

# Curriculum Vitae

Nikolaos Digelidis

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Curriculum vitae and list of publications.

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## Personal information

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## Summary

Professor of the Department of PE & Sport Science in the University of Thessaly and President of the Spectrum Institute for Teaching and Learning. Nikos received his Ph.D. (2000) and M.Sc. (1996) at Democritus University of Thrace and his B.Sc. (1988) at Aristotle University of Thessaloniki, Greece.

More than 77 publications in peer-reviewed national scientific journals, 56 publications in international journals, and four chapters in international textbooks. He has more than 170 publications in national and international congress proceedings, while his work has been cited more than 2550 times. He is a member of the editorial board in three scientific journals and has served as a reviewer so far in more than 18 national and international scientific journals.

He has published six books in PE, alone or together with colleagues. Two of them are the official public books for school PE in Greece, one more consists of about 200 lesson plans for the elementary school, one is about lesson design by using the Spectrum of teaching styles, and one is based on standards-based approach containing lesson plan examples for PE in junior and senior high school.

For the last ~25 years he has been part of every significant educational reform in Greece. He participated in nationwide programs like the “Olympic Education” (2000-2006) and “Promoting social and gender equality” (2006-2008), new books for PE (2004-2006), the action of the “New School” (2011-2013), the new study program and teachers' guidelines for physical education in the high school (2014-15), and the new curriculum for the senior high school in Greece (2020-23).

He is a member of several professional organizations such as the Greek Society of Sport Psychology (President 2012-2020), the Hellenic Academy of Physical Education (General Secretary 2016-now), the European Federation for Sport and Exercise Psychology (FEPSAC), and the International Association for Physical Education in Higher Education (AIESEP). He is the President of the Spectrum Institute for Teaching and Learning, Florida, USA (<https://spectrumofteachingstyles.org/>).

He has served on several important committees in his department (now serving as Head of the Department since 2019); among them, as member of the departmental committee for the program of study (2002-present), internal evaluation committee (2004-2010) etc. At the postgraduate level, his administrative tasks include master thesis coordinator at the European Master's degree in Sport and Exercise Psychology. At his university he has served for many years as Erasmus Academic Coordinator and member of the Institutional Committee of International Affairs since 2002 and currently as an active member of the Institutional Center for Teaching and Learning (since 2022).

Before becoming an academic, he served for eight years as PE teacher and volleyball coach. At the university, he has been supervising student-teacher internships since 1999. His main teaching work is focused on teaching methods in PE, curriculum models in PE, curriculum design and development. Main research interests: learning environments in PE, enhancing motivational climate in PE settings, conducting short-term or long-term school interventions, teaching styles and teacher education.

## Education

### **Doctor of Philosophy**

- 2000: PhD in Democritus University of Thrace, Komotini, Greece (grade: 9.515; excellent).
  - Doctoral dissertation title: *“Attitude change toward health & exercise issues in a health-related physical education curriculum during a school year”*.

### **Master of Science**

- 1996: MSc in Democritus University of Thrace, Komotini, Greece (grade: 8.056; very good).
  - Master’s degree dissertation: *“Interactions between intrinsic motivation, perceived motivational climate and task & ego orientations in physical education classes during a school year”*.

### **Bachelor of Science**

- 1988: 4-years bachelor’s degree in Aristotle University of Thessaloniki, Thessaloniki, Greece (grade: 8.50; excellent).
  - Specialty: Coaching Volleyball (grade: 10; excellent).
  - Dissertation: *“Eye training techniques”*.

### **Open University**

- During 1998 – 99 completed a postgraduate module in *“Open and Distance Education”* in the Greek Open University, School of Humanities, Patra, Greece.

## Areas of research interest

Teachers’ education, sport pedagogy, motivational climate, teaching methods and styles in PE, interventions in PE, attitude change, physical literacy.

