Physical Education & Sport, 20–22/5/2011, Komotini, Greece.
26. Keramidas P., Vavritsas G., **Dalamitros, A.** & Kellis, S. *Correlation of performance in a modified Wingate test with 1000m and 2000m races in young rowers*. 19th International Congress of Physical Education & Sport, 20-22/5/2011, Komotini, Greece.
 27. **Dalamitros, A.**, Zafeiridis, A., Christodoulou, C. & Kellis, S. *The effect of different execution protocols of Wingate Test (WAnT) on measures of anaerobic performance*. 16th Annual Congress of the ECSS, 6-9/7/2011, Liverpool, U.K.
 28. Katis A., **Dalamitros A.** & Kellis E. *Is soccer kicking technique age and gender dependent?* 16th Annual Congress of the ECSS, 6-9/7/2011, Liverpool, U.K.
 29. **Dalamitros A.**, Petrou M., Alamanos N., Loupos D. & Kellis S. *Speed reserve in swimming. Adaptations after an 8-week program related to maximal aerobic speed*. 20th International Congress of Physical Education & Sport, 18-20/5/2012, Komotini, Greece.
 30. Sioutas K., **Dalamitros A.**, Tsalis G. & Mougios. *Ventilatory and lactate threshold in swimming. Relation between field and laboratory measurements*. 20th International Congress of Physical Education & Sport, 18-20/5/2012, Komotini, Greece.
 31. Pappa, M., Manou, V., **Dalamitros, A.**, Giatsis, G. & Kellis, S. *The effects of different loads on power output and performance during vertical jumping with slide step with weighted vest in high level female volleyball athletes*. 23th International Congress of Physical Education & Sport, 15-17/5/2015, Komotini, Greece.
 32. Siamoglou S., Panagakis G., **Dalamitros A.**, Manou V. & Kellis S. *Heart rate recovery after maximum exercise in adolescent football players*. 24th International Congress of Physical Education & Sport, 20-22/5/2016, Komotini, Greece.
 33. Tsoulfa, K., Aggelou S., **Dalamitros A.**, Manou V. & Kellis S. *Relationship between two anaerobic field tests in pre-adolescent tennis players*. 24th International Congress of Physical Education & Sport, 20-22/5/2016, Komotini, Greece.
 34. Panagakis, G., Minos, V., **Dalamitros A.**, & Manou, V. *The acute effect of two different complex training protocols on maximal running speed in adult football players*. 19th Congress of Physical Education and Sports, 8-10/5/2016, Thessaloniki, Greece.
 35. **Dalamitros, A.**, Vaggios, A., Tsalis G., Manou, V. & Kellis S. *The effect of two additional dry-land pre-competition warm-up strategies on sprint swimming performance in male athletes: Dynamic flexibility versus power exercises*. 2nd International Sports Science Congress, 25-27/11/2016, Thessaloniki, Greece.
 36. Koutrelis, Ch., Manou, V., Marmaras, E. & **Dalamitros A.** *The effect of a 12-week crossfit training program on performance parameters and body composition in novice athletes*. 25th International Congress of Physical Education & Sport, 19-21/5/2017, Komotini, Greece.
 37. **Dalamitros, A.**, Diousslou, S., Toubekis A., Manou V. & Kellis, S. *Relationship between physiological parameters and 400 m front crawl swimming performance after an 8-week training program*. 25th International Congress of Physical Education & Sport, 19-21/5/2017, Komotini, Greece.
 38. Papazoglou D., Petridis, V., Sarakis, K., Vaggios, A., Manou, V. & **Dalamitros A.** *Concurrent alterations in swimming performance and anaerobic capacity during a 6-month competitive period*. 8th International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 19-21/10/2018, Thessaloniki, Greece.
 39. Maragiannis, G. Sarakis, K. Zourladani, A. Manou, V. & **Dalamitros, A.** *Effect of a low-intensity antagonist protocol on repetition performance during the bench press exercise*. 3rd International Sports Science Congress, 1-3/03/2019, Thessaloniki, Greece.
 40. Fioretzi, E., Leras, P., Sologannis, D., Mavridis, G., & **Dalamitros, A.** *Passive recovery methods in competitive swimming*. 23th e-Congress of Physical Education and Sports, 19-21/6/2020, Thessaloniki, Greece.
 41. Konti, I., Stachteas, C., Tzivanis, D., & **Dalamitros, A.** *Effects of aquatic exercise programs on the movement of children 5-12 years old with autistic spectrum disorder*. A

