



Academic Personnel Short Profile / Short CV

University:	Frederick University
Surname:	Xenofontos
Name:	Anthi
Rank/Position:	Assistant Professor
School:	Health Sciences
Department:	Life and Health Sciences
Scientific Domain:	Kinesiologist – Neuromechanics

Academic qualifications				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
Ph.D.	2015	Aristotle University of Thessaloniki (Greece)	Sport Science and Physical Education	The phenomenon of Post Activation Potentiation after isometric contraction: Analysis of Peripheral and Central Factors
MSc.	2011	Aristotle University of Thessaloniki (Greece)	Sport Science and Physical Education	The impact of Post Activation Potentiation in plantar flexors
BSc.	2009	Aristotle University of Thessaloniki (Greece)	Sport Science and Physical Education	The phenomenon of post activation potentiation
Dip.	2013	University of Southern Denmark (Denmark)	Sport Science	Best practice in Childhood Physical Activity and Health

Employment history in Academic Institutions/Research Centers				
Period of employment		Employer	Location	Position
From	To			
12.2022	Present	Frederick University	Cyprus	Assistant Professor

10.2023	09.2027	University of East London	United Kingdom	Academic External Examiner
10.2021	12.2022	Frederick University	Cyprus	Lecturer (FT)
01.2019	09.2021	The University of Hong Kong	Hong Kong, China	Lecturer (Asst.)
10.2015	12.2018	Aspetar Orthopaedic and Sport Medicine Hospital	Qatar	Clinical Exercise Physiologist
09.2013	06.2015	ELEPAP – Centre of Rehabilitation for the Disabled	Greece	Biomechanist
11.2011	06.2015	Aristotle University of Thessaloniki	Greece	Modules Content Developer
10.2010	02.2011	Albert Ludwigs University of Freiburg	Germany	Researcher (Asst.)

Key refereed journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2023	Postactivation Potentiation and the Asynchronous Action of Muscular and Neural Responses	Xenofondos, A., Papavasileiou, A., Bassa, E., Vrabas, I. S., & Patikas, D. A.	International Journal of Sports Physiology and Performance	18(8)	852-860
2	2023	Protocols Targeting Afferent Pathways via Neuromuscular Electrical Stimulation for the Plantar Flexors: A Systematic Review	Papavasileiou, A., Xenofondos, A., Baudry, S., Lapole, T., Amiridis, I. G., Metaxiotis, D., Tsatalas, T., & Patikas, D. A	Sensors (Basel, Switzerland)	23(4)	2347
3	2023	Optimal Drop Height in Prepubertal Boys Is Revealed by the Performance in Squat Jump	Bassa E., Adamopoulos I., Panoutsakopoulos V., Xenofondos A., Yannakos A., Galazoulas C., & Patikas D. A.	Sports	11(1)	1
4	2020	Backward Running: Acute Effects on Sprint Performance in Preadolescent Boys	Petrakis D., Bassa E., Papavasileiou A., & Patikas, D. A.	Sports	8(4)	55
5	2018	Muscle twitch torque during two different in volume isometric exercise protocols:	Bassa, E., Vrabas, I. S., Kotzamanidis, C., & Patikas, D. A.	Strength Cond Res.	32(2)	578-586

		fatigue effects on post-activation potentiation				
6	2016	Theoretical Background and Practical Applications of the Physiological Mechanism of Post-Activation Potentiation	Patikas, D. & Kotzamanidis, C.	The European Proceedings of Social & Behavioural Sciences	11	39-45
7	2015	The neural effects of post-activation depression	Patikas, D., Koceja, D. M., Behdad, T., Bassa, E., Kellis, E., & Kotzamanidis, C.	Muscle Nerve	52(2)	252-259
8	2014	On the mechanisms of post-activation potentiation: the contribution of neural factors.	Patikas, D., & Kotzamanidis, C.	Journal of Physical Education and Sport	14(2)	134-137
9	2014	The H-reflex and the underlying mechanisms	Patikas, D., Fachantidou, A., & Kotzamanidis	Physical education-Sport-Health	29	27-43
10	2013	Effect of maximum voluntary isometric contraction of antagonist muscles in max torque and rate of torque development of agonist muscles in trained and untrained women	Tserepi, D., Papavasileiyo, A., Panteli, C., Bassa, E., Kotzamanidis C.	Exercise and Quality of Life	5(1)	1-8
11	2012	The effect of high-intensity half squat to the jump performance in recreationally active men, Journal of physical education and sport	Fountas, M., Bakaloudi, E., Bassa, E., Kotzamanidis C.	Journal of physical education and sport	12(3)	310-315
12	2012	Neuromuscular factors of fatigue in multiple sclerosis	Patikas, D., Garopoulou, V., Orologas, A.	Neurology	21(3)	33-41
13	2012	Effect of maximum voluntary isometric contraction of antagonist muscles in rate of torque development of agonist muscles	Bakaloudi, E., Panteli, C., Bassa, E., Kotzamanidis, C.	Journal of physical education and sport	12(3)	259-266
14	2010	Post activation potentiation: Factors affecting it and the effect on performance	Laparidis K., Kyranoudis A., Galazoulas Ch., Bassa E., Kotzamanidis C.	Journal of Physical Education and Sport	28(3)	32-38

Awards / International Recognition

Ref. Number	Date	Title	Awarded by:
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1	2022 - 2023	Teaching Excellence Award - Michalis Frederickou Award Aim to highlight actions and individuals who excel in the university	Frederick University (Cyprus)
2	2022 - 2024	National physical fitness assessment program for the secondary school student population Project title: Aristoteles Amount of grant: €119,670	Ministry of Education, Sports, and Youth (Cyprus)
3	2020	Teaching Development Grant Project title: Be Fit! Be Active! Common Core under the Scientific and Technological Literacy Amount of grant: \$300,000	The Hong Kong University (Hong Kong, China)
4	2020	Common Core Teaching Development Grant Project no. 787 Scientific and Technological Literacy Amount of grant: \$70,000	The Hong Kong University (Hong Kong, China)
5	2012-2015	Scholarship Grant - Excellence for Ph.D. studies	Cyprus State Fellowship Foundation (Cyprus)
6	2009 - 2011	Scholarship Grant - Excellence for MSc studies	Cyprus State Fellowship Foundation (Cyprus)

Other Achievements			
Ref. Number	Date	Title	Key Activities:
1	2024	Mapping learning and using rubrics for aligning learning outcomes with teaching and assessment - The Cyprus Agency of Quality Assurance and Accreditation in Higher Education (CYQAA)(Cyprus)	Certificate
2	2023	Certificate on Academic Integrity - The Cyprus Agency of Quality Assurance and Accreditation in Higher Education (CYQAA) (Cyprus)	Certificate
3	2020	Practice ISS in Study Design & Sample Size Calculation for Investigator-initiated Clinical Studies - The University of Hong Kong (Hong Kong, China)	Certificate
4	2019	Teaching and Learning in Higher Education - The University of Hong Kong (Hong Kong, China)	Professional Certificate

5	2018	Basic Life Support and First Aid for Health Care Providers - American Heart Association (USA)	Certificate
6	2018	Holder of medical License as Clinical Exercise Physiologist - Supreme Council of Health (Qatar)	Medical License
7	2018	ACSM Clinical Exercise Physiologist (Qatar)	Certificate
8	2016	Protecting Human Research Participants - National Institutes of Health (USA)	Certificate
9	2016	Medical License as Exercise Physiologist	Medical License
10	2015	Exercise is Medicine	Certificate