## Research publications

### **In International Peer-review Journals**

1. Digelidis, N., & Papaioannou, A., (1999). Age-group differences in intrinsic motivation, goal orientations and perceptions of athletic competence, physical appearance and motivational climate in Greek physical education. *Scandinavian Journal of Medicine & Science in Sports*, 9, 375-380.
2. Digelidis N., Papaioannou A., Laparidis K. & Christodoulidis T. (2003). A one-year intervention in 7th grade physical education classes aiming to change motivational climate and attitudes towards exercise. *Psychology of Sport and Exercise*, 4, 195-210.
3. Digelidis, N., Della V., & Papaioannou, A., (2005). Students’ Exercise Frequency, Self-Perceptions, Goal Orientations and Perceived Motivational Climate in Physical Education Lesson. *Italian Journal of Sport Sciences*, 12, 155-159.
4. Digelidis, N., Karageorghis, C.I., Papapavlou, A.J., & Papaioannou, A.G., (2014). Effects of Asynchronous Music on Lesson Satisfaction and Pupils’ Intrinsic and Extrinsic Motivation at the Situational Level. *Journal of Teaching in Physical Education*, 33, 326 – 341.

5. Digelidis, N., Byra, M., Mizios, D., Syrmpas, I., Papaioannou, A. (2018). The reciprocal and self-check teaching styles in physical education: Effects in basketball skills' performance, enjoyment and behavioural regulations. *International Journal of Physical Education*, 4(4), 13-22.
6. Anagnostou, G., Tsolakidis, S., Digelidis, N. & Patsiaouras, A. (2011). The contribution of physical education to the construction of pupils' literate subjectivities. *Sport Science*, 8, 145-154.
7. Arvanitidou V., Antoniou P., Michalopoulou M., Diggelidis N., Serbezis G. (2015). YouTube: An educational tool in Environmental Education. *International Journal of Education and Research*, 3(4), 81-92.
8. Bekiari S., Digelidis N., Sakallariou K. (2006). Perceived verbal aggressiveness of coaches' in volleyball and basketball: A preliminary study. *Perceptual and Motor Skills*, 103, 526-530.
9. Bekiari S., Digelidis N. (2015). Measuring verbal agreessiveness in sport and education. *International Journal of Physical Education*, 52(4), 12-21.
10. Chatzipanteli A., & Digelidis N. (2011). The influence of metacognitive prompting on students' performance in a motor skills test in physical education. *International Journal of Sport Science and Engineering*, 5, 93-98.
11. Chatzipanteli A., Digelidis N., Karatzoglidis, C. & Dean, R. (2014). A Tactical-game approach and enhancement of metacognitive behaviour in elementary school students. *Physical Education and Sport Pedagogy*. DOI: 10.1080/17408989.2014.931366
12. Chatzipanteli A., Digelidis N. & Papaioannou A. (2015). Self-regulation, motivation and teaching styles in physical education classes: An intervention study. *Journal of Teaching in Physical Education*, 34, 333 – 344. <http://dx.doi.org/10.1123/jtpe.2013-0024>
13. Chatzipanteli A., Digelidis N., Karatzoglidis C., Dean R. (2015). Promoting students' metacognitive behavior in physical education through TGFU. *American Journal of Educational Research*, 1(2), 28-36.
14. Christodoulidis T., Papaioannou A., & Digelidis N. (2001). Motivational climate and attitudes towards exercise in Greek senior high school: A year-long intervention. *European Journal of Sport Science* 1, 2-11.
15. Evangelou E., Digelidis N. (2018). Students' attitudes and predispositions toward physical education in Greece. *Journal of Physical Education and Sport*, 18(3), 1624-1631. DOI:10.7752/jpes.2018.03238
16. Evangelou E., Digelidis N. & Krommidas C. (2022). Students' attitudes toward assessment in physical education. *Physical Culture and Sport Studies and Research*, 97, 12-20. DOI: 10.2478/pcssr-2022-0020
17. Kalaja, S., Jaakkola, T., Liukkonen, J., & Digelidis, N. (2011). Development of junior high school students' fundamental movement skills and physical activity in a naturalistic physical education setting. *Physical Education and Sports Pedagogy*, 17, 411-428.
18. Kamtsios S. & Digelidis N. (2008). Physical activity levels, exercise attitudes, self-perceptions and BMI type of 11 to 12-year-old children. *Journal of Child Health Care*, 12, 232-240.
19. Kokaridas, D., Maggouritsa, G., Stoforos, P., Patsiaouras, A, Diggelidis. N. & Theodorakis, I. (2013). The Effect of a Physical Activity and Token Economy System



