

# Anne E. Cox

---

## EARNED DEGREES

- Ph.D., 2006      Purdue University (West Lafayette, IN)  
Concentration: Kinesiology (Sport and Exercise Psychology)  
Support Area: Statistics and Research Methods  
Committee Chair: Alan L. Smith, Ph.D.
- M.Ed., 2000      University of Virginia (Charlottesville, VA)  
Concentration: Kinesiology (Sport and Exercise Psychology)  
Committee Chair: Diane E. Whaley, Ph.D.
- B.A., 1998      Winthrop University (Rock Hill, SC)  
Major: Psychology  
Minor: Business Administration

## PROFESSIONAL EXPERIENCE

- 2013 -            **Washington State University (Pullman, Washington)**  
**Associate Professor**  
Department of Educational Leadership, Sport Studies and Educational/Counseling  
Psychology
- 2012 – 2013      **Illinois State University (Normal, Illinois)**  
**Associate Professor**  
School of Kinesiology and Recreation
- 2006 – 2012      **Illinois State University (Normal, Illinois)**  
**Assistant Professor**  
School of Kinesiology and Recreation
- 2004 – 2006      **Purdue University (West Lafayette, IN)**  
**Graduate Research Assistant**  
Department of Health & Kinesiology  
Supervisors: Alan Smith & Lavon Williams  
Understanding the decline in physical activity levels as children transition into middle  
school: Investigating the antecedents and consequences of students' motivation in  
physical education  
Funded by the Purdue Research Foundation [\$29, 627]
- 2003 – 2006      **Purdue University (West Lafayette, IN)**  
**Mental Skills Consultant**  
Boilermaker Sport and Performance Psychology Services  
Supervisor: Chris Carr

2002 – 2004	<b>Purdue University (West Lafayette, IN)</b> <b>Graduate Teaching Assistant</b> Department of Health & Kinesiology
2001 – 2002	<b>Independence High School (Charlotte, NC)</b> <b>Substitute Teacher</b> Mecklenburg County Schools
2001 – 2002	<b>Castle Heights Middle School (Rock Hill, SC)</b> <b>Head Boy's Basketball Coach (7<sup>th</sup> grade)</b>
2000 - 2001	<b>University of South Carolina (Columbia, SC)</b> <b>Assistant Women's Basketball Coach</b>
1998 - 2000	<b>University of Virginia (Charlottesville, VA)</b> <b>Head Coach, Women's Club Basketball</b>
1999	<b>University of Virginia (Charlottesville, VA)</b> <b>Graduate Research Assistant</b> Supervisor: Maureen Weiss
1998	<b>Capitol City Club Basketball (14 &amp; under; Richmond, VA)</b> <b>Head Girls Basketball Coach</b>

#### **COURSES TAUGHT AT WASHINGTON STATE UNIVERSITY**

<u>Term</u>	<u>Course Taught</u>	<u>Students</u>
Spring 2014	KNR 313 Behavioral Aspects of Human Movement (Sec. 1)	24
Spring 2014	KNR 313 Behavioral Aspects of Human Movement (Sec. 2)	30
Fall 2013	KNR 313 Behavioral Aspects of Human Movement (Sec. 1)	29
Fall 2013	KNR 313 Behavioral Aspects of Human Movement (Sec. 3)	19

#### **COURSES TAUGHT AT ILLINOIS STATE UNIVERSITY**

KNR 254 Social-Psychological Perspectives in Physical Activity  
 KNR 306 Psychology of Sport  
 KNR 320 Developmental Aspects of Youth Sport  
 KNR 406 Advanced Sport Psychology  
 KNR 416 Motivation in Sport and Exercise

#### **SCHOLARLY PUBLICATIONS**

##### ***Refereed Journal Articles***

*(Students' names are in italics)*

Sabiston, C. M., Pila, E., Pinsonnault-Bilodeau, G., & Cox, A.E. (2014). Social physique anxiety experiences in physical activity: A comprehensive synthesis of research studies focused on measurement, theory, and

predictors and outcomes. *International Review of Sport and Exercise Psychology*, 7, 158-183.

