

ELEFThERIOS KELLIS

I. PERSONAL DETAILS

DATE OF BIRTH: 15-2-1971

MARITAL STATUS: MARRIED WITH TWO CHILDREN

✉ TEFAA SERRES, AGIOS IOANNIS, 62100, SERRES, GREECE

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II. ACADEMIC DEGREES

INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Aristotle University of Thessaloniki, Greece	B.Ed.	1993	Physical education and Sport Science
University of Liverpool	Ph.D.	1996	Movement Science
University of Northumbria at Newcastle	P.Cert.	1997	Higher Education Teaching and Learning

III. ACADEMIC POSTS

2009 to date

Associate professor in Sports Kinesiology, Department of Physical Education and Sport Sciences at Serres (TEFAA Serres), Aristotle University of Thessaloniki, Greece, Agios Ioannis, Serres, 62110, Greece.

2001-2009

Lecturer, Department of Physical Education and Sport Sciences at Serres , Aristotle University of Thessaloniki, Greece

1996- 1999:

Lecturer in Sport Sciences, University of Northumbria at Newcastle, Newcastle Upon Tyne, U.K.

IV. Teaching modules/courses

Under-graduate level:

Applied Sport Performance (1996-1999)

Statistics (1996-2008)

Research methods (1996-2006)

Sport Biomechanics (1997-to date)

Clinical Kinesiology (2008-to date)

Practice in Kinesiology (2008 to date)

Muscle strength and power assessment (2008-2011)

Gait analysis (2008-2011)

Muscle strength and Conditioning (2004-2006)

Post-graduate level

Statistics (2008-2009)

Experimental designs in kinesiology (2010-to-date)

Practical applications of sport biomechanics (2010-to-date)

Soccer Biomechanics and Applications for Conditioning, Master Degree in Soccer

Strength and Conditioning, University of Sevilla, Spain (2013)

IV. RESEARCH PUBLICATIONS

Total Number of Publications: 87

H-INDEX: 20

CITATIONS (EXCLUDING SELF CITATIONS): 1035

(Source: I.S.I.)

Publications

1. Kellis, E., Baltzopoulos V. (1995) Isokinetic eccentric exercise. Sports Medicine, 19 (3): 202-222. IF = 5.237
2. Kellis, E., Baltzopoulos V. (1996) Gravitational moment correction in isokinetic dynamo metry using anthropometric data, Medicine and Science in Sports and Exercise, 28:900-907. IF = 4.475
3. Kellis, E., V Baltzopoulos. (1996) Resistive eccentric exercise: the effects of visual feedback on maximum moment and angular position measurements of knee extensors and flexors. Journal of Orthopaedics and Sports Physical Therapy, 23:120-124, 1996. IF = 2.947
4. Kellis, E., V Baltzopoulos. (1996) The effects of normalization method on antagonist activity patterns during isokinetic concentric and eccentric knee flexion and extension. Journal of Electromyography and Kinesiology, 6:235-245. IF = 1.644
5. Kellis, E., V Baltzopoulos. (1996) Agonist and antagonist moment and EMG-angle relationship during isokinetic eccentric and concentric exercise, Isokinetics and Exercise science, 6:79-87. IF = 0.609
6. Kellis, E., V. Baltzopoulos. (1997) The effects of antagonist moment on the maximum isokinetic moment measurements of the knee extensors, European Journal of Applied Physiology and Occupational Physiology, 76:253-259. IF = 2.660
7. Baltzopoulos V., Kellis, E (1998). Isokinetic strength during childhood and adolescence. In Pediatric Anaerobic performance, PE Van Praagh (editor), Chapter 9, Human Kinetics, 225-240.
8. Kellis, E., (1998) Quantification of quadriceps and hamstrings antagonist activity. Sports Medicine. 25: 37-62. IF = 5.237
9. Kellis, E., Baltzopoulos V. (1998) Muscle activation differences between isokinetic concentric and eccentric exercise, Medicine and Science in Sports and Exercise, 30:1611-1616. IF = 4.475
10. Kellis, E., Baltzopoulos V. (1999) In-vivo determination of hamstrings and quadriceps moment-arms during submaximal knee extension and flexion using videofluoroscopy. Clinical Biomechanics, 14:118-124. IF = 1.869
11. Kellis, E., Baltzopoulos V, (1999) The effects of antagonist force on the intersegmental joint forces during isokinetic efforts of the knee extensors. Journal of

