

CURRICULUM VITAE

FOTINI VASSILIOS ARAMPATZI , Ph.D.

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CONTACT INFORMATION

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Agios Ioannis,62100 Serres Greece

EDUCATION

1987 B.S.

Exercise Science – Track and Field Training

Department of Physical Education and Sport Sciences of Thessaloniki

1989 M.S.

German University of physical education and Sport Cologne

2003 PhD

“Exercise and Health”

Inter University Graduate Program Aristotle University of Thessaloniki

Thesis: “ Biomechanic relationship between vertical jump and weight-lifting exercises”

Summary

Below I provide a brief synopsis of my overall academic performance and my performance since 1990. Accomplishments from 1990 reflect my performance since I

was promoted to the rank of an Associate Professor when I joined the Aristotle University of Thessaloniki

SECTION I. POSITIONS, TEACHING, & MENTORING

- Instructed 8 different courses (4 since 2014)
- Developed 2 new courses (since 2015)
- Mentored 3 Ph.D. students, 10 graduate students, and 20 undergraduate students

SECTION II. PROFESSIONAL AND ACADEMIC SERVICE

- **1990-1993**

I taught Biomechanics I and II. as a scientist in the Department of Physical Education and Sport at the Democritus University in Komotini.

- **1997-2006**

I taught training in Track and field sports at the Department of Physical Education and Sport Sciences of Serres.

- **2007 -2013**

I was a lecturer at the Department of Physical Education and Sport Sciences of Serres.

- **2013-2016**

I was promoted to the rank of an Assistant Professor

- **2016**

I was promoted to the rank of an Associate Professor

- I am reviewer for >10 scientific journals

SCHOLARLY ACTIVITY

- I participated in research projects as a member of the research teams: Titled :
“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. She graduated from the in 1987. She was also a track field athlete.
- 30 peer reviewed publications served as first or corresponding author on 40% of these publications
- >100 abstracts

RESEARCH FOCUS

- Applied sport biomechanics and the effects of training on jump performance.
- Neuromuscular adaptations in response to acute and long-term (training, aging) in human motor performance.

PUBLICATIONS

The effect of strike pattern on the cushioning capacity of technical midsole systems
Tsouknidas, A., Tzovla, K., Karatsis, E., (...), Arabatzi, F., Maropoulos, S. 2019
Footwear Science 11(sup1), pp. S149-S151

Sport Skill–Specific Expertise Biases Sensory Integration for Spatial Referencing and Postural Control
Thalassinou, M., Fotiadis, G., Arabatzi, F., Isableu, B., Hatzitaki, V. 2018 Journal of Motor Behavior 50(4), pp. 426-435

Effects of two plyometric protocols at different surfaces on mechanical properties of achilles tendon in children

Arabatzis, F., Tziagkalou, E., Kannas, T., (...), Kofotolis, N., Kellis, E. 2018 Asian Journal of Sports Medicine Open Access 9(1),E60796

Adaptations in movement performance after plyometric training on mini-trampoline in children

Arabatzis, F. 2018 Journal of Sports Medicine and Physical Fitness 58(1-2), pp. 66-72

Gait-specific optimization of composite footwear midsole systems, facilitated through dynamic finite element modelling

Drougkas, D., Karatsis, E., Papagiannaki, M., (...), Maropoulos, S., Tsouknidas, A. 2018 Applied Bionics and Biomechanics 2018,6520314 Open Access

The Effect of Body Mass on the Shoe-Athlete Interaction

Tsouknidas, A., Pantazopoulos, M., Sagris, D., (...), Arabatzis, F., Michailidis, N. 2017 Applied Bionics and Biomechanics 2017,7136238 Open Access

Changes in specific jumping performance after detraining period

Kannas, T.M., Amiridis, I.G., Arabatzis, F., Katis, A., Kellis, E. 2015 Journal of Sports Medicine and Physical Fitness 55(10), pp. 1150-1156

Can balance trampoline training promote motor coordination and balance performance in children with developmental coordination disorder?

Giagazoglou, P., Sidiropoulou, M., Mitsiou, M., Arabatzis, F., Kellis, E. 2015 Research in Developmental Disabilities 36, pp. 13-19

The post-activation potentiation effect on squat jump performance: Age and sex effect

Arabatzis, F., Patikas, D., Zafeiridis, A., (...), Gourgoulis, V., Kotzamanidis, C.M. 2014 Pediatric Exercise Science 26(2), pp. 187-194

Muscle reaction function of individuals with intellectual disabilities may be improved through therapeutic use of a horse

Giagazoglou, P., Arabatzi, F., Kellis, E., (...), Karra, C., Amiridis, I. 2013 *Research in Developmental Disabilities* 34(9), pp. 2442-2448

Effect of a hippotherapy intervention program on static balance and strength in adolescents with intellectual disabilities

Giagazoglou, P., Arabatzi, F., Dipla, K., Liga, M., Kellis, E. 2012 *Research in Developmental Disabilities* 33(6), pp. 2265-2270

Olympic weightlifting training causes different knee muscle-coactivation adaptations compared with traditional weight training

Arabatzi, F., Kellis, E. 2012 *Journal of Strength and Conditioning Research* 26(8), pp. 2192-2201

Vertical jump biomechanics after plyometric, weight lifting, and combined (weight lifting + plyometric) training

Arabatzi, F., Kellis, E., De Villarreal, E.S.-S. 2010 *Journal of Strength and Conditioning Research* 24(9), pp. 2440-2448

Effect of plyometric training on chair-rise, jumping and sprinting performance in three age groups of women

De Saez Saez Villarreal, E., Requena, B., Arampatzi, F., Salonikidis, K. 2010 *Journal of Sports Medicine and Physical Fitness* 50(2), pp. 166-173

Medial gastrocnemius architectural properties during isometric contractions in boys and men

Kannas, T., Kellis, E., Arampatzi, F., De Villarreal, E.S.S. 2010 *Pediatric Exercise Science* 22(1), pp. 152-164

Effects of sex and mode of carrying schoolbags on ground reaction forces and temporal characteristics of gait

Kellis, E., Arampatzi, F. 2009 *Journal of Pediatric Orthopaedics Part B* 18(5), pp. 275-282

Aging effects on postural responses to self-imposed balance perturbations

Hatzitaki, V., Amiridis, I.G., Arabatzi, F. 2005 *Gait and Posture* 22(3), pp. 250-257

Effects of load on ground reaction force and lower limb kinematics during concentric squats

Kellis, E., Arambatzi, F., Papadopoulos, C. 2005 *Journal of Sports Sciences* 23(10), pp. 1045-1055

Static balance improvement in elderly after dorsiflexors electrostimulation training

Amiridis, I.G., Arabatzi, F., Violaris, P., Stavropoulos, E., Hatzitaki, V. 2005 *European Journal of Applied Physiology* 94(4), pp. 424-433

Age-induced modifications of static postural control in humans

Amiridis, I.G., Hatzitaki, V., Arabatzi, F. 2003 *Neuroscience Letters* 350(3), pp. 137-140

Muscle co-activation around the knee in drop jumping using the co-contraction index

Kellis, E., Arabatzi, F., Papadopoulos, C. 2003 *Journal of Electromyography and Kinesiology* 13(3), pp. 229-238

Performance-based index in sprinting

Arabatzi, F., Papadopoulos, C., Prassas, S. 2002 *Journal of Human Movement Studies* 42(6), pp. 467-480