- McDavid, L., Cox, A.E., & McDonough, M. (2014). The relationships of change in physical education need fulfillment and motivation in predicting leisure-time physical activity across middle school. *Psychology of Sport and Exercise*, 15, 471-480.
- Matosic, D., & Cox, A.E. (2014). Testing for differences in athletes' motivation regulations and need satisfaction across combinations of perceived coaching behaviors. *Journal of Applied Sport Psychology*, 26, 302-317.
- Ullrich-French, S., & Cox, A.E. (2014). Normative and intra-individual changes in physical education motivation across the transition to middle school: A multilevel growth analysis. *Sport, Exercise, and Performance Psychology*, 3, 132-147.
- Madonia, J.S., Cox, A.E., Zahl, M. (2014). The role of high school physical activity experience in college students' physical activity motivation. *International Journal of Exercise Science*, 7, 98-109.
- O'Hara, S.E., Cox, A.E., & Amorose, A.J. (2014). Emphasizing appearance versus health outcomes in exercise: The influence of the instructor and participants' reasons for exercise. *Body Image*, 11, 109-118. doi: 10.1016/j.bodyim.2013.12.004
- Matosic, D., Cox, A.E., & Amorose, A.J. (2014). Scholarship status, controlling coaching behavior and intrinsic motivation in collegiate swimmers: A test of cognitive evaluation theory. *Sport, Exercise and Performance Psychology*, 3, 1-12. doi: 10.1037/a0031954
- Ullrich-French, S., Cox, A.E., & Bumpus, M. (2013). Physical activity motivation and behavior across the transition to university. *Sport, Exercise and Performance Psychology*, 2, 90-101.
- Cox, A.E., Ullrich-French, S., & Sabiston, C. (2013). Using motivation regulations in a person-centered approach to examine the link between social physique anxiety in physical education and physical activity-related outcomes in adolescents. *Psychology of Sport and Exercise*, 14, 461-467. <http://dx.doi.org/10.1016/j.psychsport.2013.01.005>
- McDavid, L., Cox, A.E., & Amorose, A.J. (2012). The relative roles of physical education teachers and parents in adolescents' leisure time physical activity motivation and behavior. *Psychology of Sport and Exercise*, 13, 99-107.
- Ullrich-French, S., Smith, A. L., & Cox, A.E. (2011). Attachment relationships and physical activity motivation of college students. *Psychology & Health*, 26, 1063-1080.
- Cox, A.E., Ullrich-French, S., Madonia, J., & Witty, K. (2011). Social physique anxiety in physical education: social contextual factors and links to motivation and behavior. *Psychology of Sport and Exercise*, 12, 555-562.
- Monroe, C. M., Thomas, D.Q., Lagally, K., and Cox, A. (2010). Relation of college students' self-perceived and measured health-related physical fitness. *Perceptual and Motor Skills*, 111(1), 229-239.
- Cox, A.E., & Ullrich-French, S. (2010). Peer and teacher relationship profiles in physical education students.

Psychology of Sport and Exercise, 11, 337-344.

**Cox, A.E., Duncheon, N., & McDavid, L.** (2009). Peers and teachers as sources of relatedness perceptions, motivation and affective responses in physical education. *Research Quarterly for Exercise & Sport*, 80, 765–773.

Ullrich-French, S., & **Cox, A.E.** (2009). The utility of motivation regulation profiles for understanding students' experiences in physical education. *Journal of Sport & Exercise Psychology*, 31, 358-379.

**Cox, A.E.,** Smith, A.L., & Williams, L. (2008). Change in physical education motivation and physical activity behavior during middle school. *Journal of Adolescent Health*, 43, 506-513.

**Cox, A.E.,** & Williams, L. (2008). The roles of perceived teacher support, motivational climate, and psychological need satisfaction in students' physical education motivation. *Journal of Sport & Exercise Psychology*, 30, 222-239.

**Cox, A.E.,** & Whaley, D.E. (2004). The influence of task value, expectancies for success, and identity on athletes' achievement behaviors. *Journal of Applied Sport Psychology*, 16, 103-117.

### **Journal Articles in Progress**

*(Students' names are in italics)*

## **GRANTS**

### **External Funding**

**Cox, A.E.** (2012). *Exploring the Relationships among Maturity Status, Physical Self-Perceptions and Physical Activity in Adolescent Females*. Funded through the Jump Rope for Heart Program sponsored by the Illinois Association for Health, Physical Education, Recreation, and Dance [\$5,000.00]

**Cox, A.E.** (2009). *Exploring combinations of relationships with teachers and peers in the physical education setting*. Funded through the Jump Rope for Heart Program sponsored by the Illinois Association for Health, Physical Education, Recreation, and Dance [\$4,800.00]

**Cox, A.E.** (2008). *Examining the antecedents and consequences of motivational profiles in physical education: A person-centered approach*. Funded through the Jump Rope for Heart Program sponsored by the Illinois Association for Health, Physical Education, Recreation, and Dance [\$3,632.40]

**Cox, A.E.** (2007). *Perceived relationships with teachers and peers and physical education motivation*. Funded through the Jump Rope for Heart Program sponsored by the Illinois Association for Health, Physical Education, Recreation, and Dance [\$2,677.00]

**Cox, A. E.** (2004). Understanding the decline in physical activity levels as children transition into middle

school: Investigating the antecedents and consequences of students' motivation in physical education. Funded by The North American Society for the Psychology of Sport and Physical Activity [\$1000.00]