Biomechanics, 32:19-25. IF = 2.716

12. Kellis, E. (1999) The effects of fatigue on resultant joint moment, agonist and antagonist activity levels at different angles during repeated isokinetic knee extensions. Journal of Electromyography and Kinesiology, 9:191-199. IF = 1.644
13. Kellis, E., Unnithan V. (1999) Coactivation of biceps femoris and vastus lateralis in children and adults, European Journal of Applied Physiology and Occupational Physiology, 79(6): 504-511. IF = 2.660
14. Kellis, E., Kellis S, Gerodimos V, Manou V. (1999) Reliability of the isokinetic moments of force, non-preferred/preferred leg ratios and reciprocal ratios in circum-pubertal soccer players, Pediatric Exercise Science, 11: 218-228. IF = 1.574
15. Kellis, S, Kellis, E., Manou V, Gerodimos V. (2000) Prediction of isokinetic moment of force in pre-pubertal, circum-pubertal and post- pubertal soccer players, J Orthopaedics and Sports Physical Therapy, 30: 11, 693-701 IF = 2.947
16. Kellis, S. Gerodimos V, Kellis E., Manou V. (2001) Bilateral isokinetic concentric and eccentric strength profiles of the knee extensors and flexors in young soccer players, Isokinetic Exercise Science, 9:31-39 IF = 0.609
17. Kellis, E. (2001) Tibiofemoral joint forces during isokinetic eccentric and concentric efforts of the knee flexors Clinical Biomechanics, December, 16: 229-236 IF = 2.660
18. Kellis, E. (2001) Plantar pressure distribution during barefoot standing, walking and landing in preschool aged children, Gait and Posture, December 14: 92-97. IF = 1.969
19. Kellis, E. and Kellis S. (2001) Effects of agonist and antagonist muscle fatigue on muscle co-activation around the knee in pubertal boys, December, Journal of Electromyography and Kinesiology, 11: 307-318. IF = 1.644
20. Ioakimidis P. Gerodimos V, Kellis, E. Kellis, S (2002) Reliability of maximum isometric force-time parameters during a leg press test in pubertal basketball players, Pediatric Exercise Science, 14: 193-201 IF = 1.574
21. Tsiokanos A., Kellis, E. Tzamourtas, A. and Kellis S. (2002) The Relationship Between Jumping Performance and Isokinetic Strength of Hip and Knee Extensors and Ankle Plantar Flexors Isokinetics and Exercise Science, 10: 107-115 IF = 0.609
22. E. Kellis. (2002) Pubertal Children are unable to relax during the passive gravitational correction procedure on the isokinetic dynamometer. Isokinetics and Exercise Science, 10:87-95 IF = 0.609
23. E. Kellis (2003) Antagonist moment of force during maximal knee extension in pubertal boys: effects of quadriceps fatigue, European Journal of Applied Physiology, 81: 71-80 IF = 2.660
24. Tsourlou T., Gerodimos V., Kellis E., Stavropoulos N., Kellis S. (2003) The effects of a calisthenics and a light weight training programs on lower limb muscle strength and body composition in mature women, Journal of Strength and Conditioning Research, 17 (3): 590-598 IF = 1.795
25. E. Kellis, F. Arabatzi, C Papadopoulos. (2003) Muscle co-activation around the knee in drop jumping using the co-contraction index, Journal of Electromyography and Kinesiology, 13: 229-238 IF = 1.644
26. P. Ioakimidis, V. Gerodimos, E. Kellis, N. Alexandris, S. Kellis (2004) Combined effects of age and maturation on maximum isometric leg press strength in young basketball players, Journal of Sports Medicine and Physical Fitness IF = 0.730
27. E. Kellis, A. Katis, I. Gissis (2004) Knee biomechanics of the support leg in soccer kicks from three angles of approach, Medicine and Science in Sports and Exercise, 36

(6): 1017-1028 IF = 4.475

28. E. Kellis, F. Arabatzi, C Papadopoulos. (2005), Effects of load on ground reaction force and lower limb kinematics during concentric squats Journal of Sport Sciences. 23: 1044-1055 IF = 2.082
29. E. Manolopoulos, C. Papadopoulos, E. Kellis (2006) Effects of combined strength and kick coordination training on soccer kick biomechanics in amateur players, Scandinavian Journal of Medicine and Science in Sport, 16: 102-110 IF = 3.214
30. Kellis E., V. Kouvelioti, P. Ioakimidis (2005). Reliability of a practicable EMG-moment model for antagonist moment prediction, Neuroscience Letters, 383: 266-271 IF = 2.026
31. Kellis E., A. Katis, IS Vrabas (2006) Effects of an intermittent exercise fatigue protocol on biomechanics of soccer kick performance. Scandinavian Journal of Medicine and Science in Sport. 16: 334-344 IF = 3.214
32. Gerodimos V, Manou V. Stavropoulos N, Kellis, E, Kellis, S. (2006) Agonist and antagonist strength of ankle musculature in basketball players aged 12 to 17 years, Isokinetics Exercise Science, 14: 81-89 IF = 0.609
33. Gerodimos V, Manou V. Kellis, E, Kellis, S. (2005) Body composition characteristics of elite male basketball players, Journal of Human Movement Studies, 49: 115-126
34. C Hassani A., Patikas D., Bassa E., Hatzikotoulas K., Kellis E., Kotzamanidis C. (2006) Agonist and antagonist muscle activation during maximal and submaximal isokinetic fatigue tests of the knee extensors Journal of Electromyography and Kinesiology 16 (6), pp. 661-668. IF = 1.644
35. N Kofotolis, E. Kellis (2006) Effects of two 4-week proprioceptive neuromuscular programs on muscular endurance, flexibility and functional performance in women with chronic low back pain. Physical Therapy, 86:1001-12. IF = 2.778
36. V. Kouvelioti, N. Stavropoulos, E. Kellis (2006) Biomechanics of Basketball Shot: relating research with training practice. Inquiries in Physical Education and Sport 4 (1): 97-107
37. Kellis E., A. Katis (2008) Hamstring antagonist moment estimation using a clinically applicable model: muscle dependency and synergy effects Journal of Electromyography and Kinesiology, 2008;18:144-153. IF = 1.644
38. N Kofotolis, E. Kellis, S.P. Vlachopoulos (2007) Ankle sprain injuries and risk factors in amateur soccer players during a two-year period. American Journal of Sports Medicine 35: 458-466 IF = 4.439
39. N Kofotolis, E. Kellis (2007) Ankle Sprain Injuries: A two-year prospective cohort study in female professional Basketball Greek Players Journal of Athletic Training 42: 388-94. IF = 1.682
40. Kellis E, Katis A. Reliability of EMG power-spectrum and amplitude of the semitendinosus and biceps femoris muscles during ramp isometric contractions. Journal of Electromyography and Kinesiology 2008;18:351-358. IF = 1.644
41. Kellis E, Katis A. (2007) Quantification of functional knee flexor to extensor moment ratio using isokinetics and electromyography. Journal of Athletic Training;42:477-485. IF = 1.682
42. Kofotolis N, E. Kellis (2007) Cross-training effects of proprioceptive neuromuscular facilitation exercise of knee musculature Physical Therapy In Sport 8: 109-16. IF = 1.083
43. Kellis E., A. Katis (2007) Biomechanical Characteristics and Determinants of Instep

