

## 8SPIROS PRASSAS

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### EDUCATION

**Ph.D.:** University of Maryland, College Park, MD, August, 1985

**Specialization:** Biomechanics

**Support Areas:** Anatomy, Exercise Physiology

**M.A.:** University of Maryland, College Park, MD, August, 1982

**Specialization:** Biomechanics

**Support Areas:** Exercise Physiology, Health

**B.S.:** Pantis University of Political Sciences, Athens, Greece, February, 1976

**Major:** Political Sciences

### PROFESSIONAL EXPERIENCE

**Associate Professor**—California State University, East Bay, Department of Kinesiology 2007-present (FERP since 2009)

**Assistant Professor**—California State University, East Bay, Department of Kinesiology 2003-2006

**Associate Professor**—Colorado State University, Department of Exercise and Sport Science, 1991-2003

**Assistant Professor**—Colorado State University, Department of Exercise and Sport Science, 1987-1991

**Assistant Professor**—Johnson C. Smith University, Health and Physical Education Department, Charlotte, NC, 1985-1987

**Graduate Assistant**—Department of Physical Education, University of Maryland, College Park, MD, 1982-1985

**Instructor** (part-time)—Department of Physical Education, University of Maryland, College Park, MD, Fall 1981

**Head Coach**—Panathinaikos Gymnastics Club, Athens, Greece, 1978-1979

### HONORS

Member of the National Gymnastics Team of Greece from 1971 to 1976. National Champion in 1972, 2nd place 1975

Phi Alpha Epsilon (Honor Society), Department of Physical Education, University of Maryland

## PUBLICATIONS

### *Books*

1. **Prassas, S.** & Gianikellis, K. (Eds.) (2002). Applied Proceedings of the of XX International Symposium on Biomechanics in Sports—Gymnastics. Department of Sport Science, University of Extremadura, Cáceres, Spain
2. **Prassas, S.** & Sanders, R. (Eds.) (1999). Applied Proceedings of the of XVII International Symposium on Biomechanics in Sports—ACROBATICS. School of Biomedical and Sport Sciences, Edith Cowan University, Western Australia

### *Refereed Journal Articles*

1. **Prassas, S.**, Kwon, Y-H, & Sands, W. (2006). Biomechanics of artistic gymnastics. *Journal of Sport Biomechanics*, **5**, 261-292.
2. Arabatzi, F., Papadopoulos, C, & **Prassas, S.** (2002). Performance-based index in sprinting. *Journal of Human Movement Studies*, **42**, 467-480.
3. **Prassas, S.** & Papadopoulos, C. (2001). Mechanics of forward support swing skills on the parallel bars. *Journal of Human Movement Studies*, **40**, 335-350.
4. **Prassas, S.**, Thaut, M., McIntosh, G., & Rice, R. (1997). Effect of auditory rhythmic cuing on gait kinematic parameters of stroke patients. *Gait & Posture*, 218-223.
5. **Prassas, S.**, Rominger, A. & Barber, C. (1995). Effect of moderate exercise on gait kinematic parameters in the elderly. *Journal of Human Movement Studies*, **29**, 63-77.
6. Green, D., Erickson, R. & **Prassas, S.** (1995). Carpal bone displacement and associated position changes in transverse carpal ligament attachments during wrist ulnar deviation. *Journal of Human Movement Studies*, **28**, 209-225
7. Thiem, B., Green, D., **Prassas, S.** & Thaut, M. (1994). Left arm muscle activation and movement patterns in cellists employing a playing technique using rhythmic cuing. *Medical Problems in Performing Arts*, **9**, 89-96.
8. Thaut, M., McIntosh, G., **Prassas, S.** & Rice, R. (1993). Effect of rhythmic auditory cuing on temporal stride parameters and EMG patterns in hemiparetic gait of stroke patients. *Journal of Neurologic Rehabilitation*, **7**, 9-16.
9. Thaut, M., McIntosh, G., **Prassas, S.** & Rice, R. (1992). Effect of rhythmic auditory cuing on temporal stride parameters and EMG patterns in normal gait. *Journal of Neurologic Rehabilitation*, **6**, 185-190.
10. **Prassas, S.** (1991). Mechanics of the straight arms/straight body press handstand. *Journal of Human Movement Studies*, **20** (1), 1-13.
11. **Prassas, S.** (1988). Biomechanical model of the press handstand in gymnastics. *International Journal of Sport Biomechanics*, **4**, 326-341.
12. Phillips, S., Kelley, D., & **Prassas, S.** (1984). Accuracy of a perspective control lens. *Research Quarterly for Exercise and Sport*, **55**, 197-200.

