

Sam J. Zizzi
Morgantown, WV, USA
(304) 293-3295 x5240 (w)
szizzi@mail.wvu.edu

Last updated: 12/13/07

EDUCATION

- Ed.D. Sport and Exercise Psychology. (2000);
West Virginia University, Morgantown, WV. Minor in Counseling.
Dissertation Topic: "Effectiveness of traditional and web-based interventions on utilization of sport psychology services: Exploring the stages of change"
- M.A. Physical Education, Specialization in Sport Psychology. (1997);
University of North Carolina at Chapel Hill, Chapel Hill, NC
- B.A. Psychology. (1995); *James Madison University, Harrisonburg, VA*
Summa Cum Laude. Major GPA: 3.92. Cumulative GPA: 3.87.
- AAASP Certified Consultant (#144)
Member, USOC Sport Psychology Registry (2002-present)

AWARDS

- Outstanding Grantsperson Award, WVU School of Physical Education 2004
- Outstanding Research / Creativity Award, WVU School of PE 2003-2006
- Outstanding Teaching Award, WVU School of Physical Education 2002,2004,2006
- Outstanding Service Award, WVU School of PE 2007
- Faculty Research Travel Grant (7 years) 2001-2007
- Swiger Doctoral Fellowship, West Virginia University 1997-2000

PROFESSIONAL EXPERIENCE

- 2001 - Assistant and Associate Professor, West Virginia University
Sport and Exercise Psychology
Adjunct Professor in Community Counseling
- 2000-2006 Adjunct Statistics Professor and Research Advisor, Alderson-Broadus College
Master's Degree Program for Physician's Assistants
- 2000-2001 Visiting Assistant Professor, WVU School of Physical Education
- Spring 1998 Course Instructor / Academic Advisor, WVU Learning Centers
- 1995-1997 Physical Activity Instructor, UNC-Chapel Hill Department of Exercise Science

PUBLICATIONS (Grants, Journal Articles, Book Chapters, & Presentations)

Research Areas: 1) Applied sport psychology training and practice
2) Physical activity promotion

Grants & Contracts

- Zizzi, S. (2008) Weight management program evaluation. External research & service grant / contract funded to PEIA Insurance Agency for \$242,797.50 over a three year period (Aug 1, 2008-2011; **PI**)
- Ayers, S., & Zizzi, S. (2007). A longitudinal analysis of college students' health behaviors. Extramural grant submitted to the USDA. Four year budget requested \$850,000. (**Co-PI overall**, PI for the WVU site)
- Zizzi, S. (2007). PEIA worksite wellness project – evaluation services. External research & service grant funded by PEIA Insurance Agency for \$21,318. (**PI**)
- Zizzi, S., & Abildso, C. (2007). Evaluation of the impact of a rail-trail on community physical activity. Funded by a School of Physical Education Internal Grant for \$2,455. (**Co-PI**)
- Hornsby, G., & Briggs, P. (Co-PIs) (2007). Effects of land-based and aquatic exercise on health and psychological functioning in type II diabetes mellitus. External grant submitted to the National Swimming Pool Foundation for \$89,128. (**Co-investigator**)
- Zizzi, S., & Zakrajsek, R. (2006). *Continued development of the sport psychology attitudes revised form for coaches – Austin, TX – Football coaches' perceptions of sport psychology [ongoing psychometric research]*. Funded by a School of Physical Education Internal Grant for \$541.00 (**Co-PI**)
- Zizzi, S. (2005). Improving adherence to injury rehabilitation in a community setting: A theory guided approach to secondary prevention. Seed grant submitted to WVU Injury Control and Research Center for \$25,000. (**PI**)
- Dino, G. et al. (PI). (2003). WVU Center for Healthy Communities: Health Science Technology Academy Project. Grant funded by DHHS, PHS, CDC for approximately \$200,000 for 2003-2004. (**Co-investigator**)
- Zizzi, S., & Zakrajsek, R. (2003). Development of the Sport Psychology Attitudes Revised Form for Coaches. Funded by a School of Physical Education Internal Grant for \$450.00. (**Co-PI**)
- Zizzi, S. & Alt, J. (2003). Using an integrated assessment approach to teach athletic training students psychosocial competencies. Grant proposal submitted to the National Athletic Trainers Association. (**Co-PI**)

Tessaro, I. (PI), Mangone, C., Zizzi, S., & Wu Ying. (2002-2006). Colorectal cancer control in Appalachian churches. Grant funded by Center for Disease Control and Prevention for 5 years for approximately \$250,000 per year. (Co-investigator).

