

Professor Antonios K. Travlos (B.A., M.A., Ph.D.)
University of Peloponnese (UoP)
Faculty of Human Movement and Quality of Life Sciences
Department of Sports Organization and Management

Specialization: Sport Psychology and Motor Learning

Office: B2
 Address: Efstathiou and Stamatikis Valiotti & Plateon str, Sparti, 23100, GR
 Contact: ++30 27310 89672
 e-mail: atravlos@uop.gr

Education

- **Ph.D.** in Physical Education and Sport Studies, University of Alberta, Edmonton, Alberta, Canada (1988-1993). (Dissertation title: *Temporal locus of knowledge of results and motor learning: Self-paced studies*)
- **M.A.** in Physical Education and Sport Studies, McGill University, Montreal, Quebec, Canada (1986-1988). (Thesis title: *Information processing and concentration as a function of fitness and exercise-induced activation (EIA) to exhaustion*)
- **B.A.** in Physical Education, National Academy of Physical Education, Athens, Greece (1977-1981) with certificate of equivalence of Physical Education and Sports Studies (B.Sc.), National and Kapodistrian University of Athens, Greece (1985)
 - *Recieipient of (a) scholarships from the State Scholarships Foundation in all years of undergraduate studies (graduated 1st) and (b) research and/or teaching assistanships in all years of postgraduate studies.*

Academic Appointments

- **2017 – current.** Professor, *Department of Sports Organization and Management*
- **2012 – 2017.** Associate Professor, *Department of Sports Organization and Management, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Greece.*
- **2007 – 2012.** Assistant professor, *Department of Sports Organization and Management, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese,*
 - 2007-2009. *Teaching courses at the Department of Nurcing, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Greece.*
- **2004-2007.** Assistant professor (P.D. 407/80), *Department of Sports Organization and Management, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Greece.*
- **1996-2004.** Part-time Instructor, *Department of Psychology, Deree College, The American College of Greece.* (Courses taught: Psychology as a natural science, Psychology as a social science, Experimental Psychology I, Experimental Psychology II, Motivation, Cognition, Research methods in Psychology, Human factors, Sport Psychology).
- **1993-1997.** Instructor and Researcher, *Department of Physical Education, Hellenic Air Force Academy, Greece.*

Areas of Research Interest

- Leadership issues and its practices in the modern digital age in primary education.
- The impact of COVID-19 on Greek quality of life focusing on physical activity.
- Practice Scheduling in Motor Learning
- Migration and Athletic Success
- Exercise and Cognitive Function
- Psychological and Physiological Factors affecting Soccer (Football) Performance
- Bullying in Schools an workplace, Cyberbullying
- Moral Disengagement and Aggressive Behavior
- Violence and Aggression in sports
- Job Satisfaction in Education, Health Sciences and Sports Organizations
- Burnout and Stress, Copying in Education and Health Sciences

Courses

Academic Years 2015 - current

Undergraduate:

- MA 037 – Sports Psychology and Motor Learning
- OD 055 – Statistics for Social Sciences
- ODE 042 – Organizational Behavior

Graduate:

- OMA 268 – Research Methods and Statistics in Sport Management
- OMA 258 – Organizational Psychology

Previous Years

Undergraduate:

Department of Sports Organization and Management (UoP)

- Sport Psychology
- Sports Psychology and Motor Learning
- Introduction to Statistics for Social Sciences
- Advances Statistics for Social Sciences
- Organizational Behavior
- Psychomotor Development and Behavior

Nursing Department (UoP)

- Health Psychology
- Introduction to Psychology
- Special Topics in Biostatistics
- Biostatistics

Department of Physiotherapy (UoP)

- Kinesiology I
- Health Psychology

Department of Psychology – Deree College - The American College of Greece

- Psychology as a natural science
- Psychology as a social science
- Experimental Psychology I
- Experimental Psychology II
- Motivation
- Cognition
- Social Psychology
- Research methods in Psychology
- Human factors
- Sport Psychology.

Graduate Courses (UoP):

- MAiSI – Research Methods & Skills
- M.1.5 – Research methods in Social Sciences and Olympic Studies
- Statistics in Sport Management
- Organizational Psychology
- Research methods in Social Sciences and Olympic Studies
- AMEA YII002 – Theory, design, application, presentation, and analysis of research data
- AMEA YII004 - Sociological and psychological approaches to disability.
- Selected lectures in psychomotor learning and behaviour

Publications (in General) and Citation Index

- Publications in Refereed Journals, Chapters in Books, Conference Proceedings, and Technical Reports (Total 149)
- Books (Total 7)
- Presentations at National and International Conferences (~ 300)
- Keynote and Roundtable Speaker (~ 100)
- Citation Index: (Total 1300). In Google Scholar (1114)
<https://scholar.google.gr/citations?hl=el&user=j-ZQG8AAAAJ>

Publications in refereed International Journals

1. Bourdas, D. I., **Travlos, A. K.**, Souglis, A., Stavropoulou, G., Zacharakis, E., Gofas, D. C., & Bakirtzoglou, P. (2024). Effects of a singular dose of mangiferin–quercetin supplementation on basketball performance: A double-blind crossover study of high-level male players. *Nutrients*, *16*(1), 170. <https://doi.org/10.3390/nu16010170>
2. Bourdas, D. I., **Travlos, A. K.**, Souglis, A., Gofas, D. C., Stavropoulos, D., & Bakirtzoglou, P. (2024). Basketball fatigue impact on kinematic parameters and 3-point shooting accuracy: insights across players' positions and cardiorespiratory fitness associations of high-level players. *Sports*, *12*(3), 63. <https://doi.org/10.3390/sports12030063>
3. Bourdas, D. I., Bakirtzoglou, P., **Travlos, A. K.**, Andrianopoulos, V., & Zacharakis, E. (2024). Comprehensive dataset on pre-SARS-CoV-2 Infection sports-related physical activity levels, disease severity, and treatment outcomes: insights and implications for COVID-19 Management. *Data*, *9*(2), 23. <https://doi.org/10.3390/data9020023>
4. Konstantopoulos, K., Bogdanis, G., Konstantopoulos, I., Vogazianos, P., **Travlos, A.**, & Panayiotou, G. (2024). Maximum phonation time as a predictor of lactate threshold during intermittent incremental endurance test. *Journal of Voice*, *38*(1), 25-30. <https://doi.org/10.1016/j.jvoice.2021.07.023>
5. Bourdas, D. I., Bakirtzoglou, P., **Travlos, A. K.**, Andrianopoulos, V., & Zacharakis, E. (2023). Analysis of a comprehensive dataset: Influence of vaccination profile, types, and severe acute