### ***Refereed Proceedings Articles***

1. **Prassas, S.** Donti, O., Dantin, A., & Ariel, G. (2012). Variability of Performance in gymnastics. *Proceedings the XXX International Society of Biomechanics in Sports*, Australian Catholic University, Melbourne, Australia (*accepted*).
2. Papadopoulos, C., Kalapotharakos, V., Meliggas, K., Gantiraga, E. & **Prassas, S.** (2006). The effect of static stretching on maximal voluntary contraction and force-time curve characteristics. *Proceedings of XXIV International Symposium on Biomechanics in Sports*, Volume 2 (pp. 654-657), Department of Sport Science and Kinesiology, University of Salzburg, Austria.
3. **Prassas, S.** & Ariel, G. (2005). Kinematics of giant swings on the parallel bars. In Q. Wang (Ed). *Proceedings the XXIII International Society of Biomechanics in Sports* (951-953), The China Institute of Sport Science, Beijing, China.
4. Arabantzi, F., Papadopoulos, C., **Prassas, S.**, Kosmis, G., &ourgoulis, V. (2000). Electromyographic (EMG) activity of lower extremity musculature during drop jumping from different heights. In, Y. Hong and D. Hohns (Eds.) *Proceedings of XVIII International Symposium on Biomechanics in Sports*, Volume 1 (pp. 129-132), Department of Sport Science and Physical Education, The Chinese University of Hong Kong, Hong Kong.
5. Papadopoulos, C., Emmanouilidou, M., & **Prassas, S.** (2000). Kinematic analysis of the service stroke in tennis. In, S.J. Haake and A.O. Coe (Eds.) *Tennis Science and Technology* (pp.383-387), Blackwell Science, London, UK.
6. Kalogeropoulos, J., Papadopoulos, C., **Prassas, S.**, Manolopoulos, E., Salonikidis, E., & Komsis, G. (1999). Changes of force and speed characteristics in males and females eight to fifty years old. In, Ross Sanders & Barry Gibson (Eds.) *Proceedings of XVII International Symposium on Biomechanics in Sports*, (pp. 33-36), School of Biomedical and Sport Sciences, Edith Cowan University, Western Australia.
7. **Prassas, S.** & Papadopoulos, C. (1998). Kinematic comparison of overgrip and undergrip dismount giant swings on the uneven parallel bars. In, Hartmut J. Riehle & Manfred M. Vieten, (Eds.) *Proceedings of XVI International Symposium on Biomechanics in Sports*, (pp. 219-222), UVK—Universitätsverlag Konstanz, Germany.
8. **Prassas, S.** & Papadopoulos, C. (1998). Dynamics of forward swinging skills on the parallel bars. In, Hartmut J. Riehle & Manfred M. Vieten, (Eds.) *Proceedings of XVI International Symposium on Biomechanics in Sports*, (pp. 216-218), UVK—Universitätsverlag Konstanz, Germany.
9. Papadopoulos, C. & **Prassas, S.** (1998). Hurdle jumping technique characteristics in the 110 meter race in the 1997 world track and field championship. In, Hartmut J. Riehle & Manfred M. Vieten, (Eds.) *Proceedings of XVI International Symposium on Biomechanics in Sports*, (pp. 209-211), UVK—Universitätsverlag Konstanz, Germany.
10. **Prassas, S.** (1997). Effect of external application of semiconductors on motor performance: Case studies. In, J. Wilkerson, K. Ludwid, & Zimmermann W. (Eds.) *Proceedings of the XV Symposium of Biomechanics in Sports*, (pp. 97-100), Texas Woman's University Press, Denton, TX.
11. Papadopoulos, C. & **Prassas, S.** (1997). Effect of force characteristics and reaction ability on vertical jumping in young basketball players. In, J. Wilkerson, K. Ludwid, & Zimmermann W. (Eds.) *Proceedings of the XV Symposium of Biomechanics in Sports*, (pp. 71-73), Texas Woman's University Press, Denton, TX.

12. **Prassas, S.** (1996). Kinematic analysis of uneven bar dismounts in the 1994 World Gymnastics Championship. In, Joao Abrantes, (Ed.) *Proceedings of XIV International Symposium on Biomechanics in Sports*, (pp. 329-331), Universidade Tecnica de Lisboa, Lisboa, Portugal.
13. Papadopoulos, C. & **Prassas, S.** (1996). Evaluation of an exercise program based on selected speed and strength characteristics in elite female volleyball athletes. In, Joao Abrantes, (Ed.) *Proceedings of XIV International Symposium on Biomechanics in Sports*, (pp. 347-349), Universidade Tecnica de Lisboa, Lisboa, Portugal.
14. **Prassas, S.** (1995). Technique analysis of the 1992 compulsory dismount from the parallel bars. In, Tony Bauer (Ed.), *Proceedings-XIII International Symposium on Biomechanics in Sports*, (pp. 160-163), Lakehead University, Thunder Bay, Ontario, Canada.
15. **Prassas, S.**, & Watt, K. (1995). A kinematic comparison of the up start and down start techniques used in in-line skating. In, Tony Bauer (Ed.), *Proceedings-XIII International Symposium on Biomechanics in Sports*, (pp. 253-256), Lakehead University, Thunder Bay, Ontario, Canada.
16. Urlocker, J. & **Prassas, S.** (1995). Phasic muscle activity of the lower extremity at different powers and pedaling cadences in cycle ergometry. In, Tony Bauer (Ed.), *Proceedings-XIII International Symposium on Biomechanics in Sports*, (pp. 354-357), Lakehead University, Thunder Bay, Ontario, Canada.
17. **Prassas, S.** (1994). Technique analysis of the back toss on the parallel bars performed by elite gymnasts. In, A. Barabas & G. Fabian (Eds.), *Biomechanics in Sports XII*, (pp. 249-251), ISBS, Hungarian University of PE, Budapest, Hungary.
18. **Prassas, S.** & Fulton, K. (1994). A kinematic analysis of jerk technique in olympic weightlifting. In, A. Barabas & G. Fabian (Eds.), *Biomechanics in Sports XII*, (pp. 371-374), ISBS Hungarian University of PE, Budapest, Hungary.
19. Tsarouchas, L., Giavroglou, A., Kalamaras, K. & **Prassas, S.** (1994). The variability of vertical ground reaction forces during unloaded and loaded drop jumping. In, A. Barabas & G. Fabian (Eds.), *Biomechanics in Sports XII*, (pp. 311-314), ISBS Hungarian University of PE, Budapest, Hungary.
20. Park, S.S. & **Prassas, S.** (1994). A comparative analysis of the triple backward somersault and the double backward somersault on the high bar. In, A. Barabas & G. Fabian (Eds.), *Biomechanics in Sports XII*, (pp. 252-254), ISBS, Hungarian University of PE, Budapest, Hungary.
21. **Prassas, S.**, & Rominger, A. (1992). Effects of exercise on gait characteristics in the elderly. *Proceedings of NACOB II, The Second North American Congress on Biomechanics*, (pp. 393-394). Chicago, IL.
22. Thaut, M., McIntosh, G., **Prassas, S.**, & Rice, R. (1992). Effect of auditory rhythmic pacing on normal gait and gait in stroke, cerebral disorder, and transverse myelitis. In, M. Woollacott & F. Horak (Eds.), *Proceedings of the XI International Symposium on Posture and Gait: Control Mechanisms*, (pp. 437-440), University of Oregon Books, Publishers, Portland, Oregon.
23. **Prassas, S.**, & Thaut, M. (1991). Effects of music and rhythm on gait characteristics of normal individuals. *Proceedings of the XV Annual meeting of the American Society of Biomechanics*, (pp. 264-265), Arizona State University, Tempe, AR.
24. **Prassas, S.** (1991). Reverse hecht (Tkachev) on the horizontal bar: a case study. In, M. Nosek, D. Sojka, W. Morrison & P. Susanka (Ed), *Biomechanics in Sports VIII*, (pp. 141-144), ISBS, Prague, Czechoslovakia.