O'Hara-Tompkins, N. & Zizzi, S. (2002). A survey of opportunities for school-based physical activity in West Virginia schools. Grant funded by the WV Dept of Education and Bureau of Healthy Schools for \$50,000. (Co-PI)

Zizzi, S., Ayers, S., & Watson, J. (2002). Evaluation of the impact of the WVU student recreation center. Funded by a School of Physical Education Internal Grant for \$700.00. (Co-PI)

Refereed Journal Articles

Zakrajsek, R., & Zizzi, S. (2008). How do coaches' attitudes change when exposed to a sport psychology workshop. *Journal of Coaching Education, 1*, 1-18.

Geer, J., & Zizzi, S. Assessing environmental perceptions for physical activity in WV adults. Submitted to *Journal of Physical Activity and Health Dec 2007*.

Zakrajsek, R., & Zizzi, S. (2007). Factors influencing track and swimming coaches intentions to use sport psychology services. *Athletic Insight: Online Journal of Sport Psychology*. Available online: <http://www.athleticinsight.com/Vol9Iss2/CoachesIntentions.htm>

Abildso, C., Zizzi, S., Abildso, L., Steele, J., & Gordon, P. (2007). Built environment and psychosocial factors associated with trail proximity and use. *American Journal of Health Behavior, 31*, 374-383.

Zizzi, S., Goodrich, D., Wu, Y., Parker, L., Rye, S., Pawar, V., Mangone, C., & Tessaro, I. (2006). Correlates of physical activity in a community sample of Appalachian adults. *Journal of Aging and Physical Activity, 14*, 423-438.

Watson, J., Zizzi, S., & Etzel, E. (2006). Ethical training in sport psychology programs: Current training standards. *Ethics and Behavior, 16(1)*, 5-14.

Watson, J., Ayers, S., Zizzi, S., & Naoi, A. (2006). Student recreation centers: A comparison of users and non-users on psychosocial variables. *Recreational Sports Journal, 30*, 9-19.

Zizzi, S., Vitullo, E., Rye, J., O'Hara-Tompkins, N., Abildso, C., Fisher, B., & Bartlett, M. (2006). The impact of the three-week pedometer intervention on high school students daily step counts and perceptions of physical activity. *American Journal of Health Education, 37*, 35-40.

Zizzi, S., Keeler, L., & Watson, J. (2006). The interaction of goal orientation and stage of change on exercise behavior in college students. *Journal of Sport Behavior, 29*, 1-5.

Zizzi, S., Blom, L., Watson, J., Downey, V., & Geer, J. (2005). Establishing a hierarchy of psychological skills: Coaches, athletic trainers, and psychologists' uses and perceptions of psychological skills training. *International Sport Journal*.

