

## Brief CV Kontodimaki Vasiliki



**Special Researching Teaching Staff (PhD, grade A')**  
**Hellenic Army Academy/Section of Sport (1998-2021)**  
Grade A' on Water Sports Coaching (4505/5893).  
English (C 1) - French (C 1).  
Swimming and Water Polo Champion (1982-1995)  
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### ACADEMIC STUDIES

- **PhD (2012)** University of Peloponnese, Faculty of Human Movement & Quality of Life Sciences, Department of Sports Organization & Management specialized in Military Sport Management (in collaboration with HAA).
- **BSc (1991)** Kapodistrian University of Athens, Department of Physical Education and Sports Science, (Swimming Specialization).

### ADDITIONAL SCIENTIFIC DIPLOMAS or SPECIFICATIONS

- Diploma of Competence (2009) in "**Statistical Conclusion with Statistical Packages**". National Centre for Public Administration & Self-Government (**E.K.D.D.A.**). Institute of Education. Athens: 16-27 Feb 2009 (duration 70 hours).
- Diploma in Education (2007) in "**Research Methodology & Data Analysis**". Department of **Phil.Ped.Phyc.** Kapodistrian University.
- Educational Diploma in **Teaching Methods** (2007) "**Spectrum teaching styles workshop**". 12th European Congress of Sport Psychology. Committee of Spectrum of Teaching Styles. Halkidiki, Greece: 4 Sept. 2007.
- Educational Diploma (2006) in "**Organization - Administration of Physical Education & Sport**". Association of Gymnasts of Northern Greece (E.G.B.E.). Thessaloniki: 7-9 April 2006.
- **Diploma in Swimming Specialization** in pre-school children, (F. N. N. P). (1993) **French State**
- **Diploma of Adequacy** (1993) in First Aid. French Ministry of Interior.
- 1st Amateur Diploma in Autonomous Diving and Lifesaving (1996-7) (C.M.A.S.).

### SCHOLARSHIPS – PRAISES

**Fellow of the General Secretariat of Sport.** (1981-1991) as a distinguished pupil - athlete – student (12381/26/4/2000).  
**Swimming and Water polo champion** 1975-1996 with distinctions in National and International meetings (achieving a national record).

### ACADEMIC WORKING POSITIONS

- 06/10/2006- up today Special Researching Teaching Staff in Military Physical Education on HAA's Undergraduate & Erasmus courses.
- 06/10/ 2003-2006 Contract for a three-year term on HAA's Undergraduates Physical Education courses (Swimming).
- 2000-2001 Hourly Teacher of HAA's Physical Education as Coach of the Cadets' Swimming Team.
- 1998-2003 Hourly Teacher of HAA's Physical Education Undergraduates courses (Swimming).

### ADDITIONAL TEACHING / RESEARCHING

- **Design & execution of HAA's Academic Researching Plan:** "*The effect of manipulating the sense of self-efficacy on goals' performance and achievement: a case study in Swimming*".
- Teaching ERASMUS International Semester HAA's courses (2017-2020): **International Semester on Military Leadership C (Physical Training)**.
- **Teaching HAA's Sport Specific Courses** (2015-2016): (1) Experimental Evaluation of Fighter Performance Physical Function, (2) Optimization of Fighter Operational Capacity.
- **Supervision of HAA's Cadets Graduate Research** (2015, 2017).
- Elected as **General Secretary** Board of Directors **Workers' Association** of the Special Researching Teaching Staff at **Higher Military Educational Institutions** (2017-2021).
- Member of the **Cross-Sector Working Committee of HAA's** internal evaluation report (2013-2014), "Strategic Planning Proposals".
- **Assistant of the Higher Military Sport Council** Organizing Committee's for the Military Swimming Championships (took place on 13-15/03/2008 in Volos and 15-16/03/2007 in Komotini).

**MEMBER as ACADEMIC REVIEWER of the international scientific committee on «Journal of Military and Veterans'Health»**  
**Publisher:**  
**Australasian Military Medicine Association**

## SCIENTIFIC PUBLICATIONS

### Full publications in International and Greek scientific journals with reviewers and important impact score

Karamanoli, V. & **Kontodimaki, V.** (2016). The two basic aspects of military self-efficacy: leadership self-efficacy and self-efficacy in athletic motor skills. (*submitted*).

**Kontodimaki, V.** (2014). The Competency of the Military Fitness Training Leaders in the Hellenic Army. *Journal of Military and Veterans' Health*, 22 (3) September 2014, p 34-43.

**Kontodimaki, V.** & Mountakis, C. (2014). Disparities among Greek Army Units due to Physical Training Instructor's Competency Influencing the Organizational Efficiency of the Army Physical Training. *The Open Sports Science Journal*, 7, (Suppl-1, M11), 2014, 65-72.

**Kontodimaki, V.,** Mountakis, C., Travlos, A.K., Stergioulas, A. (2012). The investigation of the efficiency of the organization of physical training in Greek Army. *Biology of exercise*, v. 8 (1), p.p. 27-36.