25. **Prassas, S.**, Terauds, J. & Nathan, T. (1991). Three dimensional kinematic analysis of high and low trajectory kicks in soccer. In, M. Nosek, D. Sojka, W. Morrison & P. Susanka (Ed), *Biomechanics in Sports VIII*, (pp. 145-149), ISBS, Prague, Chechoslovakia.
26. **Prassas, S.** (1990). Effects of muscular fatigue on selective kinematic parameters of the human walking gait. *Proceedings of the XIV Annual meeting of the American Society of Biomechanics*, (pp. 193-194), University of Miami, FL.
27. **Prassas, S.**, Terauds, J. & Russell, P. (1990). Mechanics of the "stoop-in" pike through to inverted giants. In, E. Kreighbaum & A. McNeill (Eds.), *Biomechanics in Sports VI*, (pp. 115-124), ISBS, Montana State University, Publishers, Bozeman, MO.
28. Tsarouchas, E., Kalamaras, K., Giavroglov, A., & **Prassas, S.** (1990). Biomechanical analysis of free shooting in basketball. In, E. Kreighbaum & A. McNeill (Eds.), *Biomechanics in Sports VI*, (pp. 551-560), ISBS, Montana State University, Publishers, Bozeman, MO.
29. Bober, T., & **Prassas, S.** (1989). Phase diagram applied in evaluating technique factors in running. In, Gregor, R., Zerniqke, R. & Whiting, W. (Eds.), *Proceedings of the XII International Congress of Biomechanics*, (pp.361-362), Los Angeles, CA.
30. **Prassas, S.** (1989). Dynamic vs. static analysis in sports. *Proceedings of the First IOC World Congress on Sport Sciences* (pp. 297-298), US Olympic Committee, Colorado Springs, CO.
31. **Prassas, S.**, Kelley, D., & Pike, N. (1987). Shoulder joint torques and the straight arms/flexed hips press handstand on the parallel bars. In, Terauds, J., Gowitzke, B. & Holt, L. (Eds.), *Biomechanics in Sports III and IV*, (pp. 83-95), Academic Publishers, Del Mar, CA.
32. **Prassas, S.**, & Terauds, J. (1987). Gaylord II: A qualitative assessment. In, Terauds, J. et al. (Eds.), *Biomechanics in Sports III and IV*, (pp. 103-105), Academic Publishers, Del Mar, CA.
33. **Prassas, S.** & Kelley, D. (1986). Mechanical analysis of the inverted giant swing. In, Terauds, J. & Barham, J. (Eds.), *Biomechanics in Sports II*, (pp. 218-226). Academic Publishers, Del Mar, CA.

### ***Invited Papers***

1. **Prassas, S.** (2002). Vaulting mechanics. In, Spiros Prassas & Kostas Gianikellis (Eds.) *Applied Proceedings of XX International Symposium on Biomechanics in Sports—Gymnastics* (pp. 25-33). Department of Sport Science, University of Extremadura, Cáceres, Spain.
2. **Prassas, S.** (1999). Biomechanical research in gymnastics: what is done, what is needed. In, Spiros Prassas & Ross Sanders (Eds.) *Applied Proceedings of XVII International Symposium on Biomechanics in Sports—Acrobatics*, (pp. 1-10), School of Biomedical and Sport Sciences, Edith Cowan University, Western Australia.
3. **Prassas, S.** (1997). Takeoffs and landings in sports. In, *Proceedings of The '97 Seoul International Sport Science Congress*, (pp. 554-559), Korean Alliance for Health, Physical Education, Recreation and Dance, Seoul, South Korea.
4. **Prassas, S.** (1995). Biomechanics in gymnastics: an overview. In, *Proceedings of '95 KNUPE, International Symposium*, (pp. 84-93), The Research Institute of Physical Education and Sports Science, Korean National University of Physical Education, Seoul, South Korea.