- respiratory syndrome coronavirus 2 re-infections on changes in sports-related physical activity one month after infection. *Data in Brief*, 51, 109723. <https://doi.org/10.1016/j.dib.2023.109723>
6. Kalatzi, P., **Travlos, A. K.**, Geladas, N., Iliadou, M., Tzavara, C., Chryssanthopoulos, C., ... & Tziaferi, S. (2023). Vaccination coverage of primary care providers against seasonal influenza, tetanus, pneumococcal pneumonia and herpes zoster: A cross-sectional study in Greece. *AIMS Public Health*, 10(4), 952. doi: 10.3934/publichealth.202306
 7. Bourdas, D. I., Bakirtzoglou, P., **Travlos, A. K.**, Andrianopoulos, V., & Zacharakis, E. (2023). Exploring the impact of COVID-19 on physical activity one month after infection and its potential determinants: re-infections, pre-illness vaccination profiles/types, and beyond. *Vaccines*, 11(9), 1431. <https://doi.org/10.3390/vaccines11091431>
 8. Souglis, A., Bourdas, D. I., Gioldasis, A., Ispirlidis, I., Philippou, A., Zacharakis, E., ... & **Travlos, A. K.** (2023). Time course of performance indexes, oxidative stress, inflammation, and muscle damage markers after a female futsal match. *Sports*, 11(7), 127. <https://doi.org/10.3390/sports11070127>
 9. Souglis, A. G., **Travlos, A. K.**, & Andronikos, G. (2023). The effect of proprioceptive training on technical soccer skills in female soccer. *International Journal of Sports Science & Coaching*, 18(3), 748-760. doi: 10.1177/17479541221097857
 10. Simpson, D., Martindale, R. L. J., **Travlos, A.**, Souglis, A., & Andronikos, G. (2022). An investigation of the talent development pathway in Scottish female football. *International Journal of Sport Psychology*, 53, 218-241. doi: 10.7352/IJSP.2022.53.218
 11. Bourdas, D. I., Mitrousis, I., Zacharakis, E. D., & **Travlos, A. K.** (2022). Home-audience advantage in basketball: evidence from a natural experiment in Euro League games during the 2019-2021 Covid-19 era. *Journal of Physical Education and Sport*, 22(7), 1761-1771. doi: 10.7752/jpes.2022.07220
 12. Mackenzie, K., Andronikos, G., **Travlos, A.**, Souglis, A., Fountain, H., English, C., & Martindale, R. J. (2022). Relationship between sibling characteristics and talent development. *Journal of Physical Education and Sport*, 22(3), 741-748. doi: 10.7752/jpes.2022.03093
 13. Sioutou, A., Kriemadis, T., **Travlos, A. K.**, & Verdis, A. (2022). Implementing the Deming management method in public administration: a systemic approach. *International Journal of Applied Systemic Studies*, 9(4), 344-365. <https://doi.org/10.1504/IJASS.2022.126762>
 14. **Travlos, A. K.**, Tsorbatzoudis, H., Barkoukis, V., & Douma, I. (2021). The effect of moral disengagement on bullying: testing the moderating role of personal and social factors. *Journal of Interpersonal Violence*, 36(5/6), 2262-2281 <https://doi.org/10.1177/0886260518760012>.
 15. Bourdas, D. I., Souglis, A., Zacharakis, E. D., Geladas, N. D., & **Travlos, A. K.** (2021). Meta-Analysis of Carbohydrate Solution Intake during Prolonged Exercise in Adults: From the Last 45+ Years' Perspective. *Nutrients*, 13(12), 4223. <https://doi.org/10.3390/nu13124223>
 16. Bourdas, D. I., Zacharakis, E. D., **Travlos, A. K.**, Souglis, A., Georgali, T. I., Gofas, D. C., ... & Deltsidou, A. (2021). Impact of lockdown on smoking and sleeping in the early COVID-19 presence: Datasets of Greek Adults sample. *Data in Brief*, 39, 107480. <https://doi.org/10.1016/j.dib.2021.107480>
 17. Bourdas, D. I., Zacharakis, E. D., **Travlos, A. K.**, & Souglis, A. (2021). Return to Basketball Play Following COVID-19 Lockdown. *Sports*, 9(6), 81. <https://doi.org/10.3390/sports9060081>
 18. Karageorgos, C., Kriemadis, A., **Travlos, A.**, & Kokaridas, D. (2021). Planning and implementing total quality management in education: The case of Cyprus. *International Journal of Educational Management and Innovation*, 2(1), 1-12. Doi:10.12928/ijemi.v2i1.2627
 19. Salepi, P., Georgiadis, K., Kriemadis, A., & **Travlos, A.** (2021). Dependence on resources and cooperation networks of the National Olympic Academies. *Journal of Human Sport and Exercise*, in press. doi:https://doi.org/10.14198/jhse.2022.174.10.
 20. Salepi, P., Georgiadis, K., **Travlos, A.**, & Kriemadis, A. (2020). An exploration of the institutional environment of the National Olympic Academies by following a mixed method approach. *Journal of Human Sport and Exercise*, in press. doi:https://doi.org/10.14198/jhse.2022.172.08
 21. Spanos, K., Strigas, A., **Travlos, A.**, & Kipreos, G. (2020). The relationship of occupational stress, physical fitness levels, body fat percentage and absenteeism. *Journal of Advances in Sports and Physical Education*, 3(2), 23-28. DOI: 10.36348/jaspe.2020.v03i02.001
 22. Koronios, K., Dimitropoulos, P., **Travlos, A.**, Douvis, I., & Ratten, V. (2020). Online technologies and sports: A new era for sponsorship. *The Journal of High Technology Management Research*, 31(1), 100373. <https://doi.org/10.1016/j.hitech.2020.100373>

23. Koronios, K., **Travlos, A.**, Douvis, J., & Papadopoulos, A. (2020). Sport, media and actual consumption behavior: an examination of spectator motives and constraints for sport media consumption. *EuroMed Journal of Business*, 15(2), 151-166. Doi.10.1108/EMJB-10-2019-0130
24. **Travlos, A. K.**, Anastasiou, A., Velissari, M., & Georgiadis, K. (2019). Physical activities and games of the Spartan girls: The Case of Kyniska. *European Studies in Sports History*, 12, 9-28.
25. Dimitropoulos, P. E., **Travlos, A.K.**, & Panagiotopoulos, S. (2018). Migration and football player market value: Evidence from Greece. *International Journal of Sport Finance*, 13(2), 119-140.
26. **Travlos, A.K.**, Dimitropoulos, P. E., & Panagiotopoulos, S. (2017). Foreign Player Migration and Athletic Success in Greek Football. *Sport, Business and Management: an International Journal*, 7(3), 258-275, <https://doi.org/10.1108/SBM-02-2016-0006>.
27. Zacharakis, G. P., Antonopoulou, P. I., **Travlos, A. K.**, & Kipreos, G. S. (2017). Corruption and Illegal Payments in Greece. *Journal of Public Management Research*, 3(1), 29-40.
28. Karageorgos, C., Patsiaouras, A., Kokaridas, D., Kriemadis, A., & **Travlos, A.** (2017). Validity and reliability of Total Quality Management Questionnaire in Greek primary education system. *The East Asian Journal of Business Management*, 7(1), 31-36.
29. Kipreos, G., Papailiou, D., Perrea, A., **Travlos, A. K.**, & Strigas, E. (2016). Evaluation of coaches and differences of perspective due to demographic characteristics. *Journal of Physical Education and Sport*, 16(3), 831-835.
30. Souglis, A. G., Papapanagiotou, A., Bogdanis, G. C., **Travlos, A. K.**, Apostolidis, N. G., & Geladas, N. D. (2015). Comparison of Inflammatory Responses to a Soccer Match between Elite Male and Female Players. *The Journal of Strength & Conditioning Research*, 29(5), 1227-1233.
31. Chryssanthopoulos, C., Ziaras, C., Zacharogiannis, E., **Travlos, A. K.**, Paradisis, G. P., Lambropoulos, I., ... & Maridaki, M. (2015). Variability of performance during a 60-min running race. *Journal of Sports Sciences*, 33(19), 2051-2060.
32. Souglis, A., & **Travlos, A. K.** (2015). The influence of competitive activity on selected biochemical and haematological parameters of amateur soccer athletes. *Journal of Physical Education and Sport*, 15(1), 24-31.
33. Papailiou, D., Strigas, E., **Travlos, A. K.**, & Kipreos, G. (2015). The influence of the social context and the coaching environment on the coaching process and performance evaluation. *Scholars Journal of Arts, Humanities and Social Sciences*, 3(6A), 1115-1119.
34. Papailiou, D., Kipreos, G., **Travlos, A. K.**, & Strigas, E. (2015). Coaching Evaluation, Coaching Environment and Environmental Criteria that Influence Coaching Performance: An Overview. *Scholars Journal of Arts, Humanities and Social Sciences*, 3(6B), 1174-1177.
35. Papailiou, D., Kipreos, G., **Travlos, A. K.**, & Strigas, E. (2015). Adaptation of the Scale of Coaching Performance (SCP) to the Greek Athletic System. *Mediterranean Journal of Social Sciences*, 6(6 S1), 232-238.
36. Chryssanthopoulos, C., Ziaras, C., Souglis, A., Rammou, A., & **Travlos, A.** (2014). Oxidative stress, inflammation and muscle damage markers after an official soccer game in men and women: effect of gender and playing position. *Journal of Sports Sciences*, 32, Supplement 2, s78.
37. Mitrousi, S., **Travlos, A.**, Koukia, E., & Zyga, S. (2014). The experience of anxiety in nursing staff in public hospitals of Peloponnese, Greece. *International Journal of Caring Sciences*, 7(1), 188-194.
38. Barmpagianni, E., **Travlos, A.**, Kalokairinou, A., Sachlas, A., & Zyga, S. (2014). Predictors of smoking and alcohol use behaviour in undergraduate students: application of the Theory of Planned Behaviour. *International Journal of Caring Sciences*, 7(2), 477-487.
39. Mitrousi, S., **Travlos, A.**, Koukia, E., & Zyga, S. (2013). Theoretical Approaches to Coping. *International Journal of Caring Sciences*, 6(2), 131-137.
40. Barmbagianni, E., **Travlos, A.**, Kalokairinou, A., Sachlas, A., & Zyga, S. (2013). Investigation of aggravating psychosocial factors on health and predictability of smoking and alcohol use in post adolescent students. *Health Psychology Research*, 1(2), 64-68.
41. Tsorbatzoudis, H., **Travlos, A. K.**, & Rodafinos, A. (2013). Gender and grade differences in self-reported aggression of high school students. *Journal of Interpersonal Violence*, 28(8), 1709-1725.
42. Souglis, A. G., Chryssanthopoulos, C. I., **Travlos, A. K.**, Zorzou, A. E., Gissis, I. T., Papadopoulos, C. N., & Sotiropoulos, A. A. (2013). The effect of high vs. low carbohydrate diets on distances covered in soccer. *The Journal of Strength & Conditioning Research*, 27(8), 2235-2247.