### **Internal Funding**

- Cox, A.E., & Ullrich-French, S. (2014).** *Development of a Youth Physical Activity State Mindfulness Measure.* Funded through a Faculty Funding Award, College of Education, Washington State University [\$9000.00]
- Cox, A.E. (2012).** *Presenting research on Predicting Change in Physical Activity During Middle School at the annual AAHPERD Convention in Charlotte, NC.* Funded through the Dr. Phebe M. Scott Endowment Fund for Professional Development of Women [\$700.00]
- Cox, A. E. (2012).** *Exploring the Relationships among Maturity Status, Physical Self-Perceptions and Physical Activity in Adolescent Females.* Funded through the University Research Grant Program at Illinois State University [\$5,500.00]
- Cox, A.E. (2011).** *Presenting research on social physique anxiety at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity.* Funded through the Dr. Phebe M. Scott Endowment Fund for Professional Development of Women [\$800.00]
- Cox, A.E. (2011).** *Investigating the effects of autonomy-supportive teaching strategies on student learning outcomes in an undergraduate exercise science class.* Funded through the Teaching-Learning Development Grant through the Center for Teaching, Learning and Technology [\$1,100.00]
- Cox, A. E. (2011).** *Examining how the combination of motivation regulations and social physique anxiety account for variability in students' physical education experiences and physical activity behavior.* Funded through the University Research Grant Program at Illinois State University [\$5000.00]
- Cox, A.E. (2010).** *Examining the role of activity context on social physique anxiety and motivation in high school physical education students.* Funded through the Dr. Phebe M. Scott Endowment Fund for Professional Development of Women [\$923.00]
- Cox, A.E. (2010).** *Investigating the effects of autonomy-supportive teaching strategies on student learning outcomes in an undergraduate exercise science class.* Funded through the Teaching-Learning Development Grant through the Center for Teaching, Learning and Technology [\$1,220.00]
- Cox, A. E. (2010).** *An exploration of social physique anxiety in physical education.* Funded through the University Research Grant Program at Illinois State University [\$5000.00]
- Cox, A. E. (2009).** *Exploring the roles of different relationships in the physical education setting.* Funded through the University Research Grant Program at Illinois State University [\$5000.00]
- Cox, A.E. (2008).** *The utility of motivational profiles for understanding students' experiences in physical education.* Funded through the University Research Grant Program at Illinois State University [\$5000.00]

**Cox, A.E.** (2007). *The role of social relationships in predicting physical education motivation*. Funded through the University Research Grant Program at Illinois State University [\$5000.00]

### ***Unfunded Proposals***

**Cox, A.E. (Principal Investigator)** & Laurson, K. (Co-investigator), NIH Academic Research Enhancement Award (R15) Grant (PA-12-006): *Motivational Processes, Maturity Status and Physical Activity in Girls* (submitted February 25, 2013; \$299,814 Direct Costs; \$403,572 Total Costs).

### ***Mentored Research Grants***

2013 (spring). Supervised undergraduate student (Kari Tunney) assisting with research on the roles of maturational status and psychological predictors of physical activity behavior [\$600.00].

2012 (fall). Supervised undergraduate student (Kari Tunney) assisting with research on the roles of maturational status and psychological predictors of physical activity behavior [\$600.00].

2010 (summer). Supervised undergraduate student (Katie Witty) assisting with research on the role of social physique anxiety in physical education. Funded through the Honor's Program Research Mentorships [\$2,500.00.]

2009-2010. Supervised undergraduate students (Joe Madonia, Katie Witty) assisting with research on the role of social physique anxiety in physical education. Funded through the Honor's Program Research Mentorships [\$600.00 each for both the fall and spring semesters]

2009. Graduate student (Lindley McDavid) received funding for thesis research from the Dr. Phebe M. Scott Endowment Fund [\$1,100.00]

## **SCHOLARLY PRESENTATIONS**

*(Students' names are in italics)*

### ***National/International***

**Cox, A.E.**, Ullrich-French, S., & French, B.F. (2014, June). *Validity Evidence for State Mindfulness Scale Scores in a Physical Activity Context*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Convention, Minneapolis, MN.

**Cox, A.E.**, Laurson, K.R., & Matosic, D. (2014, April). *Girls' Maturation and Physical Self-Perceptions Predicting Physical Activity Motivation*. Poster presented at the SHAPE (Society of Health and Physical Educators) America Annual Convention, St. Louis, MO.

*Matosic, D.*, **Cox, A.E.**, & Amorose, A.J. (2013, June). *Testing the interaction between scholarship status and controlling coaching behavior in predicting intrinsic motivation*. 5<sup>th</sup> Self-Determination Theory International Conference, Rochester, NY.

