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## THOMAS D. RAEDEKE

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### Work address

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207 Field Street  
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## EDUCATION

- Ph.D., 1995    Exercise and Movement Science, University of Oregon, Eugene  
Major:        Social Psychology of Sport and Exercise  
Minor:        Integrated Exercise Science  
Advisor:      Dr. Maureen R. Weiss
- M.S., 1989    Physical Education, University of Idaho, Moscow  
Major:        Sport Psychology  
Advisor:      Dr. Damon Burton
- B.A., 1986    Concordia College, Moorhead, Minnesota  
Major:        Psychology (Summa Cum Laude)

## PROFESSIONAL EXPERIENCES

- 1998-2004 Assistant Professor, East Carolina University, Greenville NC, Department of Exercise and Science  
2004- Associate Professor, East Carolina University

### *Undergraduate Courses*

Applied Sport Psychology (EXSS 3300)  
Exercise Adherence (EXSS 5020)  
Physical Activity and Fitness Student Intern Supervision (EXSS 4800)  
Independent Study/Research Supervision (EXSS 4500)  
Undergraduate Honor's thesis research supervision (HNRS 3103)

### *Graduate Courses*

Sport Psychology (EXSS 6445)  
Physical Activity Psychology (EXSS 6440)  
Seminar on Reading and Synthesizing Research (EXSS 6301)  
Exercise Adherence (EXSS 5020)  
Practicum Experience Coordination (EXSS 6990/6991)  
Independent study supervision (EXSS 6500)  
Seminar in EXSS (EXSS 6650 assist with teaching)

- 1995–1998 Instructor, University of Colorado, Boulder CO, Department of Kinesiology

### *Undergraduate Courses*

Psychological Kinesiology  
Introduction to Statistics and Research in Kinesiology  
Colloquium in Kinesiology  
Internship Supervision  
Independent Study Supervision

### *Graduate Courses*

Psychological Basis of Human Performance  
Psychological Kinesiology  
Research Methods  
Internship Supervision  
Independent Study Supervision

- 1991–1995 University of Oregon, Eugene OR

**Research Assistant** (1992–1995), Department of Exercise and Movement Science.

**Instructor** (1993), Department of Exercise and Movement Science.  
Instructed an undergraduate, nonmajors course titled “The Psychological Dimensions of Sport” for two terms

**Intramural Assistant** (1991–1995), Recreation and Intramurals.  
Organized and managed a variety of team and individual intramural sport leagues and tournaments along with recreational activities

- Racquetball Instructor** (1994), Service Physical Education Program
- Instructor** (1992–1993), Children’s Summer Sport Program. Taught wrestling skills to children aged 5–13 years in a program emphasizing fun along with social and motor skill development
- 1990–1991 Human Kinetics Publishers/American Coaching Effectiveness Program, Champaign, IL.
- Research Intern.** Performed special projects for company CEO and the American Coaching Effectiveness
- 1990 U.S. Olympic Training Center, Colorado Springs, Colorado
- Research Assistant.** Instructed resident teams on psychological factors and skills related to sport; consulted with individual athletes on psychological skills training; presented seminars to various coach/athlete groups. Also assisted with various research projects
- 1987–1989 University of Idaho, Moscow
- Instructor,** Lifetime Fitness Program. Taught weight training and conditioning, racquetball, beginning and intermediate swimming, and archery

## RESEARCH PUBLICATIONS

### *Peer Reviewed Journal Publications*

*To avoid duplication, published abstracts are listed under conference presentations*

- Lonsdale, C., Sabiston, C.M., Raedeke, T.D., Ha, A.S.C., & Sum, R.K.W. (accepted). Self-determined motivation and students’ physical activity during structured physical education lessons and free choice periods. *Preventive Medicine*.
- McArthur, L. & Raedeke, T.D. (in press). Race and sex differences in college student physical activity correlates. *American Journal of Health Behavior*.
- Murray, N. & Raedeke, T.D. (in press). Heart rate variability as an indicator of pre-competitive arousal. *International Journal of Sport Psychology*.
- Focht, B.C., Knapp, D., Raedeke, T.D., Gavin, T, & Hickner, R.C. (2007). Affective and self-efficacy responses to acute exercise in sedentary and younger and older adults. *Journal of Aging and Physical Activity*, 15, 123-138.
- Lonsdale, C., Hodge., & Raedeke, T.D. (2007). Athlete engagement I: A qualitative investigation of relevance and dimensions. *International Journal of Sport Psychology*, 38, 451-470.