Karamanoli, V. & **Kontodimaki, V.** (2015). General self-efficacy and Military self-efficacy: dimensions, function, handling. *Scientific Publications of the Hellenic Army Academy (in print)*

**Kontodimaki, V.,** Mountakis, C., & Fassos, D. (2006-7). Software Creation of Physical Education Teaching and Monitoring Organization at the Hellenic Army Academy. *Physical Education - Sports - Health: (20-21)*, p.11-34. Heraklion: ed. E.P.I.F.A.N.H.

### Publications in the military scientific journal Sports Science & Armed Forces, VARI: ed. HAA

Panagi, G., **Kontodimaki, V.,** Karamaroudis, A., & Cardaris, D. The Eating Habits of Greeks in Antiquity. 2017, p. 4 (3), p. 14-27.

**Kontodimaki, V.** Cortisol as a possible predictor of optimism and perseverance in the military context. 2016, p. 4 (2), p. 43-44.

**Kontodimaki, V.** Quality Assessment Results of the 1st Conference of Sports Science in the Armed Forces 2014: "Holistic Robustness – Fighting Capacity", 2015, p. 3 (1), p. 39-49.

**Kontodimaki, V.** Factors affecting the effective organization of Military Physical Education. 2013, p. 1 (2), p. 10-22.

### Publications in the military journal Military Inspection. Ed. HGS 7th SO/5.

**Kontodimaki V.** The Institutional Framework of the Olympic Games in Antiquity. 2008, Jul./Aug., p. 6-13.

**Kontodimaki V.** Brief Historical and Sports Review of the Olympic Games from Athens 1896 to Athens 2004. 2005, Nov./Dec., p. 104-141.3).

**Kontodimaki V.** Birth and Philosophy of the Olympic Games in Ancient Greece, 2004, Jul./Aug., p. 18-37.

### Scientific Presentations in Conferences (18) (posted here the last 5 years)

**Kontodimaki, V.** The psychosocial objective of Military Physical Training. A contributing factor to the retention of

military personnel. 14<sup>th</sup> *ERGOMAS Conference. Athens: Hellenic Army Academy, 26-30 June 2017.*

Karamanoli, V. & **Kontodimaki, V.** "Self-efficacy and Military Education: leadership and sport-exercise performance" 14<sup>th</sup> *ERGOMAS Conference. Athens: Hellenic Army Academy, 26-30 June 2017.*

**Kontodimaki, V.** The Organization's Efficiency of the Physical Education in the Responsibility Area of the Hellenic General Staff of the Army. *Scientific Workshop on: Operational Exercise–Applications in the Armed Forces" & "Holistic Approach to Exercise Programs"*, Vari: Hellenic Army Academy (15-12-2017).

**Kontodimaki, V.** 1) Scientific methods for assessing the effectiveness of the Military Physical Education organization. 2) The effectiveness of the Military Physical Education organization/programming in terms of the experiential goals. *1st Congress of Sports Science in the Armed Forces. "Holistic Robustness - Fighting Ability"*. Vari: Hellenic Army Academy (15-16 October 2014). *Sports Science and Armed Forces*, p. 2 (3), p. 40-41. VARI: ed. HAA

**Kontodimaki, V.** 1) The profession of Teaching the Physical Education. Introduction requirements, professional outlets, and related alternatives, and 2) The Higher Military Educational Institutions; Military Sciences; Admission requirements, professional outlets, and related alternatives. *Presentations at the East Attica Secondary Education Workshop on: Career Day, 1st General Lyceum of Markopoulo, 26 April 2015.*

## Publications – Educational Booklets

Paxinos, Th., Havenetidis, C., Kounalakis, S., Kaniadakis, A., Karamaroudis, A., **Kontodimaki, V.,** Kostoulas, I., Ganavias, P., Nanakis, A., & Platsas, G. "Pre-selection of staff for *Special Forces Schools. Fitness Program Manual*». (2019) ed. HGS

**Kontodimaki, V.,** Karamaroudis, A. *The Olympic Games from ancient Greece to Athens 2004*. (2004). Vari: Hellenic Army Academy (15-12-2017), Volume I, p. 114 - Volume II, p. 95, and CD-ROM.

**Kontodimaki V.,** Paxinos T. *Swimming Manual for the Hellenic Army Academy* (2001). Vari: publications HGS/Hellenic Army Academy, p. 122.

**Kontodimaki, V.** *First aid and basic methods of preventing musculoskeletal injuries and overload damages on Military Personnel. Teaching notes as a compulsory support material for the International Semester March - June 2018 Military Leadership C (Physical Training)*, 2018 Hellenic Army Academy. Posted on the official educational platform website MOODLE of the Hellenic Army.

**Kontodimaki, V.** 1) *First Aid*, and 2) *Organization, prevention, treatment, recovery of injuries: first aid, serious injuries, diseases requiring immediate intervention and application of first aid, cardiopulmonary resuscitation (CAR-P-A/CPR)*. (2016). Teaching notes as necessary support material for teaching in the HAA courses: 1) Experimental Assessment of Physical Function & Fighter Performance, and 2) Optimization of Fighter's Operational Capacity, posted on the website of the official MOODLE training platform of the Hellenic Army Academy.

Citations in published research: twelve (12)