- Matosic, D., & Cox, A.E.* (2013, June). *Testing for Differences in Athletes' Motivation Regulations and Need Satisfaction across Combinations of Perceived Coaching Behaviors*. Poster presented at the NASPSPA Annual Convention, New Orleans, LA.
- Ullrich-French, S., Cox, A.E., & Sabiston, C.* (2013, June). *Investigating How Social Physique Anxiety Combines with Different Motivation Regulations: A Latent Profile Analysis*. Poster presented at the NASPSPA Annual Convention, New Orleans, LA.
- Cox, A.E., McDavid, L. & McDonough, M.** (2013, April). Physical Education Motivation and Physical Activity Change During Middle School. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium) Annual Convention, Charlotte, NC.
- Madonia, J., & Cox, A.E.* (2012, June). *The role of high school physical activity mode on college students' motivation for physical activity*. Poster presented at the NASPSPA Annual Convention, Honolulu, HI.
- Cox, A.E., Ullrich-French, S., & French, B.F.** (2012, June). *Physical Education Motivation Regulation Growth Models Across the Transition To Middle School*. Paper presented at the NASPSPA Annual Convention, Honolulu, HI.
- Cox, A.E., Ullrich-French, S., & Sabiston, C.** (2011, October). *Testing the moderating role of social physique anxiety in the relationship between psychological need satisfaction and motivation in high school physical education*. Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology Annual Convention (SCAPPS), Winnipeg, Manitoba.
- McDavid, L. & Cox, A.E.* (2010, October). *The Relative Roles Of Physical Education Teachers And Parents In Adolescents' Leisure Time Physical Activity Motivation And Behavior*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology Annual Convention, Ottawa, ON.
- Cox, A.E., Madonia, J., & Witty, K.** (2009, June). *An Exploration of Social Physique Anxiety in Physical Education*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Convention, Tucson, AZ [Abstract published in the *Journal of Sport & Exercise Psychology*, 32, S153].
- Cox, A. E., & Ullrich-French, S.** (2009, June). *Examining Combinations of Peer and Teacher Relationship Variables in Physical Education*. Poster presented at the NASPSPA Annual Convention, Austin, TX [Abstract published in the *Journal of Sport & Exercise Psychology*, 31, S114].
- Amorose, A. J., Richardson, J., Cox, A., & Smith, P.J.K* (2009, June). *Exploring the relationship between dimensions of need satisfaction and intrinsic motivation in athletes*. Poster presented at the annual meeting of the American College of Sports Medicine, Seattle, WA [Abstract published in *Medicine & Science in Sports & Exercise*, 41, S532].
- Monroe, C., Thomas, D.Q., Lagally, K.M., & Cox, A.* (2009, June). *Relationship between self-perceived and measured health-related physical fitness among college students*. Poster presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.
- Cox, A.E., Duncheon, N., & McDavid, L.** (2008, September). *Peers and teachers as sources of relatedness*

*perceptions, motivation and affect in physical education*. Poster presented at the Association for Applied Sport Psychology (AASP) Annual Convention, St. Louis, MO.

Ullrich-French, S., & Cox, A.E. (2008, June). *The utility of motivation regulation profiles for understanding students' experiences in physical education*. Paper presented at the NASPSPA Annual Convention, Niagra, ON [Abstract published in the *Journal of Sport & Exercise Psychology*, 30, S206].

Cox, A. E., & Ullrich-French, S. (2007, November). *Examining the validity of a measure of relatedness and teacher support for the physical education setting*. Poster presented at the Canadian Society for Psychomotor Learning and Sports Psychology Annual Convention, Windsor, ON.

Cox, A.E., Williams, L., & Smith, A.L. (2007, June). *Motivation in physical education and physical activity behavior outside of school*. Paper presented at the NASPSPA Annual Convention, San Diego, CA [Abstract published in the *Journal of Sport & Exercise Psychology*, 29, S154-S155].

Cox, A.E., Williams, L., & Smith, A.L. (2006, June). *Change in physical education experiences and general physical activity during the move to middle school*. Paper presented at the NASPSPA Annual Convention, Denver, CO [Abstract published in the *Journal of Sport & Exercise Psychology*, 28, S53-S54].

Cox, A.E., & Williams, L. (2005, June). *The role of social contextual factors in 5th and 6th graders' physical education motivation*. Paper presented at the NASPSPA Annual Convention, St. Pete Beach, FL [Also presented at the 2005 annual Midwest Sport and Exercise Psychology Symposium, East Lansing, MI; Abstract published in the *Journal of Sport & Exercise Psychology*, 27, S52].

Cox, A.E., & Williams, L. (2004, June). *In search of a measure of belonging*. Poster presented at the NASPSPA Annual Convention, Vancouver, BC, Canada [Abstract published in the *Journal of Sport & Exercise Psychology*, 26, S60].

Williams, L., & Cox, A.E. (2003, October). *Enjoyment and intrinsic motivation in sport: Examining social self-perceptions*. Poster presented at the AASP Annual Convention, Philadelphia, PA.

Cox, A.E., & Whaley, D.E. (2001, September). *Task value, expectancies for success, identity and athletes' achievement behaviors: A test of Eccles' expectancy-value model in the sport domain*. Paper presented at the AASP Annual Convention, Orlando, FL.

### **Regional**

Cox, A.E. (2003, February). *The proposed relationships among social motivational orientations, perceived belonging, and motivation-related outcomes*. Paper presented at the Midwest Sport and Exercise Psychology Annual Symposium, Bowling Green, OH.

Cox, A.E. (2000, February). *The relationships among task value, expectancies for success, identity, and athletes' achievement behaviors: A proposal*. Paper presented at the Southeast Sport & Exercise Psychology Annual Student Conference, Charlottesville, VA.

### **State**



**Cox, A.E.** (2011, November). *Social Relationships and Motivation in Middle School Physical Education*. Paper presented at the annual Illinois Association for Health, Physical Education, Recreation, and Dance Conference, St. Charles, IL.

### **Invited Research Presentations**

**Cox, A. E.** (2012, October). *The 'Why' Behind Physical Activity Motivation and Why it Matters*. Presented to the College of Nursing Doctoral Colloquium, Illinois State University, Normal, IL.

**Cox, A. E.** (2010, February). *Physical Education Motivation: Do Different Reasons for Participation Really Matter?* Presented to the Health & Kinesiology Department Colloquium at Purdue University, West Lafayette, IN.