- Rowe, D., Raedeke, T., Wiersma, L., & Mahar, M. (2007). Investigating the Youth Physical Activity Promotion Model: Internal structure and external validity evidence for a potential measurement model. *Pediatric Exercise Science*, 19, 420-435.
- Raedeke, T.D. (2007). The relationship between enjoyment and affective responses to exercise *Journal of Applied Sport Psychology*, 19, 105-115
- Raedeke, T.D., Focht, B. & Scales, D. (2007). Social Environmental Factors and Psychological Responses to Acute Exercise for Socially Physique Anxious Females. *Psychology of Exercise and Sport*, 8, 463-476.
- Smith, A.L., Lemyre, N., & Raedeke, T.D. (2007). Advances in athlete burnout research. *International Journal of Sport Psychology*, 38, 337-342 (invited).
- Mahar, MT, Murphy, SK., Rowe, DA, Golden, J, Shields, A.T., Raedeke T.D. (2006). Effects of a classroom based program on physical activity and on-task behavior. *Medicine and Science in Sports and Exercise*, 38, 2086-2094
- Malinauskas, B.M., Raedeke, T.D., Aeby, V.G., Smith, J.L. & Dalla, M.B. (2006). Dieting practices, weight perceptions, and body composition: A comparison of normal weight, overweight, and obese college females. *Nutrition Journal*, 5:11.
- Rowe, D., McDonald, S., Mahar, M., & Raedeke, T. (2005). Validation of Digital Image Manipulation using the multitrait, multimethod design. *Research Quarterly for Exercise and Sport*, 76, 407-415.
- Raedeke, T.D. & Smith, A. (2004). Coping resources and athlete burnout: An examination of stress mediated and moderation hypothesis. *Journal of Sport and Exercise Psychology*, 26, 525-541
- Raedeke, T.D. (2004). Coach commitment and burnout: A one-year follow-up. *Journal of Applied Sport Psychology*, 16, 333-350.
- Rowe, D.A., Mahar, M.T., Raedeke, T.D., & Lore, J.L. (2004). Measuring physical activity in children with pedometers: Reliability, reactivity, and replacement of missing data. *Pediatric Exercise Science*, 16, 343-355.
- Ziemainz, H., Abu, O.K., Raedeke, T., & Krause, K. (2004, Nov). Burnout im sport. Zur praevaleanz von burnout aus bedingungsbezogener perspective (Burnout in sports: About the prevalence of burnout from a condition-related perspective). *Leistungssport (Muenster)*, 34(6): 2; 12-17.

- Raedeke, T.D., Lunney, K., & Venables, K. (2002). Understanding athlete burnout: Coach perspectives. *Journal of Sport Behavior*, **25**, 181-206.
- Raedeke, T.D., Woodard, A., & Granzyk, T.L. (2002). Coaching commitment and turnover: A comparison of current and former coaches on investment model constructs. *Research Quarterly for Exercise and Sport*, **73**, 73-86.
- Raedeke, T.D. & Smith, A. (2001). Development and preliminary validation of a measure of athlete burnout. *Journal of Sport and Exercise Psychology*, **23**, 281-306.
- Raedeke, T.D., Granzyk, T.L., & Woodard, A. (2000). Why coaches experience burnout: A commitment perspective. *Journal of Sport and Exercise Psychology*, **22**, 85-105.
- Stein, G.L., Raedeke, T.D., & Glenn, S.D. (1999). Children's perceptions of parent sport involvement: It's not how much, but to what degree that's important. *Journal of Sport Behavior*, **22**, 591-601.
- Raedeke, T.D. (1997). Is athlete burnout more than just stress? A sport commitment perspective. *Journal of Sport and Exercise Psychology*, **19**, 396-417.
- Raedeke, T.D., & Burton, D. (1997). Personal investment perspective on leisure-time physical activity participation: Role of incentives, program compatibility, and constraints. *Leisure Sciences*, **19**, 209-228.
- Raedeke, T.D., & Stein, G.L. (1994). Felt arousal level, thoughts/feelings, and ski performance. *The Sport Psychologist*, **8**, 360-375.
- McCann, S.C., Murphy, S.M., & Raedeke, T.D. (1992). The effect of performance setting and individual differences on the anxiety-performance relationship for elite cyclists. *Anxiety, Stress, and Coping*, **5**, 177-187.