- Rye, J., Zizzi, S., Vitullo, E., & O'Hara-Tompkins, N. (2005). The pedometer as a tool to enrich science learning in a public health context. *Journal of Science Education and Technology, 14*, 521-531.
- O'Hara-Tompkins, N., Rye, J., Zizzi, S., & Vitullo, E. (2005). Engaging underserved youth in physical activity promotion research in an after-school setting. *Preventing Chronic Disease*. Available online at http://www.cdc.gov/pcd/issues/2005/nov/05_0075.htm
- Grindley, E., & Zizzi, S. (2005). Using a multidimensional approach to predict motivation and adherence to rehabilitation in older adults: An application of protection motivation theory. *Topics in Geriatric Rehabilitation, 21*(3), 182-193.
- Gordon, P., Zizzi, S., Pauline, J. (2004). Impact of a community trail among new and habitually active exercisers: A preliminary assessment. *Preventing Chronic Disease, Vol 1, No. 4*, Available online at http://www.cdc.gov/pcd/issues/2004/oct/04_0058.htm.
- O'Hara-Tompkins, N., Zizzi, S., Zedosky, L., Wright, J., & Vitullo, E. (2004). A collaborative approach to assessing school-based opportunities for physical activity in WV public schools. *Preventative Medicine, 39*, 834-840.
- Zizzi, S., Ayers, S., Watson, J., & Keeler, L. (2004). The impact of a new campus recreation center on physical activity patterns in college students. *The NASPA Journal, 41*(4), 588-630. Available online at <http://publications.naspa.org/naspajournal/vol41/iss4/art2>.
- Watson, J., Zizzi, S., Etzel, E., & Lubker, J. (2004). Applied sport psychology supervision: A survey of students and professionals. *The Sport Psychologist, 18*, 415-429.
- Etzel, E., Watson, J., Zizzi, S. (2004). A web-based survey of ethical beliefs and behaviors of AAASP members in the new millennium. *Journal of Applied Sport Psychology, 16*, 236-250.
- Zizzi, S., & Perna, F. (2003). Impact of a brief workshop on stages of change profiles in athletes. *Athletic Insight: Online Journal of Sport Psychology, 5*(4), available online at <http://www.athleticinsight.com/vol5iss4/impactofbriefworkshop.htm>
- Zizzi, S., Deaner, H., & Hirschhorn, D. (2003). The relationship between emotional intelligence and performance in college baseball players. *Journal of Applied Sport Psychology, 15*, 262-269.
- Zizzi, S., & Perna, F. (2002). Integrating webpages and email into sport psychology consultations. *The Sport Psychologist, 16*, 416-431.
- Martens, M., Mobely, D., & Zizzi, S. (2000). Multicultural training in applied sport psychology. *The Sport Psychologist, 14*, 81-97.
- Silva, J., Conroy, D., & Zizzi, S. (1999). Critical issues confronting the advancement of applied sport psychology. *Journal of Applied Sport Psychology, 11*, 298-320.

Book Chapters and Other Publications

- Etzel, E., Zizzi, S., Newcomer-Appeneal., R., Ferrante, A., & Perna, F. (2007). Providing psychological assistance to college student athletes with injuries and disabilities. In Pargman, D. (Ed). *Psychological bases of sport injuries*. 3rd Edition.
- Meyer, B., & Zizzi, S. (2006). Emotional intelligence in sport: Conceptual, methodological, and applied issues. In A. Lane (Ed). *Mood and human performance: Conceptual, measurement, and applied issues*. Nova Science Publishers.
- Zizzi, S., O'Hara-Tompkins, N., Vitullo, E. (2002). Survey of school-based physical activity in West Virginia schools: Summary Report. *Published by the WV Department of Education*.
- Zizzi, S., Zaichkowsky, L., & Perna, F. (2002). Certification in sport and exercise psychology. In J. VanRaalte & B. Brewer (Eds.). *Exploring sport and exercise psychology* (2nd edition). pp. 459-477. APA: Washington, DC.
- Zizzi, S. (2000). Effectiveness of traditional and web-based interventions on utilization of sport psychology services: Exploring the stages of change. Unpublished doctoral dissertation.
- Zizzi, S. (1999). Potential benefits of accreditation in sport and exercise psychology. *AAASP Newsletter*, 14(3), 20-22.

Refereed, Published Abstracts (and other invited lectures)

Notes: All published abstracts from conference proceedings were peer-reviewed; (#) signifies a data-based presentation or poster based on original research

- Geer, J., & Zizzi, S. (2008). Perceptions of the environment for physical activity: Perspectives from community residents and policy officials. Submitted to 2008 Active Living Research Conference in Washington, DC. (#)
- Abildso, C., Zizzi, S., et al (2008). Impact of a 12-week weight management program on physiological and psychosocial outcomes: quantitative and qualitative evidence. To be presented to 55th Annual ACSM Conference in Indianapolis. (#)
- Zizzi, S., & Hays, K. (2007). Changing health behaviors: Intersections of exercise, psychology, and psychotherapy. Workshop presented at the APA Convention in San Francisco, CA.
- Zizzi, S., & Sherlock, L. (2007). Helping others develop active lifestyles in your community. Workshop presented at the WV Summer Institute on Aging, Morgantown, WV.
- Zizzi, S. (2007). Simple strategies for sticking with an exercise program. Invited lecture at Dublin City University, Dublin, Ireland. (March).