- review. 29th International Congress of Physical Education & Sport, 14-16/5/2021, Komotini, Greece.
42. Stamos, I. Stachteas, C., Tzivani, D., Konti, I. & **Dalamitros, A.** *The use of ergometers in competitive swimming.* 24th e-Congress of Physical Education and Sports, 21-23/6/2021, Thessaloniki, Greece.
 43. Orologas, P., Paschalidis, P., Nousiou, S., & **Dalamitros, A.** *Correlation between vertical jump and dynamic balance values in team sports. A short-review.* 24th e-Congress of Physical Education and Sports, 21-23/6/2021, Thessaloniki, Greece.
 44. Maleskos, P., Nousiou S., Varsamidou, K., Semaltianou E., & **Dalamitros A.** *Muscle oxygenation as a tool to evaluate competitive swimmers' performance.* 11th International Congress "Sports Medicine in the 21st Century, 1-3/4/2022, Thessaloniki, Greece.
 45. Orologas, P., Varsamidou K., Ili, A., Tsalis, G., Mavridis G., Berberidou, F., Bachtsevani, M., & **Dalamitros A.** *Swim coaches' development through knowledge and training monitoring practices: A survey in Greek coaches.* 30th International Congress of Physical Education & Sport, 20-22/5/2022, Komotini, Greece.
 46. Chronopoulos, A., Kalaje A. & **Dalamitros A.** *Methods for developing physical conditioning parameters in Judo.* 4th International Conference of Sports Sciences, 2-4/3/2023, Thessaloniki, Greece.
 47. Petridis, V., Pataridou, N., Giannakou, K., Nousiou, S., & **Dalamitros A.** *Elderly and water exercise: Positive effects and chronic adaptations.* 4th International Conference of Sports Sciences, 2-4/3/2023, Thessaloniki, Greece.
 48. Alexiou, P., Toupektsi, I., Giannakos, D., Mavridis, G., Tsalis, G. & **Dalamitros, A.** *Evaluating talent identification and development parameters in swimming. A national survey on coaches.* 4th International Conference of Sports Sciences, 2-4/3/2023, Thessaloniki, Greece.
 49. Giannakos, D., Naziri, F., & **Dalamitros A.** *Training with and without periodization. A review study.* 26th e-Congress of Physical Education and Sports, 5-7/5/2023, Thessaloniki, Greece.
 50. Thomoglou S, Tsiris R., Mikialis M. **Dalamitros A.**, Mavridis G. *Evolution of performance in the men's 200m breaststroke finals at the olympic games during the years 2004-2024.* 30th International Congress of Physical Education & Sport, 23-25/5/2025, Komotini, Greece.
 51. Fioretzi E., Varveri D., Nikolopoulos A., Daroglou F., **Dalamitros A.** (2025). *Monitoring mental health in teen swimmers of both genders across a seasonal competitive period. The Strong Aquatic Mind Project.* Proceedings of the 1st International Congress on Stress Psychophysiology: Operational Applications, 11-12/7, Madrid, Spain.

Academic scholarships

- Scholarship during the 1st semester of the postgraduate studies

Other Skills

- Proficiency in using Microsoft Office and statistical packages (SPSS)
- Languages: Proficiency in English, limited working German, basic spoken Portuguese

Sports experience

- Swimming, water polo, fin swimming, judo, powerlifting.

Journal referee

1. *Hellenic Journal of Sports:* Locus of control in Greek swimmers with physical disabilities. 20-06-2014 (accepted).
2. *Journal of Sports Sciences:* Psycho-physiological response in an automatic parachute jump. 27-04-2016 (accepted).