### ***Dissertation/Master's Thesis***

- Raedeke, T.D. (1995). *Is athlete burnout more than just stress? A sport commitment perspective*. Unpublished doctoral dissertation, University of Oregon, Eugene. (Published by *Completed Research in HPERD* as well as *Microform Publications*, Volume 9, 1996.) Dissertation received two national awards: The Association for the Advancement of Applied Sport Psychology Dissertation Award and the Sport Psychology Academy Dissertation Award.
- Raedeke, T.D. (1989). *Personal investment theory applied to the exercise setting: The role of exercise incentives, program compatibility, and exercise barriers*. Unpublished master's thesis, University of Idaho, Moscow.

### **BOOK/BOOK CHAPTERS**

- Raedeke, T.D. & Smith, A.L. (in press). *The Athlete Burnout Questionnaire Test Manual*. Morgantown, West Virginia: Fitness Information Technology.
- Burton, D., & Raedeke, T.D. (2008). *Sport Psychology for Coaches*, Champaign, IL: Human Kinetics.
- Mahar, M.T., McCammon, M.R., Kemble, C.D., Kenny, R.K., & Raedeke, T.D. (2008). *Fitness for Life*, Cache House: Eden Prairie, MN.
- Mahar, M.T., Estes, S., McCammon, M.R., Scales, D.P., & Raedeke, T.D. (2004). *Fitness for Life*. Outernet Publishing: Eden Prairie, MN.
- Weiss, M.R., & Raedeke, T.D. (2003). Developmental sport and exercise psychology: Research status on youth and directions toward a lifespan perspective. In M.R. Weiss (Ed.), *Developmental sport and exercise psychology: A lifespan perspective*. Morgantown, WV: Fitness Information Technology
- Raedeke, T. (2002-2004). Exercise adherence. In S. Estes, M. Dawson & M. Mahar, (Eds.), *Lifetime physical activity and fitness laboratory manual* (4<sup>th</sup>/5<sup>th</sup> Ed.), Greenville, NC: Independent Press, p. 85-109
- Raedeke, T. (2000-2002). Exercise adherence. In S. Estes, M. Dawson & M. Mahar, (Eds.), *Lifetime physical activity and fitness laboratory manual* 1<sup>st</sup>-/3<sup>rd</sup> Ed). Englewood, CO: Morton

## SERVICE PUBLICATIONS

Raedeke, T.D., (2005-2006) Fitness Motivation. Column that appeared quarterly in *Achieve: A Health, Wellness, and Fitness Magazine*

*Fitness Motivation*

*The Goal Makeover*

*Getting Up, Around, and Over Those Exercise Barriers*

*The Meaning of Exercise: Moving Beyond Health and Fitness*

Raedeke (2005). *Burnout and the Changing Sport Landscape*. Academy Action (AAHPERD)

Smith, A.L., Raedeke, T.D., Ulrich-French, S., & Glass, J. (2003). Motivational climate and peer relationships as predictors of swimming motivation and burnout. *Coaches Quarterly: The Science and Art of Coaching*, 9, 19-21.

Raedeke, T.D., & Smith, A.L. (2001). Positive and negative motivation in adolescent swimmers. *The Science in the Science and Art of Coaching* (pp. 4-8). Colorado Springs: USA Swimming, 4-8.

