



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Tsouloupas
Name:	Constantinos
Rank/Position:	Assistant Professor
Faculty:	School of Life and Health Sciences
Department:	Life Sciences
Scientific Domain: *	Sport Psychology/ Applied; Sport Pedagogy

* *Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2011	Louisiana State University, Baton Rouge, Louisiana	Department of Kinesiology	Examining the perceptions of teachers' efficacy in handling student misbehavior (TEHSM) in classroom and physical education settings
MA	2006	California State University at Fresno, California	Department of Kinesiology	School-based Healthy Activities Program for Exercise (SHAPE) Intervention
BA	2004	Southern Illinois University at Carbondale, Carbondale, Illinois	Department of Psychology,	
BSc	2003	Southern Illinois University at Carbondale, Carbondale, Illinois	Department of Physical Education,	

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

Period of employment		Employer	Location	Position
From	To			
1/2015	Present	University of Nicosia	Cyprus	Assistant Professor
8/2011-1/2015	1/2015	University of Nicosia	Cyprus	Lecturer

Key refereed 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	Personality Shadows: Dark Triad Traits and Academic Major Choices among Greek University Students	Kokkinos, C. M., Voulgaridou, I. & Tsouloupas, C. N.	<i>International Journal of Educational Psychology</i>		1-24
2	2024	Physical fitness, psychological characteristics, and game performance in youth male soccer players of different levels of competition. International	Koudellis, M., Tsouloupas, C. N. , Christou, M., Aphas, G., Bogdanis, G. C., & Giannaki, C. D.	<i>Journal of Performance Analysis in Sport</i>	25(2),	290–304
3	2023	Mind, Body, and Pandemic: Understanding the Complex Relationships Between Subjective Well-Being, Physical Activity, and Perceived Multi-Dimensional COVID-19 Impact.	Tsouloupas, C. N. , & Kokkinos, C. M.	<i>SAGE Open, 13(4).</i>	13(4)	
4	2023	General mental health and subjective well-being among university students: The	Kokkinos, C. M., Tsouloupas, C. N. , & Voulgaridou, I.	<i>Human Arenas</i>	6(4)	776-793

		moderating role of personal cultural orientations.				
5	2022	The effects of perceived psychological, educational, and financial impact of COVID-19 pandemic on Greek university students' satisfaction with life through Mental Health.	Kokkinos, C. M., Tsouloupas, C. N. , & Voulgaridou, I.	<i>Journal of Affective Disorders</i>	300	289-295
6	2016	An eight week school-based intervention with circuit training improves physical fitness and reduces body fat in male adolescents.	Giannaki, C. D., Aphasimis, G., Tsouloupas, C. N. , Ioannou, Y., & Hadjicharalambous, M.	<i>The Journal of sports medicine and physical fitness,</i>	56 (7-8),	894–900.
7	2015	The relationship between physical fitness and obesity among a sample of adolescents in Cyprus.	Aphasimis, G., Giannaki, C. D., Tsouloupas, C. N. , Ioannou, Y., & Hadjicharalambous, M.	<i>International Journal of Adolescent Medicine and Health</i>	27(4)	369-375
8	2014	The Development of High School Teachers' Efficacy in Handling Student Misbehavior (TEHSM).	Tsouloupas, C. N. , Carson, R. L., & MacGregor, S. K.	<i>The Journal of Educational Research</i>	107(3)	230-240
9	2014	Personal and school cultural factors associated with the perceptions of teachers' efficacy in handling student misbehavior.	Tsouloupas, C. N. , Carson, R. L., & Matthews, R. A.	<i>Psychology in the Schools, 51(2), 164-180.</i>	51(2)	164-180.
10	2011	Costs and benefits of supportive versus disciplinary emotion regulation strategies in teachers.	Barber, L. K., Grawitch, M. J., Carson, R. L., & Tsouloupas, C. N.	<i>Stress and Health</i>	27(3)	173-187.

*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	2025-ongoing	The "Innovators in Motion" (INMOTION)	Erasmus Plus (Pending)	Research Team Member
2	2024-ongoing	Παράγοντες που επηρεάζουν την ψυχολογία, τις συνήθειες ύπνου, και την ευεξία: Απόψεις Κυπρίων μαθητών-Αθλητών	Self-funded	Primary Investigator
3	2024-ongoing	Redesigning a Youth Soccer Program: The Efficacy of a 5C Model Program on Ball Control, Passing Performance, and Decision Making	Self-funded	Primary Investigator
4	2021-ongoing	Exploring Factors Influencing Physical Education Teaching from the Teachers' and Physical Education University Students' Perspective	Self-funded	Primary Investigator
5	2021-ongoing	Η ευζωία των φοιτητών και η σχέση της με ατομικά χαρακτηριστικά	Self-funded	Primary Investigator
6	2020-2024	EPPKA2 - Cooperation for innovation and the exchange of good practices	ERASMUS Plus	Research Team Member

**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	2023- Ongoing	International School Sport Federation (ISSF)	Research Committee Vice President	Organize/administer educational seminars, workshops, and presentations on sport psychology topics to coaches, student-athletes, and teachers.
2	2022- Ongoing	Public Sports Schools - Cyprus Ministry of Education, Sport & Youth	Sport Psychology and Sports Performance External Consultant/Associate, Research Associate	Organize and administer seminars, workshops, and presentations on sport psychology topics to coaches, student-athletes, school personnel, and teachers. Advise on matters that involve the betterment of the sports system and student-athlete experience in sports schools
3	2013- Ongoing	Cyprus Basketball Federation Coaching Certification Program	Sport Psychology and Pedagogy Teaching Faculty	Design course curriculum; create syllabus, exams and written assignments; select reading materials; present lecture topics on various topics on Sport Pedagogy

**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	2011	<i>Winner</i> , Graduate Student Writing National Award	American Kinesiology Association
2	2011-2008	Lillian Oleson Scholarship for high scholastic achievement (four consecutive years), (\$1000 per semester).	College of Education, Louisiana State University
3	2009	Nominee, Dissertation Fellowship Award,	Graduate School, Louisiana State University
4	2011-2007	Outstanding Graduate Student Scholarship (four consecutive years), (\$3000 yearly, four consecutive years)	Department of Kinesiology Louisiana State University
5	2007	Outstanding Faculty Publication,	Department of Kinesiology, California State University, Fresno