3. *International Journal of Sports Physiology and Performance*: Effects of two different forms of organization of resisted swimming training load on specific swimming strength and performance 29-06-2016 (rejected).
4. *Journal of Motor Behavior*: The application of cortical arousal assessment to control neuromuscular fatigue during strength training. 14-07-2016 (accepted).
5. *International Journal of Psychophysiology*: Experience modulates the psycho physiological response of airborne war fighters during a tactical combat parachute jump. 15-07-2016 (accepted).
6. *Journal of Strength and Conditioning Research*: Effects of intra-cyclic velocity variations on resisted swimming with parachute. 21-09-2016 (accepted).
7. *Acta Physiologica Hungarica*: Periodized training program archive better autonomic modulation and aerobic performance in trained athletes. 28-09-2016 (accepted).
8. *Journal of Medical Systems*: Use of biotechnology devices to analyse fatigue process in swimming training. 11-02-2017 (accepted).
9. *Journal of Medical Systems*: Combat stress decreases memory of warfighters in action. 21-02-2017 (accepted).
10. *Journal of Medical Systems*: Use of bioimpedanciometer as a predictor of mountain marathon performance. 21-02-2017 (accepted).
11. *Journal of Medical Systems*: Effect of combat stress in the psychophysiological response of elite and non-elite soldiers. 23-02-2017 (accepted).
12. *Journal of Medical Systems*: Effect of parachute jump in the psychophysiological response of soldiers in urban combat. 23-02-2017 (accepted).
13. *Stress and Health*. Combat stress increase sympathetic response and negatively affects subjective perception of soldiers. 28-06-2017 (accepted).
14. *High Altitude Medicine & Biology*. Psychophysiological response and fine motor skills in high altitude parachute jumps. 7-07-2017 (accepted).
15. *Journal of Medical Systems*: Caffeine ingestion increases the psycho-physiological response but does not improve rifle marksmanship of warfighters in combat. 18-01-2018 (accepted).
16. *Journal of Medical Systems*: Use of psychophysiological portable devices to analyze stress response in different experienced soldiers. 15-01-2018 (accepted).
17. *Journal of Medical Systems*: The Use of Portable Digital Devices to Assess Stress in Humans. 20-12-2017 (accepted).
18. *Sport, Exercise, and Performance Psychology*: Psychophysiological response assessment of soldiers in operative applied training. 22-03-2018 (rejected).
19. *Sport, Exercise, and Performance Psychology*: Psycho-physiological assessment to improve military training. 26-03-2018 (rejected).
20. *International Journal of Psychophysiology*: Effect of experience, equipment and fire actions in psychophysiological response and memory of soldiers in actual underground operations. 19-03-2018 (accepted).
21. *Journal of Sports Sciences*: Dry-land shoulder rotators strength training program before swim practice, is it a problem? 02-04-2018 (rejected).
22. *Journal of Strength and Conditioning Research*: Post-activation potentiation effect in maximum power output of supra-maximal effort through a partial range of motion. 09-10-2018 (rejected).
23. *Physiology & Behavior*: Psychophysiological responses of swimmers according to sex, competitive specialty and performance. 26-02-2019 (rejected).
24. *Human Movement*: Effect of a training macrocycle on physiological indicators and muscle strength in recreational runners. 10-05-2019 (accepted).
25. *Open Access Journal of Sports Medicine*: Ultra-Short Race-Pace Training (USRPT) in swimming: current perspectives. 3-06-2019 (accepted).
26. *Human Movement*: Analysis of performance of professional and under-15 futsal players in the pass skill in open and closed context tests. 17-07-2019 (accepted).
27. *Journal of Strength and Conditioning Research*: Ready for combat, psychophysiological modifications in a close quarter combat intervention after an experimental operative HIIT. 2-10-2019 (accepted).
28. *Journal of Science in Sport and Exercise*: Do triathlon wetsuits influence shoulder muscle activity during swimming? A first look. 5-01-2020 (Rejected).
29. *International Journal of Environmental Research & Public Health*: Modeling the 200m Front-Crawl Performance Predictors at the Winter Season Peak. 23/03/2020 (accepted).