### ***Refereed Abstracts***

1. **Prassas, S.** (2011). Comparative study of giant swings on the parallel bars. *Portuguese Journal of Sport Sciences*. 11 (Suppl. 2).
2. **Prassas, S.**, Ariel, G. & Tsarouchas, E. (2009). Temporal characteristics of Thomas Flaires on the pommel and floor. . In Anderson, R., Harrison, D. & Kenny, I. (Eds). *Proceedings of 27th International Symposium on Biomechanics in Sports* (p 719), University of Limerick, Limerick, Ireland.
3. **Prassas, S.**, Ariel, G., & Ostarello, J (2008). Score prediction on kips performed on the parallel bars. *Proceedings of XXIV International Symposium on Biomechanics in Sports* (p 638), Seoul, S. Korea
4. **Prassas, S.** (2007). Important performance factors in gymnastics from a biomechanical perspective (invited). In, Menzel, H-J & Chagas, M. (Eds.). *Proceedings of XXV. International Symposium on Biomechanics in Sports*, (p 9). Federal University of Minas Gerais, Ouro Preto, Brazil.
5. **Prassas, S.**, Ariel, G., Ostarello, J. & Tsarouchas, E. (2006). Thomas Flaires on the pommel and floor: a case study. *Proceedings of XXIV International Symposium on Biomechanics in Sports*, Volume 1 (p 262), Department of Sport Science and Kinesiology, University of Salzburg, Austria.
6. Kosmis, G., Papadopoulos, C., **Prassas, S.**, & J. Ostarello, J. (2005). Analysis of drop jumps with and without control of contact time. In Q. Wang (Ed). *Proceedings the XXIII International Society of Biomechanics in Sports* (p 201), The China Institute of Sport Science, Beijing, China.
7. **Prassas, S.**, Ostarello, J. & Inouye, C. (2004). Giant swings on the parallel bars: a case study. In, M. Lamontage. D. Gordon & H. Sveinstrup (Eds). *Proceedings the XXII International Society of Biomechanics in Sports* (p 345), University of Ottawa, Canada.
8. Manolopoulos, E., Papadopoulos, C., **Prassas, S.**, Kellis, E. & Ostarello, J. (2004). Effects of a 10 week training program on physical conditioning and instep kick kinematics in soccer. In, M. Lamontage. D. Gordon & H. Sveinstrup (Eds). *Proceedings of the XXII International Society of Biomechanics in Sports* (p 133), University of Ottawa, Canada.
9. Papadopoulos, C., **Prassas, S.**, Gkantiraga, M., Emmanouilidou, M., Kosmis, G., & Kazakas, P. (2001). Evaluation of a specific training program on characteristics of physical conditioning relating to strength and speed in young tennis players. *Sixth Annual Congress of the European College of Sport Science, Book of Abstracts*.
10. Roseberry, A., Johnson, M.L., **Prassas, S.** & Porter, C. (1999). The influence of lower body flexibility on athletic injury in male football and soccer players. *Research Quarterly for Exercise and Sport Supplement*, **70** (1), A-30.
11. Papadopoulos, C., **Prassas, S.**, Komsis, G., Gouthedzikis, P., Kalogeropoulos, I. & Tsarouchas, L. (1998). Evaluation of strength and speed characteristics in weight lifting. In, Keijo Hakkinen (Ed.) *Proceedings of the 3rd International Conference on Weightlifting and Strength Training*. (pp 279-278), University of Jyvaskyla, Finland.
12. McIntosh, G.S., **Prassas, S.G.**, Kenyon, G.P., Dou, P., & Thaut, M.H. (1998). Movement synchronization during rhythmic tracking period vs. phase cuing. *Society for Neurosciences*, **24**, 455.8.
13. Papadopoulos, C. & **Prassas, S.** (1998). Assessment of characteristics of physical conditioning relating to strength and speed in volleyball. In, Hartmut J. Riehle & Manfred M. Vieten, (Eds)

- Proceedings of XVI International Symposium on Biomechanics in Sports*, (p. 208), UVK—Universitätsverlag Konstanz, Germany.
14. **Prassas, S.G.** & Papadopoulos, C. (1997). Differentiation and prediction in forward swing skills on the parallel bars. *Medicine and Science in Sports and Exercise* **29**:5.
  15. Papadopoulos, C. & **Prassas, S.** (1997). Identification of characteristics of physical conditioning relating to strength and speed in tennis. In, Abstracts of the '97 Conference of the International Association of Sport Kinetics, (pp. 148-149). Universitat Magteburg, Magteburg, Germany.
  16. Papadopoulos, C., **Prassas, S.**, Valasotiris, K., Giavroglou, A., & Tsarouchas L. (1997). Evaluation of training based on feedback on performance in the 110 meters hurdles. In, Book of Abstracts, XV International Society of Biomechanics, (p. 302). The University of Tokyo, Tokyo, Japan.
  17. **Prassas, S.**, Thaut, M., McIntosh, G. & Rice, R. (1994). Effect of auditory rhythmic cuing on gait kinematic parameters of stroke patients. *Research Quarterly for Exercise and Sport Supplement*, **65**, A-18.
  18. McIntosh, G.S., Thaut, M.H, Rice, R.R. & **Prassas, S.G.** (1993). Auditory rhythmic cuing in gait rehabilitation with stroke patients. *The Canadian Journal of Neurological Sciences*, **20** (4), S168.
  19. **Prassas, S.** (1993). Technique analysis of the kip on the parallel bars performed by elite gymnasts. *XI International Symposium of International Society of Biomechanics in Sports, Annual Meeting*, Amherst, Massachusetts.
  20. Cornwell, A., & **Prassas, S.** (1993). The karate reverse punch—technique comparison between two different styles. *XI International Symposium of International Society of Biomechanics in Sports, Annual Meeting*, Amherst, Massachusetts.
  21. Thaut, M., Rice, R., McIntosh, G., & **Prassas, S.** (1993). The effect of auditory rhythmic cuing on stride and EMG patterns in hemiparetic gait of stroke patients. *Physical Therapy*, **73** (6), PL-S315-T.
  22. **Prassas, S.**, & Thaut, M. (1992). Effects of music and rhythm on gait characteristics of normal individuals. *Journal of Biomechanics*, **25**, 684.
  23. **Prassas, S.** (1991). Effects of muscular fatigue on selective kinematic parameters of the human walking gait. *Journal of Biomechanics*, **24**, 269 .
  24. Sherman, M. & **Prassas, S.** (1990). Flexibility development: the duration a position of maximal stretch should be held to elicit the largest gains in flexibility. *Journal of Applied Sport Science Research*, **3**, 107.
  25. Bober, T., & **Prassas, S.** (1989). Phase diagram applied in evaluating technique factors in running. *Journal of Biomechanics*, **22**, 989.

## OTHER PUBLICATIONS

1. **Prassas, S.** (2006). Giant swings on the parallel bars. <http://cis.squirring.net/category/gymnastics/>
2. **Prassas, S.** (2004). Vaulting mechanics. <http://cis.squirring.net/category/gymnastics/>

3. **Prassas, S.** (2001). On Dismounts, Twists, Somersaults, etc., or Why is it Difficult to Do That Double Back Layout Somersault? <http://cis.squirring.net/category/gymnastics/>

#### MANUSCRIPTS/RESEARCH IN PROGRESS

- Prassas, S.** "*Mechanics of Giant Swings in the Parallel Bars*".  
**Prassas, S.** "*Thomas Flairs on Pommel and Floor Exercises*".  
**Prassas, S.** "*Mechanics of Kips on the Parallel Bars*".

