

CURRICULUM VITAE (CV)

PERSONAL INFORMATIONS **Apostolia A. Ntovoli**



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Gender Female | Birth Date 16/03/1989 | Nationality Greek

EDUCATION AND QUALIFICATION

2023-Today

Postdoctoral candidate in the field of "Sports and Recreation Services Management"

Department of Physical Education and Sports Science
Aristotle University of Thessaloniki
Supervisor: K. Alexandris, Professor PE and Sport Science, AUTH.

2013 - 2020

PhD at Sports & Recreation Management

Department of PE and Sport Science
Aristotle University of Thessaloniki, Greece
Supervisor: K. Alexandris Professor, Department of Physical Education & Sports Science, AUTH, Grade: 10/10

2018 – 2020

MS in Sport, Tourism and Recreation Management (MSc)

Department of PE and Sport Science
Aristotle University of Thessaloniki, Greece, (Grade: 9.87/10)

2011 – 2013

**MS in Physical Activity and Quality of Life,
major: "Sports & Recreation Management" (Master of Science)**

Department of PE and Sport Sciences
Aristotle University of Thessaloniki, Greece
Title: Factors contributing to the effectiveness of sports provision
(Grade: 10/10).

2010

Bachelor in Department of Physical Education and Sports Sciences (BSc)
Aristotle University of Thessaloniki, Greece (Grade: 8.51)
Specialization: Athletics (Grade: 8.51)

TEACHING EXPERIENCE

2021-Σήμερα

Lecturer at Frederick University, "School of Education and Social Sciences", του Τμήματος "BSc Physical Education and Sport Sciences" στα μαθήματα Sport Management (PESS203), Organization and Management in Sport Academies and Clubs (PESS405), Organization of Recreation and Sport Tourism Programs (PESS314), Psychosociology of Recreation and Sport Tourism (PESS406).

Graduate theses (4)

Topics

- "Management of human resources in sports organizations"
- "The effect of service quality on the development of customer loyalty in gyms"
- "Participation in Recreational Sport Programs: Exploring Inhibitors, Motivation and Well-Being in People with Arthritis"
- Evaluation of the role of well-being and social capital in indoor sports activities - fitness.

- **Member of the research/ writing team of the project "Evaluation of the "Sports for All" Program in Cyprus and Member-Client Satisfaction"**, which was financed by the Cyprus Sports Organization (CSO) and Frederick University and the "Sports, Tourism and Recreation Management" Laboratory – PE and Sport Science – A.U.TH.

2023 – Today

Lecturer in the "Management of Sports, Recreation and Sports Tourism" Master's Program of PE and Sport Sciences, in the courses "Consumer Behavior" and "Research Methods and Data Analysis".

2023 – Today

Lecturer in the "Dance Education" Master's Program of PE and Sport Science – AUTH, in the courses "Management of Cultural, Sports Organizations and Dance Schools" and "Research Methods and Data Analysis".

2023 - Today

Lecturer in the Master's Program "Intercultural Communication" of the Faculty of Philosophy, the Department of German Language and Literature – AUTH, in the course "Intercultural Marketing".

2022-2023

Academic Teaching Experience at PE and Sport Sciences - AUTH

Lecturer of the courses "Marketing of Leisure and Sports Tourism Services" and "Aerobics-Fitness". – *Independent teaching*

2021-2022

407/80 in PE and Sport Sciences - AUTH

Lecturer in the Specialisation "Indoor Sports Activities (fitness) II".

2020-Σήμερα

Member of the Collaborating Teaching Staff (CST) of the Hellenic Open University in the Master's Program in Sports Management (SAM), in the Thematic Units (S) "Structure and Organization of Sports" (SAM10) and "Governance of Sports Organizations" (SAM20). – *Independent teaching*

Teacher Evaluation: M.O. 4.59/5

2021-Σήμερα

Metropolitan College – Solent University UK

Lecturer in the courses "Strategic Sport Marketing", "International Sport Business, Culture and Media" and "Professional Practice", of the Master's program "MA Sport Development & Management"

Graduate theses (6)

Topics:

- "Investigation of the inhibiting factors of participation in recreational football (5X5) in the Covid-19 period"
- "Exploring the relationship between team involvement and fans' attitudes towards team sponsors"
- "The role of professional team management in reducing fan violence"
- "Exploring the role of brand personality in relation to exerciser engagement and well-being in the Holmes gym chain."
- "Evaluating the Effectiveness of Sponsorship and Brand Personality in the Sport of Tennis"
- "Investigating the relationship between team involvement and fans' attitudes towards team sponsors in amateur sport"

2023 – Today

Lecturer in "Certificate in Sport Business" at Metropolitan College.

