

## CURRICULUM VITAE

<b>Personal details</b>	
Surname/name:	ATHANASIA ZOURLADANI
Position:	SPECIAL EDUCATIONAL STAFF
Specialty:	FITNESS: Group & personal training
Department:	Division of Human Studies
Laboratory:	Laboratory of Management of Sports Recreation And Tourism
Current administrative positions:	
Personal Webpage:	<a href="http://www.human-mama.com">www.human-mama.com</a>
<b>Contact details</b>	
Office:	
Tel:	2310 992191
Fax:	
e-mail:	<a href="mailto:azourladani@phed.auth.gr">azourladani@phed.auth.gr</a>
Student consultation:	<b>Monday: 13:00-15:00, Wednesday: 11:30-14:30</b>
<b>Qualifications</b>	
Degree:	<b>PHYSICAL EDUCATION AND SPORT SCIENCES</b>
Master:	<b>MASTER'S DEGREE IN PHYSICAL EDUCATION AND SPORT SCIENCE.</b> Subject of Master Thesis: "The effect of specific exercise program in psychosocial wellbeing of postpartum women"

PhD:	<b>PHD IN PHYSICAL EDUCATION AND SPORT SCIENCE</b> Subject of Doctoral Dissertation: "The effect of specific group exercise program in physical fitness, hormones and lipid levels of postpartum women".
<b>Teaching</b>	
Undergraduate courses:	<b>1. Fitness Specialty</b>
Postgraduate courses:	<b>1. One lecture to the MSc of Management of Sports Recreation And Tourism</b>
<b>Research</b>	
Research interests:	<b>Fitness, strength and Conditioning, prenatal exercise, postnatal exercise, postrehabilitation exercise, fascia release and fascial training, functional training</b>
Books and chapters in books:	<b>Prenatal Fitness: Human Mama</b> , A. Zourladani, Thessaloniki, manual published by Human Fitness studio, 2011 <b>Postnatal Fitness: Human Mama</b> , A. Zourladani, Thessaloniki, manual published by Human Fitness studio, 2012 <b>"Subjects of Sports Tourism, notes for specialization"</b> , A. Drakou, E. Glinia, A. Zourladani, G. Tzetzis ,manual published by AUTH, 2005-2006 <b>"Aerobics, notes for group exercising programs for indoor specialization"</b> , A. Zourladani, manual published by AUTH since 2004. <b>"Yoga as an exercising tool"</b> , A. Zourladani manual published for indoor specialization students , AUTH , 2016
Selected publications (up to 10):	<b>"The effect of an aerobic exercise program on fatigue in patients with multiple sclerosis"</b> Tsakogiannis I., Yoftsidou A, Malliou P., Beneca A., Tsourvakas K., Karagiorgou V., Zourladani Ath., Psyropoulos P., Voulgaris A. Hellenic Journal of Physical Education & Sport Science, 36 (2): 215-226, 2016

**«The effect of a low-impact exercise training program on physical fitness, hormone and lipid levels in primiparous, postpartum women: A randomized controlled trial»**

Athanasia Zourladani, Menelaos Zafrakas, Basilios Chatzigiannis, Panayiota Papasozomenou, Demetrios Vavilis, Chrysoula Matziari, Published in "Archives of gynecology and obstetrics", Vol 291, pp225-230, 2015

**«The effect of a low impact exercise training program on the well-being of Greek postpartum women: A randomized controlled trial».**

Athanasia Zourladani, Areti Tsaloglidou, George Tzetzis, Charalambos Tsorbatzoudis, Chrysoula Matziari ,Published in "International SportMed Journal", Vol.12 No.1, 2011, pp. 30-38

**Nurses' ethical decision-making role in artificial nutritional support.**

Tsaloglidou A., Rammos K., Kiriklidis K., Zourladani A. Published in "British Journal of Nursing", Vol. 16, Iss.16, pp 996 – 1001, 2007

**"The Contribution of Exercise to Improving the Physical and Psychosocial Health of People Affected by HIV: Evaluation of Bibliographic and Research Data."**

Zourladani A., Korakidis G., Tsaloglidou, A., Kadoglou N., Matsiaris CH. Hellenic journal of physical education & sport. issue 65, pp. 44-53, 2007

**«The effect of exercise in private fitness centers on people general physical conditioning»**

Zourladani A., Zeikos A., Giakoumas T., Tsaloglidou A., Kyparos D., Matziari Ch. 2004 Pre-Olympic Congress, Thessaloniki, Greece, 6-11/8/2004

**"Exercise During Pregnancy"**

Zourladani A., Kadoglou N., Pantos G. Greek Obstetrician Gynecology, Volume 16, Volume I, pp. 51-59, 2004

**"Exercise and lactation: are they compatible?"**

Kadoglou N., Zourladani A., Pantos G. Greek Obstetrician Gynecology, Volume 16, Issue 3, pages 221-228, 2003

Current research projects:	
Reviewer in journals:	
Citations (citations in Scopus):	<b>26</b>
h-index in Scopus:	<b>3</b>