Soccer Kick Journal of Sport Science and Medicine 6: 154-65. IF = 0.885

44. Kofotolis ND, Vlachopoulos SP, Kellis E. Sequentially allocated clinical trial of rhythmic stabilization exercises and TENS in women with chronic low back pain. Clinical Rehabilitation 2008;22:99-111. IF = 2.191
45. Kellis E, Katis A. The relationship between isokinetic knee extension and flexion strength with soccer kick kinematics: an electromyographic evaluation. J Sports Med Phys Fitness. 2007;47:385-394. IF = 0.730
46. Unnithan VB, Katsimanis G, Evangelinou C, Kosmas C, Kandrali I, Kellis E. (2007) Effect of strength and aerobic training in children with cerebral palsy. Med Sci Sports Exerc. 39:1902-1909. IF = 4.475
47. Kellis E, Adamou G, Tziliou G, Emmanouilidou M. Reliability of spinal range of motion in healthy boys using a skin-surface device. J Manipulative Physiol Ther. 2008;31:570-576. IF = 1.647
48. Kellis E, Kouvelioti V. Agonist versus antagonist muscle fatigue effects on thigh muscle activity and vertical ground reaction during drop landing. J Electromyogr Kinesiol. 2009;19:55-64. IF = 1.644
49. Kellis E, Liassou C. The effect of selective muscle fatigue on sagittal lower limb kinematics and muscle activity during level running. J Orthop Sports Phys Ther. 2009;39:210-220. IF = 2.947
50. Salonikidis K, Amiridis IG, Oxyzoglou N, de Villareal ES, Zafeiridis A, Kellis E. Force variability during isometric wrist flexion in highly skilled and sedentary individuals. Eur J Appl Physiol. 2009. IF = 2.660
51. Giagazoglou P, Amiridis IG, Zafeiridis A, Thimara M, Kouvelioti V, Kellis E. Static balance control and lower limb strength in blind and sighted women. European Journal of Applied Physiology. 2009. IF = 2.660
52. Dipla, K., T. Tsirini, A. Zafeiridis, V. Manou, A. Dalamitros, E. Kellis and S. Kellis (2009). "Fatigue resistance during high-intensity intermittent exercise from childhood to adulthood in males and females." European Journal of Applied Physiology 106(5): 645-653. IF = 2.660
53. Kellis E, Arampatzi F. Effects of sex and mode of carrying schoolbags on ground reaction forces and temporal characteristics of gait. Journal of Pediatric Orthopaedics B. 2009;18:275-282. IF = 0.532
54. de Villarreal ES, Kellis E, Kraemer WJ, Izquierdo M. Determining variables of plyometric training for improving vertical jump height performance: a meta-analysis. Journal of Strength and Conditioning Research. 2009;23:495-506. IF = 1.795
55. Kellis E, Galanis N, Natsis K, Kapetanios G. Validity of architectural properties of the hamstring muscles: Correlation of ultrasound findings with cadaveric dissection. Journal of Biomechanics. 2009 42: 2549-54. IF = 2.716
56. Katis A, Kellis E. (2009) Effects of small-sided games on physical conditioning and performance in young soccer players, Journal of Sport Science and Medicine, (8): 374-380 IF = 0.885
57. Arabatzi F. Kellis E. (2009) Biomechanics of Olympic Weight lifting and vertical jumps. Hellenic Journal of Physical Education and Sport Science, 29: 185-189
58. Katis, A. and E. Kellis (2010). "Three-dimensional kinematics and ground reaction forces during the instep and outstep soccer kicks in pubertal players." Journal of Sports Sciences 28(11): 1233-1241. IF = 2.082