In the Thematic Sections:

- Sports media
- Sponsorship
- Service Quality - Consumer Loyalty

2013-2014

Physical Education Lecturer at the Military School of Officer Corps

2014-2015

Physical Education Lecturer at the Military School of Officer Corps

TEACHING PRESERVICE IN VOCATIONAL EDUCATION - TRAINING_____

2021 - 2022

Lecturer in the Sports Department of D.IEK TRIANDRIAS

Total Teaching Hours for the winter semester of the academic year 2021-2022: 30 hours

2020-2021

Lecturer in the Sports Department of D.IEK KATERINIS

Total Teaching Hours for the spring semester of the academic year 2021: 274 hours

2020-2021

Lecturer in the Sports Department of D.IEK TRIANDRIAS

Total Teaching Hours for the academic year 2020-2021: 128 hours

2019-2021

Head of Department and Educator in the Sports Department of IEK PASTER

Total Teaching Hours in two academic years: 1620 hours

Supervisor of 7 Diploma Theses through the British Accreditation Body Gatehouse Awards

2016-2019

Department Head and Trainer in the "Sports Coaches" Department of L.IEK ALFA Thessaloniki

Total Teaching Hours in 3 years over 1616 hours

Supervisor of 17 Diploma Theses through the British Accreditation Body NCFE

TEACHING SERVICE IN SCHOOLS OF THE GENERAL SECRETARIAT OF SPORTS_____

2023

Lecturer at the 2nd Category school of the Greek Karate Sports Federation (YPPOA/77637/17-05-2022), of the General Secretariat of Sports.

Total Teaching Hours: 10 hours in the subject: "SPORTS ORGANIZATION & ADMINISTRATION"

2023

Lecturer at the 2nd and 3rd Category school of the Taekwon-Do Sports Federation of Greece, with number FEK Issue B' 1225/17.03.2022, of the General Secretariat of Sports.

Total Teaching Hours: 10 hours in the subject: "SPORTS ORGANIZATION & ADMINISTRATION"

2023

Lecturer at the 2nd Category school of the Hellenic Martial Arts Federation Sambo, Kouras, Tsidaomba, of the General Secretariat of Sports.

Total Teaching Hours: 5 hours in the subject "SPORT ORGANIZATION & ADMINISTRATION"

2022

Lecturer at the 3rd Category school of the Hellenic Martial Arts Federation Sambo, Kouras, Tsidaomba of the General Secretariat of Sports.

Total Teaching Hours: 6 hours in the subject "SPORT ORGANIZATION & ADMINISTRATION"

MEMBER OF RESEARCH LABORATORY AND RESEARCH PROGRAMS _

2017 - Today

Member of the "Sports, Tourism and Recreation Management" Laboratory - PE and Sport Science – AUTH (<http://www.sportourmanlab.web.auth.gr/>).

Laboratory Director: Prof. Konstantinos Alexandris – Head of Department

2023 – Today

Member of the Research Team of the program: "Development and operation of technological applications for the promotion of cycling tourism in the Central Macedonia Region - Go Bike", financed within the framework of the Operational Program "Central Macedonia" of the NSRF 2014-2020.

Project Budget: €220,000

2022- Today

Member of the Research Team of the program: "Creation of a platform for self-care of patients with chronic cardiovascular diseases", financed by within the Operational Program "Central Macedonia" of the NSRF 2014-2020.

Project Budget: €340,000

2018- 2020

Member of the Research Team of the Funded European Program Erasmus+ Sport, with Theme: "Promoting Health Enhancing Physical Activity through Running Events", (2018-2021). Funded by the E.U.
Project Budget: €346,800

2018-2020

Member of the Research Team of the Funded European Program Erasmus+ Sport, with Theme: "Social Entrepreneurship, Sports, Leisure, Autonomy beyond Disabilities", (2018-2021). Funded by the E.U.

DELIVERY OF EUROPEAN PROGRAMMS ERASMUS+ _____

1. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Literature review (RUN for HEALTH Project Report 1). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/reports>
2. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Di Tommaso, V., Moliterni, S., Ruggeri, A., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Quantitative Results Report (RUN for HEALTH Project Report 2). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/reports>
3. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Di Tommaso, V., Moliterni, S., Ruggeri, A., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Observation Report (RUN for HEALTH Project Report 3). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/reports>
4. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Di Tommaso, V., Moliterni, S., Ruggeri, A., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Theme Analysis Report (RUN for HEALTH Project Report 4). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/reports>
5. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Di

- Tommaso, V., Moliterni, S., Ruggeri, A., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Case Studies Report (RUN for HEALTH Project Report 5). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/case-studies>
6. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Di Tommaso, V., Moliterni, S., Ruggeri, A., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Event Management Plan (RUN for HEALTH Project Report 6). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/reports>
7. Alexandris, K., Barkoukis, V., Karagiorgos, T., **Ntovoli, A.**, de Brito, M., Middelkamp, E., Mitas, O., van Liere, L., Ahonen, A., Girginov, V., Di Tommaso, V., Moliterni, S., Ruggeri, A., Helsen, K., Scheerder, J., Kreivyte, R., Mejeryte-Narkeviciene, K., Valantine, I., Hover, P., van Eldert, P. (2021). Promoting Health Enhancing Physical Activity and Social Welfare Through Outdoor Running Events. Policy Recommendations Report (RUN for HEALTH Project Report 7). Thessaloniki: Aristotle University of Thessaloniki. <https://runforhealth.eu/tools-materials/reports>

