

# Salonikidis Konstantinos Ph.D.

## Curriculum Vitae

### Personal Details

**First and last name:** Konstantinos Salonikidis

**Academic Position:** Associate Professor in "Training and Exercise Science in Tennis"

**Postal Address:**

TEFAA SERRON, Aristotle University of Thessaloniki

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Serres, 62110,

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### Educational Background

#### *Main Studies*

1977

High school graduation (2nd Lyceum of Serres)

1979

German High school graduation in Cologne ("Studienkolleg für Ausländer")

1985

Graduate Studies ("Diploma") at the German Sport University Cologne

Academic Title: "Diplomsportlehrer". Specialization in Tennis and Soccer.

Diploma Thesis Title: "Die Einstellung der Griechischen Sportlehrer und Sportstudenten zur Eigenrealisierung" ("The opinion of Greek sports teachers and sport students to their self-realization")

1988

Post graduate Studies ("Aufbaustudium zur Promotion") at the German Sport University Cologne.

### *Doctoral Studies*

1988-1989

German Sport University Cologne

1998-2003

Aristotle University of Thessaloniki

Ph.D. graduation from the Department of Physical Education and Sport Science of the Aristotle University of Thessaloniki (14.03.2003). Academic Title: Doctor  
Ph.D. Thesis Title: "A biomechanical approach of lower limbs laterality in tennis - an examination of its change through training".

### *Languages:*

English: moderate,

German: High-school level knowledge,

Russian: elementary knowledge

Greek: Native language.

### **Jobs & Career**

1989-1993

Swimming teacher and coach at the "Department of Sport and Swimming pools" (Sport-und Bäderamt Köln) of the City of Cologne/Germany.

1993-1994

School teacher for sports in the "General Lyceum of Moires" in Heraklion – Crete/Gr

1994-2004

Teaching position in the field of Tennis and Soccer (Core and Specialization Courses) in the School of Physical Education and Sport Science at Serres, of the Aristotle University of Thessaloniki

2004-2010

Lecturer in the School of Physical Education and Sport Science at Serres (Aristotle University of Thessaloniki) in the field of "Training and Exercise Science in Tennis".

2010-2015

Assistant Professor in the School of Physical Education and Sport Science at Serres (Aristotle University of Thessaloniki) in the field of "Training and Exercise Science in Tennis"

2015-present

Associate Professor in the School of Physical Education and Sport Science at Serres

(Aristotle University of Thessaloniki) in the field of “Training and Exercise Science in Tennis”

### *Research interests*

Research in Tennis Biomechanics

Training Topics in Tennis and Team Sports

Force steadiness

### *Methods*

Dynamometry (isokinetic, isometric etc.).

Electromyography (EMG).

### *Computer skills*

Computer user skills concerning text processing, data base analysis, creating slide/poster presentations and organization of charts and trees / flowcharts / diagrams (Word, Excel, Access, PowerPoint, Internet etc.).

User of the statistical analysis software program SPSS.

## **PUBLICATIONS**

1. **Salonikidis K.**, Papageorgiou K., Meliadis A., Arampatzi F. (2021). Force Steadiness during Submaximal Isometric Plantar and Dorsiflexion in Resistance Training: Experienced vs Non-experienced Individuals. Central European Journal of Sport Sciences and Medicine, 2 (34), 5-13.
2. **Salonikidis K.**, Mantziou A., Papageorgiou K., Arampatzi F. (2021). Palmaris Longus Muscle Contribution To Maximum Torque And Steadiness In Highly Skilled Grip And Non-Grip Sport Populations. Journal of Applied Sports Sciences, 1, 67-79.

3. Terzis N., **Salonikidis K.**, Apostolara P., Roussos N., Karzis K., Ververidis A., Drosos G. (2021). Can the exercise-based and occupational therapy improve the posture, strength, and mobility in elderly Greek subjects with hip fracture? A non-randomized control trial. *Journal of Frailty, Sarcopenia and Falls*, 6 (2), 57-65.
4. Mourtzios C., Kellis E., **Salonikidis K.** (2019). Plantar pressures differences between flat, slice and topspin serves. *Coaching & Sport Science Review*, 78, 28-30.
5. Papageorgiou K., **Salonikidis K.** (2018). Physiological Changes after One Month of Exclusive Supplement Consumption and Exercise: A Case Study. *Journal of Sports Science*. 6 (3), 170-177.
6. Τεκέογλου Μ., **Σαλονικίδης Κ.** (2018). Κίνητρα συμμετοχής ενήλικων ασκούμενων στο άθλημα της Αντισφαίρισης. *Άθληση και Κοινωνία*, 2 (62), 14-27.
7. **Σαλονικίδης Κ** (2016) Σταθερότητα της υπομέγιστης ισομετρικής ροπής κάμψης και έκτασης της πηχεοκαρπικής άρθρωσης σε νεαρούς ερασιτέχνες αθλητές αντισφαίρισης. *Φυσική Αγωγή και Αθλητισμός* 28 (4), 55-65.
8. **Σαλονικίδης Κ** (2015) Αναλογίες ροπής αγωνιστών και ανταγωνιστών στην κάμψη και έκταση του καρπού σε φοιτητές ειδικότητας τένις. *Φυσική Αγωγή και Αθλητισμός* 96 (3), 214-226.
9. Μαββίδης Α, **Σαλονικίδης Κ**, Γρίβας Ν (2014). Η συμβολή της ολόκληρης και της περιορισμένης αιώρησης της ρακέτας στην ταχύτητα και την εγκυρότητα του σέρβις σε αρχάριους ενήλικες και σε αθλητές μικρής ηλικίας. *Φυσική Αγωγή και Αθλητισμός* 34 (2), 273-284.
10. Patsika G, Kellis E, Kofotolis N, **Salonikidis K**, Amiridis I G (2013) Synergetic and Antagonist Muscle Strength and Activity in Women with Knee Osteoarthritis. *Journal of geriatric physical therapy* (Accepted for publication).

