CURRICULUM VITAE

Personal	
details	
Surname/name:	Stella Douka
Position:	Associate Professot
Specialty:	Greek Traditional Dance
Department:	Department of f Human Studies
Laboratory:	Laboratory of Management of Sports Recreation and Tourism
Current administrative positions:	Member in 10 comities of the Faculty
Personal Webpage:	https://www.phed.auth.gr/%CF%80%CF%81%CE%BF%CF%83%CF%89%CF%80%CE%B9%CE%BA%CF%83%CF%84%CF%85%CE%BB%CE%B9%CE%B1%CE%BD%CE%B7
Contact details	
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Student consultation:	Monday-Tuesday 11.00-14.00
Qualifications	
Degree:	Degree from the Department of Physical Education and Sport Science
Master:	-
PhD:	PhD from the Department of Physical Education and Sport Science
Teaching	
Undergraduate courses:	 Teaching of Greek Traditional Dances I (121) Teaching of Greek Traditional Dances II (171) Greek Traditional Dances (E21) Sociology of Physical Education and Sport (177)

	 Sociological Approaches to Sport Tourism and Sport-Cultural Events (ΕΠ0235Κ) Demonstration choreography (06 A)
Postgraduate courses:	Master in Sport, Recreation and Sport Tourism Management: Sociological Approaches to Sport, Recreation and Sport Tourism Management (MAE4)
Research	
Research interests:	 Greek Traditional Dance E-Learning Physiological and Psychological benefits of dance Dance and Leisure History of dance Sociology of Sport and Leisure Use of Information and Communication Technology (ICT) to support physical education
Books and chapters in books:	 Δούκα Σ. (2008). Ο χορός στην Αρχαία Ελλάδα σ.19-29. Στο Βαβρίτσας Ν., Παραδοσιακο Ανάλυση και Ρυθμική Αρίθμηση), Θεσσαλονίκη: Αυτοέκδοση. Δούκα Σ. (2011). Πολιτιστικά Events, Το παράδειγμα του Cioff (Council of Organizations for Foundation for Foun
Selected publications (up to 10):	 Douka S., Zilidou V. (2015). Psychological and physical benefits of traditional dance programs and research results. Hellenic Journal of Nuclear Medicine, May-Aug 2015; 18 (Suppl) 104. Zilidou VI, Frantzidis C, Romanopoulou E., Paraskevopoulos E, Douka S. and Bamidis P. (2016) targeted on senior citizens: a comparison of cognitive-physical training with traditional Conference Abstract: SAN2016 Meeting. doi: 10.3389/conf.fnhum.2016.220.00094. Lazarou I., Parastatidis Th., Tsolaki A., Gkioka M., Karakostas A., Douka S., Tsolaki M. (Neurodegeneration: A Randomized Controlled Trial in Greek Community-Dwelling Elders with Alzheimer's Decease and other Dementias, 32(8):489-4992017. Douka S. (2018). The war dances and their role in the youth's military education in and https://www.panr.com.cy/?p=1691. Douka S. (2018). The presence of dancing in the three most significant genres of the ancient https://www.panr.com.cy/?p=1688. Zilidou VI, Frantzidis C., Romanopoulou E., Paraskevopoulos E, Douka S., Bamidis P. (2018). Fu Senior Citizens After a 24-Week Traditional Dance Program. Front. Aging Neurosci. 10:422. do Mavropoulou A., Barkoukis V., Douka S., Alexandris K., Hatzimanouil D. (2018). The role motivation and beliefs toward out-of-school activities. The Journal of Edu 10.1080/00220671.2018.150358. Lykesas G., Douka S., Koutsouba M., Bakirtzoglou P., Giosos I., Chatzopoulos D. (2018). Thea Greek Traditional Dances. Sport Science 11 (2018) Suppl 1: 23-30. Filippou F., Douka S., Rokka S., Pitsi A., Masadis G. (2019). Satisfaction Levels of Participant Dance Performance and Age Differentiate it. International Journal of Humanities and, v. S., issi Douka S., Zilidou V., Lilou O., Manou V. (2019). Traditional Dance Improves the Physical Fitnes:

Neuroscience: 11:75, doi: 10.3389/fnagi.2019.00075.

	 Douka S., Zilidou V., Lilou O., Tsolaki M. (2019). Greek Traditional Dances A Way to Support In Senior Citizens at Risk of Neurodegeneration. Frontiers in Aging Neuroscience: 11:6, doi: 10.3: Lykesas G., Giosos I., Douka S., Bakirtzoglou P., Chatzopoulos D. (2019). Epistemological assu of life and dance: A different approach. Sport Science 12 (2019) Suppl 1: 77-82.
Current research projects:	 2019-2021: HALT Erasmus +. HALT aims to create and exploit a bunch of learning technolo movie, online community of practice platform) developed by academics to address this goal Europe guaranteed by the participation of sports federations, athletes associations and spoordinator. 2017-2020: H2020-MSCA-RISE-2015. Terpsichore, TERPSICHORE aims to study, analyse, desinnovative framework for affordable digitization, modelling, archiving, e-preservation and prin a wide range of users (dance professionals, dance teachers, creative industries and genera 2017-2019: GOAL Erasmus+ Sport project on Dual Career. GOAL aims to support active and professional endeavours, after the end of their athletic career. 2020-2023: SUGAPAS Erasmus+ Sport project. SUGAPAS aims to Support Gamified Physical A 2020-2023: EUFITMOS Erasmus+ Sport project. EUFITMOS aims to create a European networ
Reviewer in journals:	 Φυσική Αγωγή & Αθλητισμός Αθλητική Ιστορία και Φιλοσοφία -Athletic History and Philosophy Επιστήμη του χορού (Ελληνική Επιστημονική Εταιρεία Χορού) Αναζητήσεις στη Φυσική Αγωγή και τον Αθλητισμό Αθλητική Απόδοση και Υγεία Journal of Physical Activity, Nutrition and Rehabilitation Άθληση και Κοινωνία Ελληνικό Περιοδικό Διοίκησης Αθλητισμού και Αναψυχής Hellenic Journal of Research in Education
Citations (citations in Scopus):	596 Πηγή Google Scholar (11/10/2019)
h-index in Scopus:	h-index 12 i10-index 13 Πηγή Google Scholar (11/10/2019)