BOOK CHAPTERS – BOOK EDITING

1. **Ntovoli, A.**, Karagiorgos, T., Alexandris, A., (2024 In Press). Consumer Behavior in Sports. Kyriakidis Publications.
2. Alexandris, K., **Ntovoli, A.**, Polyakova, O. (2024 In press). Consumer Behaviour in Sports. In Handbook of Sport Management. London: Routledge.
3. Karagiorgos, Th., **Ntovoli, A.**, Balaska, P., Alexandris, K. (2023). Athens Marathon: The authentic IN Alexandris, K., Girginov, V., and Scherder, J., Running Events: Policies, Marketing and Impacts. London: Routledge.
4. Alexandris, K., Karagiorgos, T., **Ntovoli, A.** (2021). Tour Organization Tourism, Hatzigeorgiou X, Papageorgiou M., (ed. 289-304). Special Interest Tourism (p.), Nicosia: Broken Hill Publishers LTD.
5. **Ntovoli, A.**, (2021). The Fitness Market. In N. Theodorakis (Ed.), Sports Industry: Organizations, Enterprises and Services. (pp. 228-259). Nicosia: Broken Hill Publishers LTD.
6. Alexandris K., Kenanidis, T., Balaska P., **Ntovoli A.** (2020). The Impact of the Economic Crisis on the Private Fitness Sector in Greece. In J.,

Scheerder, H., Vehmas, K., Helsen (Eds.). *The Rise and Size of the Fitness Industry in Europe: Fit for the Future?* (pp. 241-257). Switzerland: McMillan.

PUBLICATIONS IN SCIENTIFIC JOURNALS

1. **Ntovoli, A.**, Anifanti, M., Koukouvou, G., Mitropoulos, A., Kouidi, E., Alexandris, K., (2023 Submitted for publication). Patients with Cardiovascular Diseases Attitudes' towards On-Line Exercise with Mobile Monitoring of their Health related Vital Signs. *Sports*.
2. Polyakova, O., Karagiorgos Th., Konstantinidis, K., **Ntovoli, A.**, Alexandris, K., (2023 Submitted for publication). Can event service quality predict memorable tourism experience in the context of a participatory recurring sport event? The case of Oceanman international. *Event Management*.
3. **Ntovoli, A.**, Shiyi, L., Polyakova, O., Karagiorgos Th., Alexandris, K., (2023 Submitted for publication). Testing the relationships among Leisure Constraints, Subjective Wellbeing and Recreational Sport Participation. *Leisure Studies*.
4. **Ntovoli, A.**, Karagiorgos, Th., Alexandris, K., Zourladani, A. (2023 Submitted for publication). Traditional Exercise vs. On-line video Streaming Fitness Classes: A Comparison based on Enjoyment Levels and in Relation to Service Quality Perceptions. *Montenegrin Journal of Sports Science and Medicine_on line fitness*.
5. Theodoridou, S., **Ntovoli, A.**, Alexandris, K., (2023 Submitted for publication). The relationship between sport event experience and psychological well-being: the case of a "Sailing Marathon". *Journal of Physical Education, Recreation & Dance*.
6. Karagiorgos, Th., **Ntovoli, A.**, Alexandris, K. (2023). Developing a brand personality framework in the context of outdoor small-scale sport events. lockdown in Greece. *Journal of Convention & Event Tourism*. VOL. 24, NO. 3, 246–268. DOI: 10.1080/15470148.2022.2158153
7. Patetsinis, E., **Ntovoli, A.**, Karagiorgos, T., Konstantinidis, K., (2023 under publication). Investigating barriers to participation in recreational soccer (5X5) in the covid-19 period. *Journal of the Hellenic Society of Sports Management*.
8. Alexandris, K., Papakosta, E., Rodafinos, A., Tzortzi, N., & **Dovoli, A.** (2022). Evaluation of the "Sport for All" Program in Cyprus and Member-Customer Satisfaction. *Περιοδικό Διοίκησης Αθλητισμού και Αναψυχής*, 19(2), 43-56.
9. Alexandris, K., Karagiorgos, Th., **Ntovoli, A.** and Zourladani, S., (2022). Using The Theories of Planned Behavior and Leisure Constraints to study

Fitness Club Members' Intention to return to the Clubs with end of the Covid19 Lockdown. *Leisure Studies*. VOL. 41, NO. 2, 247–262. DOI: <https://doi.org/10.1080/02614367.2021.1975802>