Raedeke, T.D., & Tuffey, S. (2001). Building and sustaining coaching commitment. *The Science in the Science and Art of Coaching* (pp. 9-13). Colorado Springs: USA Swimming.

Raedeke, T., Woodard, A., & Granzky, T. (1998). Coaching turnover. Why do coaches stop coaching? A study finds it's a perplexing issue. *United States Swimming Coaches Quarterly*, 5(3), 12-14.

Raedeke, T. (1997, Winter). 1996 Dissertation Award AAASP Presentation. Association for the Advancement of Applied Sport Psychology Newsletter, 12 (1), 11-13.

Raedeke, T.D. (1994). The ecstasy and agony: Positive and negative affect toward physical activity. *Sport and Wellness Newsletter*, 2(4), 5-7.

Murphy, S.M., & Raedeke, T. (1991). Psyching up for sport. *Olympic Coach*, 1(3), 7.

Murphy, S.M., & Raedeke, T. (1990, November/December). Energizing for triathletes. *Triathlon Times*, 20-21.

Murphy, S.M., & Raedeke, T. (1990, October). It's what you say to yourself that counts. *Triathlon Times*, 10-12. (Revised and reprinted in *American Ski Coach*, 1991, 14(3), 11-12; *Olympic Coach*, 1991, 1(2), 5-6.)

## GRANTS

*Internal Grants*

*Physical activity and depression: Evaluating the impact of a psychotherapist led activity promotion intervention* (2008). Role IP. Proposal funded by a Research and Creative Activity Grant, \$22,034

*Physical Activity Counseling as an Adjunct in the Treatment of Depression: The Effect on Physical Activity and Mental Health Outcomes* (2007). Role: PI. Amount Requested; \$9100 plus summary salary. Proposal recommended for funding by a Research and Creative Activity Grant (not funded)

*Evaluating a Pedometer Based Physical Activity Intervention: Step Count, Mediators of Change, and Health-Related Outcomes* (2004). Role; PI. Project funded by a Research and Creative Activity Grant, \$15,638

*Social Context, Enjoyment/Perceived Competence, and Affective Responses to Exercise in Socially Physique Anxious Individuals* (2003). Role: PI. Proposal recommended for funding (not funded) by a Research and Creative Activity Grant. Amount requested = \$4000 plus summer salary

*A Fantasy Sport League Approach to Creating an Active Learning Environment.* (2003). Role: PI. Study funded by the Teaching Grants Committee, \$6971

*Does Enjoyment Mediate the Relationship between Exercise and Mood State Change?* (2002) Role: PI. Study funded by a Research and Creative Activity Grant, \$2180

*Exercise Adherence: A Hands on Theory to Practice Teaching Approach* (2001). Role: PI. Project funded by the Teaching Grants Committee, \$6,971.00

*Exercise Participation, Enjoyment, and Mental Health* (2001). Role: PI. Proposal submitted for a Research and Creative Activity Grant (not funded)

*Using Behavior Change Strategies to Promote Physical Activity: A Multimethod Teaching Approach* (2000). Role: PI. Proposal submitted to Teaching Grants Committee (not funded)

*Toward an empirical understanding of athlete burnout: Scale development and theory testing* (1999). Role: PI. Study funded by a Research and Creative Activity Grant, \$9433.79

*Coaching commitment, burnout, and turnover in age-group swimming* (1999). Role: PI. Study funded by a School of Health and Human Performance Seed Money Grant, \$700

*Athlete burnout: A critical issue in sport, but what is burnout* (1998). Role: PI with Lunney, K and Venables undergraduate students. Project supported by an Undergraduate Research Opportunities Program Grant, \$2000 and a University of Colorado Council on Research and Creative Work Small Grant,

\$600

*External Grants*

*A RCT examining the effectiveness of a group-mediated cognitive behavioral intervention on walking in breast cancer survivors* (2007). Proposal submitted to the Department of Defense. CO-investigator with Karvinen, T as the PI, Not funded.