- Program on Improving Quality of Life of Patients with Schizophrenia : A pilot study. *American Journal of Applied Psychology*, 2, 80-88.
20. Kolovelonis, A., Samara, E., Digelidis N., Goudas M. (2022). Elementary students' perceptions of cognitively challenging physical activity games in physical education. *Children*, 9, 1738. <https://doi.org/10.3390/children9111738>
  21. Koutelidas, A., Digelidis, N., Syrmpas, Y., Wright P., Goudas M. (2020). Students' perceptions of responsibility in Physical Education: A qualitative study. *Education 3-13*. DOI: 10.1080/03004279.2020.1840607
  22. Kyritsopoulos D., Athanailidis I., Mantis K., Digelidis N. (2019). The reciprocal style in teaching tennis for students aged 14-15 years. *Swedish Journal of Scientific Research*, 6(1), 1-19.
  23. Lazaridis A., Krommidas C., Syrmpas I., & Digelidis N. (2021). The influence of gender, age, sport participation and family wealth on adolescents' self-worth and out-of-school physical activity. *International Journal of Research in Education and Science*, 7(2), 367-382. <https://doi.org/10.46328/ijres.1522>
  24. Lymparakou M., Andresaki F., Karagianopoulou S., Skourti K, Pavlidou S., Nikolaidis G., Michalopoulou M., Digelidis N. (2012). Pedometer determined physical activity of preschool children, during and after school. *European Psychomotricity Journal*, 4, 22-30.
  25. Maggouritsa, G., Kokaridas, D., Theodorakis, Y., Patsiaouras, A., Mouzas, O., Dimitrakopoulos, S., & Diggelidis, N. (2014). The Effect of a Physical Activity Program on Improving Mood Profile of Patients with Schizophrenia. *International Journal of Sport and Exercise Psychology*. doi: <http://dx.doi.org/10.1080/1612197X.2014.898968>
  26. Papaioannou A., Theodosiou A., Pashali M., & Digelidis N. (2012). Advancing Task Involvement, Intrinsic Motivation and Metacognitive Regulation in Physical Education Classes : The Self-Check Style of Teaching Makes a Difference. *Advances in Physical Education*, 2, 110-118.
  27. Papageorgiou E., Digelidis N., Syrmpas I., Papaioannou A. (2021). A needs assessment study on refugees' inclusion through physical education and sport: Are we ready for this challenge? *Physical Culture and Sport*. DOI: 10.2478/pcssr-2021-0016
  28. Papageorgiou E., Krommidas C., Digelidis N., Moustakas L., Papaioannou A. (2023). An online PETE course on intercultural education for pre-service physical education teachers : A non-randomized controlled trial. *Teaching and Teacher Education*, 121. <https://doi.org/10.1016/j.tate.2022.103920>
  29. Papastergiou D., Kokaridas, D., Bonotis, K., Digelidis, N., & Patsiaouras, A. (2018). Exercise, supportive group therapy and mood profile of Greek cancer patients : intervention effect and related comparisons. *Supportive Care in Cancer*. DOI 10.1007/s00520-018-4219-9
  30. Papastergiou D., Kokaridas, D., Bonotis, K., Digelidis, N., & Patsiaouras, A. (2019). Intervention effect of supportive group therapy and physical exercise on the quality of life of cancers patients. *Central European Journal of Sport Sciences and Medicine*, 25(1), 5-13. DOI : 10.18276/cej.2019.1-01
  31. Papastergiou D., Bonotis K., Kokaridas D., Digelidis N., Patsiaouras A. (2020). Exercise effect on general health status of Greek cancer patients: Intervention effect and related comparisons. *International Journal of Caring Sciences*, 13(1), 180-186.