43. 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*, 8(1), 27-36.
44. Ioannidi, V., Kolovos, P., Vasileiadou, S., Malliarou, M., **Travlos, A. K.**, & Zyga, S. (2011). Nursing students' perceptions, beliefs and attitudes: A first study on special pedagogic activities. *Global Journal of Health Science*, 3(1), 40-48.
45. **Travlos, A. K.** (2010). Specificity and variability of practice, and contextual interference on acquisition and transfer of an underhand volleyball serve. *Perceptual and Motor Skills*, 110(1), 298-312.
46. **Travlos, A. K.** (2010). High intensity physical education classes and cognitive performance in eight-grade students: An applied study. *International Journal of Sport and Exercise Psychology*, 8(3), 302-311.
47. Sotiropoulos, A., **Travlos A. K.**, Gissis, I., Souglis, A., & Grezios, A. (2009). The effect of a four-week training regimen on body fat and aerobic capacity of professional soccer players during the transition period. *Journal of Strength and Conditioning Research*, 23(6), 1697-1703.
48. Tyflidis, A., **Travlos, A. K.**, Tripolitsioti, A., Giannopoulos, G., & Stergioulas, A. (2009). Epidemiology of strains in Greek facilitation classes. *Journal of Medical Sciences*, 9(4), 208-213.
49. Tyflidis, A., **Travlos, A. K.**, Tripolitsioti, A., & Stergioulas, A. (2009). Epidemiology of sprains in Greek facilitation classes. *Journal of Biological Sciences*, 9(6), 555-560.
50. **Travlos, A. K.** (2009). Effects of submaximal steady-state aerobic exercise and fitness in Random Number Generation test. *Biology of Exercise*, 5(2), 41-50.
51. Ioannidi, V., Vasiliadou, S., & **Travlos, A.K.** (2008). Didactical procedures and experiential learning interventions in bioethics for nurse students. *Hellenic Journal of Nursing Science*, 1(2), 49-54. (Το άρθρο είναι δημοσιευμένο και στα Ελληνικά στον ίδιο Τόμο του Περιοδικού).
52. Papamichos, A., Stergioulas, A., **Travlos, A. K.**, Apostolou, A., Pirros, D., & Baltopoulos, P. (2008). The organization and management of health coverage from the Polyclinic of the Olympic Village. *Choregia*, 4(2), 37-44.
53. Douvis, S. & **Travlos, A. K.** (2004). Factors affecting information processing in officiating. *FIBA Assist Magazine*, 07, 40-41.
54. **Travlos, A. K.** (1999). Re-examining the temporal locus of knowledge of results (KR). A self-paced approach on learning. *Perceptual and Motor Skills*, 89(3f), 1073- 1087.
55. **Travlos, A. K.** (1999). KR-withdrawal and self-paced motor performance. *Perceptual and Motor Skills*, 89(3f), 1111- 1126.
56. **Travlos, A. K.** (1999). More practice does not necessarily enhance transfer of learning: Evidence and interpretations. *Perceptual and Motor Skills*, 89(3f), 1161- 1175.
57. **Travlos, A. K.** & Marisi, D. Q. (1996). Perceived exertion during physical exercise among individuals high and low fitness. *Perceptual and Motor Skills*, 82(2), 419-424.
58. **Travlos, A. K.** and Marisi, D. Q. (1996). Elevation of core temperature and mental functioning. *Perceptual and Motor Skills*, 83(1), 219-225.
59. **Travlos, A. K.**, & Marisi, D. Q. (1995). Information processing and concentration as a function of fitness level and exercise-induced activation (EIA) to exhaustion. *Perceptual and Motor Skills*, 80(1), 15-26.
60. **Travlos, A. K.**, & Pratt, J. (1995). Temporal locus of knowledge of results (KR): A meta-analytic review. *Perceptual and Motor Skills*, 80(1), 3-14.
61. Marisi, D. Q., & **Travlos, A. K.** (1992). The reliability of random number generation of attentional deployment. *Perceptual and Motor Skills*, 74, 1026.
62. **Travlos, A. K.**, Montgomery, D. L., Marisi, D. Q., Koziris, P., Papathanasopoulou, K., & Kaczynski, M. (1988). The effects of two exercise protocols on information processing. *Canadian Journal of Sport Sciences*, 13(3), 90P-91P.
63. Kaczynski, M., Montgomery, D. L., Koziris, P., **Travlos, A. K.**, & Turcotte, R. A. (1988). The effects of active and passive recovery on blood lactate concentration and performance in a simulated ice hockey task. *Canadian Journal of Sport Sciences*, 13(3), 61P-62P.

Selected Publications in refereed Greek Journals

64. Kaloudis, Th., Georgiadis, K., **Travlos, A.**, & Theodorakis Y. (2022). Cooperative games in physical education. *International Journal of Educational Innovation*, 4(6), 88-97
65. Papadimitriou, E. V., Antonopoulou, P. I., & **Travlos, A. K.** (2022). Towards the evaluation of the affective component of the body image. *Inquiries in Sport & Physical Education*, 20(2), 108–122
66. Tsapalos, G., Prezerakos, P., **Travlos, A. K.**, Tsagri, H., Varvouta, A., & Tziaferi, S. (2021). The effectiveness of providing first aid interventional educational program designed with participating learning processes in primary school teachers. *Hellenic Journal of Nursing*, 60(3), 310–325. [in Greek]
67. Mitrousi, S., **Travlos, A.**, Koukia, E., & Zyga, S. (2013). Theories of anxiety: A critical review. *Hellenic Journal of Nursing Science*, 6(1), 21-27. [in Greek]
68. Ioannidi, V., Kolovos, P., Vasileiadou, S., Malliarou, M., **Travlos, A.**, & Zyga, S. (2011). Nurse students' approach on concepts "illness", "safety in health care" and "quality in health care". A pilot study. *Restrum of Asclapius*, 10(3), 389-405. [in Greek]
69. Souglis, A. G., **Travlos, A.**, Galanakis, N., Sotiropoulos, A. (2010). Foreign football players in Greek Championship – Super League 2007-08. *Hellenic J Phys Educ & Sport Sci*, 30(2), 177 – 190. [in Greek]
70. Savvidou, I., **Travlos, A.K.**, & Tsorbatzoudis, C. (2009). The role of exercise and the psychosocial characteristics in substance abuse persons. *Sports Organization*, 7(1-2), 72-79. [in Greek]
71. Souglis, A., Chatzis, G., **Travlos, A.K.**, Dimopoulou, M., Kogiou, A., Katselis, K., & Sotiropoulos, A. (2008). The effect of competitive effort on lipid profile of soccer and field hockey players. *Medical Annals, KA*, (11), 545-555. [in Greek]
72. **Travlos, A.K.**, Anastasiadis, M., Gabrielidis, A., Apostolodis, N. Polatoglou, Th. & Zaharakis, E. (2007). The effect of variable practice on basketball shot performance. *Kinesiology*, 4, 60-68. [in Greek]
73. Ioannidi, V., **Travlos, A. K.**, Fragiskou, N. (2007). Violence in sports and sport management: Theoretical approach of management of change and behavior modification. *Sports Organization*, 5(3), 87-93. [in Greek]
74. Tyflidis, A., Stergioulas, A., **Travlos, A.**, & Tripolitsioti, A. (2007). Injuries rehabilitation management of students in the facilitation classes. A pilot study. *Sports Organization*, 5(3), 94-98. [in Greek]
75. Sotiropoulos, A., Mitrotasios, M., **Travlos, A.K.** (2005). Analysis of scoring goals for professional and amateur categories in the Greek soccer championship. *Sports Organization*, 3(1-2), 28-34. [in Greek]
76. **Travlos, A. K.**, Tsorbatzoudis, C., Kaisidis-Rodafinos, A., Grouios, G. (2000). The effects of emotional arousal on officiating performance. *Hellenic Journal of Physical Education and Sport*, 44, 18-37. [in Greek]
77. Sotiropoulos, A., Vagenas, G., **Travlos, A.K.**, Maridaki, M. & Dertili, P. (1999). The effect of a soccer match game on professional footballer's plasma. *Athletic Performance and Health*, 1(4), 321-330. [in Greek]
78. **Travlos, A. K.**, Kontonasios, G.-S. G., Fragiskou, N., Litra, P. (1998). Ways of writing the letters β, δ, θ, Δ, M, and N by elementary school children. *Researching the World of Children*, 3, 37-56. [in Greek]
79. **Travlos, A. K.** (1997). *Psychomotor skills and aviation safety: An information processing approach*. Technical Report – MD-60 in Air Force War School Library. Dekelia, Attikis (pp.001-023). [in Greek]
80. **Travlos, A. K.** (1996). *Changes in body composition of Air Force students and Second Lieutenant during their initial period of stay in Kalamata*. Technical Report – MD-60 in Air Force War School Library. Dekelia, Attikis (pp. 001-015). [in Greek]
81. **Travlos, A. K.** (1996). Feedback and motor learning. *The Educational*, 41-42, 98-115. [in Greek]
82. **Travlos, A. K.** (1996). Referees: Information processing abilities. *Basketball Coach*, 9, Sept. 6-7, 17. [in Greek]
83. **Travlos, A. K.** (1996). *Upgrading the Air Force Academy ergometric center in Hellenic Air Force ergometric center*. A Technical Report submitted to the Head of the Air Force Academy and the Chief of the Hellenic Air Force. [in Greek]
84. **Travlos, A. K.** (1995). The effect of physical fitness in psychomotor skills of air force pilots. *Aviation Review*, 49, 74-91.
85. **Travlos, A. K.** (1994). Parallel and distriputed information processing models (PDP). *Sport Psychology*, 7, 27-38. [in Greek]

