



Academic Personnel Short Profile / Short CV

University:	Frederick University
Surname:	Constantinides
Name:	Panos
Rank/Position:	Assistant Professor
School:	Health Sciences
Department:	Life & Health Sciences
Scientific Domain:	Curriculum & Teaching in Physical Education

Academic qualifications

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
EdD	2007	Columbia University, USA	Biobehavioral Sciences	Comparison of Teaching Effectiveness in classes Taught by Specialist vs Nonspecialist Physical Education Teachers.
MEd	2003	Columbia University, USA	Biobehavioral Sciences	Physical Education for Lifelong Fitness-Health Benefits of Fitness Education.
MSc	2000	Long Island University, USA	Health Sciences	Physical Fitness Level Assessment and Percentile Ranking of AAHPERD Youth Fitness Scores Among High School Children.
BSc	1994	University of Athens, Greece	Physical Education and Sport Science	

Employment history in Academic Institutions/Research Centers

Period of employment		Employer	Location	Position
From	To			
2015	Present	Frederick University	Nicosia, Cyprus	Assistant Professor
2007	2015	Frederick University	Nicosia, Cyprus	Lecturer
2006	2007	Frederick Institute of Technology	Nicosia, Cyprus	Lecturer
2003	2006	City University of New York, Queens College	New York, USA	Lecturer

Key refereed journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2024	Perceptions of elementary teachers about physical activity breaks in the classroom	None	In B. P. International (Eds.), Recent Research Advances in Arts and Social Studies. London, United Kingdom.	Book Chapter	In Press
2	2024	Preservice Physical Education Teachers' Limitations to Use Production Teaching Styles	None	Journal of Sport & Health Science	In Press	In Press
3	2023	The Image of physical education teachers as seen by teachers of other disciplines	None	European Journal of Sport Science	3(6)	10-17
4	2023	Video-based analysis for teacher development in physical education	None	European Journal of Education & Pedagogy	4(6)	5-9
5	2022	Teaching efficiency or inefficiency in elementary physical education	None	European Journal of Sport Science	1(4)	6-12

6	2022	Middle school students' perceptions towards competitive activities in school physical education	None	International Journal of Yoga, Physiotherapy and Physical Education	7(3)	26-32
7	2022	Alternative ways of exercise in physical education and physical activity: The case of Touch Ball.	None	Proceedings of the 30th International Congress of Physical Education & Sport Science in Komotini, Greece (Full paper published in English)	1(1)	505-508
8	2022	Motivating children in middle school physical education.	None	Physical & Health Education America (PHE America).	e-publication	e-publication
9	2021	Perceptions of elementary teachers about activity breaks in the classroom.	Dora Constantinides	International Journal of Physical Education, Fitness and Sports	10(3)	46-54
10	2021	Promoting active sports tourism through technology and evaluating its economic impact: Experiences from Cyprus	Achilleos, A., Alexandrou, R., Konstantinidis, A, Markides, C., Makrominas, M., Papacosta, E., Zikouli, E. & Tselepos, L	Journal of Sport & Tourism	e-publication	e-publication
11	2020	Increase in elementary students' physical activity levels: The use of activity breaks	None	IOSR Journal of Sports and Physical Education	7	23-30
12	2018	Cypriot elementary students' attitudes towards physical education.	Stephen Silverman	Journal of Teaching in Physical Education (JTPE)	37	69-77
13	2018	Exploring teaching effectiveness in physical education: The experiences of preservice elementary school teachers	None	American International Journal of Social Science	7	12-16
14	2018	The significance of play in healthy child development	None	Proceedings of the International		

				Conference of the World Organization for Early Childhood Education (OMEPE), held in Nicosia, Cyprus.		
15	2016	The impact of staff development workshops in teaching elementary physical education	None	Exercise & Society	58	9 -16
16	2014	Preservice teachers' training and teaching effectiveness in kindergarten physical education	Dora Constantinides	International Scientific eRA – 9 (e-publication)	e-publication	Available at Research Gate
17	2013	Teaching processes in elementary physical education classes taught by specialists and nonspecialists	Ralph Montalvo & Stephen Silverman	Teaching & Teacher Education	36	68-76
18	2013	Perceptions of elementary obese students about their experiences in physical education	None	Physical Education & Sport	32	89-102
19	2013	The fun factor and its contribution in the development of positive attitudes in physical education	Dora Constantinides	Hellenic Journal of Physical Education & Sport	33	61-71
20	2013	Immigrant students' experiences in elementary physical education.	Dora Constantinides, Demetriou Dena	Multicultural Societies & Education: The role of school in managing diversity	1	15-24
21	2013	Elementary students' attitude toward physical education and the differences of this attitude according to gender and grade level.	None	Inquiries in Sport & Physical Education	11	79-87

