

CURRICULUM VITAE

Iconomou Charalambos

Physical Education Teacher, T.E.I (Technological Educational Institution), Serres.

Residence: N.Souli, Serres

Place of birth: Ambeloi, Visaltia, Serres

Citizenship: Greek

EDUCATION

1975. Sixth grade high school apolytirion, Strimoniko, Serres

1976. Admission to the National Kapodistrian University of Athens after Pan-Hellenic National Examinations in the faculty of physical education, which then called E.A.S.A.

1980. A second class upper division degree in Physical Education and a first class honours specialty degree in volleyball.

1998. National Sports Academy in Sofia, Bulgaria. Elaboration of doctoral thesis on the subject of “Measurement, Programming and development of the leaping ability in male and female athletes aged 12-16 in Greece.” Acquisition date and issue of the title. 12/8/2003.

Recognition date by Δ.O.A.T.AΠ (Hellenic National Academic Recognition and Information centre) (Hellenic N.A.R.I.C) 18/3/2009.

2000. Hellenic Open University (H.O.U). Successful completion of two theme units on the subjects:

A) Open and distance education

B) Educational units administration

2010. National Sports Academy in Sofia, Bulgaria. Elaboration of postgradual thesis in the field of SPORTS MARKETING AND MANAGEMENT on the subject of “Sports Marketing and Management activities in sports campsites in the municipality of Serres.” Issue date of the title 25/11/2011.

Recognition date of the title by Δ.O.A.T.A.Π (Hellenic N.A.R.I.C)

11/10/2012

RESEARCH-PUBLICATIONS

- 1) Michailof D. Iconomou H. "Interaction between anthropometric indices and jumping ability in handball athletes aged 15-16 in Greece." Journal of sports-society-education Sofia, May 2011.
- 2) Michailof D. Iconomou H. "Research on the effectiveness of training programmes for the development of the jumping ability in handball athletes aged 15-16 in Greece." Journal of Sports and health science Sofia, May 2003.
- 3) Lazaridis S. Iconomou H. Papadopoulos K. "Characteristics of maximum isometric strength of phxeocarpic joint in untrained students." Journal of sports medicine in the 21st century Thessaloniki 16-17 September 2011.
- 4) Lazaridis S. Alexandropoulou S. Sfiriou I. Pilianidis T. Bassa H. Iconomou H., "STRECH-SHORTENING CYCLE PROTOCOL AFFECTS RUNNING BIOMECHANICS AND ALTERS MOVEMENT'S PATTERN." Serbian journal of sports sciences. Belgrade, Serbia, Europe 18-06-2011.
- 5) Mavropouiou A. Hatzimanouil D. Lazaridis S. Iconomou H., "EFFECT OF STRENGTH TRAINING PROTOCOL ON FLEXIBILITY OF ELBOW JOINT FOR " HANBALL GOALIE'S ELBOW " INJURIES." Physical Training October 2012 <http://www.ejmas.com>
- 6) Mavropouiou A. Hatzimanouil D. Lazaridis S. Iconomou H. "SUBJECTIVE PERCEPTION OF PAIN CHARACTERISTICS IN TEAM HANBALL PLAYERS WITH " GOALIE'S ELBOW " EFFECTS OF A MUSCLE STRENGTHENING PROTOCOL." Physical Training June 2012 <http://www.ejmas.com>
- 7) Oxyzoglou N. Hatzimanouil D Iconomou H. Ioannidis Th., "EVALUATION OF HIGH LEVEL HANDBALL PLAYERS IN MORPHOLOGICAL CHARACTERISTICS AND VARIOUS MOTOR ABILITIES BY PLAYING POSITION." European journal of Sports Medicine 2013 (in process).
- 8) Iconomou H. Ioannidis Th. Lazaridis S., "HANDGRIP DYNAMOMETRY OF GREEK HEALTHY UNIVERSITY STUDENTS." Journal of Physical Education and Sports science June 2013 Romania.
- 9) Iconomou H. Ioannidis Th. Lazaridis S., "ESTIMATION OF VO2 MAX BETWEEN GREEK STUDENTS OF DIFFERENT DEPARTMENTS." Physical Training 2013 <http://www.ejmas.com> (in process).

10) Iconomou H. Ioannidis Th. Lazaridis S., “KINEMATIC ANALYSIS OF THE VOLLEYBALL JUMP AND FLOAT SERVE IN GREEK VOLLEYBALL ATHLETES.” Physical Training 2013 <http://www.ejmas.com> (in process).