86. **Travlos, A. K.** (1994). *Changes in aerobic capacity and body composition of Air Force freshmen students after a three-month training*. Technical Report – MD-60 in Air Force War School Library. Dekelia, Attikis (pp.001-005). [in Greek]
87. **Travlos, A. K.** (1992). The effect of different exercise protocols on cognitive functioning. *Sports Psychology*, 6, 12-30. [in Greek]

Book Chapters

1. **Travlos, A. K.** (2015). Communication - Conflict Management. In “*Dual career of athletes*” (pp. 001-100). University of Peloponnese. [in Greek]
2. **Travlos, A. K.** (2015). Sports psychology: Personality and sports. In “*Graduate’s Knowledge Update Program*” (pp. 001-017). Department of Sports Organization and Management, University of Peloponnese. [in Greek]
3. **Travlos, A. K.** (2015). Sport and moral education: Is Kalokagathia a value today? In *54th International session for young participants – Olympic Values: Respect for diversity* (pp. 131-139). *International Olympic Academy*. [article in English, Greek, and French]
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5. **Travlos, A. K.**, & Douma, I. (2012). Theoretical approaches to the study of Bullying. In H. Tsorbatzoudis, L. Lazuras, & V. Barkoukis X. (eds), *Cyberbullying in Greece: An interdisciplinary approach*, (pp. 3-6) [in Greek - pp. 3-32]. Thessaloniki: City Publish.
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7. **Travlos, A.K.** (2003). Psychological and psychomotor demands in contemporary soccer: an introduction. In A. Sotiropoulos (ed.), *Soccer*, (2nd ed.) (pp.591-597). Athens, Attikis: Telethron. [in Greek]
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9. **Travlos, A.K.** (2003). Scheduling of practicing motor skills and motor learning. In A. Sotiropoulos (ed.), *Soccer*, (2nd ed.) (pp. 625-649). Athens, Attikis: Telethron. [in Greek]
10. **Travlos, A.K.** (2003). Determination, theoretical approach and ways of dealing with athletes’ aggression in team sports. In A. Sotiropoulos (ed.), *Soccer*, (2nd ed.) (pp. 651-670). Athens, Attikis: Telethron. [in Greek]
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12. **Travlos, A.K.** (2000). Social-cognitive theory of learning as means of shaping and differentiation of child’s behavior. In I. Giosos (ed.), *Olympic and athletic education*, (pp. 97–110). Athens, Attiki: Propombos. [in Greek]
13. **Travlos, A. K.** (1999). The role of the media (SMEs) in sports: “Behavior establishment” . In D. Panagiotopoulos (Eds.), *Sports and Media* (pp. 72-89). Athens, Attica: Ion. [in Greek]

Books

1. Magill, R., & Anderson, D. (2018). *Motor learning and Control: Concepts and Applications*. (Scientific Editing in Greek: **Travlos, Antonios, K.**). Thessaloniki: Disigma.

2. **Travlos, A. K.**, Kriemadis, A. Gargalianos, D. (2012). *Proceeding of the National Conference of Sport and Recreation Management "Innovation and Entrepreneurship in Sport: The Answer to the Challenges of Today and Tomorrow"*. Sparta, Lakonias, Greece: Department of Sports Organization and Management, University of Peloponnese (in Greek).
3. Sotiropoulos, A., **Travlos, A.K.**, Patsiantaras, N., Geotgoulas, E., Bekris, I., Tsainis, I., & Mpalafas, D. (2001). *Football: Teaching, technical-tactical exercises, preparation programs, nutrition, psychology, physical therapy*. Athens, Attika: Telethrion (in Greek).
4. **Travlos, A. K.**, & Douvis, S. (2000). *Applied sport psychology: maximizing focus of attention in tennis: from theory to practice*. Athens, Attika: Lavirinthos (in Greek).
5. **Travlos, A. K.** (1998). *Psychomotor development of children aged 2 to 7 years*. Athens, Attika: Savvalas (in Greek).
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7. **Travlos, A. K.** (1988). *Information processing and concentration as a function of fitness and exercise-induced activation (EIA) to exhaustion*. Master thesis, McGill University, Montreal, Quebec, Canada. Microfilm – International Library.

Selected Publications in Conference Proceedings

1. Souglis, A., Kaliarntas, K., Apostolidis, A., Andronikos, G., Geladas, N., **Travlos, A.**, & Bogdanis, G. (2023). Playing position effects on technical and performance characteristics in male futsal players. *Book of Abstracts, 28th Annual Congress of the European College of Sport Science, 1*, 739-740. European College of Sport Science, ISBN 978-3-9818414-6-6
2. Kaliarntas, K., Souglis, A., Andronikos, G., Apostolidis, A., Geladas, N., **Travlos, A.**, & Bogdanis, G. (2023). Playing position effects on biomarkers in male futsal players. *Book of Abstracts, 28th Annual Congress of the European College of Sport Science, 1*, 328-329. European College of Sport Science, ISBN 978-3-9818414-6-6
3. Gdonteli, K., Antonopoulou, P., **Travlos, A.**, & Kipreos, G. (2020). eSports in Greece: Amateur Participants' Constraints in a leading eSport event in Greece. EURAM 2020 (European Academy of Management) Conference.
4. **Travlos, A.K.** (2016). The teacher's role in "diversity": Reflections and highlights. In F. Politis, I. Fouridis, & S. Handolias (Eds.), *Theory and practice issues in education: Current trends and directions* (pp. 373-379). Sparta, Lakonias: Logotypo. (in Greek)
5. Kotinopoulou, M. A., & **Travlos, A. K.** (2016). Responsibilities of Teachers' Association in primary education: A research approach. In F. Politis, I. Fouridis, & S. Handolias (Eds.), *Theory and practice issues in education: Current trends and directions* (pp. 105-116). Sparta, Laconias: Logotypo. (in Greek)
6. Priftakis, S., **Travlos, A. K.**, Stergioulas, A., & Douvis, I. (2012). Occupational burnout syndrome: workers in Greek banks. In **A. K. Travlos**, A. Kriemadis, and D. Gargalianos, (Ed.), *Proceedings of the National Conference of Sport and Recreation Management "Innovation and Entrepreneurship in Sport: The Response to Challenges of Today and Tomorrow"* (pp. 79 - 82). Sparta, Laconias: Department of Sports Organization and Management, University of Peloponnese (in Greek).
7. Louka, D., **Travlos, A. K.**, Kriemadis, A. & Douvis, J. (2012). Perceptions of physical education directors about their administrative efficiency. In **A. K. Travlos**, A. Kriemadis, and D. Gargalianos, (Ed.), *Proceedings of the National Conference of Sport and Recreation Management "Innovation and Entrepreneurship in Sport: The Response to Challenges of Today and Tomorrow"* (pp. 117-119). Sparta, Laconias: Department of Sports Organization and Management, University of Peloponnese (in Greek).
8. Georgiou, J., **Travlos, A.K.**, Antoniou, A-S., Cosmas, J., & Stergioulas, A. (2012). The burnout syndrome in workers at private gyms in Attica. In **A. K. Travlos**, A. Kriemadis, and D. Gargalianos, (Ed.), *Proceedings of the National Conference of Sport and Recreation Management "Innovation and Entrepreneurship in Sport: The Response to Challenges of Today and Tomorrow"* (pp. 161 - 164).