- Zizzi, S. (2007). Understanding community-based physical activity: Personal, social, and cultural factors. Invited lecture at Dublin City University, Dublin, Ireland. (March).
- Abildso, C., Zizzi, S., Abildso, L., Steele, J., & Gordon, P. (2007). Built environment and psychosocial factors associated with trail proximity and use. Paper presented at the Active Living Research Conference in San Diego, CA. (February). (#)
- Zizzi, S., Quartiroli, A., & Vosloo, J. (2007). A worldwide survey of the training of sport psychology professionals. Paper presented at the AAASP Conference in Louisville, KY. (#)
- Fitzpatrick, S., Visek, A., Hurst, J., Shapiro, J., Harris, B., Creasy, J., & Zizzi, S. (2007). Creating and implementing a community based exercise adherence program. Paper presented at the AAASP Conference in Louisville, KY. (#)
- Shapiro, J., Fitzpatrick, S., & Zizzi, S. (2007). Does high school athletic participation influence physical activity levels after the transition to college? Paper presented at the AAASP Conference in Louisville, KY. (#)
- Hurst, J., & Zizzi, S. (2007). Athletic participation and adjustment to college life for students with physical disabilities. Paper presented at the AAASP Conference in Louisville, KY. (#)
- Keeler, L., Zizzi, S., & Watson, J. (2007). Measuring clients' readiness to use psychological skills training. Paper presented at the AAASP Conference in Louisville, KY. (#)
- Huang, C-J, Zizzi, S., & Watson, J. (2007). Exploring the factors associated with mental toughness of athletes. Paper presented at the AAASP Conference in Louisville, KY. (#)
- Zizzi, S. (2006). Current research trends in exercise psychology in the USA. Invited lecture presented at 8th National Conference of Sport Psychology in Wuhan, China (October).
- Zizzi, S. (2006). Certification issues in applied sport psychology in the USA. Invited workshop presented at 8th National Conference of Sport Psychology in Wuhan, China (October).
- Gilleland, D., Bonner, D., Donley, T., Zizzi, S., Hornsby, G., Ullrich, I., & Yeater, R. (2006). A weight management program with costs shared by patients and insurance improves adherence and compliance. Paper presented at 53rd annual meeting of the American College of Sports Medicine (ACSM), Denver, CO. (#)
- Vosloo, J., Fisher, B., & Zizzi, S. (2006). Factors related to campus recreation center use: Comparing intentions, motives, and self-efficacy for physical activity across genders. Paper presented at the AAASP Conference in Miami, FL. (#)
- Omar-Fauzee, S., & Zizzi, S. (2006). Does the proselytizing stage exist in the transtheoretical model of exercise behavior? Paper presented at the 6th Sport Science Asia Conference, Universiti Sains, Malaysia. (#)

- Rye, J., Vitullo, E., O'Hara-Tompkins, N., & Zizzi, S. (2006). Students' perceptions of their community interventions to increase physical activity opportunities. Paper presented at the CDC International Congress on Physical Activity and Public Health in Atlanta, GA.
- Zizzi, S., Keeler, L., & Watson, J., (2005). The interaction of goal orientation and stage of change on exercise behavior in college students. Paper presented at the AAASP Conference in Vancouver, British Columbia, Canada. (#)
- Grindley, E., Zizzi, S., & Nasypany, A. (2005). Using protection motivation theory, mood, and barriers to assess physical therapy patients' perceptions at the onset of injury rehabilitation. Paper presented at the AAASP Conference in Vancouver, British Columbia, Canada. (#)
- Abildso, C., Zizzi, S., Rye, J., O'Hara-Tompkins, N., Vitullo, E. (2005). Impact of a three-week pedometer intervention on high school students' daily step counts and perceptions of physical activity. Paper presented at the AAASP Conference in Vancouver, British Columbia, Canada. (#)
- Zakrajsek, R., & Zizzi, S. (2005). Coaches intentions to use sport psychology services and their preferences for different contact methods. Paper presented at the AAASP Conference in Vancouver, British Columbia, Canada. (#)
- Fitzpatrick, S. Bartlett, M., Zizzi, S. Watson, J., & Grindley, E. (2005). Health behaviors of college students: Gender and motivation. Paper presented at the AAASP Conference in Vancouver, British Columbia, Canada. (#)
- Zizzi, S., Grindley, E., Sibold, J., & Ostrow, A. (2005). Predicting injury occurrence and adherence in university and community samples. Paper presented at the ISSP World Congress of Sport Psychology in Sydney, Australia. (#)
- Watson, J., Zizzi, S., & Etzel, E. (2005). Ethical training in sport psychology programs: Current training standards. Paper presented at the ISSP World Congress of Sport Psychology in Sydney, Australia. (#)
- O'Hara-Tompkins, N., Rye, J., Zizzi, S., & Vitullo, E. (2005). Lessons learned from engaging schools and underserved youth in physical activity promotion research. Paper presented at the 19th National Conference on Chronic Disease Prevention and Control in Atlanta, GA.
- Mangone, C., Tessaro, I., Rye, S., Goodrich, D., Parker, L., Zizzi, S., & Parkar, I. (2004). Developing interventions for healthy eating and physical activity in Appalachian churches. Paper presented at the American Public Health Association Conference in Washington, DC. (#)
- Zizzi, S., Parker, P., & Blom, L. (2004). Evaluating the effectiveness of a screening and intervention program on clinic-based exercise adherence. Paper presented at the 2004 AAASP Conference in Minneapolis, MN. (#)
- Zakrajsek, R., & Zizzi, S. (2004). Coaches and sport psychology: An exploration of mediating factors influencing intentions to utilize sport psychology consultation. Paper presented at the 2004 AAASP Conference in Minneapolis, MN. (#)