#### REFEREED INTERNATIONAL AND NATIONAL SCIENTIFIC PRESENTATIONS

1. **Prassas, S.**, "*Comparative study of giant swings on the parallel bars*". International Society of Biomechanics in Sports, 28th Annual Conference, Porto, Portugal, June, 2011.
2. **Prassas, S.** Donti, A. & Donti, O., "*Variability of Performance in gymnastics*". Congress of Sport Science: "Research and Applications in Sports Science", Athens, Greece, May, 2011.
3. **Prassas, S.** Patrikiou, A., Dimitriou, S., Apostolidi, M., Savadi, A., Lekati, S. & Dimtriou, D. "*Kinematic comparisons and variability of performance in gymnastics*". Congress of Sport Science: "Research and Applications in Sports Science", Athens, Greece, May, 2011.
4. **Prassas, S.**, Ariel. G. & Tsarouchas, E. "*Temporal characteristics of Thomas flairs on the pommel and floor*". International Society of Biomechanics in Sports, 27th Annual Conference, Limerick, Ireland, 2009.
5. **Prassas, S.**, Ariel, G., & Ostarello, J. "*Score prediction on kips performed on the parallel bars*". International Conference on Biomechanics in Sports, XXVI Annual Meeting, Seoul, South Korea, August, 2008.
6. **Prassas, S.** "*Important performance factors in gymnastics from a biomechanical perspective*". International Symposium on Biomechanics in Sports, XXV Annual Meeting, Ouro Preto, Brazil, August, 2007. **(invited)**
7. **Prassas, S.**, Ariel. G., Ostarello. J., & Tsarouchas, E. "*Thomas flaires on the pommel and floor: a case study*". International Society of Biomechanics in Sports, XXIV Annual Meeting, Salzburg, Austria, July, 2006.
8. Papadopoulos. C., Kalapotharakos, V. Meliggas, K., Gantiraga, E., & **Prassas, S.** "*The effect of static stretching on maximal voluntary contraction and force-time curve characteristics*". International Society of Biomechanics in Sports, XXIV Annual Meeting, Salzburg, Austria, July, 2006.
9. **Prassas, S.** & Ariel, G. "*Kinematics of giant swings on the parallel bars*". International Society of Biomechanics in Sports, XXIII Annual Meeting, Beijing, China, August, 2005.
10. Kosmis, G., Papadopoulos, C., **Prassas, S.**, & J. Ostarello, J. "*Analysis of drop jumps with and without control of contact time*". International Society of Biomechanics in Sports, XXIII Annual Meeting, Beijing, China, August, 2005.
11. **Prassas, S.**, Ostarello, J. & Inouye, C. "*Giant swings on the parallel bars: a case study*". International Society of Biomechanics in Sports, XXII Annual Meeting, Ottawa, Canada, August, 2004.



12. Manolopoulos, E., Papadopoulos, C., **Prassas, S.**, Kellis, E. & Ostarello, J. "*Effects of a 10 week training program on physical conditioning and instep kick kinematics in soccer*". International Society of Biomechanics in Sports, XXII Annual Meeting, Ottawa, Canada, August, 2004.
13. Ostarello, J. & **Prassas, S.** "*Kinematics of Giant Swings on the Parallel Bars.*" 49<sup>th</sup> Annual Western College Physical Education Society Conference. Reno, NV. October 2004.
14. **Prassas, S.** "*Vaulting mechanics.* International Society of Biomechanics in Sports, XX Annual Meeting, Cáceres, Spain, July, 2002. **(invited)**
15. Papadopoulos, C., **Prassas S.**, Gkantiraga E., Emmanouilidou M., Kosmis G., & Kazakas P. "*Evaluation of a specific training program on characteristics of physical conditioning relating to strength and speed in young tennis players*". Sixth Annual Congress of the European College of Sports Science, Cologne, Germany, July, 2001.
16. **Prassas, S.** "*Landing in gymnastics*". International Society of Biomechanics in Sports, XIX Annual Meeting, San Francisco, June, 2001.
17. Papadopoulos, C., **Prassas, S.**, & Emmanouilidou, M. "*Kinematic analysis of the service stroke in tennis.*" First International Congress on Tennis Science and Technology, London, August, 2000.
18. Arabantzi, F., Papadopoulos, C., **Prassas S.**, Komsis, G. & Gourgoulis, V. "Electromyographic (EMG) activity of lower extremity musculature during drop jumping from different heights", International Society of Biomechanics in Sports, XVIII Annual Meeting, Hong Kong, June 2000.
19. **Prassas, S.** "*Role of biomechanics in individual sports and particularly in gymnastics.* Conference on "Evaluation of Athletic Performance from Recreational to Elite Levels", Serres, Greece, December, 1999. **(invited)**
20. **Prassas, S.** "*Biomechanical research in gymnastics: what is done, what is needed.*" International Society of Biomechanics in Sports, XVII Annual Meeting, Perth, Australia, July, 1999. **(invited)**.
21. Kalogeropoulos, J., Papadopoulos, C., **Prassas, S.**, Manolopoulos, E. Salonikidis, E., & Komsis, G. "*Changes of force and speed characteristics in males and females eight to fifty years old.*" International Society of Biomechanics in Sports, XVII Annual Meeting, Perth, Australia, July, 1999.
22. Papadopoulos, C., **Prassas, S.**, Komsis, G., & Emmanouilidou, M. "*Identification of strength and speed characteristics in subjects eight and nine years old.*" Sport Kinetics '99. Ljubljana, Slovenia, September, 1999.
23. Kalogeropoulos, I., Papadopoulos, C., Prassas, S. Manolopoulos, E., Salonikidis, I., Kosmis, G., & Tsintzos, P. "*Evaluation of an Exercise program based on selected strength characteristics in young subjects.*" Sport Kinetics '99. Ljubljana, Slovenia, September, 1999.
24. Roseberry, A., Johnson, M.L., **Prassas, S.** & Porter, C. (March, 1999). "*The influence of lower body flexibility on athletic injury in male football and soccer players.*" American Association of Physical Education, Recreation, and Dance. Boston, USA.
25. McIntosh, G.S., **Prassas, S.G.**, Kenyon, G.P., Dou, P., & Thaut, M.H. "*Movement synchronization during rhythmic tracking period vs. phase cuing.*" Society for Neuroscience, 28th Annual Meeting, Los Angeles, CA, November, 1998.
26. Papadopoulos, C., **Prassas, S.**, Komsis, G., Gouthedzikis, P., Kalogeropoulos, I. & Tsarouchas, L. "*Evaluation of strength and speed characteristics in weight lifting.*" Third International Conference on Weightlifting and Strength Training, Lahti, Finland, November, 1998.