- Sparta, Laconias: Department of Sports Organization and Management, University of Peloponnese (in Greek).
9. Papadimitriou, E., Antonopoulou, P., & **Travlos, A.K.** (2012). Aesthetic, biological and social body image: exercise and education as differentiating factors. In A. K. Travlos, A. Kriemadis, and D. Gargalianos, (Ed.), *Proceedings of the National Conference of Sport and Recreation Management "Innovation and Entrepreneurship in Sport: The Response to Challenges of Today and Tomorrow"* (pp. 181 - 183). Sparta, Laconias: Department of Sports Organization and Management, University of Peloponnese (in Greek).
 10. Karageorgos, C., Kriemadis, A., **Travlos, A.**, & Douvis, I. (2011). Total Quality Management in Primary education: the case of the town of Kalambaka. In A.Koustelios, (Eds.), *Proceedings of the 3rd National Conference Recreation - Leisure and Sport Tourism* (pp. 120-123). Trikala: University of Thessaly, Greece. (in Greek)
 11. Duma, E., **Travlos, A. K.**, & Stergioulas, A. (2011). Perceived self-efficacy scale and bullying. *Proceedings of the 19th International Congress of Physical Education and Sport* (pp. 24-27). Komotini: Democritus University of Thrace. (in Greek)
 12. **Travlos A. K.** (2008). Clinical Statistics. In G.I. Baltopoulos & P. Evangelopoulou (Eds.), *Proceedings of the 11th Thematic Conference Intensive Care and Emergency Medicine: Clinical Cases and rare diseases* (pp. 153-172). Athens, Attica: Pashalidis. (in Greek)
 13. Papadaki, P., Hatzigiannis, E., Konstantinakis, P., & **Travlos, A.** (2008). Elements of post-Olympic Reality in Olympic City of Heraklion, Crete. *Proceedings of the 9th National Conference "The Olympic Movement in Society"* (pp. 79-80). Athens, Attica: ELLEDA. (in Greek)
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 15. Sotiropoulos, A., Bakouli, M., **Travlos, A. K.**, Souglis, A., Malouhou, A., & Zarotis, G. (2005). Physical exercise as a preventive means for cardiovascular disease in young athletes. *Proceedings of the 1st International Congress in Soccer* (pp. 101-107). Trikala, Thessaly, Greece. (in Greek)
 16. Sotiropoulos, A., **Travlos, A. K.**, Souglis, A., Siokou, E., Bekris, E., & Mitrotasios M. (2005). The effect of observing a model and physical practice in the acquisition of technical skills in young athletes. *Proceedings of the 1st International Congress in Soccer* (pp. 61-67). Trikala, Thessaly, Greece. (in Greek)
 17. Sotiropoulos, A., Mitrotasios, M. & **Travlos, A. K.** (2005). Comparison in goal scoring patterns between Greek professional and amateur teams. *Proceedings of the 1st International Congress in Soccer* (pp. 61-67). Trikala, Thessaly, Greece. (in Greek)
 18. **Travlos, A. K.**, & Zacharaki - Lapa, B. (2001). Lateral preference, functional asymmetries and lateral transfer of learning in children of primary and secondary education. *Proceedings of the 1st National Conference of School Physical Education with International Participation: Physical Education at the Turn of the Century* (pp. 221-226). Athens, Attica: Ellin. (in Greek)
 19. **Travlos, A. K.** (2001). The effect of variable practice in learning simple volleyball serve in high school children. *Proceedings of the 1st National Conference of School Physical Education with International Participation: Physical Education at the Turn of the Century* (pp. 239-244). Athens, Attica: Ellin. (in Greek)
 20. **Travlos, A. K.** (2000). The after-effect of physical education classes on mental performance of high school students. In M. Psychoundakis & G. Zervas, (ed.) *Proceedings of the 6th Panhellenic Congress of Sport Psychology* (pp. 30-33). Athens, Attika: EAPS. (in Greek)
 21. **Travlos, A. K.**, Visvardis, N., & Pamvouxoglou, A. (2000). Effect of mental practice and physical practice on archery performance: A case study. In M. Psychoundakis & G. Zervas, (ed.) *Proceedings of the 6th Panhellenic Congress of Sport Psychology* (pp. 103-106). Athens, Attika: EAPS. (in Greek)
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 23. Sotiropoulos, A., **Travlos, A. K.**, Kangas, S., & Dertili, P. (1999). Recovery of professional football players after an official match. *Proceedings of the 4th Scientific Meeting of the Aristotle University of Thessaloniki* (pp. 86-92). Serres, Municipality of Serres. (in Greek)

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Selected International Conference Proceedings (abstracts)

1. Souglis, A., Kaliarntas, K., Apostolidis, A., Andronikos, G., Geladas, N., **Travlos, A.**, & Bogdanis, G. (2023). Playing position effects on technical and performance characteristics in male futsal players. *28th Annual Congress of the European College of Sport Science*. 4-7 July 2023, Paris, France, European College of Sport Science (Hosted by: INSEP French Institute of Sport).
2. Kaliarntas, K., Souglis, A., Andronikos, G., Apostolidis, A., Geladas, N., **Travlos, A.**, & Bogdanis, G. (2023). Playing position effects on biomarkers in male futsal players. *28th Annual Congress of the European College of Sport Science*. 4-7 July 2023, Paris, France, European College of Sport Science (Hosted by: INSEP French Institute of Sport).
3. Kokkonos, A., **Travlos, A.**, Antonopoulou, P. & Pavli Korre, M. (2022). Understanding leadership and its practices in the modern digital age, from a distributed perspective. *8th International Conference for the Promotion of Educational Innovation*. 14-16 October 2022, Larisa, Thessalia.
4. Kaloudis, Th., Georgiadis, K., Theodorakis Y., & **Travlos, A.** (2022). Games invented by the students in sports games. *25th International Conference of Northern Greece Physical Education Teachers Association*. 9-10 April, 2022, Thessaloniki, Greece.
5. Kaloudis, Th., Georgiadis, K., Theodorakis Y., & **Travlos, A.** (2022). Cooperative games in physical education. *25th International Conference of Northern Greece Physical Education Teachers Association*. 9-10 April, 2022, Thessaloniki, Greece.
6. Spanos, K., Strigas, A., **Travlos, A.**, & Kipreos, G. (2020). Maximum oxygen uptake, fat percentage and musculoskeletal problems as factors affecting work abstinence. Paper presented at the *23rd International Conference of Physical Education and Sport. Northern Greece Physical Education Teachers Association (E.G.V.E.)*. 17-18 June, Thessaloniki, Greece.
7. Spanos, K., Strigas, A., Kipreos, G., & **Travlos, A.** (2020). Differences in physical condition and body composition in relation to the work sector. Paper presented at the *23rd International Conference of Physical Education and Sport. Northern Greece Physical Education Teachers Association (E.G.V.E.)*. 17-18 June, Thessaloniki, Greece.
8. **Travlos, A. K.** (2017). Sport psychology and organizational change management: Marriage on terms! Paper presented at the *13th HSSS National & International Conference Systemic Organizational Excellence*, 2-3 June, 2017, Sparta, Laconias, Greece (abstract: p.39).
9. Strigas, A., Papailioy, J., **Travlos, A.**, & Kipraios, G. (2017). Impact of the environment on coaching performance. Paper presented at the *25th Anniversary International Congress of Physical Education & Sport Science* 19-21 May, 2017, Komotini Rodopis, Greece (abstract: p.165).
10. **Travlos, A. K.** (2016). Managerial, marketing, financial, and psychological dimensions of health services for the elderly: A systemic approach. Coordinator of the **Round Table – Speaker** at the *2nd Congress on Genetics, Geriatrics, and Neurodegenerative Disease: Genetics, Health Aging and Mental Wellness in the New Digital Era*. 20-23 October, 2016, Sparta, Laconias.
11. **Travlos, A. K.** (2016). Physical exercise and neurodegenerative diseases: The case of Alzheimer's disease. **Round Table - Speaker**. Paper presented at the *2nd Congress on Genetics, Geriatrics, and Neurodegenerative Disease: Genetics, Health Aging and Mental Wellness in the New Digital Era*. 20-23 October, 2016, Sparta, Laconias.
12. **Travlos, A. K.** (2016). Psychological dimensions of stakeholders in sport. **Round Table – Speaker**. Paper presented at the *12th HSSS National & International Conference Professional Systemics & Stakeholder Engagement*, 15-16 July, 2016, Palaio Faliro, Greece.