30. *Physiology & Behavior*: Could academic experience modulate psychophysiological stress response of biomedical sciences students in laboratory? 16-06-2020 (accepted).
31. *Research Quarterly for Exercise and Sport*: Does chronic use of smartphones reduce endurance, power, and swimming performance in female high-level athletes? 1-06-2020 (accepted).
32. *BioMed Research International*: Effect of hypoxia exposition in psychophysiological stress response of military aircrew. 14-11-2020 (Rejected).
33. *The Open Sports Science Journal*: Acute effects of different intervals between repeated sprints on performance responses in amateur futsal athletes. 17-10-2020 (Rejected).
34. *Journal of Exercise Science & Fitness*: Influence of post-exercise hot-water therapy on long-term adaptations to training in elite short-track speed skaters. 19-11-2020 (accepted).
35. *International Journal of Environmental Research & Public Health*: Outsourcing swimming education - experiences and challenges. 3-12-2020 (accepted).
36. *International Journal of Environmental Research & Public Health*: Swimming World Championships: Association between success at junior and senior level for British swimmers. 23-12-2020 (accepted).
37. *International Journal of Sports Physiology and Performance*: Effect of Post-Warm-Up Self-Pace Active Rest Times on Swimming Performance. 6-04-2021 (rejected).
38. *Physiology & Behavior*: Psychophysiological response of military pilots in different combat flight maneuvers in a flight simulator. 18-05-2021 (accepted).
39. *Biosensors*: The comparison of in-water bilateral force production and coordination using pressure sensors. 11-05-2021 (rejected).
40. *International Journal of Environmental Research & Public Health*: Effects of dry-land training programs on swimming turn performance: a systematic review. 20-8-2021 (accepted).
41. *Journal of Military and Veterans' Health*: Physiological Demands of Simulated and Real Flight of Fighter Pilots. 29-01-2022 (accepted).
42. *Frontiers in Public Health Children and Health*: Effect of Resistance Training Methods and Intensity on the Adolescent Swimmer's Performance: A Systematic Review. 03-02-2022 (accepted).
43. *International Journal of Environmental Research & Public Health*: Validity of the swimming capacities and anthropometric indices in predicting the long-term success of male water polo players: a position-specific prospective analysis over a ten-year period. 17-03-2022 (accepted).
44. *Frontiers in Physiology*: Do concurrent strength and endurance training have opposite effects on physical fitness in team sports players? A Systematic review and meta-analysis. 4-05-2022 (accepted).
45. *Journal of Military and Veterans' Health*: Body composition differences in army paratroopers: effect of specialty, age, and gender. 26-07-2022 (accepted).
46. *Journal of Sports Sciences*: Do stronger older women gain more muscle mass than their weaker counterparts when undergoing a resistance training program? 05-05-2022 (awaiting Editorial decision).
47. *Journal of Motor Behavior*: Differences in lower extremity coordination patterns as a function of sports specialization. 24-10-2022 (accepted).
48. *Frontiers in Physiology*: Relative age effects in track-and-field: identification and performance rebalancing. 26-11-2022 (accepted).
49. *BMJ Military Health*: Analysis of heart rate variability during emergency flight simulator missions in fighter pilots. 1-12-2022 (accepted).
50. *Children*: To sample or to specialize? Sport participation patterns of youth team sport male players. 28-2-2023 (accepted).
51. *Frontiers in Physiology*: Associations Between Biological Maturation, Physical Performance of Specific Field Tests, Static Balance and Mathematical Achievement in Young Soccer Players. 10-5-2023 (rejected).
52. *Peer Journal*: Effect of high-intensity training on anxiety state and performance in competitive swimmers. 13-5-2023 (accepted).
53. *Frontiers in Physiology*: Stroke and Physiological Relationships during Incremental Front Crawl Test: Outcomes for Planning and Pacing the Aerobic Training. 29-6-2023 (accepted).
54. *Life*. Body Composition Relationship to Performance, Cardiorespiratory Profile and Tether-Force in Youth Trained Swimmers. 8-7-2023 (accepted).
55. *International Journal of Sports Science & Coaching*. Analysis of the competition programs of elite and sub-elite swimmers: The influence of sex, stroke and race distance. 22-7-2023 (awaiting editorial decision).