32. Patmanoglou S., Mantis G., Digelidis N. Tsigilis N. & Papapetrou L. (2008). The command and self-check styles for more effective teaching of tennis at the elementary school. *International Journal of Physical Education*, 45(1), 26-32.
33. Pitsi, A., Digelidis N., Papaioannou A. (2015). The effects of reciprocal and self-check teaching styles in students' intrinsic-extrinsic motivation, enjoyment and autonomy in teaching traditional Greek dances. *Journal of Physical Education and Sport*, 15(2), 352-361. DOI:10.7752/jpes.2015.02053
34. Syrmipas Y., Digelidis N. (2014). Physical education student teachers' experiences with and perceptions of teaching styles. *Journal of Physical Education and Sport*, 14, 52-59.
35. Syrmipas Y., Digelidis N., Watt, A. (2015). An examination of Greek physical educators' implementation and perceptions of Spectrum teaching styles. *European Physical Education Review*, 1-14. DOI: 10.1177/1356336X15598789
36. Syrmipas Y., Digelidis N., Watt, A., Vicars M. (2017). Physical education teachers' experiences and beliefs of the production and the reproduction teaching approaches. *Teaching and Teacher Education*, 66, 184-194. <http://dx.doi.org/10.1016/j.tate.2017.04.013>
37. Syrmipas Y., Digelidis N., Pasco D., Chen A. (2018). Greek preservice physical education teachers' mental models of production and reproduction teaching approaches. *European Physical Education Review*, 1-21. DOI: 10.1177/1356336X17752627
38. Syrmipas I., Papaioannou A., Digelidis N., Erturan-Ilker G., Byra M. (2020). Higher-order factors and measurement equivalence of the Spectrum of teaching styles questionnaire across two cultures. *Journal of Teaching in Physical Education*. <https://doi.org/10.1123/jtpe.2019-0128>
39. Tessier D., Smith N., Tzioumakis Y., Sarrazin P., Quested E., Sarazzin P., Papaioannou A., Digelidis N., & Duda J. (2013). Comparing the objective motivational climate created by grassroot soccer coaches in England, Greece and France. *International Journal of Sport and Exercise Psychology*, 1-19.
40. Tsiakara A., & Digelidis N. (2012). Ways preschool children aged 4-5 years old express their desire to excel. *European Psychomotricity Journal*, 4, 41-48.
41. Tsiakara A., & Digelidis N. (2014). Assessing preschool children's competitive behavior: an observational system. *Early Child Development and Care*, doi: 10.1080/03004430.2013.873035.
42. Tsiakara A., & Digelidis N. (2014). Learning environment and type of goals: how it affects preschool children's performance and their perceptions of their performance? *Early Child Development and Care*, doi: 10.1080/03004430.2014.936427
43. Tsiakara A., & Digelidis N. (2014). Preschoolers' perceptions of performance and satisfaction under competitive and non-competitive conditions. *Early Child Development and Care*, doi: 10.1080/03004430.2014.980406
44. Tsiakara A., & Digelidis N. (2021). The competition in preschool age: A short review. *European Journal of Education Studies*, 8(8), 268-278. DOI: 10.46827/ejes.v8i8.3859
45. Tsiakara A., & Digelidis N. (2021). The role of competitive activities on preschool children performance. *International Journal of Childhood Education*, 2(1), 23-26. <https://doi.org/10.33422/ijce.v2i1.31>



46. Zetou E., Saloustrou A., Bebetos E., Digelidis N. (2015). Systematic recording of Volleyball coaches and differences on feedback comments in young athletes. *Journal of Physical Activity, Nutrition and Rehabilitation*.

### **International book chapters**

47. Jaakkola T., & Digelidis N. (2007). "Establishing a Positive Motivational Climate in Physical Education". In: Liukkonen J., Theodorakis I. (Eds), "Psychology for Physical Educators" (pp 3-20), Champaign, IL: Human Kinetics Publishers.
48. Chatzipanteli, A, Digelidis, N. & Dean R. (2016). The effectiveness of Reciprocal and Self-Check Teaching Style in Promoting Metacognition in Physical Education classes. In J Benson (Ed). *Metacognition, Theory, Performance and Current Research* (pp 139-150). New York: Nova Science Publishers, Inc. ISBN: 978-1-63485-583-4.
49. Tsiakara, A., & Digelidis N. (2019). "Best practices in dealing with competition in games and other activities in preschool children". In: Antala B., Demirhan G., Carraro A., Oktar C., Oz H., Kaplanova A. (Eds), "Physical Education in Early Childhood Education and Care: Researches - Best Practices - Situation". Slovak Scientific Society for Physical Education and Fédération Internationale d'Éducation Physique.
50. Sympas, Y., & Digelidis N. (2020). "Preservice physical education teachers' mental models of reproduction and production teaching styles". In: SueSee B., Pill S., Hewitt M. (Eds), "Perspectives on the Physical Education Spectrum of Teaching Styles". Routledge, 2019.