13. **Travlos, A. K.** (2016). The psychology of gambling: A reviewing composition of self-determination theory and gambling research. *Round Table – Speaker*. Paper presented at the *5th International Interdisciplinary Conference eLife « Online Gambling »* 23-26 June 2016, Plastiras Lake, Karditsa, Greece.
14. Dimitropoulos, P. E., **Travlos, A.K.**, & Panagiotopoulos, S. (2016). Migration as a determinant of football players' value: Evidence from Greece. Paper presented at the *International Conference in Sports Economics and Sports Management*, 19-20 May, 2016, Berlin, Germany.
15. Drossinou, M., **Travlos, A. K.**, Aravani, E. & Paraskevopoulou A. (2015). Improving reading skills and multimodal literacy in inclusion special education classes. *Proceedings of the 6th International Conference on Literacy*. Crete, Greece May, 24.
16. Papaeliou, D., Kipreos, G., Travlos, A., Strigas, E. (2014). Evaluation criteria of the basketball coach. *Proceedings of the 22nd International Congress of Physical Education & Sport*. May23-25. Komotini, Rodopis. Greece.
17. Chryssanthopoulos, C., Ziaras, C., Souglis, A., Rammou, A., & **Travlos, A.** (2014). Oxidative stress, inflammation and muscle damage markers after an official soccer game in men and women: effect of gender and playing position. *Journal of Sports Sciences*, 32, Supplement 2, s78. St. George's Park, UK, November 25-26.
18. Barmbagianni, E., Kalokairinou, A., **Travlos, A.**, Sachlas, A., & Zyga, S. (2013). Research of psychological interventions to the detection and change of smoking and alcohol use in students. *1st International Conference of Community & Public Health Nursing: Research, Education, & Practice*. Athens, Attikis. 13-16 November.
19. Souglis, A., Travlos, A., Krasonis, K., Panou, E., & Sotiropoulos, A. (2013). Comparative study of men and women football players in LDH serum levels according to their playing position. *Proceedings of the 16th International Congress of Physical Education & Sport*, Thessaloniki, Greece, April 12-14.
20. Chryssanthopoulos, C., Zacharogiannis, E., Paradisis, G., **Travlos, A.**, Ziaras, C., Tsolakis, C., Ioannidi, V., & Maridaki, M. (2012). Physiological performance predictors of one-hour running performance. Paper presented at the *XXXII World Congress of Sports Medicine*, Roma, Italy, Sept. 27-30, (Abstract).
21. Souglis, A., Geladas, N., **Travlos, A.**, & Sotiropoulos, A. (2012). Biochemical and haematological profile of male and female players after official soccer games. Paper presented at the *XXXII World Congress of Sports Medicine*, Roma, Italy, Sept. 27-30, (Abstract).
22. Souglis, A., **Travlos, A.**, Geladas, N., & Sotiropoulos, A. (2012). Distance covered by professional soccer players according to playing position. Paper presented at the *XXXII World Congress of Sports Medicine*, Roma, Italy, Sept. 27-30, (Abstract).
23. Chryssanthopoulos, C., Ziaras, C., Zeglis, F., **Travlos, A.**, Lampropoulos, I., Karanastasis, G., Tampaki, M., Kokkinos, A., & Maridaki, M. (2012). Variability of performance during 60-min running in an indoor track. Paper presented at the *XXXII World Congress of Sports Medicine*, Roma, Italy, Sept. 27-30, (Abstract).
24. Souglis, G. A., Hatzis, G., **Travlos, K. A.**, Geladas, N., Bekris, E. I., & Sotiropoulos, A. (2011). Changes in homocysteine after an official soccer match in professional male soccer players. Paper presented at the *16th Annual Congress of Sport Science*. Liverpool, UK, 6 – 9 July (p. 136-137), (Abstract).
25. Souglis, G. A., Chryssanthopoulos, C.I., **Travlos, K. A.**, Gissis, I., Papadopoulos, C., & Sotiropoulos, A. (2011). High and low carbohydrate diets and distances covered in soccer. Paper presented at the *16th Annual Congress of Sport Science*. Liverpool, UK, 6 – 9 July (p. 602), (Abstract).
26. Douma, I., **Travlos, A. K.**, & Stergioulas, A. (2011). The Greek version of moral disengagement scale: Gender differences in student population. *Proceedings of the 19th International Congress of Physical Education & Sport*. May20-22. Komotini, Rodopis. Greece. (Abstract)
27. Velissari, M., **Travlos, A. K.**, & Georgiadis, K. (2011). Votive stele with recording sporting victories. *Proceedings of the 19th International Congress of Physical Education & Sport*. May20-22. Komotini, Rodopis. Greece. (Abstract)
28. Velissari, M., **Travlos, A. K.**, & Georgiadis, K. (2011). The absence of Spartan victories in ancient Olympic Games of boxing and pagration. *Proceedings of the 19th International Congress of Physical Education & Sport*. May20-22. Komotini, Rodopis. Greece. (Abstract).

29. Souglis, G. A., **Travlos, A.K.**, Geladas, N., & Sotiropoulos, A. (2011). Distances covered by women soccer players during an official soccer game. Paper presented at the *7th World Congress on Science and Football & 9th Congress of Japanese Society of Science and Football*. Nagoya, Japan - 26-30 May (p 281), (Abstract).
30. Souglis, G. A., **Travlos, K. A.**, Geladas, N., & Sotiropoulos, A. (2011). Fibrinogen changes in professional male soccer players after an official soccer match. Paper presented at the *7th World Congress on Science and Football & 9th Congress of Japanese Society of Science and Football*. Nagoya, Japan - 26-30 May (p 282), (Abstract).
31. Souglis, G. A., **Travlos, K. A.**, Geladas, N., & Sotiropoulos, A. (2011). Changes in C-Reactive Protein after an official soccer match in professional male soccer players. Paper presented at *V International Congress People, Sport, and Health*. St.-Petersburg, Russia. 21 – 23 April, (Abstract).
32. Souglis, G. A., **Travlos, K. A.**, Geladas, N., & Sotiropoulos, A. (2011). The effect of an official soccer match in the secretion of IL-6 in female soccer players. Paper presented at *V International Congress People, Sport, and Health*. St.-Petersburg, Russia. 21 – 23 April, (Abstract).
33. Souglis, A., Bogdanis, G. C., **Travlos, A.**, Hatzis, G., Papanagiotou, A., Kalofoutis, A., & Sotiropoulos, A. (2010). High intensity running profile of professional soccer players during a match: influence of player position. Paper presented at the *15th Annual Congress of the ECSS*. Antalya, Turkey, 23 – 26 of June, (Abstract).
34. Souglis, A., **Travlos, A.**, Bogdanis, G. C., Hatzis, G., Papanagiotou, A., Kalofoutis, A., & Sotiropoulos, A. (2010). Changes in homocysteine and creatine kinase following a match in female soccer players. Paper presented at the *15th Annual Congress of the ECSS*, Antalya, Turkey, 23 – 26 of June, (Abstract).
35. Souglis, A., **Travlos, A.**, Hatzis, G., Androulakis, A., Kalofoutis, A., & Sotiropoulos, A. (2010). The impact of the position in the Tnf-a after a soccer game in women soccer players. Paper presented at the *XXXI FIMS Sports Medicine World Congress*, San Juan, Puerto Rico, May 19-22, (Abstract).
36. Douma, I., **Travlos, A. K.**, Stergioulas, A., & Skoula, A. (2010). School bullying in Greek schools. *Proceedings of the 18th International Congress of Physical Education & Sport*. May21-23. Komotini, Rodopis. Greece. (Abstract).
37. Douma, I., **Travlos, A. K.**, & Stergioulas, A., & Vlahos, G. (2010). School sports, extra curricular sports and bullying at middle school students *Proceedings of the 18th International Congress of Physical Education & Sport*. May21-23. Komotini, Rodopis. Greece. (Abstract).
38. Velissari, M., **Travlos, A. K.**, Georgiadis, K. & Chatzigianni, E. (2010). Cyniscas' victories in ancient Olympics. *Proceedings of the 18th International Congress of Physical Education & Sport*. May21-23. Komotini, Rodopis. Greece. (Abstract).
39. Ioannidi, V., Kolovos, P., Vasileiadou, S., **Travlos, A.K.**, & Zyga, S. (2009). Nursing students' perceptions, beliefs and attitudes of "health", "health care", "health education" and "health ethics". *1st International Congress on Nursing Education, Research and Practice*. Grand Hotel Palace, Thessaloniki, Greece, October 15th – 17th, (Abstract).
40. Barmpagianni, E., Zyga, S., **Travlos, A.K.**, Kalokairinou, A., & Baltopoulos, P. (2009). Study of contraception use in adolescents and the role of services of preventive medicine and primary care. *1st International Congress on Nursing Education, Research and Practice*. Grand Hotel Palace, Thessaloniki, Greece, October 15th – 17th, (Abstract).
41. Douma, I., **Travlos, A. K.**, & Stergioulas, A. (2009). Cyberbullying: A new threat. *Proceedings of the 17th International Congress of Physical Education & Sport*. May21-24. Komotini, Rodopis. Greece. (Abstract).
42. Douma, I., **Travlos, A. K.**, & Stergioulas, A. (2009). Bullying in school context: A review *Proceedings of the 17th International Congress of Physical Education & Sport*. May21-24. Komotini, Rodopis. Greece. (Abstract).
43. Tripolitsioti, A., Mountakis, K., **Travlos, A. K.**, & Stergioulas, A. (2009). Sport science is the key factor of perceived competencies of directors of fitness clubs of youth and sport organization of municipalities. *Proceedings of the 17th International Congress of Physical Education & Sport*. May21-24. Komotini, Rodopis. Greece. (Abstract).
44. Tripolitsioti, A., Mountakis, K., **Travlos, A. K.**, & Stergioulas, A. (2009). Event management techniques is the principal factor of perceived competencies of directors of indoor facilities of