56. *Applied Sciences*. Effects of a 12-week low-intensity strength training program on force matching task and balance in young men. 31-7-2023 (accepted).
57. *Physiologia*: An Observation of the Vitamin D Status in Highly Trained Adolescent Swimmers During the UK Autumn and Winter Months. 22-8-2023 (accepted).
58. *Peer Journal*: Contributions of Each of the Four Swimming Strokes to Elite 200-400 Individual Medley Swimming Performance in Short and Long Course Competitions. 26-8-2023 (accepted).
59. *Journal of Human Kinetics*: Changes in young swimmers in-water force, performance, kinematics, and anthropometrics over a full competitive season. 31-8-2023 (accepted).
60. *Sports*: The oral microbiome profile of young water polo players. 25-9-2023 (accepted).
61. *Scientific Reports*: Inspiratory muscles pre-activation in young swimmers submitted to a tethered swimming test: effects on mechanical, physiological and thermographic parameters. 11-11-2023 (accepted).
62. *Sports*: Comparison of 10% vs. 30% velocity loss during squat training with low-loads on strength and sport-specific performance in young soccer players. 29-12-2023 (accepted).
63. *Sports*: Training characteristics, performance, and body composition of U-23 elite female triathletes throughout a season. 9-1-2024 (accepted).
64. *Nutrients*: Impact of Short-Term Creatine Supplementation on Muscular Performance Among Breast Cancer Survivors. 23-2-2024 (accepted).
65. *Sports*: Stroke steadiness as a determinant factor of performance in 100m freestyle in young swimmers. 16-3-2024 (accepted).
66. *Frontiers in Physiology*: Technical-tactical performance and its relationship with competitive stress in high-level men's padel players. 24-3-2024 (accepted).
67. *Healthcare*: Eating disorders in sport – risk factors and mitigating measures. 21-5-2024 (rejected).
68. *Sports*: Effects of Aerobic and Anaerobic Training on Freedivers' Performance". 10-6-2024 (rejected).
69. *Physiologia*: Physiological key determinants of elite open water swimmers. 13-6-2024 (accepted).
70. *Peer Journal*: Effect of intensity training block on anxiety state and performance in competitive swimmers. 18-06-2024 (accepted).
71. *Life*: Relationship between Interlimb Asymmetries and Performance Variables in Adolescent Tennis Players. 26-6-2024 (accepted).
72. *Frontiers in Sports & Active Living*: Developing the aquaticity level in healthy adolescents. A randomized control study. 27-6-2024 (accepted).
73. *Journal of Military and Veterans' Health*: Effects of Lighting Conditions on Psychophysiological Responses and Motor Skills in Warfighters During Close Quarter Combat Simulations. 13-6-2024 (accepted).
74. *Healthcare*: Yoga and Swimming - a Symbiotic Approach with Positive Impact on Health and Athletes' Performance. 11-09-2024 (accepted).
75. *Journal of Military and Veterans' Health*: Effects of Lighting Conditions on Psychophysiological Responses and Motor Skills in Warfighters During Close Quarter Combat Simulations. 11-09-2024 (accepted).
76. *Sports*: Yoga and Swimming - a Symbiotic Approach with Positive Impact on Health and Athletes' Performance. 01-10-2024 (accepted).
77. *Sports*: Anthropomorphic profile of Masters Competitive Olympic Weightlifters. 17-10-2024 (accepted).
78. *Sports*: Relative age effects and place of early development constrain male youth Italian swimmers' developmental experiences. 31-10-2024 (accepted).
79. *International Journal of Sports Physiology and Performance*: Combined Effects of Inspiratory and Core Muscle Training on Respiratory and Core muscle Function, Limb Muscle Oxygenation, and Swimming Performance. 14-12-2024 (major revisions).
80. *Frontiers in Sports & Active Living*: Psychological Traits in Padel Players: A Systematic Review. 15-02-2025 (rejected).
81. *Scientific Reports*: Variabilities in the stroking parameters during short course 50 m time trials in all four competitive swimming strokes. 22-02-2025 (awaiting Editor decision).
82. *Sport Sciences for Health*: VO₂max of master swimmers in incremental intermittent swimming test: effects of aging. 24-02-2025 (awaiting Editor decision).

83. *Frontiers in Sports & Active Living*: Relative age of swimmers and their sporting performance at the end of the season. 27-02-2025 (rejected).
84. *Pediatric Exercise Science*: Effect of Different Training Methods on the Swimming Performance of Adolescent Athletes: A Systematic Review. 29-04-2025 (rejected).
85. *Journal of Functional Morphology & Kinesiology*: What to expect at the beginning of a new competitive season: Annual progression in swimming. 28-05-2025 (awaiting Editor decision).
86. *BMC Sports Science, Medicine and Rehabilitation*: The Effects of Core Stability Training on Swimming Performance: A Systematic Review and Meta-analysis. 30-05-2025 (awaiting Editor decision).
87. *Frontiers in Physiology*: The Impact of Upper-Body High-Intensity Intermittent Training on Energy Metabolism and Maximal Oxygen Uptake in Elite Swimmers. 25/06/2025 (accepted).
88. *Frontiers in Sports & Active Living*: Coaches' perceptions and beliefs about swimming periodization: insights for training design and practice. 31/07/2025 (accepted).
89. *International Journal of Sports Science & Coaching*: Olympic swimmers' perspectives on how they want to be led. 23-09-2025 (awaiting Editor decision).
90. *Journal of Functional Morphology and Kinesiology*. Uncovering the Latent Components of Physical Performance in Professional Soccer. 11-10-2025 (awaiting Editor decision).
91. *Frontiers in Bioengineering and Biotechnology*: Effects of a Visual Feedback LED Pacing System in Middle-Distance Pool Freestyle Swimming. 29-08-2025 (accepted).

Plus

- Supervision of 1 PhD candidate, 8 MSc students & 30 undergraduate students (2017 -)
- Member of 3 scientific societies (ECSS, Greek Society of training & coaching, Greek swimming coaches' Association).
- Editorial board member of 2 Greek and 2 International Journal (*Frontiers in Sports and Active Living, Physiologia*).
- Guest editor of 2 International Journal (Cardiology Research & Practice, BioMed Research International).
- Member of the Administration Board of the *Hellenic Society of Coaching*.
- Member of the technical committee, for water polo, of the *Central and Eastern European Aquatics*.