59. Kellis, E., N. Galanis, et al. (2010). "Muscle architecture variations along the human semitendinosus and biceps femoris (long head) length." Journal of Electromyography and Kinesiology 20(6): 1237-1243. IF = 1.644
60. Spiliopoulou, S. I., I. G. Amiridis , G. Tsigganos, D. Economides and E. Kellis. (2010). "Vibration effects on static balance and strength." International Journal of Sports Medicine 31(9): 610-616. IF = 2.268
61. Kannas, T., E. Kellis F. Arampatzi and E. S. S. De Villarreal(2010). "Medial gastrocnemius architectural properties during isometric contractions in boys and men." Pediatric Exercise Science 22(1): 152-164. IF = 1.574
62. Kellis, E. and M. Emmanouilidou (2010). "The effects of age and gender on the weight and use of schoolbags." Pediatric Physical Therapy 22(1): 17-25. IF = 1.083
63. Zafeiridis, A., P. Giagazoglou, K. Dipla, K. Salonikidis, C. Karra and E. Kellis (2010). "Muscle fatigue during intermittent exercise in individuals with mental retardation." Research Development Disabilities 31(2): 388-396. IF = 3.405
64. Arabatzi, F., E. Kellis and E. S. S. De Villarreal (2010). "Vertical jump biomechanics after plyometric, weight lifting, and combined (weight lifting + plyometric) training." Journal of Strength and Conditioning Research 24(9): 2440-2448. IF = 1.795
65. Katis, A. and E. Kellis (2011). "Is soccer kick performance better after a "faking" (cutting) maneuver task?" Sports Biomech 10(1): 35-45. IF = 0.737
66. Kellis, E., A. Zafeiridis, et al. (2011). "Muscle coactivation before and after the impact phase of running following isokinetic fatigue." Journal of Athletic Training 46(1): 11-19. IF = 1.682
67. Giagazoglou, P., A. Katis, E. Kellis and C. Natsikas (2011). "Differences in soccer kick kinematics between blind players and controls." Adapt Phys Activ Q 28(3): 251-266. IF = 1.125
68. Kannas, T. M., E. Kellis and I. G. Amiridis (2011). "Biomechanical differences between incline and plane hopping." Journal of Strength and Conditioning Research 25(12): 3334-3341. IF = 1.795
69. Patsika, G., E. Kellis and I. G. Amiridis (2011). "Neuromuscular efficiency during sit to stand movement in women with knee osteoarthritis." Journal of Electromyography and Kinesiology 21(5): 689-694. IF = 1.644
70. Kellis, E., I. G. Amiridis and N. Kofotolis (2011). "On the evaluation of postural stability after ACL reconstruction." Journal of Sports Science and Medicine 10(2): 422-423. IF = 0.885
71. Arabatzi, F. and E. Kellis (2012). "Olympic weightlifting training causes different knee muscle-coactivation adaptations compared with traditional weight training." Journal of Strength and Conditioning Research 26(8): 2192-2201. IF = 1.795
72. Spiliopoulou, S. I., I. G. Amiridis, V. Hatzitaki, D. Patikas and E. Kellis (2012). "Tendon vibration during submaximal isometric strength and postural tasks." Eur J Appl Physiol. IF = 2.660
73. Kellis, E., N. Galanis, et al. (2012). "In vivo and in vitro examination of the tendinous inscription of the human semitendinosus muscle." Cells Tissues Organs 195(4): 365-376. IF = 1.961
74. Kellis, E., N. Galanis, et al. (2012). "Architectural differences between the hamstring muscles." Journal of Electromyography and Kinesiology 22: 520-526. IF = 1.644

75. Natsis, K., N. Anastasopoulos, E. Kellis, J. Koebke, A. Sioga and I. Tsitouridis (2012). "The human knee: gross, microscopic, surgical, and radiological anatomy." Anat Res Int 2012: 698346. IF = 0.625
76. Giagazoglou, P., F. Arabatzi, K. Dipla, M. Liga and E. Kellis (2012). "Effect of a hippotherapy intervention program on static balance and strength in adolescents with intellectual disabilities." Research Developmental Disabilities 33(6): 2265-2270. IF = 3.405
77. Kannas, T. M., E. Kellis and I. G. Amiridis (2012). "Incline plyometrics-induced improvement of jumping performance." Eur J Appl Physiol 112(6): 2353-2361. IF = 2.660
78. Katis, A., E. Giannadakis, T. Kannas, I. Amiridis, E. Kellis and A. Lees (2013). "Mechanisms that influence accuracy of the soccer kick." Journal of Electromyography and Kinesiology 23(1): 125-131. IF = 1.644
79. Patsika, G., E. Kellis, N. Kofotolis, K. Salonikidis and I. G. Amiridis (2013). "Synergetic and Antagonist Muscle Strength and Activity in Women With Knee Osteoarthritis." J Geriatr Phys Ther. IF = 1.212
80. Manolopoulos, E., A. Katis, K. Manolopoulos, V. Kalapotharakos and E. Kellis (2013). "Effects of a 10-Week Resistance Exercise Program on Soccer Kick Biomechanics and Muscle Strength." Journal of Strength and Conditioning Research. IF = 1.795
81. E. Kellis, P. Ioakeimidis, A. Zafeiridis, B. Manou, V. Gerodimos, S Kellis (2003) Sport Schools worldwide, Sport and Recreation Management, 3 (1): 2-38
82. Giagazoglou, P., F. Arabatzi, E. Kellis, M. Liga, C. Karra and I. Amiridis (2013). "Muscle reaction function of individuals with intellectual disabilities may be improved through therapeutic use of a horse." Res Dev Disabil 34(9): 2442-2448. IF = 3.405
83. Kellis, E. and V. Hatzitaki, Eds. (2012). Development of neuromuscular coordination with implications in motor control in. Paediatric biomechanics and motor control: Theory and application in.M. De Ste Croix and T. Korff (eds) Oxford, Routledge 50-69.
84. M. Mousouli, S. P. Vlachopoulos, N. D. Kofotolis, Y. Theodorakis & E. Kellis E.Effects of Stabilization Exercises on Health-Related Quality of Life in Women with Chronic Low Back Pain, Journal of Aging and Physical Activity, in press. IF = 1.852
85. E.Kellis, G.Patsika, E.Karagiannidis Strain and elongation of the human semitendinosus muscle – tendon unit, Journal of Electromyography and Kinesiology In press. IF = 1.644
86. E.Kellis, A. Mpalidou. In vivo examination of the morphology of the tendinous inscription of the human semitendinosus muscle: gender and joint position effects, Journal of Morphology, in press, IF = 1.602
87. M. Amiri-Khorasani, E. Kellis (accepted with minor revision) Static vs. Dynamic Acute Stretching Effect on Quadriceps Muscle Activity during Soccer Instep Kicking, Journal of Human Kinetics, IF = 0.458