27. Thaut, M.H., Hurt, C.P., **Prassas, S.G.** & McIntosh, G.S., "*Rhythmic entrainment of gait patterns in cerebral palsy children.*" American Academy of Cerebral Palsy and Developmental Medicine, 52nd National Conference, San Antonio, TX, September, 1998.
28. **Prassas, S.** & Papadopoulos, C. "*Dynamics of forward swinging skills on the parallel bars.*" International Society of Biomechanics in Sports, XVI Annual Meeting, Konstanz, Germany, July, 1998.
29. **Prassas, S.** & Papadopoulos, C. "*Kinematic comparison of overgrip and undergrip dismount giant swings on the uneven parallel bars.*" International Society of Biomechanics in Sports, XVI Annual Meeting, Konstanz, Germany, July, 1998.
30. Papadopoulos, C. & **Prassas, S.** "*Hurdle jumping technique characteristics in the 110 meter race in the 1997 world track and field championship.*" International Society of Biomechanics in Sports, XVI Annual Meeting, Konstanz, Germany, July, 1998.
31. Papadopoulos, C. & **Prassas, S.** "*Assessment of characteristics of physical conditioning relating to strength and speed in volleyball.*" International Society of Biomechanics in Sports, XVI Annual Meeting, Konstanz, Germany, July, 1998.
32. Papadopoulos, C. & **Prassas, S.** "*Identification of characteristics of physical conditioning relating to strength and speed in tennis.*" International Association of Sport Kinetics, September, 1997, Magteburg, Germany.
33. **Prassas, S.** "*Takeoffs and landings in sports.*" The '97 Seoul International Sport Science Congress, Seoul, South Korea, August, 1997 **(invited)**
34. **Prassas, S.** "*Effect of external application of semiconductors on motor performance: case studies.*" International Society of Biomechanics in Sports, XV Annual Meeting, Denton, TX, June, 1997.
35. Papadopoulos, C. & **Prassas, S.** "*Effect of force characteristics and reaction ability on vertical jumping in young basketball players.*" International Society of Biomechanics in Sports, XV Annual Meeting, Denton, TX, June, 1997.
36. Papadopoulos, C., **Prassas, S.**, Valasotiris, K., Giavroglou, A., & Tsarouchas L. "*Evaluation of training based on feedback on performance in the 110 meters hurdles.*" International Society of Biomechanics, XVI Congress, Tokyo, Japan, August, 1997.
37. **Prassas, S.G.** & Papadopoulos, C. "*Differentiation and prediction in forward swing skills on the parallel bars.*" American College of Sport Medicine Annual Meeting, Denver, CO, May, 1997.
38. **Prassas, S.** "*Kinematic analysis of uneven bar dismounts in the 1994 World Gymnastics Championship.*" International Society of Biomechanics in Sports, XIV Annual Meeting, Funchal, Madeira, Portugal, June, 1996.
39. Papadopoulos, C. & **Prassas, S.** "*Evaluation of an exercise program based on selected speed and strength characteristics in elite female volleyball athletes.*" International Society of Biomechanics in Sports, XIV Annual Meeting, Funchal, Madeira, Portugal, June, 1996.
40. Papadopoulos, C. & **Prassas, S.** "*Identification and evaluation of characteristics of physical conditioning relating to strength and speed in 50 m free-style swimmers*". The European Society of Biomechanics, X Annual Meeting, Leuven, Belgium, August, 1996.
41. **Prassas, S.** "*Biomechanics in gymnastics: an overview.*" '95 KNUPE, International Symposium, Seoul, South Korea, October, 1995. **(invited)**

42. **Prassas, S.** "*Technique analysis of the 1992 compulsory dismount from the parallel bars.*" International Society of Biomechanics in Sports, XIII Annual Meeting, Thunder Bay, Ontario, Canada, July, 1995.
43. **Prassas, S., & Watt, K.** "*A kinematic comparison of the up start and down start techniques used in in-line skating.*" International Society of Biomechanics in Sports, XIII Annual Meeting, Thunder Bay, Ontario, Canada, July, 1995.
44. **Urlocker, J. & Prassas, S.** "*Phasic muscle activity of the lower extremity at different powers and pedaling cadences in cycle ergometry.*" International Society of Biomechanics in Sports, XIII Annual Meeting, Thunder Bay, Ontario, Canada, July, 1995.
45. **Prassas, S.** "*Technique analysis of the back toss on the parallel bars performed by elite gymnasts.*" International Society of Biomechanics in Sports, XII Annual Meeting, Budapest-Siofok, Hungary, July, 1994.
46. **Prassas, S. & Fulton, K.** "*A kinematic analysis of jerk technique in olympic weightlifting.*" International Society of Biomechanics in Sports, XII Annual Meeting, Budapest-Siofok, Hungary, July, 1994.
47. **Park, S.S. & Prassas, S.** (1995). "*A comparative analysis of the triple backward somersault and the double backward somersault on the high bar.*" International Society of Biomechanics in Sports, XII Annual Meeting, Budapest-Siofok, Hungary, July, 1994.
48. **Terauds, J. & Prassas, S.** "*Treadmill platform impact evaluation.*" International Society of Biomechanics in Sports, XII Annual Meeting, Budapest-Siofok, Hungary, July, 1994.
49. **Prassas, S., Thaut, M., McIntosh, G. & Ruth, Rice.** "*Effect of auditory rhythmic cuing on gait kinematic parameters of stroke patients.*" National Convention of the American Alliance for Health, Physical Education, Recreation and Dance, Denver, CO, April, 1994.
50. **McIntosh, G.S., Thaut, M.H, Rice, R.R. & Prassas, S.G.** "*Auditory rhythmic cuing in gait rehabilitation with stroke patients.*" XV World Congress of Neurology, Vancouver, CA, September, 1993.
51. **Prassas, S.** "*Technique analysis of the kip on the parallel bars performed by elite gymnasts.*" International Society of Biomechanics in Sports, XI Annual Meeting, Amherst, Massachusetts, June, 1993.
52. **Cornwell, A., & Prassas, S.** "*The karate reverse punch—technique comparison between two different styles.*" International Society of Biomechanics in Sports, XI Annual Meeting, Amherst, Massachusetts, June, 1993.
53. **Thaut, M., Rice, R., McIntosh, G., & Prassas, S.** "*The effect of auditory rhythmic cueing on stride and EMG patterns in hemiparetic gait of stroke patients.*" National Conference of the American Physical Association, June, 1993.
54. **Prassas, S., & Rominger, A.** "*Effects of exercise on gait characteristics in the elderly.*" NACOB II, The Second North American Congress on Biomechanics. Chicago, IL, August, 1992.
55. **Thaut, M., McIntosh, G., Prassas, S., & Rice, R.** "*Effect of auditory rhythmic pacing on normal gait and gait in stroke, cerebral disorder, and transverse myelitis.*" XI International Symposium on Posture and Gait: Control Mechanisms, Portland, Oregon, May, 1992.

