



Dr. Anastasia Papavasileiou, Ph.D.

PERSONAL INFORMATION

Name: Anastasia Papavasileiou
Birthdate: 12.06.1991
Birthplace: Kastoria, Greece
Contact info:  Lachana 17
 Thessaloniki, Greece, 54639
 +6979098823, +2310854165
 anastapt@auth.gr, n4tpapa@gmail.com

EDUCATION & CERTIFICATION

- | | | |
|------------------|--|-------------------------|
| Post Doc. | <i>Postdoctoral researcher</i>
Aristotle University of Thessaloniki (Greece)
<i>Advisor:</i> Dr. Dimitrios Patikas, Ph.D.
<i>Thesis:</i> Improving postural control by innovative stimulation of the proprioceptive system in children with cerebral palsy. | 11.2022-Present |
| Ph.D. | <i>Doctor of Philosophy in Kinesiology</i>
Aristotle University of Thessaloniki (Greece)
<i>Advisor:</i> Dr. Dimitrios Patikas, Ph.D.
<i>Committee:</i> Dr. Aggelousis N., Ph.D., Dr Amoiridis I. Ph.D.,
Dr. Arampatzis A., Ph.D., Dr. Giakas I., Ph. D., Dr.
Hatzitaki V., Ph.D., Mademli L., Ph.D.
<i>Thesis:</i> Spinal excitability during postural sway in elderly and young adults.
Grade: Excellent (10/10) | 03.2017-04.2022 |
| MSc. | <i>Master of Science in Physical Activity and Quality of Life</i>
Aristotle University of Thessaloniki (Greece)
<i>Advisor:</i> Dr. Christos Kotzamanidis, Ph.D.
<i>Committee:</i> Dr. Patikas D., Ph.D., Dr. Hatzitaki, V., Ph.D.
<i>Thesis:</i> The effect of submaximal isometric fatigue in H-reflex of soleus muscle in prepubertal girls and adult women.
Grade: Excellent (9.3/10) | 10.2012-12.2016 |
| BSc. | <i>Bachelor of Science in Physical education and Sport Sciences</i>
Aristotle University of Thessaloniki (Greece)
<i>Advisor:</i> Dr. Christos Kotzamanidis, Ph.D.
<i>Thesis:</i> Effect of maximum voluntary isometric contraction of antagonist muscles in max torque and rate of torque development in different angles.
Grade: Excellent (8.9/10) | 09.2009-06.20012 |
| Dip. | <i>Diploma in Specialty of Handball Coaching</i>
Aristotle University of Thessaloniki (Greece)
Grade: Excellent (9.5/10) | 09.2011-06.2012 |

PEER-REVIEWED JOURNAL PUBLICATIONS

1. Gkesou, A., **Papavasileiou, A.**, Karagiariadis, S., Kannas, T., Amiridis, I. G., Hatzitaki, V., & Patikas, D. A. (2023). Fatigability of the thenar muscles using electrical nerve stimulation with fixed stimuli count, while varying the frequency and duty cycle. *Journal of Electromyography and Kinesiology*, 73, 102838. [\[PubMed\]](#)
2. Xenofondos, A., **Papavasileiou, A.**, Bassa, E., Vrabas, I. S., & Patikas, D. A. (2023). Postactivation Potentiation and the Asynchronous Action of Muscular and Neural Responses. *International Journal of Sports Physiology and Performance*, 1(aop), 1-9. [\[PubMed\]](#)