Book

«**Neuromechanical principles of muscle strength assessment**» E. Kellis, 2009, Telethron Publishers, pp. 365

Conference presentations

1. Kellis, E, Baltzopoulos V. (1994) Effects of different methods of gravity correction on isokinetic concentric moment measurements, British Association of Sports Sciences Conference. Aberdeen, July.
2. Kellis, E., Baltzopoulos V. (1994) The effects of visual feedback on isokinetic eccentric moment measurements of knee extensors and flexors, British Association of Sports Sciences Conference, Aberdeen, July.
3. Kellis, E., Baltzopoulos V. (1994) A new method of gravity correction in isokinetic dynamometry, 15th FIMMS World Congress of Sports Medicine. Athens, September.
4. Kellis, E. (1996) Biomechanical and electromyographic analysis of isokinetic knee extension and flexion. School of Health Sciences Conference. Liverpool, April.
5. Kellis, E. (1996) Muscle coactivation during isokinetic concentric knee extension and flexion, British Association of Sports Sciences Conference. September, Lileshall, 65
6. Kellis, E. (1996) Reliability of isokinetic concentric and eccentric moment measurements using the Biodex dynamometer, British Association of Sports Sciences Conference, September, Lileshall. 193.
7. Unnithan V. and Kellis, E. (1997) The effects of age on muscle coactivation patterns during isokinetic eccentric and concentric efforts of the knee extensors and flexors. 44TH Annual meeting of the American College of Sports Medicine. Denver, May.
8. Kellis, E. (1997) Prediction of hamstrings moment during isokinetic efforts of the knee extensors. 44th Annual meeting of the American College of Sports Medicine, Denver, May
9. Kellis, E. (1998) Changes in the amplitude of agonist and antagonist electromyographic signal during repeated concentric knee extensions. Annual Conference of the British Association of Sports and Exercise Sciences, Worcester, 3-5 September.
10. Kellis E, Kellis, S, Gerodimos V, Manou V. (1998) Concentric and eccentric knee flexor moment - angular velocity relationships in pubertal and adolescent elite young football players. Annual Conference of the British Association of Sports and Exercise Sciences, Worcester, 3-5 September.
11. Kellis, E, Unnithan V. (1999) Reliability of agonist and antagonist EMG during isometric knee extensor efforts in children. 46TH Annual meeting of the American College of Sports Medicine. Washington, July 2-4.
12. Kellis E, Kellis, S., Manou V., Gerodimos V. (1998) Isokinetic muscle strength in elite young football players: reliability of maximum eccentric and concentric moments of force using the Cybex Norm dynamometer. Third Conference of the European College of Sport Sciences, Manchester, United Kingdom, July 15-18.
13. Kellis, E. and Baltzopoulos V. (1998) Knee joint loading during isokinetic eccentric and concentric exercises with and without including antagonist activity. Third Conference of the European College of Sport Sciences, Manchester, United Kingdom, July 15-18.
14. Kellis S, Kellis, E, Gerodimos V, Manou V. (1998) The effects of age on concentric and eccentric moment - angular velocity relationship of knee extensors in elite young football players. Third Conference of the European College of Sport Sciences, Manchester, United Kingdom, July 15-18.

15. Ward N, Kellis, E., Emmett J. (1998) Changes in maximum isometric moment of force following short intermittent cycling exercise. Third Conference of the European College of Sport Sciences, Manchester, United Kingdom, July 15-18.
16. Kellis, E (2000) Muscle activation and joint loading during dynamic efforts of the knee flexors. 5th Annual Congress of the European College of Sport Science, Jyvaskyla, Finland, 19-23 July, 385
17. Kellis, E (2000) Pressure distribution during functional activities in pre-school aged children, 5th Annual Congress of the European College of Sport Science, Jyvaskyla, Finland, 19-23 July, 386
18. Kellis, S, Kellis, E, Gerodimos V, Manou V. (2000) The relationship between vertical jumping height and isokinetic moment of force in elite young soccer players, 5th Annual Congress of the European College of Sport Science, Jyvaskyla, Finland, 19-23 July, 387
19. Arabatzi, F, C. Papadopoulos C, Kellis, E. Gissis I. (2000) Muscle activity during drop jumping in trained and untrained individuals. 5th Annual Congress of the European College of Sport Science, Jyvaskyla, Finland, 19-23 July, 130
20. Kellis, S and E. Kellis, (2001) Body composition characteristics of greek elite basketball players 6th Annual Congress of the European College of Sport Science, Cologne, Germany, 24-28 July, 1293
21. Kellis, E, and S. Kellis (2001) Agonist and antagonist muscle fatigue does not alter hamstring muscle co-activation patterns during isokinetic knee extension. 6th Annual Congress of the European College of Sport Science, Cologne, Germany, 24-28 July, 735.
22. Tsiokanos A., Kellis, E Tzamourtas, A. and Kellis S., (2001) The relationship between jumping performance and isokinetic strength of hip and knee extensors and ankle plantar flexors, 6th Annual Congress of the European College of Sport Science, Cologne, Germany, 24-28 July, 1053
23. Tsiokanos, A. and Kellis E. (2001) Vertical ground reaction forces in step aerobic dance, 6th Annual Congress of the European College of Sport Science, Cologne, Germany, 24-28 July, 1101
24. Kellis, E. and Kellis S. (2001) Knee extensor and flexor moment of force and EMG following a reciprocal isokinetic fatigue test in pubertal boys International Society of Biomechanics XVIIIth Congress, July 8-13, 2001, Zurich, Switzerland, Editors: Gerber Hans, Möller Roland, Abstract P274
25. Kellis E. (2001) The effect of daily activities on plantar pressure distribution in pre-school aged children. 8th International Conference of Physical Education and Sport Sciences, Komotini, 20-23 May.
26. F. Arabatzi, C. Papadopoulos, E. Kellis (2001) . The relationship between force and speed during maximal dynamic loaded squats 2nd Congress of the Hellenic Society of Sport Sciences, Thessaloniki, 3-5 November
27. Kellis E. (2002) The effects of two isokinetic concentric fatigue protocols on antagonist activity of the hamstrings in pubertal children European College of Sport Sciences, Athens, 27-28 July
28. Arabatzi. F. Kellis E. Papadopoulos C. Emmanouilidou (2002) M. Antagonist activity around the knee during drop jumps at different heights in long jumpers European College of Sport Sciences, Athens, 27-28 July
29. Baltzopoulos V. Maganaris C. and Kellis E. (2002) Muscle moment-arms in vivo. European College of Sport Sciences, Athens, 27-28 July