- municipalities. *Proceedings of the 17th International Congress of Physical Education & Sport*. May21-24. Komotini, Rodopis. Greece. (Abstract).
45. Mountakis, K., Tripolitsioti, A., **Travlos, A. K.**, & Stergioulas, A. (2009). Outdoor/ Indoor management competencies in facilities of municipal sport organizations *Proceedings of the 17th International Congress of Physical Education & Sport*. May21-24. Komotini, Rodopis. Greece. (Abstract).
 46. Souglis, A., Bogdanis, G., Hatzis, G., **Travlos, A. K.**, Papapanagiotou, A. & Sotiropoulos, A. (2009). Changes in serum Cytokines in the two days following soccer match in male professional players. *IV International Congress "People, Sport and Health"*, Saint-Petersburg, Russia, 23-25 April, (Abstract).
 47. Souglis, A., Hatzis, G., **Travlos, A.K.**, Bogdanis, G., Zaharogiannis, E., Androulakis N., & Sotiropoulos, A. (2009). Changes in C-reactive protein and Fibrinogen after a soccer match in female soccer players. *IV International Congress "People, Sport and Health"*, Saint-Petersburg, Russia, 23-25 April, (Abstract).
 48. **Travlos, A. K.** (2008). Psychological dimensions of championship. **Roundtable Speaker** at *The 9th International Congress of the Sports Medicine Association of Greece and the 7th Greek – Cypriot Sports Medicine Congress*. Athens, Attikis, March 27-30, Evgenidou Foundation.
 49. Tyflidis, A., Tripolitsioti, A., **Travlos, A.**, & Stergioulas, A. (2008). Monthly recordings of sport injuries in athletic facilitation classes. *Proceedings of the 16th International Congress of Physical Education & Sport*. May16-18. Komotini, Rodopis. Greece. (Abstract).
 50. Tyflidis, A., Tripolitsioti, A., **Travlos, A.**, & Stergioulas, A. (2008). Epidemiology of sports injuries in athletic facilitation classes. *Proceedings of the 16th International Congress of Physical Education & Sport*. May16-18. Komotini, Rodopis. Greece. (Abstract).
 51. Tripolitsioti, A., Tyflidis, A., **Travlos, A.**, & Stergioulas, A. (2008). Sprains were the most common sport injuries in athletic facilitation classes. *Proceedings of the 16th International Congress of Physical Education & Sport*. May16-18. Komotini, Rodopis. Greece. (Abstract).
 52. Tyflidis, A., Tripolitsioti, A., **Travlos, A.**, Fourtounis, Th., & Stergioulas, A. (2007). Fractures and sprains in athletic facilitation classes. *Proceedings of the 15th International Congress of Physical Education & Sport*. May19-21. Komotini, Rodopis. Greece. (Abstract).
 53. Tyflidis, A., Tripolitsioti, A., **Travlos, A.**, Fourtounis, Th., & Stergioulas, A. (2007). Injuries/ Accidents in athletic facilitation classes. Preliminary results. *Proceedings of the 15th International Congress of Physical Education & Sport*. May19-21. Komotini, Rodopis. Greece. (Abstract).
 54. Tyflidis, A., Stergioulas, A., Tripolitsioti, A., & **Travlos, A.** (2007). Overuse injuries in athletic facilitation classes. *Proceedings of the 15th International Congress of Physical Education & Sport*. May19-21. Komotini, Rodopis. Greece. (Abstract).
 55. **Travlos, A. K.** (2007). Psychological demands of ultramarathon runners. **Keynote Speaker** at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10.
 56. Karalexi, K., Maridaki, M., **Travlos, A.**, & Papadakou, E. (2007). Exercise and premenstrual syndrome. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 10-11.
 57. **Travlos, A.**, Ioannidi, V., & Makri, S. (2007). Greek version of competitive aggressiveness and anger scale. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 25.
 58. **Travlos, A.**, Ioannidi, V., & Douvis, S. (2007). Promotion of athletic events and television violence. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 29.
 59. Ioannidi, V., **Travlos, A.**, & Baltopoulos, P. (2007). Violence and management of change in athletics. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 29-30.
 60. Ioannidi, V., **Travlos, A.**, & Baltopoulou, A. (2007). Management of violence and formation of behaviour in athletic events. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 30.
 61. Ioannidi, V., & **Travlos, A.** (2007). Delinquency and labelling in athletics. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 30.

62. Tyflidis, A., Tripolitsioti, K., **Travlos, A.**, Fourtounis, T., Stergioulas, A. & Baltopoulos, P. (2007). Rehabilitation management of injuries/accidents in athletic facilitation classes. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 33.
63. Tyflidis, A., Tripolitsioti, K., **Travlos, A.**, Fourtounis, T., Stergioulas, A. & Baltopoulos, P. (2007). Rehabilitation management of fractures and sprains in athletic facilitation classes. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 33.
64. Tyflidis, A., Tripolitsioti, K., **Travlos, A.**, Fourtounis, T., Stergioulas, A. & Baltopoulos, P. (2007). Rehabilitation management of overuse injuries in athletic facilitation classes. Paper presented at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10. *Sports Organization*, 6(S), 33-34.
65. **Travlos, A. K.** (2007). Violence in sport: Research approaches and interventions to address the problem. *Roundtable Speaker* at the *2nd World Congress in Sport Management*, Sparta, Laconias, June 7-10.
66. **Travlos, A. K.** (2006). Addressing Psychological Problems - Concerns in Young Footballers. *Keynote Speaker* at the *2nd International Football Development Meeting «Play football – learn football»*. Athens, Attikis, April 17-19.
67. **Travlos, A. K.** (2005). Education and Violence: The role of education in combating violence in stadiums. *Keynote Speaker* at the *XVII European Sports Conference “Evolution of Sport in Europe”* Athens, Attikis, Greece. September 24-26.
68. Sotiropoulos, A., Mitrotasios, M. & **Travlos, A. K.** (2005). Comparison in goal scoring patterns between Greek professional and amateur teams. In *1st International Scientific Congress in Soccer*, Trikala, Trikalon, Greece, April 8-10.
69. Sotiropoulos, A., **Travlos, A. K.**, Souglis, A., Siokou, E., Mpekris, E., & Mitrotasios, M. (2005). The effect of observing a model and physical practice in the acquisition of technical skills in young athletes. In *1st International Scientific Congress in Soccer*, Trikala, Trikalon, Greece, April 8-10.
70. Sotiropoulos, A., Mpakouli, M., **Travlos, A. K.**, Souglis, A., Malouhou, A. & Zarotis, G. (2005). Physical exercise as a preventive means for cardiovascular disease in young athletes. In *1st International Scientific Congress in Soccer*, Trikala, Trikalon, Greece, April 8-10.
71. **Travlos, A. K.** (2005). The role of Sport Manager in combating violence at sports venues: Theoretical remarks and research approaches. Paper presented at the *1st World Congress in Sport Management*, Sparta, Laconias, Greece, June 3-5.
72. Douvis, S., **Travlos, A. K.** & Douvis, I. (1999). Recording and evaluation of referee’s calls in basketball officiating. *Proceedings of the 7th International Congress of Physical Education & Sport*. May 20-22. Komotini, Rodopis. Greece. (Abstract).
73. Douvis, S., **Travlos, A. K.** & Douvis, I. (1999). Basketball officiating observation sheet: Describing performance of basketball referees. *Proceedings of the 7th International Congress of Physical Education & Sport*. May 20-22. Komotini, Rodopis. Greece. (Abstract).
74. **Travlos, A. K.** (1994). Learning and transfer of learning: A new approach. Paper presented at the *2nd International Conference of Physical Education and Sports*, Komotini, Rodopis, Greece. May 20-22. *Sport and Society*, 9, 34.
75. **Travlos, A. K.** (1994). Knowledge of results withdrawal and motor learning. Paper presented at the *2nd International Conference of Physical Education and Sports*, Komotini, Rodopis, Greece. May 20-22. *Sport and Society*, 9, 90.
76. **Travlos, A. K.** (1992). Chronological profile of knowledge of results (KR) delivery: A self-paced study. *Paper presented at the 23rd Annual Conference of Canadian Society for Psychomotor Learning and Sport Psychology*. October, 1-3, Saskatoon, Saskatchewan, Canada, p. 111, (Abstract).
77. **Travlos, A. K.** (1991). Temporal locus of knowledge of results and motor skill acquisition. *Paper presented at the 22nd Annual Conference of Canadian Society for Psychomotor Learning and Sport Psychology*. October 31-November 3, London, Ontario, Canada, p. 81, (Abstract).
78. **Travlos, A. K.**, Pratt, J., & Wilberg, R. B. (1990). Temporal locus of knowledge of results: A meta-analytic review. *Paper presented at the 21st Annual Conference of Canadian Society for Psychomotor Learning and Sport Psychology*. October, 18-21, Windsor, Ontario, Canada, p. 127, (Abstract).

