



Academic Personnel Short Profile / Short CV

University:	UNIVERSITY OF NICOSIA
Surname:	KONSTANTINIDOU
Name:	ELISAVET
Rank/Position:	ASSISTANT PROFESSOR
Faculty:	LIFE AND HEALTH SCIENCES
Department:	LIFE SCIENCES
Scientific Domain: *	SPORTS SCIENCE

** Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2012	Democritus University of Thrace	Physical Education and Sport Science	Creativity in primary education: physical educators' perceptions and behaviours
MSc	2005	Democritus University of Thrace	Physical Education and Sport Science	The expression of motor creativity through different types of verbal instructions
BSc	1998	Aristotle University of Thessaloniki	Physical Education and Sport Science	



Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
07/2020	today	University of Nicosia	Nicosia	Assistant Professor (Physical Education & Sports Pedagogy)
10/2014	06/2020	University of Nicosia	Nicosia	Full-time Lecturer (Physical Education & Sports Pedagogy)
10/2006	02/2014	Alexander Technological Educational Institute of Thessaloniki	Thessaloniki	Part-time Lecturer (Music & Movement Early Childhood Education)
03/2003	12/2004	Democritus University of Thrace	Komotini	Part-time Lecturer (Gymnastics & Rhythmic Gymnastics)

Key <u>refereed</u> journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2025	Effects of fascia-oriented training program on joint position sense, force sense and postural control of dancers	Chatzopoulos, D. Drakou, A. Gouliamperi, R. Douka	Journal of Kinesiology and Exercise Sciences	35 (110)	1-9
2	2025	Proprioceptive training induced adaptations of static balance in adults with intellectual disability.	Rallis, K., Hatzitaki, V., Mavrommatis, G. & Fotiadou, E.	Journal of Intellectual Disability Research	69 (4)	298-309
3	2025	A movement-integration approach for the comprehension of punctuation marks in students with dyslexia.	Topouzeli, F., Evaggelinou, C. Barkoukis, V & Fotiadou, E.	Journal of Research in Special Educational Needs	25 (1)	175-193
4	2023	Creative Dance studies in elementary schools: a systematic search and a narrative review.		Research in Dance Education	Open access	1-35
5	2022	Inclusion Teaching Style and Modifications in Physical Education	Athanasia Chatzipanteli Alexandros Fotiadis	Journal of Physical Education, Recreation and Dance	93	52-53
6	2021	Effects of an eight-week creative dance and movement program on motor creativity and motor competence of preschoolers.	Thomaidou, Christina Venetsanou Fotini	Journal of Physical Education and Sport	21 (6)	3268-3279
7	2020	Τα οφέλη της δημιουργικής κίνησης και του δημιουργικού χορού στην βασική εκπαίδευση.	In Dimitra Katsarou (Ed.) Ειδική Αγωγή και	Μέθεξις: Θεσσαλονίκη		85-147



		[The benefits of creative movement and creative dance in primary education]. (Chapter in Book)	Δημιουργικότητα [Special Education and Creativity]	[Methexis: Thessaloniki]		
8	2018	The promotion of Students' Creativity: Physical Educators Perceived and Actual Creativity Fostering Behaviors (Chapter in Book)	In Kay Soh (Ed.) Creativity Fostering Teachers Behavior: Measurement and Research	Singapore: World Scientific Publishing Company Pte Ltd.	ISBN: 978-981-3234-15-4 (hardcover) ISBN: 978-981-3234-17-8 (ebook)	119-143
9	2017	Do Physical Educators Promote Students' Creativity? An observational analysis study. (paper)	Zisi Vasiliki	The Physical Educator	74 (3)	421-442
10	2015	Barriers and Inhibitors of Creativity in Physical Education. (paper)	Zisi Vasiliki Katsarou Dimitra Michalopoulou Maria	Journal: European Psychomotricity Journal	7 (1)	17-31

**Exhibitions (where applicable). List the five (5) more recent and other five (5) selected.
 (max total 10)**

Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1	7-10/11/2021	Creative movement and dance in elementary schools: evidence-based considerations for research and practice	23rd Annual National Dance Education Organization Conference (NDEO)	Virtual Conference	Delegate / Presentation of paper
2	7-8/12/2019	Creative Movement and Dance in Elementary Schools: Research Evidence	OBLOMOV International conference: Art as a Mean of Physical Activity: Theatre, open scenario and improvisation in exercise programs for children and adolescents.	Trikala, Greece	Presentation of paper
3	16-18/07/2018	Interdisciplinary Creative Teaching: Movement as bridgework of explicit and tacit knowledge and rendering artworks of the body, mind and affect	International InSEA seminar	Thessaloniki, Greece	Workshop presenter
4	5-7/9/2016	Do Creativity Fostering Teachers Behaviors Differ According to their Gender and Age?	International Congress "Sport, Health and Women", High Institute of Sports and Physical Education of Sfax	University of Sfax, Monastir, Tunisia.	Delegate / Presentation of paper
5	5-7/9/2016	Differences in emotional intelligence among young adults participating in different types of dances and exercise	International Congress "Sport, Health and Women", High Institute of Sports and Physical Education of Sfax	University of Sfax, Monastir, Tunisia.	Delegate / Presentation of paper



