

## **O Y P A N I A M A T Σ O Y K A**

**Academic title:** Professor

**Subject module:** Physical education and Outdoor activities

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Dr. Ourania Matsouka is a Professor in Leisure and Recreation studies in the School of Physical Education and Sport Sciences of Democritus University of Thrace. She holds a Doctoral of Philosophy (Ph.D.) in Sports Sciences (2000), from Dept. of Physical Education & Sport Sciences, Democritus University of Thrace. Her thesis focused on exercise and the elderly's quality of life. In 2000, she was funded by the Greek State Scholarships Foundation (I.K.Y.), in the domain of Leisure Studies for postdoc research concerning the effects of an exercise program on the psychological and physiological state of the elderly in different exercise environments. She has been a researcher in the "Sport Tourism and Recreation Lab", Dept of Physical Education & Sport Sciences, Democritus University of Thrace, from 2000 to the present. She has been a Director of the Postgraduate Program of Studies, Sport Tourism – Sport event - Dance, Dept of Physical Education & Sport Sciences, Democritus University of Thrace, from 2022 to the present. From 1997 to the present, she has taught undergraduate and postgraduate programs in the School of Physical Education and Sport Sciences of Democritus University of Thrace and she has supervised Postgraduate and PhD theses (>60). From 2022 to the present, she has taught postgraduate programs at the Hellenic Open University. Her main research interests are focused on issues concerning the Quality of Life and exercise, Wellness Tourism and Exercise programs, Health Promotion and Sports for All Programs, Exercise-Recreation and Elderly, Therapeutic Recreation, Outdoor Recreation Management and Corporate Fitness. She was the main speaker at scientific international seminars and conferences (>25). She is an author and co-author in more than 70 scientific papers and announcements (>200), published in peer-reviewed International and Greek scientific journals and congress respectively. She is a Peer Reviewer for (>30) Scientific Journals. She has participated in many projects (>17) founded by the European Community. She has been a member of the Hellenic Association for Sport Management and the Hellenic Association for Advancing Women and Sport (PEPGAS) since 2000. She speaks English and French.

### *Selected Publications*

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#### *Scientific articles*

1. The Effect of Physical Activity on Burnout Syndrome in Emergency Room Nurses Working in Public Hospitals. Leridis, I., Matsouka, O., Bebetos, E., Kosta, G. *Sport Mont*, 2023, 21(1), pp. 49–54
2. Video Analysis of Technical and Tactical Behavior in Elite Climbers Kotidou, T., Nani, S., Papadimitriou, K., Matsouka, O. *Sport Mont*, 2023, 21(2), pp. 103–109
3. Body image assessment of fitness centers' members & behavioral intentions: can we actually achieve members' retention? Tsitskari, E., Fragkou, M., Alexandris, K., Matsouka, O. *Retos*, 2023, 49, pp. 270–278
4. The impact of exergames on cancer related fatigue among pediatric oncology patients: A qualitative approach. Nani, S., Matsouka, O., Theodorakis, Y., Antoniou, P. *Hellenic Journal of Nursing*, 2022, 61(3), pp. 345–352
5. Improving social skills through structured playfulness program in preschool children. Tersis, M., Matsouka, O. *International Journal of Instruction*, 2020, 13(3), pp. 259–274
6. The relationship of attitudes and behaviors with working conditions and physical activity among workers in public hospitals in Greece. Bebetos, E., Chasandra, A., Matsouka, O.
7. *Archives of Hellenic Medicine*, 2020, 37(4), pp. 457–463