10. Lekakis, N., Fountouki, A., **Ntovoli, A.**, (2022). The impact of the Covid-19 disease on Greek sports world: a sociological approach. *Journal of Sport and Recreation Management*, 19(1), 37-48.
11. Anastasiadis, A., **Ntovoli, A.**, (2021). Testing the Relationship between Perceived Constraints and Recreational Sport Participation Levels in an Urban Environment in Greece. *Global Journal For Research Analysis*. Volume-10, Issue-09, September-2021. Print ISSN No.2277-8160. DOI: 10.36106/gjra
12. Anastasiadis, A., **Ntovoli, A.**, (2021). Exploring the Relationship between perceived service quality and sport involvement. *Global Journal For Research Analysis*. Volume-10, Issue-09, September-2021. Print ISSN No.2277-8160. DOI: 10.36106/gjra
13. **Ntovoli, A.**, Alexandris, K., Karagiorgos, Th. (2021). Investigating the Relationship Between Level of Involvement with Sports Participation in an Urban Environment and Perceived Well-Being. *Journal of the Hellenic Society of Sports Management*, 18(2), 1-17.
14. Karagiorgos, Th., **Ntovoli, A.**, Alexandris, K. (2020). The impact of small-scale outdoor sports events on the local community: the case of mountain destinations. *Journal of the Hellenic Society of Sports Management*, 17(2), 1-13.
15. **Ntovoli, A.**, (2020). Testing the relationship between Sport event personality and sponsorship effectiveness: A case study of a Kick-Boxing event in Greece. *Global Journal For Research Analysis*, Volume-9, Issue-5, May-2020. Print ISSN No.2277-8160. DOI: 10.36106 / gjra
16. **Ntovoli, A.**, Karagiorgos, T., Alexandris, K. (2019). Investigating the relationship between the quality of a sports event and the effectiveness of sponsorship: The case of a Kick Boxing event. *Journal of the Hellenic Society of Sports Management*, 16(2), 40-50.
17. Baplekis, X., Karagiorgos, T., **Ntovoli, Ap.**, Alexandris, K. (2019). Investigating the relationship between inhibiting factors and involvement/active participation in recreational sports activities of Higher Education students. *Journal of Sport and Recreation Management*, 16(2), 20-39.
18. Karagiorgos, Th. & **Ntovoli Ap.**, Alexandris, K., (2019). The Relationship of Well-Being Through Participation in Small-Scale Sports Running Events to Activity Engagement. *Journal of Sport and Recreation Management*, 16(1), 13-25.
19. **Ntovoli Ap.**, Balaska P., & Kaimakamis, D. (2014). Does the degree of spectator involvement with an activity determine sponsorship effectiveness:

The case of kickboxing matches, *Journal of the Hellenic Association of Sports Management*, 11, 36-44.

PARTICIPATION IN INTERNATIONAL SCIENTIFIC CONFERENCES

1. Alexandris, K., Karagiorgos, Th., **Ntovoli, A.**, Anoirkati, E., Myrovali, G. (2023). Mountain Bike Tourism in Greece: Profiling Tourists Based on Demographic and Psychographic Variables for Developing a Smart Phone Application. EASM Conference. Belfast, 12-15 September, 2023.
2. Alexandris, K., Karagiorgos, Th., **Ntovoli, A.** and Anoyrkati, E. (2023). Promoting Bicycle Tourism Through Technology in Greece: Profiling Bicycle Tourists for Developing A Smart Phone Application. 4th World Association For Sport Management World Conference, titled: «Global and Local Perspectives of Sport Management». Doha, Qatar, 5–8 March, 2023.
3. **Dovoli, A.**, Koukouvou, G., Anyfanti, M., Mitropoulos, A., Kouidi E., Alexandris K. (2023). Health Professionals' Attitudes Towards Online Exercise Programs for Patients with Cardiovascular Problems and the Online Monitoring of Health Indicators During Exercise. 4th International Conference of Sports Sciences (ICSS 2023) - «Διεπιστημονικές Προσεγγίσεις στη Φυσική Αγωγή & τον Αθλητισμό», Τ.Ε.Φ.Α.Α. – Α.Π.Θ., Θεσσαλονίκη 2-4 Μαρτίου 2023.
4. **Dovoli A.**, Anoyrkati, E., Lola, A., Alexandris, K. (2023). Investigating Tourists' and Cycling Providers' Attitudes for the Development and Operation of Technological Applications for the Promotion of Mountain Cycling Tourism in the Region of Central Macedonia – “GoBike”. 4th International Conference of Sports Sciences (ICSS 2023) - «Διεπιστημονικές Προσεγγίσεις στη Φυσική Αγωγή & τον Αθλητισμό», Τ.Ε.Φ.Α.Α. – Α.Π.Θ., Θεσσαλονίκη 2-4 Μαρτίου 2023.
5. Alexandris, K., **Ntovoli, A.**, Anifanti, M., Koukouvou, G., Mitropoulos, A., Kouidi, E. (2022). On-line Exercise for Patients with Cardiovascular Diseases During the Covid19 Pandemic: The Development of an On-line Platform for Monitoring Their Vital Signs During Exercise. 30th EASM European Sport Management Conference, 5-8 September 2022, University of Innsbruck, SoWi Campus.
6. Alexandris, K., Karagiorgos, Th, **Ntovoli, A.**, Helsen, K., Scheerder, J. Hover, P., Peter van Eldert, Valantine, I., Kreivyte, R., Eimontas, E., Mejeryte-Narkeviciene, K. (2022). [PDF] από diva-portal.org SPORT EVENTS AND TOURISM. ESMQ
7. Papaemmanouil, E.Z., Nikatsiou, Z., Lola, A., **Ntovoli, A.**, Tzetzis, G., (2022). The effect of well-being on the intention to re-subscribe of gym customers. 30th International Congress on Physical Education & Sport Science. 20-22 May 2022, Komotini.