30. Kellis, E. (2002) Simultaneous quadriceps and hamstring moment of forces during Isokinetic knee extension tests in pubertal boys, 3rd International Conference in Strength Training, Budapest, 13-17 November, 2002, p.
31. G Komsis, C Papadopoulos, F. Arambatzi, E Kellis (2002) Biomechanics of drop jumping with and without controlling contact time, 3rd International Conference in Strength Training, Budapest, 13-17 November, 2002, p.
32. E. Manolopoulos, C. Papadopoulos, F. Arabatzi, E. Kellis (2002) Effects of a 10-week soccer specific power training program on instep kick kinematics in adult players, 3rd International Conference in Strength Training, Budapest, 13-17 November, 2002, p.
33. F. Arabatzi, C. Papadopoulos, E. Kellis, (2002) The relationship between counter-movement jump and snatch - lift biomechanics, 3rd International Conference in Strength Training, Budapest, 13-17 November, p. 40.
34. Katis, E. Kellis, I. Gkisis (2002). The effect of angle of approach on kinematic characteristics of swinging and support legs during soccer instep kick, 3rd Congress of the Hellenic Society of Sport Sciences, Thessaloniki, 13-15 December
35. Tsatsou, E. Kellis (2002) Ground reaction forces during walking in school children with and without carrying a schoolbag, 3rd Congress of the Hellenic Society of Sport Sciences, Thessaloniki, 13-15 December
36. V. Kouvelioti, E. Kellis (2002) Maximum strength and antagonist EMG during submaximal and maximal leg press in pre-pubertal children, 3rd Congress of the Hellenic Society of Sport Sciences, Thessaloniki, 13-15 December
37. S. Kefalianou, E. Kellis (2003) Upper limb kinematics during forehand services in pre-pubertal children, Annual Conference of the North Hellenic PE teachers Association, March
38. V. Kouvelioti, E. Kellis, I.S. Vrabas, A Zafeiridis (2003) Effects of a in-court fatigue protocol on heart rate, ammonia and accuracy in young basketball female players, Annual Conference of the North Hellenic PE teachers Association, March
39. V. Kouvelioti, E. Kellis (2003) Lower limb kinematics during basketball free-throw in young female players, Annual Conference of the North Hellenic PE teachers Association, March
40. M. Koskeridou, E. Kellis, I.S. Vrabas (2003) The effect of a fatigue step aerobics protocol on vertical ground reaction forces, Annual Conference of the North Hellenic PE teachers Association, March
41. M. Koskeridou, E. Kellis, F. Moustaka (2003) Vertical ground reaction during five step aerobic exercises at low step. Annual Conference of the North Hellenic PE teachers Association, March
42. V. Kouvelioti, E. Kellis, I.S. Vrabas (2003) Changes in ground reaction forces during the jump shot following an in-court fatigue protocol in young basketball female players, 11th International Congress of Physical Education and Sports, Komotini, 16-18th May.
43. M. Koskeridou, E. Kellis (2003) Vertical ground reaction during step aerobic exercises. 11th International Congress of Physical Education and Sports, Komotini, 16-18th May.
44. Gissis, E. Kellis, C. Papadopoulos, D. Nikolaidis (2003) Electromyographic activity of lower extremity muscles in soccer players during drop jumps on sledge ergometer. European College of Sport Sciences Annual Conference, Salzburg, 9-12 July, Code ABS-11, Page 230