Williams, L., & **Cox, A.E.** (2003, June). Social motivation, perceived belonging, and motivation-related outcomes. In T.S. Horn (Chair), *Peer Relationships and Social Dynamics in the Competitive Sport Domain*. A symposium presented at the NASPSPA Annual Convention, Savannah, GA [Abstract published in the *Journal of Sport & Exercise Psychology*, 25, S7-S8].

### **Mentored Presentations**

O'Hara, Shannon & **Cox, A.E.** (2013). *The effect of group fitness instructional methods on participants' self-objectification, body shame, exercise enjoyment, and future exercise intentions in a single group fitness class*. Graduate Research Symposium, Illinois State University, Normal, IL.

O'Hara, Shannon & **Cox, A.E.** (2013). *The effect of group fitness instructional methods on participants' self-objectification, body shame, exercise enjoyment, and future exercise intentions in a single group fitness class*. A proposal presented at the Midwest Sport and Exercise Symposium, Holland, MI.

Matosic, D., & **Cox, A.E.** (2012). *The role of scholarships in college athletes' motivation and perceptions of coaching behavior*. A proposal presented at the Midwest Sport and Exercise Symposium, East Lansing, MI.

Matosic, D., & **Cox, A.E.** (2012). *The role of perceived coaching behavior in the relationship between scholarship status and motivation in college athletes*. Graduate Research Symposium, Illinois State University, Normal, IL.

**Madonia, J., & Cox, A.E.** (2011, April). *Effects of prior activity on competence, autonomy, and motivation to exercise in college students*. Poster presented at the Illinois State University Undergraduate Research Symposium, Normal, IL.

**Witty, K., Madonia, J., & Cox, A.E.** (2010, April). *An exploration of social physique anxiety in physical education*. Poster presented at the Illinois State University Undergraduate Research Symposium, Normal, IL.

**McDavid, M.L. & Cox, A.E.** (2010, March). *Relative roles of physical education teachers and*

*parents in adolescents' leisure time physical activity motivation and behavior.* Poster presented at the Illinois State University Graduate Research Symposium, Normal, IL.

McDavid, M.L. (2010, February). *Relative roles of physical education teachers and parents in adolescents' leisure time physical activity motivation and behavior.* Paper presented at the annual meeting of the Sport & Exercise Psychology Symposium, Muncie, IN.

McDavid, L., & Cox, A.E. (2007, November). *The role of peer and teacher relationships in the prediction of physical education motivation.* Paper presented at the annual Illinois Association for Health, Physical Education, Recreation, and Dance Conference, St. Charles, IL.

## STUDENT MENTORSHIP

### *Graduate Student Thesis Committees*

<u>Student</u>	<u>Title or Topic</u>	<u>Status</u>	<u>Role</u>
Michelle Lambert (MIT)		Preparing Proposal	Member
Merrill Worlund (Retail Merchandising)		Preparing Proposal	
Eleanor Dizon (Prevention Science)		Preparing Proposal	Member
Senait Tekle (Prevention Science)		Preparing Proposal	Member
Lori Fitton (nursing- doctoral candidate)	The role of protein supplementation and physical activity in predicting bone health in post-menopausal women	Preparing for comprehensive exams	Member
Shannon O'Hara (psych of sport)	The Effect of Instructional Content on Exercise Responses and Future Physical Activity Intentions	Defended: Spring 2013	Chair
Doris Matosic (psych of sport)	Scholarships and Motivation at the College Level	Defended: Summer 2012	Chair
Kevin Becker (psych of sport)	Attentional Focus Effects on Children's Learning of a Locomotor Skill	Defended: Spring 2011	Member
Lindley McDavid (psych of sport)	The roles of parents and teachers in physical education and physical activity motivation	Defended: Spring, 2010	Chair
Courtney Monroe (ex.phys.)	Relationship between Self-perceived and Measured Health-related Physical Fitness Among College	Defended: Spring, 2009	Member

## Students

Jillian Cooper (psych of sport)	Sport Motivation	Defended: Fall, 2008	Member
Alyssa Emanuelson (athletic training)	Football Coaches Perceptions of the Athletic Trainer's Role during the Football Season and the Contrasting/Comparative Perceptions of their Athletic Trainers	Defended: Spring 2007	Member

***Independent Study Supervision***

<u>Term</u>	<u>Student</u>	<u>Hours</u>	<u>Brief Description</u>
Fall 2014	Caitlin Herdrick	1	Assisting with research and programming on body image
Fall 2014	Bre Sebert	3	Assisting with research and programming on body image
Fall 2014	Hailey Hyer	1	Assisting with research and programming on body image
Spring 2014	Hailey Hyer	3	Teaching assistant and research on body image.
Spring 2014	Jennifer Gledhill	3	Teaching assistant and research on body image.
Spring 2014	Margo D'Hondt-Taylor	3	Research on the effects of different modes of exercise on body image.
Spring 2014	Clinton Marshall	3	Research on the effects of different modes of exercise on body image.
Spring 2014	Austin Baker	3	Research on the effects of different modes of exercise on body image.
Summer 2013	Darby Sligh	3	Research on fear of failure in athletes.
Fall 2012	Greg Hughes*	3	Research on the role of parents in athletes' motivation
Fall 2012	Gabriela Gonzalez	3	Research on positive youth development through sport
Fall 2012	Brooke Carlson	3	Mental Skills Training
Fall 2012	Zach Walrod	3	Mental Skills Training
Fall 2012	Mark Krueger	3	Introduction to the field of sport psychology
Spring 2012	Zach Walrod	3	Mental Skills Training
Spring 2012	Brooke Carlson	3	Mental Skills Training
Fall 2011	Matt Mariani	2	Mental Skills Training
Fall 2011	Tim Young	3	Research on the transition to professional sport
Fall 2011	Sara Beatty	3	Motivation in Sport
Spring 2011	Joe Madonia**	3	Research on exercise motivation and behavior in college students

