



Dr. Ioannis D. Kostoulas

Scientific Staff

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Dr. Ioannis Kostoulas was born in Nicosia – Cyprus in 1969 and comes from Sourpi - Magnesia. He has belonged to the permanent scientific staff of the Evelpidon Hellenic Army Academy in the field of Physical and Cultural Education, since 1995, teaching swimming, combat swimming, survival swimming, diving physiology, lifeguarding and first aid. He is a member of the “Human Performance and Rehabilitation Laboratory” of the Faculty. Until the year 2018 was the coach of the Academy’s swimming team, winning 18 military championships for male cadets, 7 for female cadets and 2 university championships in the men’s category (2000 and 2001). In the year 2017 he created the combat swimming team of the Academy of which he is also the coach. In the year 2000 and for 13 months he was a scientific staff member in the Hellenic Air Force Academy, teaching swimming.

He holds a BSc in Sports Science, specializing in swimming, from Aristotle University of Thessaloniki, an MSc in Exercise and Quality of Life, specializing in maximizing athletic performance, from Democritus University of Thrace (Thesis: *Effects of different duration of active and passive recovery in performance during repeated swimming sprints*) and a PhD in Sport Science, Sport Coaching & Exercise Physiology, from University of Thessaly, Department of Physical Education Sport Science & Dietetics (Thesis: *The Effect of a Specific Training Program in Combat Swimming Performance and Shooting Ability*).

His research interests focus on swimmers’ fatigue and rehabilitation, on physiological responses of combat swimming performance, on combat diving physiology and in functional training in the armed forces.

He has written the chapters related to apnea and combat swimming and he shaped a 12-week swimming program in the book "Preparing Staff for Special Forces

Schools - Fitness Program Manual". He has 9-refereed publications in scientific journals; 43-refereed oral and poster presentations in international and national conferences; 2-refereed abstracts in scientific journal and 9 non refereed abstract publications in military journal. He has been a supervisor on 2 and co-supervisor on 8 under-graduation theses.

He was also a member of the organizing committee in 5th 6th and 7th Congress of Exercise Biochemistry and Physiology and in the 1st Congress of Sports Science in the Armed and Security Forces: Holistic Hardiness – Combat Ability.

Dr. Kostoulas is a member of the European College of Sports Sciences (ECSS), the Hellenic Society of Biochemistry and Physiology of Exercise, the Hellenic Swimming Coaches Association and honorary the Hellenic Korean War Veterans Association.

He has attended approximately 33 scientific congresses on Physical education and sport science, exercise physiology, sport medicine, swimming and participated in 15 educational scientific seminars in the same fields.

He holds diploma in coaching in swimming, fin-swimming and water skiing and he is a certified judge in swimming, fin-swimming and water polo. He also holds diploma in lifeguarding, scuba diving, free diving and first aid and he is a certified BLS/AED resuscitator. In addition, He holds a black belt - 1 DAN diploma in kickboxing.

He has coached various swimming teams since 1986. He was a swimmer himself, a water polo player, a fin-swimming athlete, member of the National Fin-Swimming Team (1984-91) and was awarded a number of National and European distinctions. He was also member of the Reserve Officers Military Pentathlon National Team (1993-2000).

He speaks English, French and Italian; he is a certified computer user (ECDL) and handles the statistical programs SPSS and Statistica.