PEER-REVIEWED JOURNAL PUBLICATIONS

3. **Papavasileiou A**, Xenofondos A, Baudry S, Lapole T, Amiridis IG, Metaxiotis D, Tsatalas T, Patikas DA. Protocols Targeting Afferent Pathways via Neuromuscular Electrical Stimulation for the Plantar Flexors: A Systematic Review. *Sensors*. 2023; 23(4):2347. [[Pubmed](#)]
4. **Papavasileiou, A.**, Hatzitaki, V., Mademli, L., & Patikas, D. A. (2022). Temporal modulation of H-reflex in young and older people: Acute effects during Achilles tendon vibration while standing. *Experimental Gerontology*, 165, [[Pubmed](#)]
5. **Papavasileiou, A.**, Mademli, L., Hatzitaki, V. & Patikas, D. A. Electromyographic responses to unexpected Achilles tendon vibration-induced perturbations during standing in young and older people. *Exp Brain Res* 240, 1017–1027 (2022). [[Pubmed](#)]
6. Petrakis D., Bassa E., **Papavasileiou A**, Xenofondos A. & Patikas, D. A. (2020). Backward Running: Acute Effects on Sprint Performance in Preadolescent Boys. *Sports*, 8(4), 55. [[Pubmed](#)]
7. Petrakis, D., Bassa, E., & **Papavasileiou, A.** (2019). Acute Effect of Two Different Post-Activation Potentiation Running Protocols on Sprint Performance of Preadolescent Boys. *Multidisciplinary Digital Publishing Institute Proceedings*, 25(1), 28. [[mdpi](#)]
8. Patikas, D. A., **Papavasileiou A.**, Ekizos, A., Hatzitaki, V., & Arampatzis, A. (2019). Swaying slower reduces the destabilizing effects of a compliant surface on voluntary sway dynamics. *PLoS one*, 14(12), [[Pubmed](#)]
9. Tserepi, D., **Papavasileiou, A.**, Panteli, C., Xenofontos, A., Bassa, E., Kotzamanidis C. (2013). Effect of maximum voluntary isometric contraction of antagonist muscles in max torque and rate of torque development of agonist muscles in trained and untrained women, *Exercise and Quality of Life*, 5(1), 1-8. [[doi](#)]

INTERNATIONAL CONFERENCES PRESENTATIONS

1. **Papavasileiou A.**, Sahinis C., Fabre M., Theodosiadou A., Baudry S., Lapole T., Amiridis I., Patikas D., ISB/JSB XXIX Congress of International Society of Biomechanics, 03-08 August 2023, Fukuoka, Japan
2. **Papavasileiou A.**, Sahinis C., Fabre M., Theodosiadou A., Baudry S., Lapole T., Amiridis I., Patikas D., Motor and muscle activation responses during standing with sensory restrictions in children with cerebral palsy. European Congress of Sport Science (ECSS), 03-07 July 2023, Paris, France
3. **Papavasileiou A.**, Sahinis C., Fabre M., Theodosiadou A., Lapole T., Patikas D., Amiridis I., Baudry S. Sensory contributions during standing in children with cerebral palsy. NEURON JTC2020 Mid-term Seminar in Multinational Research Projects on Sensory Disorders, 18-20 January 2023, Madrid, Spain.
4. Euthimiadou E., Mavrokefalidis G., Sahinis C., **Papavasileiou A.**, Patikas D., Accuracy of the ankle angle assessment as an indicator of ankle proprioception. 25th International Conference of Sport Science, 8-10 April 2022, Thessaloniki, Greece
5. **Papavasileiou A.** The effect of different warm-up protocols on the speed development of preadolescent handball players. Scientific webinar in handball training, 26-27 April 2021, Thessaloniki, Greece
6. Metaxiotis D., Sfyriou E., Xenofondos A., Bassa E., **Papavasileiou A.**, Patikas D. The influence of contact time instructions on drop jump performance in prepubescent and adult females. 36th World Congress of Sport Medicine 23-26 September 2021, Athens, Greece.
7. Frey R., Blum R., **Papavasileiou A.**, Gashi F., Bouletreau P., Patikas D., Pourquoi le Neandertal a dû céder ses terrains de chasse à l'homme sapiens, la posture humaine serait-elle ralliée à la chirurgie d'avancement bimaxillaire? 55^{eme} Congrès de la SFSCMFCO, 13-15 September 2019, Dijon, France
8. **Papavasileiou A.**, Bassa E., Hatzitaki V., Mademli L., Patikas D., 'Assessment of the stability in a balance disc: Variability of COP indicators' 3rd International Conference of Sport Science, 8-10 March 2019, Thessaloniki, Greece

