

CURRICULUM VITAE

Dr. Konstantinos Beis, Ph.D.

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EDUCATION

Aristotle University of Thessaloniki, Greece

- Ph.D., Faculty of Physical Education and Sports Sciences – 2001
Thesis: *Craniocerebral, Cervical and Spine Injuries in Taekwondo and Boxing*
- B.Sc., Faculty of Physical Education and Sports Sciences – 1988
Thesis: *Philosophy of Taekwondo*

Democritus University of Thrace, Greece

- M.Sc., Faculty of Physical Education and Sports Sciences – 1996
Thesis: *Injuries in Taekwondo National Championships*

Goethe University Frankfurt, Germany

- B.Sc., Sports Institute – 1984
Area of Study: Sports Medicine

9th Lyceum of Thessaloniki, Greece

- Diploma – 1980

Spoken Languages:

- Greek (fluent)
- German (fluent)
- English (advanced)

Other:

Excellent knowledge of Microsoft Office and Internet

TEACHING EXPERIENCE

Professor:

- Faculty of Physical Education and Sports Sciences, Aristotle University of Thessaloniki, Greece
Courses Taught: (core and elective): Taekwondo – 1991 to date

Instructor:

- General Secretariat of Sports –Taekwondo Instructors' School, Greece
Courses Taught: Taekwondo Theory and Practice – 1995, 1996, 2000, 2005, 2006
- European Taekwondo Union, Taekwondo Instructors' Schools, Greece
Courses Taught: Taekwondo Theory – 1999
- European Taekwondo Union, Taekwondo Instructors' Schools, Greece
Courses Taught: Taekwondo Theory – 2011

Guest Instructor:

- Athens Police Academy Seminar – July 1994
Courses Taught: Instructors' Training
- Taekwondo Union of Northern Greece – Various seminars

PUBLICATIONS

Books:

- *Technique, Tactic, and Kinesiology of Taekwondo* – 1998
- *Taekwondo - Olympic Sport* – 2015

Journals:

- Five publications in international scientific journals
European Journal of Sports Traumatology and related research - 2001,
Acta Kinesiologiae - 2001,
Journal of Human Movement Studies - 2002,
1st International Symposium for Taekwondo Studies, Proceedings - 2007,
Journal of Sports Science and Medicine - 2007.

- Nine publications in Greek scientific journals
 “Ta Ekpaideutika” – Educational Association – 1993 www.taekpaideutika.gr,
 Prefecture of Grevena 1st International Scientists’ Conference Proceedings – 1994, Northern
 Greece Sports Medicine Association 3rd International Conference Proceedings – November 1995,
 Athletic Psychology 1st International Conference Proceedings – November 1996, Galenus
 Medical Journal – 1998, 40(1),
 Galenus Medical Journal – 1998, 40(6),
 Orthopaedics – 2000 13(1) www.orthotemath.gr
 Inquiries in Sport & Physical Education electronic journal – 2003 www.pe.uth.gr,
 Galenus Medical Journal – 2004 www.egalinos.gr

Articles:

- Editorial Board, Hellenic Taekwondo Federation Magazine – 1994-1997
- Editorial Board, Sports Magazines – 1994-1997
- Editorial Board, Northern Greece Taekwondo magazine – 2005, 2006, 2007

Course Books:

- Taekwondo (elective), Faculty of Physical Education and Sports Sciences,
 Aristotle University of Thessaloniki, Greece – 1993-2004 & 2012
- Taekwondo (core), Faculty of Physical Education and Sports Sciences, Aristotle
 University of Thessaloniki, Greece– 2004-2006, 2007-2008 & 2012

ACADEMIC AND PROFESSIONAL ACTIVITIES

Peer Reviewer:

- *British Journal of Sports Medicine* – 2012
- *Journal of Applied Biomechanics (Human Kinetics)* – 2012
- *International Sports Medicine Journal*– 2012

Participant:

- 56 scientific presentations in more than 32 national and 30 international scientific conferences (1994-2007)