- Aumand, E., Zizzi, S., & Watson, J. (2004). Comparing physical activity patterns and perceived benefits of new and habitually active college students. Paper presented at the 2004 AAASP Conference in Minneapolis, MN. (#)
- Goodrich, D., & Zizzi, S. (2004). Use of pedometry to assess the relationship between randomized step counts to daily mood states among sedentary adults. Paper presented at the 2004 AAASP Conference in Minneapolis, MN. (#)
- Watson, J., Ayers, S., & Zizzi, S. (2004). Student recreation centers: A comparison of users and non-users on psychosocial variables. Paper presented at the 2004 AAASP Conference in Minneapolis, MN. (#)
- Naoi, A., Ostrow, A., Etzel, E., & Zizzi, S. (2004, December). The effects of cognitive and relaxation interventions on injured athletes' mood, pain, optimism, and adherence to rehabilitation. Poster presented at the 31st Japanese Society of Sport Psychology Conference, Osaka, Japan. (#)
- Zizzi, S., Grindley, E., Watson, J., Ayers, S., & Keeler, L. (2003). Exercise and smoking behaviors among new exercisers and habitually active college students. Paper presented at the AAASP Conference in Philadelphia, PA. (#)
- Hurst, J., & Zizzi, S. (2003). Changes in social support, life stress, and coping skills across time among college athletes. Paper presented at the AAASP Conference in Philadelphia, PA. (#)
- Downey, V.P., Zizzi, S., Watson, J., Blom, L. (2003). Establishing a hierarchy of psychological skills: Psychologists' perceptions of competence and effectiveness. Paper presented at the AAASP Conference in Philadelphia, PA. (#)
- Geer, J., Zizzi, S., Watson, J. (2003). Coaches and athletic trainers' use of and self-efficacy for psychological skills training. Paper presented at the AAASP Conference in Philadelphia, PA. (#)
- Visek, A., Zakrajsek, R., Lubker, J., Watson, J., & Zizzi, S. (2003). Performance enhancement workshop series: An investigation of empirical effectiveness. Paper presented at the AAASP Conference in Philadelphia, PA. (#)
- Zedosky, L., Wright, J., O'Hara-Tompkins, N., & Zizzi, S. (2003). Improving physical activity for youth: A collaborative partnership between education, health, and the prevention research center. Paper presented at the 17th National Conference on Chronic Disease Prevention and Control in St. Louis, MO.
- Watson, J., Zizzi, S., Etzel, E., & Lubker, J. (2003). Supervision: Trends in applied sport psychology among students and professionals. Paper presented at the American Psychological Association conference in Toronto, Canada. (#)