22	2012	Perceptions of elementary obese students about their experiences in physical education	None	Physical Education & Sport	32(3)	114-132
23	2011	What classroom teachers learn in professional development workshops and what they use in class	None	Problems of Education in the 21st Century	21	320-335
24	2011	Differences in physical activity levels among students that are taught by physical education teachers and classroom teachers	None	Exercise & Society.	52	7-14
25	2010	High school students' attitudes towards physical education.	None	Journal of Physical Education & Sport	30(3)	232-245
26	2007	Comparison of Teaching Processes in Elementary Physical Education Classes Taught by Specialists and Nonspecialists (BOOK)	None	Teachers College Press	Book	1-136
27	2009	Teaching Physical Education at the Preschool Level (TEXTBOOK)	None	Kantzilaris	Text Book	1-342
28	2008	Introduction to Physical Education - Preschool Level (TEXTBOOK)	None	Kantzilaris	Text Book	1-232

Research Projects				
Ref. Number	Date	Title	Funded by	Project Role
1	2021-22	Integrated Approach for the Prevention, Detection and Combat of Sexual Harassment in Sports: iSports (Erasmus+), 2021-22. Collaborative Partnerships in the field of Sports.	ERASMUS+	Curriculum Development for iSports Training Program.
2	2021-22	HEPA Project. A whole school approach promoting "Health Enhancing Physical	ERASMUS+	Curriculum Development for HEPA Training Program

		Activity". Collaborative Partnerships in the field of Sports		
3	2021-23	TEachers' TRaining to combat gender-based violence In Sports (TETRIS).	funded with support from the European Commission under the Erasmus+ Programme. [Project Number: 2021-1-IT02-KA220-HED-000030199]	Curriculum Development for TETRIS Training Program
4	2021-22	World Health Organization (WHO) Project in collaboration with the Ministry of Education, the Ministry of Health and the Pedagogical Institute of Cyprus: Health behavior in School-Aged Children (HBSC) – Member of the Scientific Committee.	WHO	Member of the Scientific Committee/ Consulting and contributing in the development of the research instruments and other material.
5	2018	CABCIN Project. A collaboration of five European countries to strengthen the capacity and quality of teaching at partner HEIs in India by the establishment of Capacity Building Centers (CBC) at each Indian university.	European Union	Training University Faculty Members at North Maharashtra University (NMU) in Jalgaon, India. Training focused on "Assessment & Grading."
6	2012	Improvement on the quality of services offered at the Center for Asylum Seekers in Kofinou, Cyprus. First Aid and CPR training to employees at the Asylum	European Union	Fisrt Aid & CPR Training for employees at the Center for Asylum Seekers in Kofinou, Cyprus

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2022 - Present	St. John's Association & Brigade	President of the Education Committee	<ul style="list-style-type: none"> - Updates for all training programs - Collaborations with national and international organizations and stakeholders.
2	2015 - Present	St. John's Association & Brigade	Elected member of the Executive Committee at St. John Association & Brigade	<ul style="list-style-type: none"> - Policy decisions for St' John's - Trainers' Training - First Aid + CPR Certified Training
3	2015 - 2020	Cyprus Pedagogical Association – SIG Physical Education	Coordinator of the Special Interest Group (SIG) in Physical Education & Physical Activity	Organization of international conferences, workshops and other meetings for physical education.
4	2003-2006	City University of New York – Queens College	NCATE – Accreditation of Teacher Preparation Institutions & Ranking Committee	- Improvement of Physical Education & Sports Science Program
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Awards / International Recognition

Ref. Number	Date	Title	Awarded by:
1	2005	Spencer's Research Award	Spencer Foundation
2	2002	Presidents' Challenge Fitness Award	President of the United States
3	2003	Presidents' Instructor's Fitness Award	President of the United States
4	2001	Soccer Coach of the Year 2000-2001 Award	Cosmopolitan Junior Soccer League, New York
5	2000	Panpaphian Association of America Research Award 2000.	Panpaphian Association of America
6	2023	"Restart a Heart" Honored for co-organizing the program	Ministry of Health, Cyprus.

Other Achievements			
Ref. Number	Date	Title	Key Activities:
1	2006	Greek Civilization Promotion Abroad Award	Organization of Greek Cultural Events in New York