Spring 2011	Laura Conte	2	Research and practice in sport psychology
Spring 2011	Paul Ryon	3	Mental Skills Training
Spring 2011	Doris Matosic	3	Mental Skills Training
Spring 2011	Matt Mariani	3	Research on sources of competence information
Spring 2011	Steve Tonsul	3	Mental Skills Training
Fall 2010	Jamie Ward	1	Research on motivation in the college classroom
Fall 2010	Joe Madonia*	3	Research on exercise motivation and behavior in college students
Fall 2010	Michelle Novak	3	Mental skills training with college athletes
Fall 2010	Megan Jones	3	Creating a measure of motivation for elementary school physical education students
Fall 2009	Josh Stubbs	3	Research on imagery interventions
Fall 2009	Jamie Ward	3	Research on the role of body-related concerns in physical education
Spring 2009	Joe Madonia	0	Research on body image and peers in physical education
Spring 2009	Adam Ancel	3	Research on anxiety in athletics
Spring 2009	Lindley McDavid	3	Research on creating a psychological skills training program
Fall 2008	Katie Witty	3	Research on self-perceptions, emotion, and motivation in physical education
Fall 2008	Lindley McDavid	3	Research on the role of parents in children's physical activity beliefs and behaviors
Spring 2008	Nathan Bell	3	Research: Coaching effectiveness as applied to the football context
Fall 2007	Nicole Duncheon	3	Research: The Roles of Teacher Support and Peers in Physical Education Motivation
Fall 2007	Lauren Saturnus	1	Psychological Skills Training Program
Fall 2007	Jillian Cooper	3	Research: Attachment Relationships in Sport
Fall 2007	Amanda Savage	1	Teaching Sport Psychology
Fall 2007	Amanda Savage	2	Psychological Skills Training Program
Spring 2007	Nicole Duncheon	3	Research: Motivation in Physical Education
Spring 2007	Lindley McDavid	3	Research: The Psychological Response to Injury
Spring 2007	Lindley McDavid	3	Research Methods/Statistics

\*Culminating Experience

\*\*Independent Honors Project

***Graduate Professional Practice Supervision***

<u>Term</u>	<u>Student</u>	<u>Hours</u>	<u>Brief Description</u>
Summer 2013	Darby Sligh*	6	Applying mental skills training to collegiate golf
Spring 2013	Brooke Carlson*	3	Professional practice in mental skills training
Spring 2013	Zach Walrod*	3	Professional practice in mental skills training
Spring 2012	Doris Matosic	3	Professional practice in mental skills training
Spring 2012	Tim Young*	6	Professional practice in mental skills training
Spring 2012	Cassie Kowaleski*	3	Professional practice in mental skills training
Spring 2012	Matt Mariani*	3	Professional practice in mental skills training
Spring 2012	Paul Ryon*	6	Professional practice in mental skills training
Fall 2011	Cassie Kowaleski	3	Professional practice in mental skills training
Fall 2011	Doris Matosic	3	Professional practice in mental skills training
Spring 2011	Chase Madison*	6	Professional practice in mental skills training
Spring 2011	April Wenzel*	3	Professional practice in mental skills training
Spring 2011	Michelle Novak*	3	Professional practice in mental skills training
Spring 2009	Nathan Bell*	3	Professional practice in applying sport psychology concepts to coaching college football
Spring 2009	Elijah Landell*	6	Professional practice in mental skills consulting
Fall 2008	Nicole Duncheon*	3	Professional practice in motivational strategies in physical education
Spring 2008	Amanda Savage*	6	Professional practice in mental skills training with tennis

\*Culminating Experience

#### ***In-Class Honors Project Supervision***

<u>Term</u>	<u>Student</u>	<u>Class</u>	<u>Brief Description</u>
Fall 2010	Katie Thomas	KNR 306	Completed case studies on how psychological factors affect performance in middle school cross-country runners.
Spring 2009	Jess Husted	KNR 320	Created a presentation on burnout in sport.
Spring 2008	Betsy Metz	KNR 254	Wrote a paper examining physical activity and obesity.