9. Metaxiotis D., **Papavasileiou A.**, Kapali E., Sarafi A., Mikroulis G., ‘Gait analysis in children with idiopathic toe walking, ELEMBIO, 1-2 September 2018, Thessaloniki, Greece
10. **Papavasileiou A.**, Bassa E., Xenofondos A., Sfyriou E., Tsatalas T., Kotzamanidis C., Patikas D. H-reflex changes are not different between girls and women after a submaximal fatigue protocol. 23rd ECSS Congress 4-7 July 2018, Dublin, Ireland.
11. **Papavasileiou A.**, Karatzovalis P., Xenofondos A., Hatzitaki V., Bassa E., Kotzamanidis C., Patikas D.A. The H-reflex during a sustained submaximal isometric fatiguing contraction in girls and women. The 30nd Congress of Pediatric work Physiology: Celebrating the 50 years of PWP: Pediatric Exercise Science. 3-8 October 2017, Katerini, Greece.
12. Koutantoni A., Karatzovalis P., Cholopoulou S., **Papavasileiou A.**, Xenofondos A., Patikas D. The effect of voluntary contraction in the soleus h-reflex amplitude. 25th International Congress on physical education and sport science 19-21 May 2017, Komotini, Greece.
13. **Papavasileiou A.**, Fountas M., Bassa E., Xenofondos A., Patikas D., Kotzamanidis C. The effect of high intensity half squat in jump performance for recreational active men. 5th Congress of Hellenic society of Biomechanics, 28-29 September 2012, Thessaloniki, Greece.
14. **Papavasileiou A.**, Bakaloudi E., Panteli C., Patikas D., Bassa E., Kotzamanidis C. Effect of maximum voluntary isometric contraction of antagonist muscles in max torque and rate of torque development of antagonist muscles, 5th Congress of Hellenic society of Biomechanics, 28-29 September 2012, Thessaloniki, Greece.

BOOK CHAPTERS

1. **Papavasileiou A.** (2021). Development and improvement of jumping performance in childhood. In: Kotzamanidis C. (Eds.), *Children, Sport, and Health* (pp. 285-317). Greece: Kyriakidis Bros Publications S.A. [\[doi\]](#)

TEACHING AND LEARNING

Higher Education Teaching

Institute: Frederick University (Cyprus)

- Kinesiology/Exercise Biomechanics, under the course leader Dr. Xenofondos A. (2021-Present)
- Exercise and Elderlies, under the course leader Dr. Xenofondos A. (2022-Present)
- Didactics of sports-Handball, under the course leader Dr. Xenofondos A. (2022- Present)

Institute: Aristotle University of Thessaloniki (Greece)

- Neuromuscular control and Sport performance, under the course leader Dr. Patikas D. (2019-2021)

Institute: The Hong Kong University (Hong Kong – China)

- Exercise Biomechanics, under the course leader Dr. Xenofondos A. (2021)

Thesis Supervisor

Institute: Aristotle University of Thessaloniki (Greece)

Role: Secondary supervision

- Serafeimidou Efi. Title: Sit to stand tests in older adults: a review
- Euthimiadou Eleni. Title: The reliability of proprioception assessment through a device for joint position sense in children with typical development.
- Eftichia Giannouli. Title: Post activation and post tetanic potentiation of the plantar flexors: Effects on Performance
- Zoi Amanatidou: Title: The effect of hydrotherapy on chondromalacia patella.

Journal club Sessions

Institute: Aristotle University of Thessaloniki (Greece)

Role: Organize and present

- Module: Biomechanics and motor control in postural control (2017-2018)
- Module: Postural Control in older adults (2018-2019)
- Module: Biomechanics and motor control: analysis methods (2019-2020)
- Module: Interventions in children with cerebral palsy to improve postural control (2020-2021)

SERVICE

Men's Junior World Handball Championship in Thessaloniki

Institute: International Handball Federation

Objective: present statistical information of the handball games

Duties: Statistician (2011)

Conference/Seminars organization

- 8th congress of Hellenic society of Biomechanics (2018)
- International Summer School on Movement Science in Ageing (2018)
- 2nd International Handball Tournament "FILIA" (2018)
- 30th Congress of Pediatric Work Physiology (2017)