8. Papaemmanouil, E.Z., Nikatsiou, Z., Lola, A., **Ntovoli, A.**, Tzetzis, G., (2022). The influence of well-being on participant satisfaction in structured exercise programs of a well-known chain of gyms. 30th International Congress on Physical Education & Sport Science. 20-22 May 2022, Komotini.
9. **Ντοβόλη, Α.**, Κουκουβού, Γ., Ανυφαντή, Μ., Μητρόπουλος, Α., Κουιδή, Ε., Αλεξανδρή, Κ. (2022). Διερεύνηση στάσεων προς τα διαδικτυακά προγράμματα άσκησης και την on line καταγραφή δεικτών υγείας, ασθενών με καρδιαγγειακά νοσήματα. 11ο Διεθνές συνέδριο Ιατρική της άθλησης στον 21^ο αιώνα. 1-3 Απριλίου, Θεσσαλονίκη.
10. **Ntovoli, A.**, Karagiorgos, Th., Konstantinidis, K. and Alexandris, K., (2021). Recreational sports in an urban environment: Opportunities and Constraints for sport tourism development, 4th International Scientific Conference “Restarting tourism, travel and hospitality: The day after”, Tourman, 21-23 May, International Hellenic University, Virtual Conference.
11. Karagiorgos, Th., Konstantinidis, K., **Ntovoli, A.** and Alexandris, K., (2021). Managing service quality in an international sport event: the case of Oceanman-openwater series, 4th International Scientific Conference “Restarting tourism, travel and hospitality: The day after”, International Hellenic University, Tourman, 21-23 May, Virtual Conference.
12. Konstantinidis, K., Karagiorgos, Th., **Ntovoli, A.** and Alexandris, K., (2021). The role of event personality on the development of brand involvement: the case of Oceanman open-water events, 4th International Scientific Conference “Restarting tourism, travel and hospitality: The day after”, Tourman, 21-23 May, International Hellenic University, Virtual Conference.
13. **Ntovoli, A.**, Karagiorgos, Th., Alexandris, K., (2021). Segmenting Recreational Sport Participants Using PERMA: Examining the Role of Motivation, 29th European Sport Management Virtual Conference “Connecting Sport Practice and Science”. EASM, 1-4 September, London, United Kingdom.
14. Karagiorgos, Th., **Ntovoli, A.** and Alexandris, K., (2021). Exploring Different Levels of Well-being among Trail Runners, by applying the Psychological Continuum Model (PCM), 29th European Sport Management Virtual Conference “Connecting Sport Practice and Science”. EASM, 1-4 September, London, United Kingdom.
15. Zourladani, S., Karagiorgos, Th., **Ntovoli, A.**, Alexandris, K., (2021). Fitness Market Assessment in the post Covid-19 ERA. 29th International Congress on Physical Education & Sport Science, 14-16 May, Department of PE and Sport Science, Komotini, Greece.