56. **Prassas, S., & Thaut, M.** *"Effects of music and rhythm on gait characteristics of normal individuals."* 15th Annual meeting of the American Society of Biomechanics, Arizona State University, Tempe, AR, October, 1991.
57. Thaut, M., **Prassas, S.,** McIntosh, G., & Rice, R. *"Musical rhythm as neuromuscular rehabilitation technique for stroke patients."* 42nd Annual meeting of the National Association for Music Therapy, San Diego, CA, November, 1991.
58. Thaut, M., **Prassas, S.,** McIntosh, G., & Rice, R. *"The effects of musical rhythm on neuromuscular processes in normal and abnormal gait."* Third International Symposium on the Biology of Music Making, Rochester, NY, July, 1991.
59. **Prassas, S.** *"Effects of muscular fatigue on selective kinematic parameters of the human walking gait."* 14th Annual Meeting of the American Society of Biomechanics, University of Miami, Florida, November, 1990.
60. Sherman, M. & **Prassas, S.** *"Flexibility development: the duration a position of maximal stretch should be held to elicit the largest gains in flexibility."* National Strength and Conditioning Association, San Diego, CA, June, 1990.
61. **Prassas, S.,** Terauds, J. & Nathan, T. *"Three dimensional kinematic analysis of high and low trajectory kicks in soccer."* International Society of Biomechanics in Sports, VIII Annual Meeting, Prague, Czechoslovakia, July, 1990.
62. **Prassas, S.** *"Reverse hecht (Tkachev) on the horizontal bar: a case study."* International Society of Biomechanics in Sports, VIII Annual Meeting, Prague, Czechoslovakia, July, 1990.
63. **Prassas, S.,** *"Static vs. Dynamic Analysis in Sports."* First International Olympic Committee World Congress on Sport Sciences, Colorado Springs, CO, Nov. 1989.
64. Bober, T., & **Prassas, S.** *"Phase Diagram Applied in Evaluating Technique Factors In Running."* International Society of Biomechanics, XII International Congress of Biomechanics, UCLA, Los Angeles, CA, June, 1989
65. **Prassas, S.,** Terauds, J., & Russell, P. *"Mechanics of the "Stoop-In" Pike Through to Inverted Giants."* International Society of Biomechanics in Sports, VI Annual Meeting, Bozeman, MO, July 1988.
66. **Prassas, S.** *"Biomechanics of the Straight Arms/Straight Body Press Handstand on the Parallel Bars."* International Society of Biomechanics in Sports, V Annual Meeting, Athens, Greece, July, 1987.
67. **Prassas, S.,** Kelley, D., and Pike, N. *"Shoulder Joint Torques and the Straight Arms/Flexed Hips Press Handstand on the Parallel Bars."* International Society of Biomechanics in Sports, IV Annual Meeting, Halifax, Nova Scotia, June, 1986.
68. **Prassas, S.,** and Kelley, D. *"A Mechanical Analysis of the Inverted Giant Swing."* International Society of Biomechanics in Sports, III Annual Meeting, Greeley, CO, June 1985.

## GRANT/RESEARCH PROPOSALS

1. CSU East Bay. \$2,801. *"Kinematics of giant swings on the parallel bars."* 2005. PI
2. CSU East Bay. (Summer Stipend). *"A comparative study of kips performed by male and female skilled and unskilled gymnasts."* 2004. PI

3. Ariel Dynamics, Inc. \$103,940. Software donation; 2003\*, PI.
4. Goode Wraps, Inc. \$16,833.90, "*Effect of external application of semiconductors on motor performance.*" 1998. PI
5. International Society of Biomechanics in Sports/Institute fur Angewandte Trainigswissemshft, "*Technique analysis of uneven bars and high bar dismounts and release skills.*", 1997\*. (video data from the 1997 World gymnastics championships, Zurich, Switzerland). PI
6. Goode Wraps, Inc. \$2,500; "*Effect of external application of semiconductors on motor performance: case studies.*" 1997\*. PI
7. CSU, College of Applied Human Sciences, \$300: Offset of digitizing cost for "*Technique analysis of uneven bars dismounts and release skills.*" 1997\*. PI
8. CSU, College of Applied Human Sciences, \$500: Offset of digitizing cost for "*Technique analysis of uneven bars dismounts and release skills.*", 1996\*. PI
9. International Society of Biomechanics in Sports/Institute fur Angewandte Trainigswissemshft, "*Technique analysis of uneven bars dismounts and release skills.*" 1997\*. (video data from the 1997 World gymnastics championships, Lausanne, Switzerland). PI
10. International Society of Biomechanics in Sports/Institute fur Angewandte Trainigswissemshft, "*Technique analysis of uneven bars dismounts and release skills.*" 1994\*. (video data from the 1994 World gymnastics championships, Brisbane, Australia, and Dortmund, Germany). PI
11. National Institute of Disability and Rehabilitation Research, \$51,715; "*Musical/rhythmic stimulation as neurological technique in gait re-training with stroke patients.*" 1991. Co-I
12. United States Olympic Committee, \$12,364; "*Mechanics of High Level Dismounts Performed on the Horizontal Bar.*" 1991. PI
13. CSU, College of Applied Human Sciences, \$15,000: High Speed Video Equipment, 1991\*. PI
14. CSU, Office of Vice President of Research, \$15,000: High Speed Video Equipment, 1991\*. PI
15. Ariel Life Systems, Inc., \$14,950; "*Force Plate and EMG Software*" (Donation), 1990\*. PI
16. Department of Health and Human Services - Public Health, \$18,175; "*Analysis of carpal motions in carpal tunnel syndrome*", 1990. Co-PI
17. CSU, BRSG #537103, \$4,815; "*Auditory rhythmic stimuli in gait rehabilitation with stroke and traumatic brain injured patients.*" 1990\*. Co-PI
18. CSU, BRSG, \$3,000; "*The effects of exercise on biomechanical parameters of gait in the elderly.*" 1990. PI
19. CSU, BRSG, \$5,092; "*Flexibility development: the duration a position of maximal stretch should be held to elicit the largest gains in flexibility.*" 1989. PI
20. CSU, BRSG # 537221, \$2,600; "*Effects of muscular fatigue on selective kinematic parameters of the human walking gait.*" 1988\*. PI
21. United States Gymnastic Federation, \$7,280; "*Mechanical analysis of the kip on the parallel bars.*" 1988. PI