79. **Travlos, A. K.**, & Marisi, D. Q. (1989). Information processing and concentration as a function of fitness level and exercise-induced activation (EIA) to exhaustion. Paper presented at the 20th Annual Conference of Canadian Society for Psychomotor Learning and Sport Psychology. October 19-22, Victoria, BC, Canada, p. 29, (Abstract).
80. **Travlos, A. K.**, Montgomery, D. L., Marisi, D. Q., Koziris, P., Papathanasopoulou, K. P., & Kaczynski, M. (1988). The effects of two exercise protocols on information processing. *Paper Presented at the Canadian Association of Sport Sciences*. October 21-24, Sudbury, Ontario Canada, (Abstract).
81. Kaczynski, M., Montgomery, D. L., Koziris, P., **Travlos, A. K.**, and Turcotte, R. A. (1988). The effects of active and passive recovery on blood lactate concentration and performance in a simulated ice hockey task. *Paper Presented at the Canadian Association of Sport Sciences*. October 21-24, Sudbury, Ontario Canada, (Abstract)
82. Marisi, D. Q., Dallaire, J., & **Travlos, A. K.** (1987). Speed of information processing as a function of race apparel with and without artificial cooling and exercise. *Paper presented at the Canadian Conference of Applied Sport Sciences*. October 10, Banff, Alberta, Canada, (Abstract).

National Conference Proceedings (abstracts)

164 Presentations (see Greek CV)

Invited Lecturer and Keynote Speaker (selected invitations of 74)

1. **Travlos, A. K.** (2024). Knowledge and skills of Football Academy Managers: Basic principles of sport psychology and motor learning. **Invited Speaker** at the *Beyond Football Conference 2024*. 1-2 March, 2024, Sparta, Laconias, Greece.
2. **Travlos, A. K.** (2021). Taekwondo: Principles of sports psychology and motor learning to enhance performance. **Invited Speaker** at the webinar organized by the Taekwondo Association of Southern Greece, on "*Psychological support of athletes and the development of leadership characteristics: Cultivating personality and character in performance athletes*" (3-4 July).
3. **Travlos, A. K.** (2021). Motor skill learning: practice and transfer of learning. **Invited Speaker** at the Online Training Day for the Physical Education teachers of Primary and Secondary Education of the Peloponnese Regional Directorate. Co-organization of the University of Peloponnese with PEKES Peloponnese (25 & 27 May).
4. **Travlos, A. K.** (2021). Basic decision making skills in sports organizations: Recognizing the Problem. **Invited Speaker** at the First Cycle of Online Seminars: Educating Sports Executives. Co-organized by the Ministry of Culture and Sports (General Secretariat of Sports), OAKA and the University of Peloponnese (March 16, 2021).
5. **Travlos, A. K.** (2017). Translation, adaptation, and evaluation of psychometric tools in another language. **Invited Speaker** at the 4th *Sports Science Conference "Physical Education and Sports in the Modern World: Education - Society - Culture"*. School of Physical Education and Sport Science, National and Kapodestrian University of Athens (Athens 4-7 May).
6. **Travlos, A. K.** (2016). The effect of physical activity on adults with depressive symptoms. **Round Table Speaker** at the Scientific Seminar of Social Protection, Solidarity & Education of the Municipality of Sparta entitled "*Depression: Prevention and treatment*". Sparta Laconia, (2 April)
7. **Travlos, A. K.** (2016). Gambling psychology: Motivation and risk perception. **Keynote Speaker** at the Scientific Conference "*Gambling in Greece in Crisis: The Social and Economic Impact of Gambling*". General Secretariat for Information & Communication, (Athens, January 14).
8. **Travlos, A. K.** (2016). *The "good parent" of young basketball player: Parents' and club's expectations*. **Keynote Speaker** at day conference of "Esperios AOPA" Basketball Club entitled "Good parent of young basketball player". Patra, Achaia, March 5.

9. **Travlos, A. K.** (2015). *Requirements for improving and maintaining physical fitness according to age and gender. **Keynote Speaker*** at day conference of NP Social Protection, Education and Solidarity of Sparta Municipality entitled "*Key Pillars of Health*". Sparta, Laconias, December 9.
10. **Travlos, A. K.** (2015). *Alcohol and adolescents: Neurobiological approach to risk-taking behavior. **Keynote Speaker*** at Seminar of Philologists Laconia Association entitled "Alcohol and adolescents: Predisposition, use, addressing the phenomenon." Sparta, Laconias, October 21.
11. **Travlos, A. K.** (2013). *The role of sport clubs and parents in the education of children. **Keynote Speaker*** at Symposium on "Exercise and prepare for the best performance." AEK Tripolis, Apostolopoulio Cultural Center, Tripoli, Arkadias, April 6.
12. **Travlos, A. K.** (2013). *Bullying: What we know and what we can do. **Keynote Speaker*** at the conference of the Association of Teachers of Laconia and the Associations of Parents of secondary schools of Sparta on "Juvenile delinquency , domestic violence and bullying ." Cultural Center of Sparta, March 6, Sparta, Greece.
13. **Travlos, A. K.** (2012). *Ways of dealing with violence in sport. **Roundtable Speaker*** at the National Conference of Sport and Recreation Management "Innovation and Entrepreneurship in Sport: The Response to Challenges of Today and Tomorrow". Sparta, Laconia: Department of Sports Organization and Management, University of Peloponnese.
14. **Travlos A.K.** (2010). *Managing work-related stress. **Roundtable Speaker*** at the 2nd Nursing Conference. Apostolopoulio Cultural Center of Tripoli. March 12-13, Tripoli, Arkadias, Greece.
15. **Travlos A.** (2010). *Work stress in education: Necessary harm or inadequate information. **Keynote Speaker*** at seminar organized by the Department of Secondary Education and the Office of Health Education Argolida, Kranidi and Argos, January 22-23, Argolis, Greece.
16. **Travlos A. K.** (2009). *Addressing specific situations in basketball officiating. **Keynote Speaker*** at Seminar of Cypriot Basketball Referees. Jan 25, Cyprus, Nicosia.
17. **Travlos A. K.** (2009). *Stress, anxiety, arousal, activation and basketball officiating. **Keynote Speaker*** at Seminar of Cypriot Basketball Referees. Jan 25, Cyprus, Nicosia.
18. **Travlos A. K.** (2009). *Psychological preparation in Basketball officiating: relaxation techniques. **Keynote Speaker*** at Seminar of Cypriot Basketball Referees. Jan 25, Cyprus, Nicosia.
19. **Travlos A. K.** (2008). *Clinical statistics. **Keynote Speaker*** at the 11th Thematic Conference on Intensive Care and Emergency Medicine: Clinical cases and rare diseases. November 28-29, Auditorium 251 Aviation General Hospital, Athens, Attica, Greece.
20. **Travlos, A.** (2008). *Psychological dimensions of elite athletes. **Roundtable Speaker*** at the 9th International Congress of Sports Medicine Association of Greece and 7th Greece-Cyprus Sports Medicine Congress entitled "Special Topics of Sports." March 27-30, Athens, Attica, Eugenides Foundation.
21. **Travlos, A. K.** (2007). *The role of physical education in reducing children obesity. **Roundtable Speaker*** at the scientific meeting of the National Committee of the School Athletics and Olympic Education on "Obesity in childhood and adolescence." November 19, Athens, Attica, Greece.
22. **Travlos, A. K.** (2007). *Violence in sport: Research findings and interventions to address the problem. **Roundtable Speaker*** at the 2nd Congress of Sport Management. June, 7-10, Sparta, Laconia, Greece.
23. **Travlos, A. K.** (2007). *Psychological demands of ultramarathon athletes. **Keynote Speaker*** at the 2nd World Congress of Sport Management. June, 7-10, Sparta, Laconia, Greece.
24. **Travlos, A. K.** (2007). *Psychomotor development of students through physical education. **Keynote Speaker*** at the 1st Panhellenic Conference National School Committee of Sport and Olympic Education. April, 23-24, Athens, Attica, Greece.
25. **Travlos, A. K.** (2007). *The psychological demands of being a futsal player. **Keynote Speaker*** at the 10th Panhellenic Conference of Graduates of Physical Education and Sport. April, 27-29, Athens, Attica, Greece.
26. **Travlos, A. K.** (2006). *School physical education, sport and local government: findings and recommendations. **Keynote Speaker*** at the Conference on "Youth 2006" organized by the Youth and Sports of the Municipality of Athens with the support of the Ministry of Interior, Public Administration and Decentralization and the cooperation of the General Secretariat Youth of the Ministry of National Education and Religious Affairs. December 1-3, Athens, Attica, Greece.
27. **Travlos, A. K.** (2005). *Education and violence in sports. **Keynote Speaker*** at the XVII European Congress of Sport which was part of the Standing European Conference of Sports. September 24-26,

Athens, Attica, Greece.

28. **Travlos, A. K.** (2005). *Aggression and violence in schools: Addressing them through Olympic Education. Keynote Speaker* at the Scientific Meeting of the Ministry of National Education and Religious Affairs held on 10 and 11 February at the Eugenides Foundation. Athens, Attica, Greece.