16. **Ntovoli, A.**, Karagiorgos, Th., Alexandris, K., (2021). Adopting an Alternative Model of Exercise Services by Fitness Clubs During the COVID-19 Period: The Case of on line Exercise Programs. 29th International Congress on Physical Education & Sport Science, 14-16 May, Department of PE and Sport Science, Komotini, Greece.
17. Karagiorgos, Th., **Ntovoli, A.**, Zourladani, S. and Alexandris, K., (2021). The Contribution of Participants' Constraints on the Prediction of Attitude Formation Towards Exercise During the COVID-19 Pandemic. 29th International Congress on Physical Education & Sport Science, 14-16 May, Department of PE and Sport Science, Komotini, Greece.
18. Lekakis, N., Fountouki, A. and **Ntovoli, A.**, (2021). A sociological approach towards the impact of Covid-19 on the Greek sporting world. 29th International Congress on Physical Education & Sport Science, 14-16 May, Department of PE and Sport Science, Komotini, Greece.
19. **Ntovoli, A.**, Karagiorgos, Th. and Alexandris, K., (2021). Testing the Relationship Between Leisure Constraints and Subjective Well-Being in a Recreational Sport Context. Leisure Studies Association Virtual Conference 2021: Leisure Identities, Health and Wellbeing, 6-8 July, Solent University, Southampton.
20. Karagiorgos, Th., **Ntovoli, A.** and Alexandris, K., (2021). Testing the relationship between sport event involvement with participants' wellbeing and life satisfaction. Leisure Studies Association Virtual Conference 2021: Leisure Identities, Health and Wellbeing, 6-8 July, Solent University, Southampton.
21. Lekakis, N., Fountouki, A. and **Ntovoli, A.**, (2021). A sociological approach using 'habitus' towards the impact of Covid-19 on Sport: The case of Greece, Sport and Crisis: Bodies, Practices, Representations, 25-26 March, University of Teramo, Italy.
22. Karagiorgos, T., **Ntovoli, A.**, and Alexandris, K., (2020). Using running involvement levels to Segment Greek runners according to their motives and life satisfaction, 28th European Sport Management Virtual Conference "Connecting Sport Practice and Science". EASM, 17-25 September.
23. Alexandris, K., Karagiorgos, T., **Ntovoli, A.**, Helsen, K., Scheerder, J., Hover, P., van Eldert, P., Valantine, I. Kreivyte, R., Eimontas, E., & Mejeryte-Narkeviciene, K. (2019). Participation in running events and promotion of health-enhancing physical activity: A cross-cultural study in Greece, Belgium, Holland and Lithuania (Paper presented at the 27th European Association for Sport Management Conference; Seville, September 3-6, 2019). In: T. Breitbarth, G. Bodet, A.F. Luna, P.B. Naranjo & G. Bielons (Eds.). Connecting sport practice & science (Abstract book of the 27th EASM Conference). (pp. 139-141). Seville: Pablo de Olavide University/Faculty of Sport Sciences.

24. Balaska P., Kenanidis T., **Ntovoli A.**, Karagounis P., Alexandris K., (2019). Development of tourism destination through sport event quality and city image: The case of coastal rowing. TOURMAN 2019, Thessaloniki.
25. **Ntovoli A.**, Balaska P., Alexandris K., (2019). Investigating the relationship between the quality of a sports event and the effectiveness of sports sponsorship: The case of a Kick Boxing event. 3rd International Sports Science Conference, March 1-3. S.E.F.A.A., AUTH, Thessaloniki.
26. **Ntovoli A.**, Balaska P., Alexandris K., (2014). Does the degree of Spectator Engagement with a sport activity determine sponsorship effectiveness? The Case of Kick-Boxing Matches. 1st International Sports Science Conference, November 21-23. S.E.F.A.A., AUTH, Thessaloniki.
27. **Ntovoli A.**, Paraschos H., Kotzamanidis X., (2010). The adaptations of the rate of strength development according to the type of training, age and sex. 13th International Conference on Physical Education & Sports, March 20. E. G. B. E., Olympic Museum, Thessaloniki.
28. **Ntovoli A.**, Giannakos A., Papadopoulou S., Billis S., Armatas V., Fragos N., (2009). Analysis and evaluation of the technical and tactical data, between top level male teams of beach-volleyball in the Olympic games of Athens "2004". 2nd Annual International Conference "Physical Education, Sports and Health", University of Pitesti, Romania, Nov 20th – Nov 22nd.
29. **Ntovoli A.**, Billis S., Giannakos A., Papadopoulou S., Skoufas D., Galazoulas X., (2009). Comparison between male and female top level teams of beach-volleyball in technical and tactical data, 2nd Annual International Conference "Physical Education, Sports and Health", Nov 20th – Nov 22nd, University of Pitesti, Romania.
30. Lazaridis S., **Ntovoli A.**, Tsatalas T., Kotzamanidis X., (2009). Acute and prolonged changes in drop landing biomechanics after stretch-shortening cycle exercise in untrained adults and boys, 11th International Conference of sport Kinetics, 25-27 Sep, Aristotle university of Thessaloniki, Kallithea, Chalkidiki, Greece.
31. Dandaneliotis M., **Ntovoli A.**, Lazaridis S., Ftikas X., Bassa E., Kotzamanidis X., (2009). Responses of children and adults to fatigue during an intensive plyometric protocol of 100 intermittent jumps, 11th International Conference of sport Kinetics, 25-27 Sep, Aristotle university of Thessaloniki, Kallithea, Chalkidiki, Greece.

PARTICIPATION IN NATIONAL SCIENTIFIC CONFERENCES _____

1. **Ntovoli A.**, Koukouvou, G., Anifanti, M., Mitropoulos, A., Koudi, E., Alexandris, K., (2022). Investigation of preferences towards online exercise programs and online recording of health indicators, of patients

with cardiovascular diseases. 22nd Sports & Recreation Management Conference, November 25-27, Thessaloniki.