Spring 2007	Derek Malinowski	KNR 254	Wrote a paper examining physical activity motivation.
----------------	---------------------	---------	---

### ***Undergraduate Teaching Assistant Supervision***

<u>Term</u>	<u>Class</u>	<u>Student</u>
Spring 2014	KINES 313	Hailey Hyer
Spring 2014	KINES 313	Jennifer Gledhill
Spring 2011	KNR 254	Laura Conte
Fall 2010	KNR 306	Sammy Mutert
Fall 2009	KNR 254	Shannon O'Hara

### ***Research Assistant Supervision***

<u>Term</u>	<u>Student</u>	<u>Brief Description</u>
Fall 2014	Amy Cole	Assisted with managing multiple research projects and supervising undergraduate students.
Spring 2014	Amy Cole	Assisted with research on the effects of yoga on psychological outcomes.
Spring 2013	Kari Tunney	Assisted with research on maturity status and physical activity behavior.
Fall 2012	Kari Tunney	Assisted with research on maturity status and physical activity behavior.
Fall 2011	Maria Canino	Assisted with research in physical activity motivation
Spring 2011	7 students	Assisted with data entry
Spring 2011	Kevin Becker	Assisted with conducting research in a high school setting and entering data
Fall 2010	Kevin Becker	Assisted with conducting research in a high school setting and literature reviews
Summer 2010	Katie Witty	Assisted with study design and survey creation
Spring 2010	Katie Witty	Assisted with data analysis, interpretation and presentation
Spring 2010	Joe Madonia	Assisted with data analysis, interpretation and presentation
Fall 2009	Katie Witty	Assisted with literature reviews and study design
Fall 2009	Joe Madonia	Assisted with literature reviews and study design

## **PROFESSIONAL SERVICE**

### ***Editorial Contributions***

- 2012- Associate Editor in the Psychology section for the **Research Quarterly for Exercise and Sport** (I am responsible for recommending reviewers, reviewing manuscripts once the initial reviews are received and summarizing/reconciling reviewer comments and making recommendations on acceptance of manuscripts to the editor for approximately 2 manuscripts/month)
- 2011-2013 **Journal of Sport & Exercise Psychology** Digest Contributor (Identifying and writing abstracts for 6-9 articles per year that are relevant to the readership of this journal)

**Ad hoc Reviewer: 2006-Present**

*British Journal of Educational Psychology*  
*European Journal of Psychology of Education*  
*European Physical Education Review*  
*International Journal of Sport Psychology*  
*Journal of Adolescent Health*  
*Journal of Applied Biobehavioral Research*  
*Journal of Learning and Instruction*  
*Journal of Sport & Exercise Psychology*  
*Journal of Sport Sciences*  
*Journal of Teaching in Physical Education*  
*Pediatric Exercise Science*  
*Psychology of Sport and Exercise*  
*Research Quarterly for Exercise and Sport*  
*Sex Roles*  
*Sport and Exercise Performance Psychology*

\*Over 80 manuscripts reviewed total.

**Grant Reviewer**

- 2013-January Reviewed a grant application for the Social Sciences and Humanities Research Council of Canada.

**Presentations and Workshops Presented**

- Making your behavior change goals a reality: How to get moving in the right direction.* Presented to the ISU community as part of the “Day of Renewal” sponsored by CTLT (2011, May)
- Making your behavior change goals a reality: How to get moving in the right direction.* Presented to the ISU community as part of the “Day of Renewal” sponsored by CTLT (2010, May)
- Making your behavior change goals a reality: How to get moving in the right direction.* Presented to the ISU community as part of the “Day of Renewal” sponsored by CTLT (2009, May)

*Making your behavior change goals a reality: How to get moving in the right direction.* Presented to the ISU community as part of the “Day of Renewal” sponsored by CTLT (2008, May)

*Making your goals a reality: How to get moving in the right direction.* Presented to the ISU community as part of the Wellness program (2008, February)

*Good vs. Bad Motivation: Understanding the Impact of Different Motivational Strategies.* Presented to the Athletic Coaches for Excellence (ACE) student club at Illinois State University (2006, September).

*Understanding Motivation: How to Get Kids Moving in the Right Direction.* Presented at the Undergraduate Health and Kinesiology Club annual banquet at Purdue University (2006, April)

*Working With Graduate Students.* Served on panel presented for the Resident Assistants’ Orientation at Purdue University (2005, August)

*Making your Goals a Reality.* Presented to the School of Liberal Arts Academic Advising Department at Purdue University (2004, March)

### ***Service to Professional Organizations***

- |                  |  |
|------------------|--|
| 2014 (April)     | Moderated a session at the annual meeting of the American Association for Health, Physical Education, Recreation and Dance, St. Louis, MO. |
| 2012-2013        | Serve as the Sport Psychology Representative on the Professional Preparation and Research Steering Committee, NASPE, AAHPERD.              |
| 2012 (June)      | Moderated a session at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.   |
| 2012 (Feb.)      | Led a roundtable discussion for students about research and professional issues at the Midwest Sport & Exercise Psychology Symposium.      |
| 2010 (Feb.)      | Led a roundtable discussion for students about research and professional issues at the Midwest Sport & Exercise Psychology Symposium.      |
| 2007 (Feb.)      | Reviewed abstract submissions for the annual meeting of the Association for the Advancement of Applied Sport Psychology (AAASP).           |
| 2005-2006 (June) | Assisted in the organization and implementation of conference registration at the annual meetings of the NASPSPA.                          |

### **INSTITUTIONAL SERVICE**

#### ***University***

- |           |  |
|-----------|--|
| 2014      | Reviewer, Undergraduate Research Award applications, Washington State University.  |
| 2011-2013 | Provost appointee and College of Applied Science and Technology representative to The University Research Council, Illinois State University |