### **In International Congresses**

51. Digelidis N., Papaioannou A., Lapidis K. (1999). Goal orientations perceived motivational climate, perceived ability and sport ability beliefs. Δημοσίευση στα Πρακτικά του 10ου Ευρωπαϊκού Συνεδρίου Αθλητικής Ψυχολογίας της FEPSAC (European Federation for Sport Psychology), που έγινε στις 7-12 Ιουλίου 1999 στην Πράγα, Τσεχία (pp159-161).
52. Digelidis N. (2000). A 7-month intervention study aiming to change attitudes toward exercise and perceived motivational climate. Δημοσίευση στα Πρακτικά του 5ου Συνεδρίου του European College of Sport Science, που έγινε στις 19-23 Ιουλίου 2000 στην Υβάσκυλα, Φιλανδία (pp239).
53. Digelidis N., Papaioannou A., Lapidis K. & Christodoulidis (2001). Motivational Climate and Attitudes Toward Exercise After a One-Year Intervention in Junior High School Students. Δημοσίευση στα Πρακτικά του 10ου Παγκόσμιου Συνεδρίου Αθλητικής Ψυχολογίας της International Society of Sports Psychology που έγινε στη Σκιάθο 28-5-2001 με 2-6-2001 (Vol. 4, Thursday, pp200-202).
54. Digelidis N., Chatzipanteli, A. Papaioannou, A. & Theodosiou, A. (2011). Teaching styles, task-involving motivational climate and metacognitive activity: an intervention plan in PE classes. 13th FEPSAC European Congress of Sport Psychology, Madeira, Portugal.
55. Digelidis N., Papaioannou A., Della V. (2001). A Qualitative Assessment of a 7-Month Physical Education Intervention Aiming to Attitude Change Toward Health and Exercise Issues. Δημοσίευση στα Πρακτικά του 10ου Παγκόσμιου Συνεδρίου Αθλητικής Ψυχολογίας της International Society of Sports Psychology που έγινε στη Σκιάθο 28-5-2001 με 2-6-2001 (Vol. 5, Saturday, pp127-128).

56. Digelidis N., Gerakiti G., Papaioannou A. (2002). Differences in ADL Scale, Self-Efficacy and Planned Behavior in the Middle-Aged and the Elderly. Δημοσίευση στα Πρακτικά του 7ου Συνεδρίου του European College of Sport Science, που έγινε στις 17-21 Ιουλίου 2002 στην Αθήνα, Ελλάδα (pp).
57. Digelidis N., Papaioannou A. (2002). Developmental Differences in Sport Ability Beliefs in Physical Education Classes. Δημοσίευση στα Πρακτικά του 7ου Συνεδρίου του European College of Sport Science, που έγινε στις 17-21 Ιουλίου 2002 στην Αθήνα, Ελλάδα (pp).
58. Digelidis N., Papaioannou A., Della V., Kouli O. (2003). Developmental Differences In Effort, Enjoyment, Goal Orientations, Self-Perceptions And Perceived Motivational Climate In Hellenic Physical Education: A Three Years Study. Δημοσίευση στα Πρακτικά του 11ου Ευρωπαϊκού Συνεδρίου Αθλητικής Ψυχολογίας της FEPSAC (European Federation for Sport Psychology), που έγινε στις 22-27 Ιουλίου 2003 στην Κοπεγχάγη, Δανία (pp).
59. Digelidis N., Papapavlou A., Papaioannou A. (2004). The Practice Style of Teaching and The Effects of Music In Lesson Satisfaction And Intrinsic-Extrinsic Motivation. 9th International Conference on Motivation, Lisbon, Portugal (pp171, 175).
60. Digelidis N., & Kamtsios S. (2006). Self-perceptions, Effort, and Lesson Satisfaction in Physical Education: Differences between BMI Categories. Δημοσίευση στα Πρακτικά του AIESEP World Congress 2006, 5-8 Ιουλίου, Υβάσκυλα, Φινλανδία (pp28).
61. Digelidis N., Papaioannou A. (2006). Enhancing motivational climate in the elementary: A one-year intervention. Δημοσίευση στα πρακτικά του συνεδρίου της AAASP, Μαϊάμι, ΗΠΑ (pp 91-92).
62. Digelidis N., Zisi V., Theodorakis Y., Skondras G., Hasandra M. (2006). Fear of falling and objectively measured physical activity in the elderly. Δημοσίευση στα πρακτικά του συνεδρίου της AAASP, Μαϊάμι, ΗΠΑ (pp 91).
63. Digelidis N. (2009). Student teachers' efficacy and attributions on their own teaching: differences by gender and pupil vs teacher-centered approach. Δημοσίευση στα Πρακτικά του AIESEP Specialists' Seminar 2009, 27-29 Μαΐου, Μπεζανσόν, Γαλλία.
64. Digelidis N., Chatzipetrou V., Pollatou E., Papaioannou A. (2009). State anxiety, mood, intrinsic-extrinsic motivation at the situational level and different music beat levels in physical education. Δημοσίευση στα Πρακτικά του AIESEP Specialists' Symposium 2009, 23-26 Σεπτεμβρίου, Πενσακόλα, ΗΠΑ.
65. Digelidis N., Tzioumakis Y., Papaioannou A., Zourbanos N., Krommidas C., Keramidis P. (2013). Coaches' intrinsic motivation : a self-determination perspective. Δημοσίευση στα Πρακτικά του Διεθνούς Συνεδρίου της AIESEP, 4-7 Ιουλίου, Βαρσοβία, Πολωνία.
66. Digelidis N., Syrmpas Y. (2016). Developing a better understanding of how students and teachers learn to teach with the Spectrum. In: Proceedings of AIESEP International Congress, Laramie, Wyoming, USA (pp.18).
67. Digelidis N., Sevdali C., Katsantoni S., Vazou S. (2018). Classroom break physical activities and students' active engagement. In: Proceedings of the World Congress of AIESEP, Edinburgh.
68. Digelidis N., Zissi V., Polatou E., Katsarou D. (2018). Educating teachers with OBLMOV methods: Reflections from the Implementation in Greece. In: Proceedings of the World Congress of AIESEP, Edinburgh.