- Zizzi, S., Grindley, E., Perna, F. (2002). Applied exercise psychology: A multidisciplinary program for disease prevention and exercise adherence. Colloquium presented at the AAASP Conference in Tucson, AZ.
- Etzel, E., Watson, J., Zizzi, S., Foster, S., Peterson, K. (2002). Ethical beliefs and behaviors of AAASP members in the new millennium. Symposium presented at the AAASP Conference in Tucson, AZ. (#)
- Goodrich, D., Zizzi, S., Gordon, P. (2002). Impact of a community based rail-trail on physical activity rates. Paper presented at the AAASP Conference in Tucson, AZ. (#)
- Clark, T., Zizzi, S., Goodrich, D., Parker, P., Blom, L., Grindley, E., Naoi, A. (2002). The development of a community based workshop series: Providing exposure to psychological skills. Paper presented at the AAASP Conference in Tucson, AZ.
- Deaner, H., Hill, T., Zizzi, S. (2002). Helping gymnasts cope with pressure: Team and individual approaches. Paper presented at the AAASP Conference in Tucson, AZ.
- Watson, J., Zizzi, S., Krantz, D., Bly, C., Royland, E. (2002). A evaluation of the effects of brief exercise on mood. Paper presented at the AAASP SE Regional Conference in Knoxville, TN. (#)
- Maniar, S., Curry, L., Zizzi, S., & Kovalski, T. (2002). Athletes' stigmas toward seeking help: A shrink in sheep's clothing is still a shrink. Paper presented at the AERA Conference in New Orleans, LA. (#)
- Naylor, A. (organizer), Zizzi, S., Zaichowsky, L., & Nideffer, R. (2001). Wired for performance excellence: Case studies of online consulting in sport psychology. Workshop presented at the AAASP Conference in Orlando, FL.
- Scherzer, C. (organizer), Fazio, R., Zizzi, S., Peterson, K., & Gardner, D. (2001). Tips for gaining applied experience in graduate school and beyond. Workshop presented at the AAASP Conference in Orlando, FL.
- Naoi, A., & Zizzi, S. (2001). Multicultural consulting experiences with tennis players in Japan and the United States. Poster presented at the AAASP Conference in Orlando, FL.
- Zizzi, S. (2000). Integrating internet and email technology into existing intervention models. Paper presented at the AAASP Conference in Nashville, TN. (#)
- Zizzi, S., Watson, J., & Cockshott, R. (2000). Integrating internet and email technology into applied sport psychology: A new approach to intervention and education. Symposium organized and presented at the AAASP Conference in Nashville, TN. (#)
- Maniar, S., Zizzi, S., Sandstedt, S., Webber, S. N., Palmer, C. (2000). Reaching athletes: Three NCAA division I university varied approaches and doctoral student experiences. Paper presented at the AAASP Conference in Nashville, TN.

- Curry, L., Palmer, C., Maniar, S., Etzel, E., Zizzi, S., Webber, S. N., Sandstedt, S. (2000). Helping athletes: Counseling and teaching strategies for successful individual and group sport psychology support. Paper presented at the AAASP Conference in Nashville, TN.
- Magyar, M. (organizer), Gano-Overway, L., Reel, J., Zizzi, S., Ambrose, A., & Babkes, M. (2000). Students mentoring students: The transition from graduate school to new professional. Symposium presented at the AAASP Conference in Nashville, TN.
- Zizzi, S., & Martens, M. (1999). Practical methods for integrating multicultural counseling training into applied sport psychology programs. Colloquium presented at the AAASP Conference in Banff, Canada.
- Etzel, E., Zizzi, S., Perna, F., Goldman, C., & Shaw, K. (1999). In pursuit of certification: A model for acquiring a variety of applied sport psychology experience in a university setting. Workshop presented at the AAASP Conference in Banff, Canada.
- Zizzi, S., Silva, J., & Martens, M. (1998). The relationship between confidence and attributions in sport: An optimistic approach. Paper presented at the AAASP Conference in Cape Cod, MA. (#)
- Martens, M. & Zizzi, S. (1998). Multicultural training in applied sport psychology. Paper presented at the AAASP Conference in Cape Cod, MA.
- Ahlgren, R., Etzel, E., Zizzi, S., & Perna, F. (1998). An investigation of the relationship between life stress and changes in mood states and stress symptoms in NCAA division I women's athletics team members. Paper presented at the AAASP Conference in Cape Cod, MA.
- Zizzi, S., Silva, J., & Martens, M. (1998). Predicting attributional dimensions in athletes: Is gender still salient? Paper presented at the APA Conference in San Francisco, CA. (#)
- Martens, M., Zizzi, S., Silva, J. (1998). The effect of demographic and sport-related factors on motivational orientation in athletes. Paper presented at the APA Conference in San Francisco, CA. (#)
- Martens, M. P., Zizzi, S. J., Stevens, D., Hall, C. (1997). Imagery use by athletes: Further investigation of the Sport Imagery Questionnaire. Paper presented at AAASP Conference in San Diego, CA. (#)

