

Maria-Elissavet Nikolaidou (PhD) is part of the specialized scientific staff at the School of Physical Education and Sport Science of the National and Kapodistrian University of Athens. She received her PhD in Sport Biomechanics in 2009 at the National and Kapodistrian University of Athens. She has been a visiting scholar at the Institute for Fundamental and Clinical Human Movement Sciences in the Vrije Universiteit-Amsterdam and the Department of Training and Movement Sciences in the Humboldt University-Berlin. Her research interests are in muscle mechanics and the neuromotor control of movement tasks, with the aim of understanding how the mechanical and neuromuscular properties of the human system operate in response to either to systematic loading, such as training or organized physical activity. Her recent work has also focused on postural control and locomotion, and the organisation of neural and motor responses either to challenging external conditions, such as unstable or uneven surfaces, or to factors related to the performance of biological systems, such as mental fatigue and cognitive dual-tasking. Within this context, she is particularly interested in investigating how the human locomotor system develops over the lifespan with a focus on the developmental period.

Indicative publications

1. Ioannou G, Kanioris E, **Nikolaidou M-E.** (2024). Effect of a Short-Term Combined Balance and Multidirectional Plyometric Training on Postural Balance and Explosive Performance in U-13 Male and Female Soccer Athletes. *Applied Sciences* (Switzerland), 14 (10), 4141. doi.org/10.3390/app14104141
2. **Nikolaidou M-E,** Sotiropoulos K, Barzouka K. (2023). Postural Balance Ability and vertical jumping performance in female veteran volleyball athletes and Non-Athletes. *Frontiers in Sports and Active Living* 5, 1109488. doi.org/10.3389/fspor.2023.1109488
3. **Nikolaidou M-E,** Karfis V, Koutsouba M, Schroll A and Arampatzis A. (2021). Postural Balance Ability and the Effect of Visual Restriction on Older Dancers and Non-Dancers. *Frontiers in Sports and Active Living* 3:707567. doi.org/10.3389/fspor.2021.707567
4. **Nikolaidou M.E.,** Marzilger R., Bohm S., Mersmann F., and Arampatzis A. (2017). Operating length and velocity of human M. vastus lateralis fascicles during vertical jumping. *Royal Society Open Science.* 4: 170185. dx.doi.org/10.1098/rsos.170185.
5. **Nikolaidou M.E.,** Banke I.J., Laios T., Petsogiannis K., and Mourikis A. (2014). Synthetic augmented suture anchor reconstruction for a complete traumatic distal triceps tendon rupture in a male professional bodybuilder with postoperative biomechanical assessment. *Case Reports in Orthopaedics.* doi: 10.1155/2014/962930.