69. N. Digelidis, G. Ilker, D. Tessier, E. Gobbi, I. Sympas, P. Sarrazin, H. Ozdurak, A. Papaioannou, E. Gortsila (2019). IMPACT project: The educational material for the training of in-service PE teachers. In: Proceedings of the 50th FEPSAC Congress, Munster, Germany
70. Aggelaki S.-M., & Digelidis N. (2018). Primary school students' physical activity and readability performance at school: Is there any connection? In: Proceedings of the World Congress of AIESEP, Edinburgh.
71. Carraro A., Sympas I., Tessier D., Erturan-Ilker G., Lovecchio N., Digelidis N. (2018). Developing educational material for the training of in-service PE teachers in European countries. In: Proceedings of the World Congress of AIESEP, Edinburgh.
72. Chatzipanteli A. & Digelidis N. (2009). An assessment of boys' and girls' Feeling-of-knowing accuracy in physical education classes. In: Proceedings of European Conference on Educational Research, Vienna, Austria.
73. Chatzipanteli A. & Digelidis N. (2009). The influence of metacognitive prompting on students' performance in a motor skills test in physical education. In: Proceedings of European Conference on Educational Research, Vienna, Austria.
74. Chatzipanteli, A., Digelidis, N., & Papaioannou, A. (2010). Student- centred teaching styles, lesson satisfaction, intrinsic-extrinsic motivation and metacognitive activity: A one year intervention plan in PE classes. Πρακτικά του 11ου Συνεδρίου Αθλητικής Ψυχολογίας με διεθνή συμμετοχή (ENYSSP Workshop), Τρίκαλα.
75. Chatzipanteli, A., Digelidis, N., Theodosiou, A. & Papaioannou, A. (2011). Teaching styles, task-involving motivational climate and metacognitive activity: An intervention plan in PE classes. Πρακτικά του 13ου Διεθνούς Συνεδρίου της FEPSAC, Μαδέιρα, Πορτογαλία.
76. Chatzipanteli, A., Tsiakara, A., Karatzoglidis, C., Digelidis, N. (2013). Motivation and a game-based approach in the elementary school: An intervention study. In: Proceedings of European Conference on Educational Research, Istanbul, Turkey.
77. Christodoulidis T., Bebetos V., Bakou M., Digelidis N., Kouli O. & Roka S. (2007). Gender differences in competitive anxiety of 13-14 years old handball players during a tournament. Δημοσίευση στα Πρακτικά του 12ου Ευρωπαϊκού Συνεδρίου Αθλητικής Ψυχολογίας της FEPSAC (European Federation for Sport Psychology), που έγινε στις 4-9 Σεπτεμβρίου 2007 στην Καλλιθέα Χαλκιδικής, Ελλάδα (pp. 804-807).
78. Christodoulidis T., Papaioannou A., Digelidis N., & Laparidis K. (2001). Motivational Climate and Attitudes Toward Exercise After A One-Year Intervention In Senior High School Students. Δημοσίευση στα Πρακτικά του 10ου Παγκόσμιου Συνεδρίου Αθλητικής Ψυχολογίας της International Society of Sports Psychology που έγινε στη Σκιάθο 28-5-2001 με 2-6-2001 (Vol. 4, Thursday, pp203-204).
79. Gorozidis, G., Papaioannou, A., Digelidis, N., Sympas, Y. (2014). Validation evidence of the scale "self-efficacy in teaching physical education curriculum standards". Πρακτικά του 13ου Πανελληνίου Συνεδρίου Αθλητικής Ψυχολογίας της ΕΑΨ (με διεθνή συμμετοχή), Τρίκαλα 6-7 Δεκεμβρίου 2014.
80. Kalaja S. Jaakkola T., Liukkonen J. and Digelidis N. (2010). Development of fundamental movement skills and physical activity in secondary school. Δημοσίευση στα Πρακτικά του AIESEP World Congress 2010, (pp 162), A Coruna, Spain.
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## Citation index