45. Gissis, E. Kellis, C. Papadopoulos (2003) Maximal force and electromyographic activity of lower extremity muscles in male soccer players, European College of Sport Sciences Annual Conference, Salzburg, 9-12 July, Code P11-M11, Page 464
46. E. Kellis, V. Kouvelioti, I.S. Vrabas (2003) Effects Of A 40-Minute In-Court Fatigue Protocol On Ground Reaction Forces During Basketball Free Throw In Amateur Players, IOC World Congress on Sport Sciences, Athens, October 7-11th
47. E. Kellis, A. Katis, I. Gissis (2003) Three-dimensional kinematics of the knee and Ground Reaction Forces During Instep Soccer Kicks From Three Angles Of Approach, IOC World Congress on Sport Sciences, Athens, October 7-11th
48. E. Kellis. (2005) Reliability of a practicable EMG-moment model for antagonist moment prediction 10th European College of Sport Sciences Annual Conference, Beograd, 13-16 July, Code 1101, Page 94
49. Tsatalas T, Theofilidis G. Kitsas H, Hadjileontiadis L, E. Kellis, Kotzamanidis C (2005) Influence of contraction intensity and joint angle on median frequency of knee antagonist muscles 10th European College of Sport Sciences Annual Conference, Beograd, 13-16 July, Code OS49-5, Page 158
50. Katis, E. Kellis, IS Vrabas (2005) Changes of kicking kinematics following intermittent exercise in soccer, 10th European College of Sport Sciences Annual Conference, Beograd, 13-16 July, Code OS64-1, Page 189
51. Kouvelioti, V., Kellis, E. (2006) Fatigue effects in ground reaction forces during landing in males and females 11th European College of Sport Sciences Annual Conference, Lausanne, 13-16 July, Page 579
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53. Emmanoulidou, M., Kouvelioti, V., Kellis, E. (2006) Schoolbag weight in 385 primary and secondary education students exceeds safety limits 11th European College of Sport Sciences Annual Conference, Lausanne, 13-16 July, Page 347
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55. Kellis, E., Emmanoulidou, E., Kouvelioti, V., Kofotolis (2006) Schoolbag weight and spinal mobility measures in schoolboys: are they related? 11th European College of Sport Sciences Annual Conference, Lausanne, 13-16 July, Page 191
56. Kofotolis N., E. kellis, A. Katis, (2006) Surface EMG – moment relationship of lateral and medial hamstring musculature, 5th International Conference on Strength Training, Odense, Denmark, November, pages 191-192
57. E. Kellis, A. Katis, I. G. Amiridis (2006) Muscle balances around the knee using isokinetic functional ratios and electromyography-based measurements, 5th International Conference on Strength Training, Odense, Denmark, November, pages 193-194
58. IG Amiridis, TH Kannas, E. Kellis (2006). Drop jump improvement induced by downhill-backward plyometrics for plantarflexors, 5th International Conference on Strength Training, Odense, Denmark, November, pages 147-148
59. Kellis, E. & Kouvelioti, V. Agonist versus antagonist muscle fatigue effects on muscle activation patterns during landing. 12th annual Congress of the European College of Sport Science, 11-14 July, Jyvaskyla – Finland, 2007.

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61. Katis, A., Giagazoglou, P. & Kellis, E. Differences in soccer kick kinematics between visually impaired players and controls. 12th annual Congress of the European College of Sport Science, 11-14 July, Jyvaskyla – Finland, 2007.
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65. Kellis, E. & Liasou, C. Localized muscle fatigue effects on lower limb kinematics and muscle activity during level running. 13th annual Congress of the European College of Sport Science, 9-12 July, Estoril – Portugal, 2008.
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67. Katis, A. & Kellis, E. Effects of small-sided soccer games on physical conditioning and performance in pubertal soccer players. 13th annual Congress of the European College of Sport Science, 9-12 July, Estoril – Portugal, 2008.
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71. Saez-Saez de Villareal, E., Kellis, E. & Izquierdo, M. Plyometric training and vertical jump height performance: A meta-analysis. 13th annual Congress of the European College of Sport Science, 9-12 July, Estoril – Portugal, 2008.
72. Zafeiridis, A., Giagazoglou, P., Karra, C., Salonikidis, K. & Kellis, E. Fatigue and recovery in individuals with mental retardation during high-intensity intermittent exercise. 13th annual Congress of the European College of Sport Science, 9-12 July, Estoril – Portugal, 2008.
73. Kellis, E. & Galanis, N. Cadaveric versus ultrasonographic assessment of the long head of biceps femoris and semitendinous muscle architecture. 14th annual Congress of the European College of Sport Science, 24-27 June, Oslo – Norway, 2009.
74. Katis, A. & Kellis, E. 3-D kinematics during instep and outstep kicks in pubertal players. 14th annual Congress of the European College of Sport Science, 24-27 June, Oslo – Norway, 2009.
75. Kouveliotti, V. & Kellis, E. Reliability of single-leg and double-leg balance tests in subjects with anterior cruciate ligament reconstruction and controls. 14th annual Congress of the European College of Sport Science, 24-27 June, Oslo – Norway, 2009.
76. Amiridis, I., Salonikidis, K., OxYZoglou, N., Saez Saez de Villareal, E., Zadeiridis, K. & Kellis, E. Force variability during isometric wrist flexion in highly-skilled and sedentary individuals. 14th annual Congress of the European College of Sport Science, 24-27 June, Oslo – Norway, 2009.