TEACHING – courses taught

- Health and Exercise Psychology (SEP 722) – 15 graduate students, 4 terms
- Exercise Psychology (SEP 383) – 35 undergraduates, 6 terms (in person and online)
- Advanced Measurement (SEP 726) – 20 graduate students, 6 terms
- Psychological Aspects of Sport and Physical Activity (SEP 272) – 35 undergraduates, 5 terms (in person and online)
- Psychological Aspects of Sport and Physical Activity (SEP 640) – 22 graduate students, 8 terms
- Psychological Aspects of Sport Injury (SEP 723) – 15-20 graduate students, 7 terms
- Sport Psychology Practicum / Internship (SEP 691G) – 8-13 graduate students in group supervision; 2-6 individuals under my supervision each semester, 14 terms
- Research Methods in Physical Activity (SEP 198H) – 15 undergraduate students, 1 term
- Sport Psychology Across the Lifespan (SEP 198I) – 15 undergraduate students, 1 term
- Freshman Student-Athlete Orientation (SEP 198K) – 50-70 first year students, 1 term
(average students per term; courses >500 are graduate level; SEP = sport and exercise psychology)

Thesis and Dissertation Committee Service

Abildso, C. (Dissertation)

Zakrajsek, R. Dissertation. Impact of a tailored intervention on coaches' attitudes and use of sport psychology services. (Chair, defended Fall 2007)

Abildso, C. Impact of a 12-week Lifestyle Modification Program on Psychosocial and Physiological Outcomes. WVU Dept of Community Medicine - (Practicum Preceptor, defended Fall 2007)

Geer, J. Dissertation, Perceptions of the environment for physical activity: Perspectives from community residents and policy officials. (Chair, Defended Fall 2007)

Creasy, J. Thesis. The effects of a physical activity intervention for weight loss on body image and self-esteem. (Chair, proposed Fall 2007)

Frere, L. Dissertation. An exploratory study of multiple relationships, ethical decision making, and the identification of harmful relationships in college counseling centers. (Member, defended Spring 2007)

Clement, D. Dissertation. A psychoeducational program for athletic training students. (Member, proposed Fall 2007)

Vissek, A. Dissertation. Athletic identity and aggressive behavior: An exploratory investigation of its relationship in contact and collision sports. (Member, defended Spring 2007)

Crockett, N. Thesis. The effects of prolonged ankle brace use in high school basketball athletes on dynamic postural control. (Member, defended Spring 2007)

- Loutsch, J. Thesis. Perceive social support systems during athletic injury recovery in collegiate club sport athletes. (Member, defended Spring 2007)
- Dillard, D. Thesis. Predictive factors of brachial plexus neuropathy in wrestling athletes: A prospective longitudinal study. (Member, defended Spring 2006)
- Keeler, L., Dissertation. The transtheoretical model and psychological skills training: Application and implications for elite female athletes. (Member, defended Spring 2006)
- Spencer, B. Thesis. Effect of prolonged ankle bracing on dynamic balance in volleyball players. (Member, defended Spring 2006)
- Kulpa, T. Thesis. The effect of a fatiguing protocol on dynamic postural balance. (Member, defended Spring 2006)
- Bartlett, M. Thesis. Intense training in sport: Effects on immune function and mood state. (Member, defended Spring 2006)
- Hurst, J. Dissertation. The influence of disability status and athletic participation on psychosocial variables related to adjustment in college populations. (Chair, defended Spring 2006)
- Clement, D. Thesis. Psychological readiness: Its role in assessment for injury rehabilitation adherence and compliance. (Member, defended Fall 2005).
- Grindley, E. Dissertation. Predicting adherence to injury rehabilitation: Utility of a screening tool and physical therapists predictions. (Chair, defended Spring 2005).
- Goodrich, D. Dissertation. The impact of walking on mood and mood regulation in older adults. (Chair, defended Summer 2004).
- Zakrajsek, R. Thesis. Coaches and sport psychology: An exploration of mediating factors influencing the likelihood to utilize sport psychology consultation. (Chair, defended Spring 2004).
- Sibold, J. Dissertation. The effect of psychosocial mediators on injury occurrence and severity in college athletes. (Chair, defended March 2004).
- Downey, VP. Dissertation. Factors affecting freshman adjustment for student and student athletes. (Member, defended May 2005).
- Geer, J. Thesis: Effects of listening to music in a precompetition routine on mood and performance. (Member; defended May 2004)
- Visek, A. Thesis: Perceived legitimacy of aggression in ice hockey players across different developmental levels. (Member; defended Spring 2004).
- Sidener, R. Thesis: Do practice weights vary from wrestling weights throughout the season and can the difference predict win/loss records? (Member; defended Spring 2004).