According to Harzing's Publish or Perish database there are 1983 citations on my research publications.

Harzing's Publish or Perish Summary Report for Query "Digelidis or Diggelidis: all"

Papers:	175
Citations:	2506
Cites/year:	86.81
h-index:	26

Query date: 8/1/2025 (Source: Harzing, A.W. (2010). Publish or Perish, version 4.6.3.5156, available at [www.harzing.com/pop.htm](http://www.harzing.com/pop.htm)).



### Participation in funded research projects (sample)

1. "Motivation of students in the physical education lesson in elementary school: 1) Changes from the first to the sixth grade, 2) A proposal for the increase of students' motivation" (13300 €; 1996-1998). Funding Institution: Democritus University of Thrace.
2. "Differences in motivation in school and sport among Christian and Muslim students" (13300 €; 1998-2000). Funding Institution: Democritus University of Thrace.
3. "Attitudes, perceptions and behaviors (1) in the physical education lesson, (2) in sport contexts, (3) towards a healthy style of life, of people differing in gender, age, social class, religion and motor difficulty". (116700 €; 1998-2000). Funding Institution: Greek Ministry of Education and the European Community.
4. "Innovative physical activity programs for the elderly" (41000 €; 2004-2005). Funding Institution: General Secretariat for Research and Technology, Greece.
5. "Development of network of schools in the region of Thessaly for the promotion of health education" (21000 €; 2006). Funding Institution: Greek Ministry of Education.
6. "Students' conceptual models, perceptions and experiences in relation with the Spectrum of teaching styles" (4000 €; 2011-2012). Funding Institution: Research Committee, University of Thessaly, internal fund.
7. "Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity" (2009-2013: 233743 EURO). Funding Institution: 7th Framework Program, European Commission. (Total fund for this project: 3 million Euros; Coordinated by J. Duda, University of Birmingham, UK).
8. "Identification and motivation of youth who mostly need physical activity" (IMPACT-PE), during 2017-2019; a seven European countries project (total funding 500.000€). Coordinated by University of Thessaly, Greece.
9. "ObLoMoV: Obesity and Low Motility Victims" during 2017-2019; a four European countries project (total funding 500.000€). Coordinated by University of Milan, Italy.

### Textbooks for physical education teaching and pedagogy

1. **Digelidis, N.,** & Papaioannou, A. (2003). For an interesting physical education lesson in elementary school: 200 daily lesson plans. Thessaloniki: Christodoulidi Publications (520 pages).
2. **Digelidis N.,** Theodorakis Y., Zetou E., Dimas Y. (2006). Physical education in the elementary school: Grades 5-6 (Teachers' book). Greek Pedagogical Institute.
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4. **Digelidis N.** (2006). The spectrum of teaching styles: From theory to practice. Thessaloniki: Christodoulidi Publications.
5. **Digelidis N.** (2006). Physical education today (Editor). Hellenic Academy of Physical Education (published online).

*Sincerely,*

*Dr. Nikolaos Digelidis*