11) Michalis Sambanis Ioannis Athanailidis Athanasios Sambanis Olga Kiritsi Konstantinos Tsitas Iconomou Charalambos., “A STUDY OF MUSCULOSKELETAL INJURIES IN GREEK MALE AND FEMALE SWIMMERS.” (in process)

ANNOUNCEMENTS

The following announcements were presented within the elaboration of the doctoral thesis.

1) “RESEARCH ON THE JUMPING ABILITY IN MALE VOLLEYBALL ATHLETES AGED 12-14.” Sofia, Bulgaria 22-23/5/2000.

2) “RESEARCH ON THE JUMPING ABILITY IN FEMALE VOLLEYBALL ATHLETES AGED 12-14.” Thessaloniki 4-6/5/2001.

3) “TEST OF THE DEGREE OF THE DEPENDENCE BETWEEN ANTHROPOMETRIC INDICES AND JUMPING ABILITY IN FEMALE VOLLEYBALL ATHLETES AGE 14-16.” Komotini 18-20/5/2001.

4) “DEPENDENCE DEGREES BETWEEN ANTHROPOMETRIC INDICES AND JUMPING IN MALE ATHLETES AGED 14-16.” Sofia , Bulgaria 21-22/5/2001.

5) “JUMPING ABILITY IN FEMALE VOLLEYBALL ATHLETES AGED 12-16 .” Seminar T.E.Φ.A.A. (Department of physical Education and Sport Science) Serres.

6) “MAXIMAL OXYGEN CONSUMPTION VO₂ MAX IN MALE AND FEMALE HIGHER EDUCATION STUDENTS.” Komotini 17-19/5/2002. The task was carried out by the workshop of sports of T.E.I. (Technological, Educational Institution), Serres.

7) “ KINEMATIC CHARACTERISTICS OF THE JUMP SERVE IN HIGH LEVEL FEMALE ATHLETES.” Thessaloniki, April 2006.

8) “KINEMATIC CHARACTERISTICS OF SERVE IN HIGH LEVEL FEMALE ATHLETES.” Thessaloniki, April 2006.

9) Participation in Sports Science conference on the subject of: “HANDGRIP DYNAMOMETRY OF GREEK HEALTHY UNIVERSITY STUDENTS.”

PODGORICA 4-7 April, 2013 MONTENEGRO. The task was carried out by the workshop of sports of T.E.I, (Technological Educational Institution), Serres.

10) Participation in sports science conference of the Physical Educator's Union of North Greece on the subject of: "COMPARATIVE ANALYSIS OF THE PERFORMANCE IN DROP JUMPS BETWEEN MALE AND FEMALE HANDBALL ATHLETES DURING THEIR GROWTH AGE." Thessaloniki 12-13-14/4/2014 .

11) Participation in Sports Science conference of the Physical Educator's Union of North Greece on the subject of: "ESTIMATION OF THE PERFORMANCE IN DROP JUMPS BETWEEN MALE HANDBALL ATHLETES AND UNTRAINED PRE-TEEN BOYS." Thessaloniki, 12-13-14/4/2013.

WRITING MATERIAL

a) Collaboration with colleagues in book writing on the subject of: "Handball Tactics" for the T.E.F.A.A (Department of physical Education and Sport Science) students of Thessaloniki.

b) Collaboration with colleagues in book writing on the subject of: "Handball Techniques" for the T.E.Φ.A.A (Department of physical Education and Sport Science) students of Thessaloniki.

c) Notes writing on the subject of : " Handball Training" for the speciality of volleyball T.E.Φ.A.A (Department of physical Education and Sport Science) students of Thessaloniki.

d) Notes writing on the subject of: "Individual Handball Tactic" for the T.E.Φ.A.A students of Serres.

e) Book writing in collaboration with Rizopoulo Konstantino, (colleague) on the subject of: "Volleyball: Step by Step."

f) Editing, improvement and republishing of the book: "Volleyball: Step by Step."

g) Notes issued and translated into Bulgarian on the subject of: "Individual Handball Tactic" for the speciality of volleyball Students of the National Sports Academy "Vassil Levski ", Bulgaria.

h) Writing of 12 programmes for the development of the jumping ability in male and female teenagers for the account of Hellenic Handball Association Coaches (S.P.P.E).