PROFESSIONAL POSITIONS

- Member, Scientific Committee of Hellenic Taekwondo Federation – 1997-2000
- Research Associate, Hellenic Taekwondo Federation – 1997-2000
Main duties: designing, organizing, and implementing preparation strategies of four-year scientific and coaching programming, for the Olympic Taekwondo Team (Olympic Games in Sydney 2000, gold medal)
- Research Associate, creation of documentary on taekwondo in Greece in collaboration with the Faculty of Physical Education and Sports Sciences, Aristotle University of Thessaloniki – 2003
- Member, editorial board for translation of the *Strength and Conditioning Journal* by N.S.C.A. – HELLAS – (1997-1998)

ATHLETIC ACTIVITY

- Taekwondo training – 1976 to date
- Participant in national Championships – 1980-1988
- Member of Hellenic National Taekwondo Team – (1982-1983)
- 1st Place, National Taekwondo Championship – (1983)
- 5th place, European Taekwondo Championship – 1982, Rome
- Participant in World Taekwondo Championship – 1983, Copenhagen
- 6th DAN, Taekwondo – 2004

TRAINING EXPERIENCE

- Federal Instructor, Hellenic National Taekwondo Teams, participation in European and World Championships – 1991-1999 (60 medals; bronze; silver; gold)
- Federal Instructor, Olympic Taekwondo Team – 1992 Barcelona Olympic Games (bronze medal)
- Instructor, University Taekwondo Team, Aristotle University of Thessaloniki – 2003 (1st place), 2005 (1st place), 2007 (1st place)

- Federal Instructor, Hellenic National Taekwondo Teams; participation in European and World Championships – 2005-2010
- Instructor and Technical Director, Olympic Taekwondo Team 2008 Beijing Olympic Games (design and implementation of four-year scientific and training programming) – 2005-2010 (silver medal)

ACHIEVEMENTS

Conferences:

- *Award of Excellence for Researchers*, Hellenic Corporation of Sports Science – 2nd Conference re “*Exercise and Sports During Childhood and Adolescence*” (4th place) – November 2001
- *Award for Best Scientific Presentation*, Hellenic Corporation of Social Pediatrics and Promotion of Health – 14th Conference re “*Children and Leisure Time*” – 2002

Science/Sports/Training Excellence and Honorary Awards:

- “Panellinios A.S. Taekwondo” – 1982;
- Local Committee of “SEGAS”, Thessaloniki – 1983
- “Hercules A.S. Taekwondo” – 1988
- “Different Clubs of Thessaloniki Athletes’ Teams” – 1988
- Local Committee of Hellenic Taekwondo Federation – 1991
- Hellenic Taekwondo Federation – 1991
- Hellenic Taekwondo Federation for National Taekwondo Teams achievements in the Barcelona Olympics, as well as in national, international, Mediterranean and European tournaments – 1992
- Organizational Committee of 2nd University Taekwondo Conference, Faculty of Physical Education and Sports Sciences, Democritus University of Thrace – 1996
- German Taekwondo Federation/Deutsche Taekwondo Union (through federal instructor Georg Streif): Taekwondo Seminar, Faculty of Physical Education and Sports Sciences, Aristotle University of Thessaloniki– 1997

- Municipality of Rhodes memorial/honorary certificate, medal and board for contribution in promoting taekwondo – 1997
- Organizational Committee of National Meeting between Greece and Serbia in Thessaloniki honorary certificate and medal – 1999
- G.A.O. TaekwondoClub of Rhodes during preparation of Hellenic National Taekwondo Team for Olympic Games – 2000
- “Taekwondo Centre” award of recognition for promotion of taekwondo – 2005
- Prefecture of Thessaloniki award for activities of taekwondo students, Faculty of Physical Education and Sports Sciences, Aristotle University of Thessaloniki – 2007
- Taekwondo Union of Northern Greece award for 20 years’ scientific contribution and teaching taekwondo at the Faculty of Physical Education and Sports Sciences, Aristotle University of Thessaloniki – 2012