- Cummins, D. Dissertation: Multicultural competence and levels of effectiveness in adventure based counseling. Counseling psychology. (Member; defended April 2004).
- Frere, L. Dissertation: A survey of ethical decision making in college counseling centers. (Member; proposed April 2003).
- Huston, J. Thesis: The effects of fatigue on joint position sense in the ankle. (Member; defended April 2003).
- Piegaro, A. Thesis: The comparative effects of four-week core stabilization and balance training programs on semi-dynamic and dynamic balance. (Member; defended April 2003)
- Naoi, A. Dissertation: The effects of cognitive and behavioral interventions on injured athletes' mood, pain, optimism, adherence, and compliance to rehabilitation. (Member; defended April 2003)
- Black, A. (2002). Dissertation: Gender, gender role, and gender role orientation of exercise task: Effects on cardiovascular reactivity and confidence. (psychology department; member; defended December 2002)
- Dady, M., & Hare, S. Thesis: Stress and burnout in graduate athletic training students. (member; defended June 2002)
- Deaner, H. Dissertation: Psychometric evaluation of the Sport Disengagement Questionnaire. (member; defended May 2002).
- Ahlgren, B. Dissertation: An investigation of demographic, psychosocial, and self-reported behavioral influences on career maturity levels of college student athletes. (member; finished Fall 2001)

SERVICE

University Service

- Chair, Faculty Review Committee, School of PE Fall 2007-
- Program Coordinator, WVU Sport and Exercise Psychology Program 2006-Spring 2007
- Member, Athletic Coaching Faculty Search Committee Spring 2006
- Member, WVU Undergraduate Curriculum Review Cmte Fall 2005-Spring 2007
- Chair, ICPE Subcommittee for Trade Publications Spring 2004-
- Member, Grants and Contracts Committee, School of PE 2001-
- Member, Science Practice Advisory Panel, Center for Healthy Communities Fall 2002-Spring 2004
- Co-organizer, Performance Enhancement Workshop Series 2001-2005
- Staff Member, Clinical Exercise Program (Exercise Physiology) 2000-
- WVU Sport Psychology Webpage Content Coordinator 2001-
- Guest speaker and lecturer 2001-

Professional Service

- Article Reviewer, Journals of Applied Sport Psychology and Sport and Exercise Psychology, The Sport Psychologist, Pediatric Exercise Science, Eating Behaviors, RQES 2002-
- Chair, AAASP Web Development Committee 2002-2005
- Member, AAASP Graduate Training Committee 2005-
- Member, APA Div 47 Public Interest Committee 2006-2007
- Reviewer, APA Div 47 Conference Program 2006, 2007
- Ad Hoc Member, AAASP Health Psychology Committee 2001-02
- Regional Student Representative, AAASP (Mid-Atlantic) 1998-1999
- Student Member, AAASP Performance Enhancement Committee 1997-1998

Sport and Exercise Psychology Applied Service

Certified Consultant, Association for the Advancement of Applied Sport Psychology (# 144).

Member, United States Olympic Committee Sport Psychology Registry (through 2008)

Sport Psychology Consultant and Supervisor, WVU School of PE 1997 – present

- Developed and conducted individual interventions with university student-athletes on issues ranging from performance enhancement to injury rehabilitation to interpersonal issues.
- Developed and conducted team consultations with various high school and college-level teams.
- Provide individual and group supervision to graduate students in conducting individual and group interventions with athletes

Lifestyle Behavior Change Consultant and Program Supervisor, 2000 – present
WVU Disease Prevention Program at the Health Sciences Center (within Exercise Physiology Lab) and Mission Possible Weight Loss Program

- Assisted clients with self-monitoring, building self-efficacy for exercise, and overcoming barriers to exercise while establishing consistent exercise and diet behaviors.
- Shared relevant case information with exercise physiology staff at weekly meetings and maintained an effective consulting relationship with graduate students and faculty.
- Trained exercise physiology staff on behavior modification techniques.
- Trained and supervise students each semester to provide brief, stage matched interventions with high risk exercise and weight loss participants.