## Short CV

8. Time course changes in hand grip strength performance and hand position sense in climbing Matsouka, O., Nani, S., Papadimitriou, K., Beneka, A., Malliou, P. *Journal of Human Sport and Exercise*, 2020, 15(1), pp. 23–33
9. The effect of a structured playfulness program on social skills in kindergarten children. Loukatari, P., Matsouka, O., Papadimitriou, K., Nani, S., Grammatikopoulos, V. *International Journal of Instruction*, 2019, 12(3), pp. 237–252
10. Can ten weeks intervention with exergames contribute to better subjective vitality and physical health? Nani, S., Matsouka, O., Antoniou, P. *Sport Sciences for Health*, 2019, 15(1), pp. 43–47
11. Perceived Benefits of a Therapeutic Exercise program through digital interactive games among children with cancer Nani, S., Matsouka, O., Theodorakis, Y., Antoniou, P. *Hellenic Journal of Nursing*, 2019, 58(1), pp. 64–70
12. The impact of leadership styles on employees' psychological empowerment, in Greek sport departments. Tsevaridou, L., Matsouka, O. *Sport Mont*, 2019, 17(3), pp. 73–78
13. Transformational leadership style, psychological empowerment and job satisfaction in Greek municipal sport organizations. Tsevaridou, L., Matsouka, O., Tsitskari, E., Gourgoulis, V., Kosta, G. *Sport Mont*, 2019, 17(2), pp. 29–34
14. Exergames and implications on quality of life in pediatric oncology patients: A preliminary qualitative study. Nani, S., Matsouka, O., Theodorakis, Y., Antoniou, P. *Journal of Physical Education and Sport*, 2019, 19, pp. 262–267
15. Tourists' perspective and nationality impact on destination competitiveness. Dalakis, A., Yfantidou, G., Costa, G., Matsouka, O., Tsitskari, E. *e-Review of Tourism Research*, 2018, 15(2-3), pp. 192–222
16. Winter tourism in Greece: An approach to tourists' behavior and needs. Yfantidou, G., Nikou, M., Matsouka, O. *Geojournal of Tourism and Geosites*, 2018, 21(1), pp. 74–87
17. The role of physical activity in life happiness of Greek drug abusers participating in a treatment program. Nani, S., Matsouka, O., Tsitskari, E., Avgerinos, A. *Sport Sciences for Health*, 2017, 13(1), pp. 25–32
18. The effect of physical activity on the Burnout syndrome and the quality of life of nurses working in psychiatric centers. Paniora, R., Matsouka, O., Theodorakis, Y. *Hellenic Journal of Nursing*, 2017, 56(3), pp. 225–232
19. Influence of school playground size and equipment on the physical activity of students during recess. Delidou, E., Matsouka, O., Nikolaidis, C. *European Physical Education Review*, 2016, 22(2), pp. 215–224
20. The participants' venture degree in the swimming pools in Thessaloniki and the differences between the age groups and their frequency of attendance. Tsevaridou, L., Matsouka, O. *Journal of Physical Education and Sport*, 2014, 14(1), pp. 87–92
21. The effects of an outdoor exercise program on mood states among the elderly Matsouka, O., Bebetos, E., Trigonis, I., Simakis, S. *World Leisure Journal*, 2010, 52(1), pp. 34–40

### **Books**

22. *Therapeutic Exercise and Recreation*. Matsouka Ourania & Nani Semina 2023, [elec. book] Athens: Association of Greek Academic Libraries. Available at: <https://repository.kallipos.gr/handle/11419/9466>.
23. *Risk Management in the swimming pools in Thessaloniki, Greece*. Lefkothea Tsevaridou, Ourania Matsouka. ISBN-13: 978-3-639-86177-8, Scholars' Press, 2015.
24. 2nd (Sports Entertainment and Recreation and Mental Wellness) and the 4th (Sporting Recreation and Recreation in the Third Age) chapter of the academic manual: *Sports Entertainment and Recreation*. PAITSINIS KOSTA, G., MATSOUKA O., TRIGONIS I., TSITSKARI E., 2015, [elec. book] Athens: Association of Greek Academic Libraries. Available at: <http://hdl.handle.net/11419/4956>.

## Short CV

25. 4. Outdoor Sports Activities Recreational Methods and Strategies. Gilbertson K., Bates T., McLaughlin T., Ewert A. Scientific Editing: Rania Matsouka ISBN: 960-8410-95-9, Telegraph Publications, 2009 Athens.