Public service

- Worked at a non-profit institute for children with disabilities at ELEPAP - Center of Rehabilitation for the Disabled (Greece)
- Handball instructor in several handball academies (training sessions, designing-organizing sports camps, athletes' evaluation-PAOK, AEPP Panorama, Panathlitikos, AOA Kastoria)
- Special education assistant in inclusion programs for children with disabilities - Kipseli Camp (2014-2021)

GRANTS AND AWARDS

Scholarship Grant from Aristotle University of Thessaloniki (Greece) Excellence for Ph.D. studies	04.2018-04.2020
Silver metal in Mediterranean beach games Greek beach handball National team	08.2015
Scholarship Grant from Aristotle University of Thessaloniki (Greece) Excellence for M.Sc. studies	09.2012-06.2013
Scholarship Grant from Aristotle University of Thessaloniki (Greece) Excellence for 2 nd year B.Sc. studies	09.2010-06.2011
Scholarship Grant from Aristotle University of Thessaloniki (Greece) Excellence for 1 st year B.Sc. studies	09.2009-06.2010

ADDITIONAL SKILLS*Technical skills*

- Electrical nerve and muscle stimulation (H-reflex, M-wave, F-wave)
- Electromyography (EMG)
- Dynamometry (Isokinetic, isometric, concentric, eccentric)
- Gait and motion analysis (Kinematics Kinetics and Dynamics)
- Transcranial magnetic stimulation (TMS)
- Advanced user in statistical analysis and software (SPSS, Statistica)
- Advanced user in GeoGebra (graphing, modeling)

Digital competence

- Cambridge International Diploma in IT Skills
- Beginner in programming languages-PYTHON and MATLAB

Languages

- Greek - native
- English - B2
- German - A1

ADDITIONAL TRAINING & CERTIFICATIONS

10.2019	<i>On the way to find a treatment for contractures-</i> International symposium Københavns Universitet - University of Copenhagen
10.2019	<i>International Autumn School on Movement Science-</i> BSMS Humboldt Universität zu Berlin, Berlin (Germany)
10.2018	<i>International Autumn School on Movement Science-</i> BSMS Humboldt Universität zu Berlin, Berlin (Germany)

- 10.2017** *International Autumn School on Movement Science- BSMS*
Humboldt Universität zu Berlin, Berlin (Germany)
- 10.2016** *International Autumn School on Movement Science- BSMS*
Humboldt Universität zu Berlin, Berlin (Germany)
- 01.2012-06.2012** *Studies in Exercise and Sport Science-Erasmus Exchange Program*
Manchester Metropolitan University, Cheshire (U.K)

March 30, 2024

WORK EXPERIENCE

- 01.2021-present** *Physical Education teacher*
Ministry of Education and Religious Affairs (Greece)
Secondary Education
- 12.2018-present** *Statistical Analyst*
[SeegartenKlinik \(Germany\)](#)
Data organization and analysis
- 01.2019- present** *Biomechanist (Clin.)*
[ELEPAP- Center of Rehabilitation for the Disabled \(Greece\)](#)
Gait and Motion Analysis
- 01.2016-06.2020** *Handball Instructor*
[AEP Panorama handball academies](#)
Training and coaching
- 09.2013-06.2016** *Handball Instructor*
PAOK women handball academies
Training and coaching

RESEARCH EXPERIENCE

- 10.2020-12.2020** *Erasmus Exchange Traineeship (IKY)*
Université libre de Bruxelles (Belgium)
Objective: Neurophysiological assessments of movement
Coordinator: Dr. Baudry St.
- 10.2019-12.2019** *Research Internship*
Københavns Universitet - University of Copenhagen (Denmark)
Objective: Coherence analysis between EEG and EMG recordings
Coordinator: Dr. Nielsen J.
- 09.2017-12.2017** *German Academic Exchange Service (DAAD)*
Humboldt Universität zu Berlin, Berlin (Germany)
Objective: Aging Related Biomechanics and Motor Control
Coordinator: Dr. Arambatzis A.