6	6-8/05/2011	Creativity in the Classroom: Elementary Physical Educators' Perceptions	OMEF European Conference: Perspectives on Creativity and Learning in Early Childhood Education	Nicosia, Cyprus.	Delegate / Presentation of paper
7	6-8/05/2011	Exploring Children's Ways of Creative Expression: A Qualitative Approach of Physical Educators' Perception	OMEF European Conference: Perspectives on Creativity and Learning in Early Childhood Education	Nicosia, Cyprus.	Delegate / Presentation of paper
8	29-30/09/2006	The development of an instrument to evaluate preschool children knowledge about healthy lifestyle (in Greek). (Η ανάπτυξη ενός εργαλείου για την αξιολόγηση της γνώσης του υγιεινού τρόπου ζωής παιδιών προσχολικής ηλικίας)	1 st Hellenic Conference of Preschool Education: "Innovation for Preschool Education of the 21 st century: initiatives, experiences, perspectives"	Thessaloniki, Greece.	Delegate / Presentation of paper
9	5-7/04/2002	Features of employees' responsibilities in gyms	5 th National Congress of Sports Physical Education (E.G.V.E.).	Thessaloniki – Greece.	Delegate / Presentation of paper
10	17-19/05/2002	Evaluation of expressiveness of high level competitive rhythmic gymnastics athletes	10 th International Congress of Sports Physical Education.	Komotini – Greece.	Delegate / Presentation of paper

**Specify venue, geographic location etc*

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)

Ref. Number	Date	Title	Funded by	Project Role*
1	01/2012 - 09/2015 (45 months)	ECEQ: Evaluation of early childhood education quality: Adaptation of ECERS-R and ECERS-E scales in the Greek educational settings (Project No: 517999-LLP-1-2011-1-GR-COMENIUS-CM, http://earlyquality.teithe.gr/index.php/el/)	Thalis project, Ministry of Education (code: MIS 379429), Life Long Learning and Religious Affairs	<ul style="list-style-type: none"> • Research Associate • Training seminars • Organization of international workshop • Data analysis • Construction and support of the web page of the program (Work Packages WP4. WP6. WP19. WP 20)
2	10/2004 - 09/2007 (37 months)	Early Steps: Promoting healthy lifestyle and social interaction through physical education activities during preschool years	European Commission, Comenius 2.1 project: Training of school educational staff (code: 118192-CP-1- 2004-1-GRCOMENIUS-C21)	Expert, Research Team Member <ul style="list-style-type: none"> • Writing and proofreading of physical education lesson plans for early childhood • Writing parts of theory for the vocational training of educators • Vocational Training of Educators • Data recording and analysis • Results' Evaluation & Dissemination • Web-site builder and administration (Work Packages/WP5. WP11. WP16. WP21)
3	01/2004 - 07/2005 (19 months)	"Intervention program for creative learning and	"Archimedes: Supporting Research Teams in Technological Educational Institutes".	Expert, Research Team Member



		acquisition of healthy habits during preschool years”.	Source funding: Hellenic Ministry of National Education and Religious Affairs' (O.P. "Education").	<ul style="list-style-type: none">• Writing and proofreading of physical education lesson plans for early childhood• Writing parts of theory for the vocational training of educators• Vocational Training of Educators• Data analysis• Results' Evaluation & Dissemination (Work Packages/WP 1.3, WP 2.2, WP 3.1, WP 3.2, WP 3.3, WP 4.2)
--	--	--	--	--

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees. List the five (5) more recent (Optional Entry)				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2024-today	Cyprus Sports Organization	Academic Consulting Services for court cases	Prosecution Witness, Court case consulting on gym and physical activity, Academic Expert and Consultant for Legal Affairs of CSO
2	2023-today	PASYPEFAA Pan-Cypriot Association of Science Graduates of Physical Education and Sports	Board member Press representative	Informing both members and the wider society on issues of Physical Education and Sports, Physical Exercise for Health and Performance and Physical Literacy. (Organizing actions to promote, and offer Sports Science and Physical Activity and Exercise to the general public. promoting scientific research in Physical Education, Sports, Physical Exercise and Kinetic Literacy)
3	20/09/2023 - today	School of Life and Health Sciences, University of Nicosia	Member of Teaching and Assessment Committee of the School of Life and Health Sciences	Monitor University of Nicosia regulations as well as current practices and propose innovative research-based best approaches in: (a) pedagogy (b) assessment and (c) faculty professional development Responsible for the recording of assessment methods of the School's faculty on their courses
4	03/11/2020 - today	University of Nicosia	Erasmus Coordinator for Sports Science program	To carry out the necessary works and transactions in order to ensure that the Erasmus Exchange Program services are carried out at the highest level and promote bilateral agreements between higher education institutes in the field of sports science
5	01/2023-01/2024	School Council of Life and Health Sciences, University of Nicosia	Faculty Representative for the Department of Life Sciences to the School Council of Life and Health Sciences	Attend Council Meetings Share, discuss views to the faculty Represent the Department Engage in Faculty matters, agenda and policy setting

Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)

Ref. Number	Date	Title	Awarded by:
1	22/12/2017	Honorary award on the 64th Annual Feast for the Top of Hellenic Sports and other contributors to Hellenic great sport successes and distinctions. (For participation in the 1 st Ensemble National Team of Rhythmic Competitive Gymnastics on the 1 st junior European Championship in Athens - 1987)	Pan-Hellenic Association of Sports Press (PSAT)
2	2016-2017	Program: Erasmus+ Host Institution: University of Oslo, Department of Musicology Subject of training: Expansion of knowledge towards music related themes, issues and research related to human body and health. Bursary amount: 1020,00 euro	LLP ERASMUS Training Staff Mobility
3	2010-2011	Program: "Lifelong Learning" 31439-IC-1-2007-1-GR-ERASMUS (contract no 0004/2010) Host Institution: University College Arteveldehogeschool, Gent, Belgium, (B GENT 39) Subject of teaching: Comparing Education Bursary amount: 686,60 euro	LLP ERASMUS Teaching Staff Mobility
4	08/2007	Scholarship (PhD thesis)	Greek Secretariat of Sports (GSS)



		Decision No: 38400-28/08/2007 Bursary amount: 5.000,00 euro	
5	05/2005	Honorary enrollment in public sector	Greek Government (Law 2725/99, article 34 "Benefits for distinguished athletes", paragraph 8)
6	09/1993	Honorary enrollment in public academic studies	Greek Government (Law 2725/99, article 34 "Benefits for distinguished athletes", paragraph 8)

Other Achievements. List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	Date	Title	Key Activities:
1	02/11/2024	Presenter of the Conference "Innovations in Physical Education and Exercise Sciences"	Host/presenter of the 2 nd Pan-Cyprian Conference of Sports Science and Physical Education
2	12/12/2024	The Importance of Exercise in the Army	Invited Speaker at the University of Nicosia in the framework of the Seminar for the Presentation of the Results of the Research "Anthropometric measurements and eating habits of the army of Cyprus" for the Ministry of Defence, organized by the Association of Dietitians and Nutritionists of Cyprus.
3	23/11/2024	The first steps of Physical Literacy	Invited speaker at the Castello Kindergarten. A collaborative initiative for parents counseling between the University of Nicosia and the Castello Kindergarten, as a series of seminars entitled "Children and Health: A Playful Path to Wellness", Castello Kindergarten, Nicosia.
4	26/06/2023	Examples of using google forms, links and QR Codes for teaching and assessment in Physical Education"	Invited speaker for the Pancyprian Conference of the Organization of Greek Secondary Education Teachers (OELMEK) "Physical Education and Technology", Nicosia, Cyprus
5	10/09/2022	Creative dance in elementary schools: benefits and good practices	Invited talk in round table 4: Sports' pedagogy / Teaching in Physical Education, at the 1 st Pancyprian Conference of Sport's Science and Physical Education
6	7-10/10/2021	Creative movement and dance in elementary schools: evidence-based considerations for research and practice.	Conference presentation. 23rd Annual National Dance Education Organization Conference. Virtual Conference



7	16/11/2022	Cross Curricular, Inter-disciplinary and Whole School Approach as a necessity in schools	Invited Lecturer for Science Teachers Continuous Professional Development of Pascal English School of Larnaca (Secondary Education), Cyprus
8	12/06/2017	Music & Movement	Guest Lecturer & workshop presenter in the “fourMs Workshop: Bodies in Motion”, in the frame of MUSIC 2020: Interdisciplinarity, Innovation, Impact (International Music Research Summer School), Oslo, Norway 13-17 June 2017, Department of Musicology, University of Oslo. http://www.uio.no/english/research/groups/fourms/events/seminars/2017/bodies-in-motion/
9	19/12/2016	Music & Movement in Physical education: Use of music for multiple purposes.	Invited talk & workshop presenter for the Continuous Professional Development of Elementary Physical Educators of the Magnesia Prefecture, Volos, Greece.
10	20/21/11/2015	The Use of Music in Movement Education: Developmentally appropriate practices and activities for the achievement of specific learning goals and outcomes in Physical Education.	Workshop presenter at the 1 st Conference of Physical Education and Physical Activity, 20-21 of November 2015, University of Cyprus, Nicosia.