



### Academic Personnel Short Profile / Short CV

<b>Institution:</b>	INTERCOLLEGE / NICOSIA
<b>Surname:</b>	KOTZAILIA
<b>Name:</b>	KALLIOPI
<b>Rank:</b>	VISITING PROFESSOR
<b>Program of Study:</b>	AESTHETICS
<b>Scientific Domain: *</b>	AESTHETICS & COSMETOLOGY

\*Field of Specialization

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title
PhD in Body Fat Reduction	2017	Democritus University of Thrace	Physical Education and Sport Science	“Comparative study of different body fat reduction treatments and aerobic exercise, for achieving body fat reduction in women 25-50 years old”
MSc in the Environmental Health effects	2007	National and Kapodistrian University of Athens	School of Medicine	“Contribution of the infusions of Green Tea, Guarana sp and Theophylline to the inhibition of the Erythema caused by UVB Radiation”
Diploma in Aesthetics	2003	Alexander Technological Educational Institute of Thessaloniki	Aesthetics and Cosmetology	“Mediterranean Diet”

Employment history – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			

Sept. 2020	up today	Intercollege - Nicosia	Nicosia	Visiting Professor
Oct. 2019	up today	International Hellenic University	Thessaloniki	Research Fellow
March 2012	up today	Center of Advanced Plastic Surgery	Thessaloniki	Aesthetician

**Key refereed journal papers, monographs, books, conference publications etc.**

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1.	2018	“The Impact of Maquillage on Visually Impaired Women ”	A. Kosmidou, <b>K. Kotzailia</b>	<b>Epitheorese Klinikes Farmakologias kai Farmakokinetikes</b>	Volume 36 Issue 4	107-113
2.	2018	“Comparative effectiveness of weight loss programs to reduce body fat in women aged 25-50 in Greece”	<b>K. Kotzailia</b> , P. Malliou, G. Godolias, A. Beneka	<b>European Psychomotricity Journal</b>	Volume 10 Issue 1	38-51
3.	2018	“Body Fat Reduction and High Intensity Interval Training”	<b>K. Kotzailia</b> , P. Malliou, G. Godolias, A. Beneka	“To Vima tou Asklipiou” Journal	Volume 17 Issue 3 (July – September 2018)	195-213
4.	2018	The effect of a gym treadmill with vacuum in reducing body fat and in women’s somatotype	<b>K. Kotzailia</b> , P. Malliou, G. Godolias, A. Beneka	“To Vima tou Asklipiou” Journal	Volume 17 Issue 2 (April – June 2018)	142-160
5.	2013	“Manual Lymph Drainage”	<b>K. Kotzailia</b> , P. Malliou, G. Godolias, A. Beneka	<b>Epitheorese Klinikes Farmakologias kai Farmakokinetikes</b>	Volume 31	121-125
6.	2012	“Treatment of Redundant	<b>K. Kotzailia</b> ,	<b>Epitheorese Klinikes</b>	Volume	34-37

		Local Lipids Deposition using Aerobic Exercise under Suppression Conditions ”	L. Moutsiou	Farmakologias kai Farmakokinetikes	30	
7.	2012	E-book Title «Λεμφική Αποστράγγιση- Manual Lymph Drainage»	K. Kotzailia, Release and Relax Motion	e-book		
8.	2011	Book Title “Physikotherapeia se Pathiseis tou Myoskeletikou Systhmatos”	D. Kotzailias, I. Kravaritis, K. Kotzailia, K. Kotzailias	UNIVERSITY STUDIO PRESS ISBN 978-960-12-1984-4 2011		

2011

Exhibitions (where applicable).List the five (5) more recent and other five (5) selected. (max total 10)					
Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1.	May 20-22 2021	“Skin Diseases of Children with Disabilities ”	47 <sup>th</sup> Annual Panhellenic Medical Conference	Athens Greece	Co-Author in the e-poster
2.	August 13-15 2018	«Comparison of different body fat reduction approaches in obese women 25- 50years old».	2 <sup>nd</sup> Global Conference on Nursing and Healthcare	London UK	Oral Presentation
3.	March 14-17 2008	“Contribution of the infusions of Green Tea, Guarana sp and Theophylline to the inhibition of the Erythema caused by UVB Radiation”	3 <sup>rd</sup> Environmental Conference of Macedonia	Thessaloniki Greece	Oral Presentation

<b>Research Projects. List the five (5) more recent and other five (5) selected (max total 10)</b>				
<b>Ref. Number</b>	<b>Date</b>	<b>Title</b>	<b>Funded by</b>	<b>Project Role*</b>
1.	2009	Hydrotherapy (Project Hydriades*) Group for Medical Studies of Thermomineral Waters, Auth	Department of Medicine/ Aristotle University of Thessaloniki	Researcher

<b>Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected. (max total 10)</b>			
<b>Ref. Number</b>	<b>Date</b>	<b>Title</b>	<b>Awarded by:</b>
1.	2006-2007 School year	Scholarship, Educational Grant for post graduate studies	State Scholarship Foundation (I.K.Y.) Thessaloniki, Greece
2.	2005-2006 School year	Scholarship, Educational Grant for post graduate studies	State Scholarship Foundation (I.K.Y.) Thessaloniki, Greece