22. Johnson C. Smith University (JCSU), Faculty Development Grant, \$1,200; "*Software for kinematic and kinetic analysis of rigid bodies.*" 1987\*. PI
23. JCSU, Faculty Development Grant, \$760; *to attend the National conference of the American Alliance of Health, Physical Education, Recreation, and Dance, 1987\*. PI.*
24. United States Gymnastic Federation, \$900; "*Biomechanics of the "stoop-in" pike through to inverted giants.*" 1986\*. PI
25. JCSU, Faculty Development Grant, \$770; *to present paper at International Society of Biomechanics in Sports, 1986\*. PI*
26. JCSU, Faculty Development Grant, \$1,500; "*Biomechanics of the "stoop-in" pike through to inverted giants.*" 1986\*. PI

\*awarded

### **COURSES TAUGHT/DEVELOPED<sup>+</sup>**

Kinesiology	First Aid
Biomechanics	Gymnastics
Biomechanics in Sport <sup>+</sup>	Biomechanical Principles of
Physical Fitness	Human Movement <sup>+</sup>
Major Practicum	Weight Training
Athletic Training	Soccer
Seminar	Personal Health

### **SKILLS AND ABILITIES**

Proficient in:

*High speed cinematography*  
*Dynamography*  
*Stress-testing*  
*FORTTRAN and BASIC programming skills*  
 Red Cross First Aid Instructor  
 Fluency in Greek

### **COMMITTEES**

Departmental:

*Tenure Track faculty Search (Chair) \**  
*Tenure and Promotion (member) \**  
*Peer (Coaches) Review*  
*Graduate Studies (member) \**  
*Library resources (chair)*  
*Undergraduate curriculum*  
*Research center for sports and wellness (ad hoc)*  
*Laboratory*  
*Code Revision (Chair-ad hoc)*  
*Search Committee (member)*  
*Search Committee (chair)*

## College

*Instructional advisory committee on Technology (IACT) (Chair) \**  
*College of Education and Allied Studies Council\**  
*Research and Development (RDC) \**  
*Dean's advisory*  
*Working with people career fair*

## University-wide

*Technology and Instruction Subcommittee\**  
*California Faculty Association (CFA) \**  
*Grievance Panel (member) \**  
*General Education (Faculty Council) Subcommittee\**  
*Faculty Council*  
*Grievance Panel*  
*Library*  
*International programs*  
*Guest scholars*

\*California State University East Bay

## PROFESSIONAL SYMPOSIA ORGANISED

*Applied Session in Gymnastics.* Under the auspices of the International Society of Biomechanics in Sports, Caceres, Spain, July, 2002.

*Applied Session in Acrobatics.* Under the auspices of the International Society of Biomechanics in Sports, Perth, Australia, July, 1999.

## OTHER EXPERIENCE

- Irving Trust Company, International Department, New York City, NY, Credit Investigator, 1979-1980.
- From 1976-1978 (first visit to the USA) employed in the restaurant business in the Washington, D.C. metropolitan area.
- Bank of Nova Scotia, Athens, Greece, 1972-1973, 1976. Processed applications for various types of loans; assisted in the accounting of Bank's portfolio.
- Tsalousoglou E.B.M.E. (furniture manufacturer), Athens, Greece, 1971-1972. Maintained accounts of accounts receivable and accounts payable.

## PROFESSIONAL SERVICES/PUBLICITY

- International Society of Biomechanics in Sports (ISBS) - Web Editor-Gymnastics, Coaches Information Center (CIS); <http://www.education.ed.ac.uk/gym/> (2000-present).
- International Society of Biomechanics in Sports (ISBS) - Board of Directors (1993-present).
- Journal of Sport Biomechanics – Advisory Board Member.
- Journal of Sport Biomechanics – Reviewer/Guest Editor.
- Journal of Sport Science – Reviewer.
- International Society of Biomechanics in Sports (ISBS) - Treasurer (1993-1997).
- International Society of Biomechanics in Sports (ISBS) -Research Committee (1994-present).

- United States Gymnastics Federation - Biomechanics Committee member & Technical Consultant (1986-1992).
- TV appearances: November 1991, Channels 4, 7, 9; January 1992, Channel 14; January 1992, ABC (National), "Good Morning America".
- Newspapers: Denver Post, DenverRocky Mountain News, Fort Collins Coloradoan.

## **MEMBERSHIPS**

- International Society of Biomechanics in Sports. (current)
- International Society of Biomechanics.
- American Society of Biomechanics.
- American Association of University Professors.
- Colorado Educational Association.
- American Alliance for Health, Physical Education, Recreation and Dance.

## **MILITARY SERVICE**

- Officer of the Greek Army. Honorable discharge, 1973-1976. q