

UNIVERSITY OF PATRAS GRIGORIOS MIKRONIS Curriculum Vitae

Grigorios Mikronis

3/7/1969

(work): Patras University Gym, Patras University Camp, p.c.: 265 04, Patras, Greece

House: Mesologgiou 28, p.c.: 262 22, Patras, Greece

(work): +302610997753, mob.: +306936690936

(e-mail): grmikr@upatras.gr

WEEKLY TEACHING SCHEDULE

(University Sports Center):

MONDAY: 10:30-13:30

TUESDAY: 14:00-20:00 (15:00-16:00-Greek Traditional Dance) & (17:00-19:00-Greek Traditional Dance/Erasmus+ students)

WEDNESDAY: 14:00-20:00 (14:00-16:00-Greek Traditional Dance & 17:00-18:00 Greek Traditional Dance)

THURSDAY: 09:00-14:00 (09:00-12:00-Psychokinetic and Physical Education in Preschool age, winter semester 2023-2024-Classroom ATHE7)

FRIDAY: 11:30-13:30

Contact with students at the University Sports Center: Every Tuesday and Wednesday 16:00-17:00.

STUDIES CERTIFICATIONS

- Diploma in physical education, National and Kapodistrian University of Athens, Greece, 1993.
- Diploma graduated in Greek traditional dance teaching, National and Kapodistrian University of Athens, Greece, 1993.
- Diploma English language, level Lower, Cambridge University Certificated trainer in adult education.

MASTER CERTIFICATIONS, DOCTORAL THESIS

- Master (M.Ed.) in postgraduate studies «Studies in Education», Department of Humanities, Greek Open University, 2008.
- Ph.D. (Doctoral Thesis), School of Humanities and Social Sciences, Department of Early School Education, University of Thessaly, Greece, 2020.

“Improvisation in greek traditional dance as an embodied, performing and intercultural phenomenon”.

WORK

Permanent Physical Educator, special research and teaching employee, for physical education and Greek traditional dances students' programs, in the University of Patras, in the University Gym, from 2006.

WORK EXPERIENCE

- Physical educator in «University Sports» in the University of Patras, chosen from the General Athletic Secretary, of the Civilization Ministry, 1996-2004.
- Physical educator in National Defense Ministry, in 116 air force airport, for keeping and improving the physical situation for the Greek pilots, 2000-2001.
- Physical educator for preparing footballers for their athletic tournaments, keeping and improving their physical situation, from 2000 ongoing.
- Physical educator in Secondary Greek schools, in Work Ministry, 2000-2005.
- Coach of the football team of the University of Patras, winner of the final in the National University Tournament in 2011.
- Supervision in swimming for students, 1999-2000.

RESEARCH

- Ways for keeping and improving the physical situation for the Greek Air Force pilots (Cardio/Anaerobic work), 2000-2001.
- Energetic educational techniques in teaching Greek dances: “Greek traditional dance: Teaching education methods in adults. Suggestions for new teaching Greek methodologies”, 2009.

TEACHING WORKS

- Ways for keeping and improving students' physical situation, Patras University Gym, from 1996 ongoing.
- Greek traditional dances teaching in the University of Patras and other clubs from 1994 ongoing.
- Ways for keeping and improving the physical situation for the Greek Air Force pilots (Cardio/Anaerobic work), 2000-2001.
- Physical Education teaching in Primary schools, 1996-2004.
- Physical Education teaching in Work Ministry Secondary schools, 2000-2005.
- Physical Education teaching in the Gym of the University of Patras, from 2006 and continue as a standard employee.

NOTIFICATIONS

In scientific magazines for athletic themes like injuries in athletes, ergo levels, from 1995 ongoing.

In scientific magazines for civilization themes like teaching in Greek traditional dances, new methodologies in adults education in dance lessons, from 1995 ongoing.

CONFERENCE PARTICIPATIONS

- More than thirty participations in university conferences for ways of keeping and improving students' and athletes' physical situation and for athletes' ergo levels and injuries.
- Participations in many conferences for the Greek civilization and for the long-learning practices in Greek traditional dances for adults.
- Participations in many conferences in fan's negative behavior and the subordinate teams in stadiums and arenas.
- Participations in university conferences in detoxification from drug substances for athletes.

ATHLETIC WORKS

- Athlete in Sports and Field in the through sports and special in discus, with participation in topical and national tournaments, 1981-1995.
- Physical educator for preparing footballers for their athletic tournaments, keeping and improving their physical situation, from 2000 ongoing.
- Physical educator, practiced in ways of keeping and improving students' and athletes' physical situation.

CIVILIZATION WORKS

- Organized over 1.100 Greek dance presentations in Greece and other countries from 1985 and continue, to know the Greek traditional way of life.

- Organized conferences in Patras and in Greece generally, for the right ways of teaching traditional dances in adults.
- Participations with many athletes, coaches, musicians, singers, dancers, composers, e.t.c, to promote the Greek athletics and the Greek music tradition correspondingly.
- Participation in committees for the organization of sessions for athletics, culture, concerts, dance presentations from 1994 ongoing.
- Dancer and choreographer in Greek traditional and popular music, from 1985 ongoing.

SOCIAL WORKS

- Volunteer in many athletic events for the presentation of the Greek athletics.
- President and cashier for over 16 years, in “Dance Company”, the national club of physical educators, graduated in Greek traditional dances.
- Participation in many track and fields’ clubs.
- Participation in many cultural clubs to promote the Greek nature and culture.
Sponsor in athletic, culture and civil events.
Blood donator.

Married with a wife who is educated in computers, with one daughter and a son, 21 and 24 years old correspondingly, both pregraduated students in School of Engineering, University of Patras.