2. Patetsinis, E., **Ntovoli, A.**, Karagiorgos, T., & Konstantinidis, K., (2022). Investigating the inhibiting factors of participation in recreational soccer (5X5) in the Covid-19 period. 22nd Sports & Recreation Management Conference, November 25-27, Thessaloniki.
3. Karagiorgos, Th., Konstantinidis, K., **Ntovoli, A.** & Alexandris. K., (2022). Development of a scale to measure service quality in international small-scale sports events. 22nd Sports & Recreation Management Conference, November 25-27, Thessaloniki.
4. Skarvelis, A, Konstantinidis, K., Karagiorgos, T. & **Ntovoli, A.** (2021). The transfer value of Greek footballers in the international market before and after COVID-19. 21st Sports & Recreation Management Conference, November 12-14, Thessaloniki.
5. **Ntovoli, A.**, Karagiorgos, T., Konstantinidis, K., Alexandris. K., (2021). Inhibiting Factors of Sports Participation in an Urban Environment. 21st Sports & Recreation Management Conference, November 12-14, Thessaloniki.
6. Karagiorgos, Th., Konstantinidis, K., **Ntovoli, A.** & Alexandris. K., (2021). Investigating "Personality" differences of small-scale international sports events: Applying the psychological continuum model. 21st Sports & Recreation Management Conference, November 12-14, Thessaloniki.
7. **Ntovoli, A.**, Karagiorgos, Th., Alexandris. K., (2020). Trends and prospects for the development of running events in Greece. 20th Sports & Recreation Management Conference, January 24-26, Thessaloniki.
8. **Ntovoli, A.**, Karagiorgos, Th., Alexandris. K., (2020). The contribution of running events to the promotion of the sporting lifestyle: A Cross-National Study. 20th Sports & Recreation Management Conference, January 24-26, Thessaloniki.
9. Karagiorgos, Th., Konstantinidis, K., **Ntovoli, A.**, Alexandri, K., & Tsirvouli, A., (2020). Investigating differences of sport involvement in well-being from participation in outdoor running events. 20th Sports & Recreation Management Conference, January 24-26, Thessaloniki.
10. **Ntovoli A.**, Alexandris K., (2014). Investigating Sponsorship Effectiveness Based on Spectator Engagement with the Sport: The Case of a Kick-Boxing Event. 15th Sports & Recreation Management Conference, Greece, December 5-7, Thessaloniki.

SPEECHES AT ROUND TABLES OF SCIENTIFIC CONFERENCES _____

1. Roundtable talk on: "Development and operation of technological applications to promote cycling tourism in the Central Macedonia Region - Go Bike". 22nd Sports & Leisure Management Conference, with international participation, with central theme: "Sports, Tourism and Leisure: Drivers of Economic and Social Development", November 25-27, 2022, Thessaloniki.
2. Roundtable talk on: "Personal Training and Trends in Fitness". 20th Sports & Leisure Management Conference, with international participation, with central theme: "Modern and Alternative Development Models of the Sports Industry", January 24-26, 2020, Thessaloniki.

REVIEWER OF SCIENTIFIC ARTICLES IN SCIENTIFIC JOURNALS _____

- Reviewer of Scientific Articles in the Scientific Journal of Hellenic Scientific Society of Sports and Recreation Management

PARTICIPATION AS REVIEWER IN SCIENTIFIC CONFERENCES _____

1. Participation as a judge in the 22nd Sports & Recreation Management Conference (2022) on the theme: "Sports, Tourism & Recreation; Drivers of Economic & Social Development", November 25-27, 2022, Thessaloniki. Bureau in the 5th Module of presentations of scientific works.
2. Participation as a judge in the 21st Sports & Recreation Management Conference (2021) on the topic: "Opportunities and Challenges in the Organization of Sports and Recreation in the post-COVID-19 era", November 12-14, 2021, Thessaloniki. Bureau in the 3rd Module of presentations of scientific works.

WORK EXPERIENCE _____

2018 – 2019

Marketing & Communication Department Manager at M.G.S. Apollon Kalamaria

2010 – 2019

Fitness Instructor and Personal Trainer at the Aqua Forum Gym and Head of Muscle Strengthening Programs

2016-2017

Fitness Instructor at the Momentum Fitness Club and Head of the Marketing Department for increasing the clientele.