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78. Tziagkalou, E., Arabatzi, F., Saez Saez de Villareal, E., Kannas, T. & Kellis, E. Gender effects on vastus lateralis muscle architecture in pre-pubertal children. 14th annual Congress of the European College of Sport Science, 24-27 June, Oslo – Norway, 2009.
79. Patsika, G., Kellis E. , Muscle activation during isokinetic knee extension and flexion activity in women with knee osteoarthritis, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
80. Karagiannidis, E., Kellis, E., page 63 Two–dimensional versus three-dimensional patellar tendon moment arm using three-dimensional Mri in patients with anterior cruciate ligament reconstruction and controls, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
81. Katis, a., Kellis E. Home advantage in greek soccer league, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
82. Kellis, E., Galanis, N., Natsis, K., Kapetanios, G. Architecture variability along the human semitendinous and biceps femoris length, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
83. Amiridis, IG., Spiliopoulou, S., Hatzitaki, V., Kellis, E., Tendon vibration-induced modifications in submaximal force production and steadiness during Plantarflexion, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
84. Intzegianni, K., Karagiannidis, E., Kellis, E. Distal morphology of the hamstring muscle group using three-dimensional MRI, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
85. Kannas, T, Kellis, E., Amiridis, IG Biomechanical differences between decline and plane hop jumping, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
86. Amiridis, I., Salonikidis, K., Oxyzoglou, N., Akrivopoulou, G., Kellis, E. Wrist extensors present greater variability during isometric action than wrist flexors, 15th Annual Congress of the European College of Sport Science, Antalya, 23-2 June, 2010
87. Kellis, E., Galanis, N. Architecture and mechanics of the tendinous inscription – fascicle interaction of the human semitendinosus muscle, 16th Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p.42
88. Katis, A., Kellis, E. Treadmill fatigue till exhaustion does not alter soccer kicking performance in female players, 16th Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p.233
89. Patsika, G., Kellis, E., Amiridis, I.G. Neuromuscular efficiency during sit to stand movement in women with knee osteoarthritis, 16th Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p.303
90. Amiridis, I.G., Spiliopoulou, S., Hatzitaki, V., Baltzis, P., Kellis, E. Effect of achilles tendon vibration during submaximal isometric plantarflexion and posture, 16th Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p. 306
91. Patsika, G., Kofotolis, N., Fetlis, A., Kellis, E. Injury rate and risk factors in young and adult female national basketball team athletes: a twoyear follow-up study, 16th Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p.403
92. Karagiannidis, E., Kellis, E. Patellar tendon cross sectional area and moment arm using three-dimensional mri in patients with anterior cruciate ligament reconstruction, 16th

Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p.529

93. Katis, A., Dalamitros, A., Kellis, E., Is soccer kicking technique age and gender dependent? 16th Annual Congress of the European College of Sport Science, Liverpool, 6-9th July, 2011, p.551

Invited presentations

1. Kellis E (2000) Biomechanics of exercise for osteoporosis prevention, 1st congress of the Hellenic Association of Sport Science, 3-4 November, 2000.
2. Kellis E (2001) Muscle strength and synergies in soccer, Workshop in Soccer Serres, 7 June 2001.
3. Kellis E (2001) The role of biomechanics for guiding training for injury prevention and rehabilitation, 5th Scientific Meeting, Serres, 7-9 December 2001.
4. Kellis E. (2002) Antagonist activity of the hamstrings during maximal voluntary and fatigue isokinetic tests, Invited Workshop: Innovative approach to neuromuscular Assessment, European College of Sport Sciences, Athens
5. V. Baltzopoulos, C. Maganaris, E. Kellis. (2001) Muscle moment arms *in-vivo*, European College of Sport Sciences, Athens, 27-28 Ιουλίου, P584 / 487
6. Kellis E, Baltzopoulos V. (2004) A knee joint model for the prediction of muscular and joint forces during maximal and fatigue isokinetic exercise, 2004 Preolympic Congress, Thessaloniki, August 6-11, Abstract L024: 26-27
7. Kellis E., (2005) Biomechanics of soccer kicking: effects of fatigue and angle of approach. In «Biomechanics of Soccer Kicking» Seminar, Aarhus, Denmark 15-16 June.
8. Kellis, E. (2005) What are the long term effects of schoolbag on the musculoskeletal system of children? Annual Congress of the Northern Hellenic Teachers of Physical Education Association, 8-10 April, Thessaloniki, Greece
9. Kellis E (2006) The role of muscle activation for reducing knee joint loading, 1st congress of the Hellenic Association of Biomechanics, Trikala 15-16 April
10. Kellis E. (2010). Hamstring muscle group architecture and function: from gross co-activation to local compartmentalization Symposium in honor of P. Komi, ΤΕΦΑΑ, ΑΠΘ. Θεσσαλονίκη, 11 Οκτωβρίου

Member of Editorial board of scientific journals

Journal of Electromyography and Kinesiology
Journal of Science and Medicine in Sport
Hellenic Journal of Physical Education and Sport Sciences (Editor)

Reviewer in the following journals:

Sports medicine, European Journal of Applied Physiology, European Journal of Physiology (Pflugers Archives), International Journal of Sports Medicine, Journal of Science and Medicine in Sports, Journal of Applied Physiology, British Journal of Sports Medicine, Journal of Electromyography and Kinesiology, Neuroscience Letters, Medicine and Science in Sports and Exercise, Journal of Sport Sciences, Journal of Theoretical Biology, Journal of Biomechanics, Journal of Applied Biomechanics, Scandinavian Journal of Medicine and Sport Sciences, Human Movement Science, Sport Biomechanics, Muscle and Nerve

Funded Research projects

- Muscle explosiveness and co-ordination characteristics in children. Faculty of Social Sciences, University of Northumbria at Newcastle
- “ What is the effect of school bag on the musculoskeletal system during daily physical activities of children of primary and secondary education, co-funded by the EC and Greek State under the Pythagoras II research program (2003-2008).
- “Fit for Life: biomechanical assessment of children and adults” Funded by Inter-Sport (2008-2009)