2009-2013	Department IRB representative: Responsible for reviewing IRB proposals for the School of Kinesiology and Recreation, Illinois State University
2009-2010	Member, University Service Awards Selection Committee for the Academic Senate, Illinois State University
2005-2006	Secretary, Purdue Graduate Student Government, Purdue University
2004-2005	Senator, Purdue Graduate Student Government, Purdue University, Served on the Travel Grant Committee

### ***College***

2014-	Member, College of Education Faculty Affairs Committee (CEFAC), Washington State University
2008	Member, Committee on addressing eating disorders among student-athletes, College of Applied Science and Technology, Illinois State University

### ***Department/School***

2014	Member, Department of ELSSECP, Clinical Instructor/Assistant Professor Search Committee, Washington State University
2014-	Sport Science Program Coordinator, Department of Educational Leadership, Sport Studies and Educational/ Counseling Psychology (ELSSECP), Washington State University
2013-2014	Member, Department of Educational Leadership, Sport Studies and Educational/ Counseling Psychology (ELSSECP) Exercise Physiology/Biomechanics Faculty Search Committee, Washington State University
2012-2013	Member, School of Kinesiology and Recreation Director Search Committee, Illinois State University
2010-2013	Esther Larson McGinnis Scholar Lecture Presentation Committee, Illinois State University
2008-2013	Member, Exercise Science subcommittee on assessing student outcomes, Illinois State University
2008-2010	Member, School Faculty Status Committee, Illinois State University
2007-2010	Faculty sponsor of the KNR Graduate Student Organization, Illinois State University
2009	Reviewed applications for the Jorndt Graduate Student/Faculty Research Award, Illinois State University
2008	Reviewed applications for the Jorndt Graduate Student/Faculty Research Award and Dr. L. Marlene Mawson Graduate Research Potential Award, Illinois State University
2008	Member, Exercise Science subcommittee on creating a vision/mission statement, Illinois State University
2006	Member, KNR Sport Management Faculty Search , Illinois State University
2005-2006	Member, Health & Kinesiology Graduate Student Organization, Purdue University

2004-2005	Vice President, Health & Kinesiology Graduate Student Organization, Purdue University
1999-2000	Member, Health and Physical Education Department Student Council, University of Virginia

### COMMUNITY AND CIVIC SERVICE

2013-	Consult with and help coordinate evaluation of local middle school physical education program (approximately 6-8 meetings per school year).
2010-2013	Provided mental skills consulting to the Illinois State University Softball and Women's Basketball teams, Illinois State University.
2010	Provided an interview to WJBC radio station on Physical Education Motivation (February 1).
2007-2008	Provided mental skills consulting to the Illinois State University Volleyball and Men's Golf teams.
2007	Provided an interview to WZND, Illinois State University's radio station, on Addiction to Exercise (April, 9).

### MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

2006 – 2013	Illinois Association for Health, Physical Education, Recreation, and Dance
2002 – present	North American Society for the Psychology of Sport and Physical Activity
2002 – present	American Alliance for Health, Physical Education, Recreation, and Dance
1999 – 2011	Association for Applied Sport Psychology

### AWARDS AND HONORS

#### *Teaching*

2005	Graduate Student Award for Outstanding Teaching, Committee for the Education of Teaching Assistants, Purdue University
2004	A. A. Annarino Outstanding Graduate Teaching Assistant Award, Department of Health & Kinesiology, Purdue University

#### *Scholarship and/or Creative Activity*

2013	Jorndt Graduate Student/Faculty Research Award, School of Kinesiology and Recreation, Illinois State University. Received with Doris Matosic (master's student).
------	--

- 2011 University Research Initiative Award, University Research Council, Illinois State University. Awarded \$500.00.
- 2007 Illinois Association for Health, Physical Education, Recreation, and Dance Student/Mentor Award with Nicole Duncheon and with Lindley McDavid.
- 2006 Purdue Graduate Student Government Travel Grant. Awarded \$350.00.
- 2005 Donald L. Corrigan Professional Development Award, Department of Health & Kinesiology, Purdue University. Awarded \$300.00.
- 2003 Donald L. Corrigan Professional Development Award, Department of Health & Kinesiology, Purdue University. Awarded \$250.00.

### ***Mentored Awards***

- 2013 Shannon O'Hara (master's student) received the Dr. L. Marlene Mawson Graduate Research Potential Award.
- 2012 Doris Matosic (master's student) was awarded the College of Applied Science and Technology Outstanding Graduate Student Researcher Award for her thesis on *The Role of Perceived Controlling Coaching Behavior in the Relationship between Scholarship Status and Motivation in College Athletes*. It was ranked in the top 5 at the university.
- 2012 Doris Matosic (master's student) was the KNR nominee for the Fisher Thesis Competition for her thesis on *The Role of Perceived Controlling Coaching Behavior in the Relationship between Scholarship Status and Motivation in College Athletes*.
- 2010 Lindley McDavid (master's student) was the KNR nominee for the Fisher Thesis Competition for her thesis on *The Relative Roles of Physical Education Teachers and Parents in Adolescents' Leisure Time Physical Activity Motivation and Behavior*.
- 2010 Lindley McDavid (master's student) received the Dr. L. Marlene Mawson Graduate Research Potential Award.