

Associate Professor Koidou Irini is currently faculty member at School of physical education and sport science at Serres, Faculty of Physical Education and Sport Sciences, Aristotle University of Thessaloniki, Greece. Her research interests include, teaching of physical education, Nutrition Education & Assessment, Eating Behavior, Eating disorders, Nutrition and individual with disabilities, Diet and exercise, Sport nutrition, Motor behavior and performance. She has participated as a scientific officer and as a collaborator in more than 8 research projects (national, European and Erasmus +).

Educational Background

- July 1993: BA in Physical Education and Sport Sciences. Aristotle University of Thessaloniki
- March 2000: Graduate of the Department of Nutrition School of Food Technology and Nutrition, Technological Educational Institute of Thessaloniki
- March 2002: Ph.D. in Physical Education and Sport Sciences. Aristotle University of Thessaloniki

Teaching

Dr Koidou from April 23, 2003 until today teaching courses in under and post graduate level.

- Teaching of physical education (2003- to date)
- Methodology in physical education(2003- to date)
- Nutrition(2003- to date)
- Sport nutrition (2003- to date)

Dr. Koidou has published more than 30 international peer reviewed papers in the area of physical education and Nutrition Education & Assessment. She has also participated in writing three books and edited the Greek edition of the American Dietetic Association, the Complete Food and Nutrition Guide, revised and updated 4th edition (2014).

List of most significant publications

1. Grouios, G., Alevriadou, A., and **Koidou, I.** (2001). Weight discrimination sensitivity in congenitally blind and normally sighted humans. *Journal of Visual Impairment and Blindness*, 95, 30-39.
2. Grouios, G., Kollias, N., **Koidou, Ir.**, and Poderi A. (2002). Excess of mixed footedness among professional soccer players. *Perceptual and Motor Skills*, 94, 695-699.
3. **Koidou Ir.**, Semoglou, Kl., Papadopoulos, P., and Hatzinikolaou, K. (2002). Athletic participation and eating disorders. *Studies in physical Culture &Tourism*, 9, 119-124.
4. Grouios, G., **Koidou, Ir.**, Tsorbatzoudis, H., and Alexandris K. (2002). Handedness in sports: something sinisterly going on? *Journal of Human Movement Studies*, 43, 347-361.
5. Grouios, G., Loupos, D., **Koidou, Ir.**, and Tsorbatzoudis, H. (2002). Free throw shooting accuracy as a function of eye-hand coordination. *Journal of Human Movement Studies*, 43, 377-385.

6. Alevriadou, A., Angelou, I., and **Koidou, I.** (2006). Visual-Motor integration in Prader-Willi Syndrome: a longitudinal case study. Second Eastern European Conference on Rare Diseases and Orphan Drugs. Fostering Research on Rare Diseases in Eastern European Countries. Plovdiv, Bulgaria: 8-9 September.
7. Ypsilanti, A., Ganou, M. **Koidou, Ir.**, and Grouios G. (2008). Digit Ratio (2D:4D) in individuals with intellectual disability: Investigating the role of testosterone in the establishment of cerebral lateralization. *Laterality*, 13, 527-44
8. Panagiotou, A., Evaggelinou, Ch., Doulkeridou, A., Mouratidou., K. and **Koidou, Eir.** (2008). Attitudes of 5th and 6th grade Greek students toward the inclusion of children with disabilities in physical education classes after paralympic education program. *European Journal of Adapted Physical Activity*, 1, 31-43.
9. Grouios, G., Hatzitaki, V., and Kollias, N., and **Koidou Ir.** (2009). Investigating the stabilizing and mobilizing features of footedness. *Laterality*, 14, 362-380.
10. Barkoukis, V., **Koidou, Ir.**, & Tsorbatzoudis, H. (2010). Effects of a motivational climate intervention on state anxiety, self-efficacy and sport skill development in physical education. *European Journal of Sport Science*, 10, 167-177.
11. Tsigilis, N, Grouios, G., Tsorbatzoudis, H., and **Koidou Ir.** (2010). Impact factors of the sport sciences journals: Current trends, relative positions, and temporal stability. *European Journal of Sport Science*, 10, 81-90
12. Ganou M., Grouios, G., **Koidou, I.** Alevriadou, A. (2010). The Concept of Anomalous Cerebral Lateralization in Klinefelter Syndrome. *Applied Neuropsychology*, 17, 144 — 152.
13. Dipla, K., Zafeiridis, A., **Koidou, I.**, Geladas, N., and Vrabas, I.S. (2010). Altered hemodynamic regulation and reflex control during exercise and recovery in obese boys. *American Journal of Physiology, Heart and Circulatory Physiology*, 299(6):H2090-6
14. Arampatzi, A., Mouratidou K., Evaggelinou Chr., **Koidou E.**, & Barkoukis, V. M. (2011). Social developmental parameters in primary school: Inclusive settings' and gender differences on pupils' aggressive and social insecure behaviour and their attitudes towards disability. *International Journal of Special Education. International Journal of Special Education*, 26, 55-66.
15. Doulkeridou, A., Evaggelinou, C., Mouratidou, K., **Koidou, E.**, Panagiotou, A. & Kudlacek, M. (2011). Attitudes of Greek Physical Education Teachers toward inclusion of students with disabilities in Physical Education classes. *International Journal of Special Education*, 26, 1-11.

16. Barkoukis, V., **Koidou, Eir.**, Tsoarbatzoudis, H., and Grouios, G. (2012). School and Classroom Goal Structures: Effects on Affective Responses in Physical Education. *The Physical Educator*, 69, 208-224.
17. Barkoukis, V., Rodafinos, A., **Koidou, Eir**, and Tsoarbatzoudis, H. (2012). Development of a Scale Measuring Trait Anxiety in Physical Education. *Measurement in Physical Education and Exercise Science*, 16, 1–17, 2012
18. **Koidou, I.**, Kollias, N., Sdravou, K. and Grouios, G. (2013). Dysphagia: A Short Review of the Current State. *Educational Gerontology*, 39, 812-827.
19. Parisi, I., Mouratidou, Aik., **Koidou, Eir.**, Tsoarbatzoudis, H., Karamavrou, S (2015). Effects of motivational climate, type of school and gender on students' moral competences in their daily life and physical education. *TRENDS in Sport Sciences*, 1, 39-45.
20. Karamavrou, S., Mouratidou, K., Evaggelinou, C., Koidou, I., & Parisi, I. (2016). Moral Competence, Personality, and Demographic Characteristics: A Comparative Study. *Ethics in Progress*, 7(1), 136-151.
21. Koidou, I., Karelani, A., & Grouios, G. (2016). Distribution of subcutaneous body fat on the left and right side of the body in adult overweight right handed women. *Clinical Nutrition ESPEN*, 13, e59.
22. Koidou, E., Papadopoulou, S., Thoma, F., & Euaggelinou, C. (2016). Body dissatisfaction and body image of female athletes with normal body weight. *Clinical Nutrition ESPEN*, 13, e63.
23. CF Dolopikou, IA Kourtzidis, NV Margaritelis, IS Vrabas, I Koidou, ... (2019). Acute nicotinamide riboside supplementation improves redox homeostasis and exercise performance in old individuals: a double-blind cross-over study. *European journal of nutrition*, 1-11
24. M Mpella, C Evaggelinou, E Koidou, N Tsigilis (2019). The Effects of a Theatrical Play Programme on Social Skills Development for Young Children with Autism Spectrum Disorders. *International Journal of Special Education* 33 (4), 828-845