

Personal Information	
Surname:	Costa Ioannou
Name:	Froso
Rank:	Lecturer
School:	Sciences and Engineering
Department:	Life and Health Sciences
Academic Domain:	Sports Science

Educational Qualifications		
Degree Title	Awarding Institution	Year Awarded
MSc in Exercise and Health	Aristotelio University Of Thessaloniki	2003
BSc in Physical Education and Sports	Aristotelio University Of Thessaloniki	1999

Employment History			
Period of Employment (MM/YY-MM/YY)	Employer	Location	Position
09/15-Present	University Of Nicosia	Nicosia, Cyprus	Lecturer
09/10-Present	Les Mills Cyprus	Nicosia, Cyprus	Head Trainer of Body Attack
09/13-08/15	Fit & Fun Health Center	Nicosia, Cyprus	Gym Manager
09/06 – 06/09	The G C School of Careers	Nicosia, Cyprus	Physical Educator

Publications						
<i>Key refereed journals / conference publications / books (monographs, co-authored, edited, chapters) (list up to 10 most recent and important ones)</i>						
	Year	Title	Authors	Journal/Conference/Book/etc	Vol. No /ISBN	Pages
1	2002	Effectiveness Of Taping And Bracing In Balance and Motorskills	Barkoukis Vasillis ,Sykaras Evangelos, Costa Frosoula, Tsorbatzoudis Haralambos	Publication		
2	2001	Preliminary study of the scale inhibitors for participation in sports	Korologou S., Costa F., Alexandra K., Barkoukis B.	Ninth Congress of Physical Education and Sports Komotini-Greece Conference		
3	2001	Effect of inhibitory factors in the participation of older people in sports	Korologou S., Costa F., Alexandra K., Barkoukis B.	Ninth Congress of Physical Education and Sports Komotini-Greece Conference		
4	2001	Investigate the predictability of intention older people in sports	Korologou S., Costa F., Alexandra K., Barkoukis B.	Ninth Congress of Physical Education and Sports Komotini-Greece Conference		
5	1999	Study of Psychometric characteristics of PELES. First preliminary study	Costas F., K. Barkoukis, Tsormatzoudis	Seventh Congress of Physical Education and Sports Komotini-Greece Conference		
6	1999	Assessment of anaerobic capacity of young basketball players.	Korologou S., Costa F., Barkoukis B.	Seventh Congress of Physical Education and Sports Komotini-Greece Conference		
7	1999	Compared the guidelines to achieve the performance	Costa F., Barkoukis B	Seventh Congress of Physical Education and Sports Komotini-Greece Conference		
8	1999	Motivation of the engagement of young athletes with basketball.	Costa F., Barkoukis B	Seventh Congress of Physical Education and Sports Komotini-Greece Conference		
9	1999	Adaptation of AMS in the Greek language: First preliminary Study	Costas F., Barkoukis B., B.,	Seventh Congress of Physical Education and Sports Komotini-Greece		

			Tsormatzoudis	Conference		
10						

Funded Projects						
<i>(list up to 10)</i>						
	Project Title	Funding Agency	Project Duration (DD/MM/YY- DD/MM/YY)	Participation Status (e.g. Partner, Principal Investigator, Research Associate)	Total Project's Budget	Allocated / Awarded Budget to the Participant
1	Experimental Interface Office Function	Aristotelio University Of Thessaloniki	01/03/99 – 31/10/99	Research Associate		400,000 GRD
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Consultancy and Scholarly Work		
<i>(E.g. Membership in Boards, Editorial Committees, etc. List up to 10)</i>		
	Period (MM/YY-MM/YY)	Description
1		
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Awards and Recognitions		
<i>(list up to 10)</i>		
	Year	Description
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