11. Koronas B, Zetou E, Athanailidis I, **Salonikidis K**, Kiouisis P (2012) The effect of the program "Play and Stay" in learning the "forehand" in tennis and in the satisfaction of pupils. *Sport and Society*, 53, 68-78.
12. **Salonikidis K**, Amiridis I G, Oxyzoglou N, Giagazoglou P, Akrivopoulou G (2011) Wrist Flexors are Steadier than Extensors. *International journal of sports medicine*, 32(10), 754-760.
13. Saez Saez De Villareal E, Requena B, Arampatzi F, **Salonikidis K** (2010) Effect of plyometric training on chair-rise, jumping and sprinting performance in three age groups of women. *The Journal of sports medicine and physical fitness*, 50(2), 166-173.
14. Zafeiridis A, Giagazoglou P, Dipla K, **Salonikidis K**, Karra C, Kellis E (2010) Muscle fatigue during intermittent exercise in individuals with mental retardation. *Research in developmental disabilities*, 31(2), 388-396.
15. **Salonikidis K**, Amiridis I G, Oxyzoglou N, de Villareal E S S, Zafeiridis A, Kellis E (2009) Force variability during isometric wrist flexion in highly skilled and sedentary individuals. *European journal of applied physiology*, 107(6), 715-722.
16. **Salonikidis K**, Zafeiridis A (2008) The Effects of Plyometric, Tennis-Drills and Combined Training on Reaction, Lateral and Linear Speed, Power, and Strength in Novice Tennis Players. *Journal of Strength & Conditioning Research*. 22:182-191.
17. Giagazoglou P, Karagianni O, Sidiropoulou M, **Salonikidis K** (2008) Effects of the characteristics of two different preschool-type setting on children's gross motor development. *European Psychomotricity Journal* 1:54-60.
18. **Salonikidis K**, Drakou A, Koukouris K (2007) The effect of Gender, Age and Experience on Job Satisfaction of Tennis Coaches. *Journal of Sports- an recreation Management* 4:18-35.
19. Kyparos A, **Salonikidis K**, Nikolaidis M, Kouretas D (2007) Short duration exhaustive aerobic exercise induces oxidative stress: a novel play-oriented volitional fatigue test. *J Sports Med Phys Fitness* 47:483-490.

20. Mavridis G, Tsamourtzis E, **Salonikidis K**, Michaltsi M (2006) Analyse von technisch-taktischen Elementen im junioren Handball anhand von Video und spezieller Software ("Analysis of the technical-tactical elements in junior team handball using video recordings and a special software"). Leistungssport 5:39–42
21. Athanasiou N, Tsamourtzis E, **Salonikidis K** (2006) Entwicklung und Trainierbarkeit der Kraft bei Basketballspielern im vorpubertären Alter ("Development and trainability of strength in basketball players at pre-adolescent age"). Leistungssport 1:48 – 52.
22. Manolopoulos, E, **Salonikidis K**, Malkogeorgos A, Papadopoulos C (2005) Der Einfluss vom Spieleinsatz, der Spielposition und einem speziellen Trainingsprogramm während der Vorwettkampfsaison auf die Ausdauerfähigkeit von Profifußballern ("The effects of the frequency and duration of the playing phases, the playing position and a special training program on the endurance capacity of professional soccer players during the pre-competitive season"). Leistungssport 3:47–50.
23. Manolopoulos E, Papadopoulos C, **Salonikidis K** (2004) Strength training effects on physical conditioning and instep kick kinematics in young amateur soccer players during preseason. Perceptual and Motor Skills 99:701–710.
24. Tsamourtzis E, **Salonikidis K**, Siskos A, Athanailidis I (2003) Effektivität unterschiedlicher Korbwurfarten im Basketball in Bezug auf die Ausführungsposition ("The effectiveness of different types of basket shots in basketball as related to the position of their execution"). Leistungssport 33(2):39 – 44.
25. Tsamourtzis E, **Salonikidis K**, Taxildaris K, Mawromatis G (2002) Technisch-Taktische Merkmale von Siegern und Verlierern bei Herrenbasketballmannschaften. ("Technical and tactical characteristics of winners and losers in basketball") Leistungssport 32(1):54 – 58.
26. **Salonikidis K**, Papadopoulos C, Schmidtbleicher D (2001) Diagnose und Auswertung der motorischen Fähigkeiten Kraft und Schnelligkeit bei Leistungssportlern im Tennis. ("Diagnosis and evaluation of the motor abilities

of strength and speed in competitive tennis players”). Leistungssport 31(3):43 – 49.

27. Manolopoulos E, **Salonikidis K**, Arambatzi F, Rizos S, Papadopoulos C (2000) Determination of endurance capacity by means of heart rate and its improvement in professional footballers. «Annual International Sport Review». ISBN: 960-286-738-8, 165 – 177.
28. Papadopoulos C, **Salonikidis K** (2000) Diagnose und Auswertung der motorischen Fähigkeiten Kraft und Schnelligkeit bei jungen Schwimmern. (Diagnosis and evaluation of the motor abilities of strength and speed in young swimmers). Leistungssport 30(4):14 – 18.
29. Papadopoulos C, **Salonikidis K**, Schmidtbleicher D (1997) Diagnose und Auswertung der motorischen Fähigkeiten Kraft und Schnelligkeit bei Kindern im Alter zwischen 10 - 15 Jahren. (Diagnosis and evaluation of the motor abilities of strength and speed in children aged 10 – 15 years). Leistungssport 27(6):26 – 30.