2015 - 2016

Member of the Marketing Group of the Management Committee of the National Sports Centers of the GGA

2015-2016

Fitness Instructor at Zen in The City Gym and Head of Orthosomic Exercise and Musculoskeletal Rehabilitation Programs

2015

Employment with a fixed-term private law employment relationship for two months in the Municipality of Kalamaria, in indoor programs – Fitness

2014-2015

Scientific Associate of the Educational Seminar Company Mp Balatsinos and Editor of the site Mp Balatsinos (Fitness Academy)

2014-2015

Editor-in-Chief - Journalist and Presenter at Radio Station Metropolis FM95.5, in a program with Sports Content Topics

2012-2013

Responsible for Production Organization and assistant to the Production Director, but also employed as a Journalist (Reporter) for the show Smart Life, which was shown on ET3 (State Television).

2010-2012

Fitness Instructor at Entasis Gym and Head of Pilates Programs

2010-2011

Television Producer at the Municipal Station "Thessaloniki TV", in a show with Sports Topics.

2009-2010

Fitness Instructor at Nautilus fit for fun s.a. Gym and Head of Muscle Strengthening Programs

MEMBER OF PROFESSIONAL ASSOCIATIONS-UNIONS & NATIONAL COMMITTEES

2021- Σήμερα

Member of EASM (European Association for Sport Management)

2021 – Σήμερα

Member of LSA (Leisure Studies Association)

2020- Σήμερα

Member of the Hellenic Scientific Society of Sports and Recreation Management

2016- 2019

Regular Member of the Steering Committee of the National Sports Centers of Thessaloniki

2016- Σήμερα

- Member of the Association of Editors of Newspapers, Magazines and Electronic Media of Northern Greece
- Football Referee and Member of the Association of Referees of Thessaloniki
- Referee of the Panhellenic Beach Volley Federation
- Referee of the Panhellenic Federation of Modern Pentathlon

2013

Since 2013, I hold a License to Practice as a Classical Sports Coach

FOREIGN LANGUAGES AND COMPUTER KNOWLEDGE _____

- Excellent knowledge of the English language. Michigan Proficiency Holder
- Certified holder of the ICT Intermediate diploma for computer use

RELATED DEGREE - EDUCATION - CERTIFICATES _____

- **2022**
 - Holder of the Educational Proficiency Certification of Adult Trainers of Non-Formal Education.
Certification Code: EB 42239
 - Registered in the Register of Teaching Colleges.
Registry Number 320/2022
 - Holder of training certification of the Center for Training and Lifelong Learning (K.E.DI.VI.M.) of the University of the Aegean, entitled: "Leadership - Management in Education", 440 hours.
- **2020**
 - Holder of certification in "Distance Education", of the Institute of Educational Policy of the Hellenic Open University (EAP). Attendance of an Open Online Course (MOOD) entitled: "Training of teachers in the methodology of distance education". Duration 15 hours.
- **2019**
 - Certificated of NASM (International) & HNFC (Hellenic Network of Fitness Certifications)
 - Attended the 5 hour educational event organized by HNFC Academy and the National Academy of Sports Medicine (USA) at the Olympic Museum entitled "SPORTS INJURIES – FROM PREVENTION TO TREATMENT". 28 September 2019, Thessaloniki.
- **2017**
 - Holder of a training diploma in Basic Life Support using an Automatic External Defibrillator (First Aid) of the European Resuscitation Council – **Basic Life Support (BLS) Provider from European Resuscitation Council.**

- **2010**
 - Graduate of GR.A.F.T.S. Hellas trained in the subjects:
 - Personal training
 - ◆ Professional
 - ◆ Advanced
 - ◆ Elite
 - Units: Fight, Steel, Fitball, Gymstick, TRX, Functional training
 - A. Group exercise
 - B. Professional Vibration Training
 - C. Special Units: Fight, Steel, Fitball, Gymstick, TRX, Functional training

GRANTS AND AWARDS

- **Award for Best Scientific Paper**, entitled: "Investigation of differences in Sports Involvement in terms of Well-being from Participation in Outdoor Road Events". Karagiorgos T., Konstantinidis K., **Ntovoli A.**, Alexandris K., & Tsirvoulis, A. 20th Sports & Recreation Management Conference, January 24-26, 2020, Thessaloniki.
- **Scholarship Grant** from Aristotle University of Thessaloniki (Greece) Excellence for MSc studies
- **Scholarship Grant** from Aristotle University of Thessaloniki (Greece) Excellence for 1st year (09.2006- 06.2007).
- **Scholarship Grant** from Aristotle University of Thessaloniki (Greece) Excellence for 2nd year (09.2006- 06.2007).
- 1999-2009 Track and field athlete – 200m
 - Sports honors in school and interclub championships at the Panhellenic Level
- Sports awards at the University in the sports of Athletics and Gymnastics in the context of the organization of University competitions.

Recommendation

K. Alexandris
 Professor TEFAA, AUTH – Department Chair
 Director of the "Sports, Tourism and Leisure Management" Laboratory - TEFAA, AUTH
 Visiting Professor, Sheffield Hallam University
 General Director European Association for Sport Management (EASM)

President of the Hellenic Scientific Society of Sports & Recreation Management
(Ell.E.E.D.A.A.)

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