*MENTOR- Mentors for Exercise and Nutrition Treatment for Overweight Reduction.* (2006). Proposal submitted to the National Institutes of Health. Role: PI with Mahar, McCammon, Gaine, Golden, Hickner, Holbert as co-investigators. \$ 2,306,305.00 over a 5 year period. Status: Not funded

*A Cross-Cultural Examination of Factors Influencing the Motivation and Physical Activity of High School Physical Education Students.* (2006). Role: Co-investigator with Lonsdale, C as the PI. Grant funded through the Chinese University of Hong Kong, Social Science and Education Panel. Amount 52,000 HK (approximately \$7000-8000 US dollars)

*The Effect of #39 Ingestion on mental and physical performance, immune function, and cardiovascular disease risk factors.* (2006). Role: Co-investigator with Hickner, R. PI. \$146,658, not funded.

*Stepping Up: A Pedometer Based Walking Program.* Proposal Submitted to RYKA Women's Fitness Grants Women's Sport Foundation. (2005). Role: PI. Amount Requestd \$5000. Not funded

*MENTOR: Mentors for Exercise and Nutrition Treatments of Overweight Reduction.* (2005). Role-Co-Investigator. Proposal submitted to NIH, Amount Requested \$ 2,336, 370, Not funded.

Raedeke, T.D. (2003). *Do enjoyment and perceived competence mediate the relationship between exercise environment and affective responses for individuals with social physique anxiety?* Study funded by the Association for the Advancement of Applied Sport Psychology, \$1024.

Raedeke, T.D. (2002). *Exercise Participation Enjoyment, and Mental Health.* Proposal submitted to the Association for the Advancement of Applied Sport Psychology. Amount Requested: \$545.00. (Not funded)

Rowe, D., Mahar, M. & Raedeke, T. (2002). *Investigation of a novel method to measure body image in African American and Caucasian children.* Study funded by UNC-Institute of Nutrition, \$10,500

Rowe, D., Mahar, M., & Raedeke, T. (2001). *Investigating the determinants of physical activity-test of the youth physical activity promotion model.* Study funded by Institute of Nutrition, \$9,000

Rowe, D., Mahar, M., & Raedeke, T. (2001). *Objective measurement of physical activity in middle school children*. Study funded by Centers for Disease Control & Prevention, \$10,000

Raedeke, T.D. (1999). *Coaching turnover: A commitment perspective*. Study funded by USA Swimming, \$560.00

Raedeke, T.D. (1997). *Why Coaches Quit*. Project supported by USA Swimming, \$3,576.87.

## **PUBLISHED ABSTRACTS AND CONFERENCE PRESENTATIONS**

2008

Focht, B., Raedeke, T.D., & Cress, L. (2008). Body image and symptoms of disordered eating in women who exercise for food-related and nonfood-related motives. Presentation given at the Society of Behavioral Medicine, San Diego, CA. Abstract Published in *Annals of Behavioral Medicine*, 35, D160.

Karvinen, K.H., Raedeke, T.D., Arastu, H., & Allison, R. (2008). Exercise preferences in on- and off-radiation treatment breast cancer survivors. Presentation given at the Society of Behavioral Medicine, San Diego, CA. Abstract Published in *Annals of Behavioral Medicine*, 35, C011.

Karvinen, K.H., Raedeke, T.D., Arastu, H., & Allison, R. (2008). Lack of exercise in post- and on-treatment breast cancer survivors. Presentation given at the American Radium Society, Laguna Niguel, CA.

Raedeke, T.D. (2008). *Coaching Commitment: From Burnout to Engagement*. Invited lecture School of Health and Medical Sciences, Orebro, Sweden (International).

Raedeke, T.D., (2008). *Sustaining the passion: Commitment, burnout, and engagement*. Invited lecture Swedish School of Sport and Health Sciences, Stockholm, Sweden (International).

Raedeke, T.D. (2008). *The obesity epidemic and physical activity: Developing intrinsic motivation*. Presentation at the AAPHERD National Convention and Exposition, Fort Worth, Texas

Raedeke, T. (2008). Keynote presentation discussion facilitator for N. Mutrie at the Association for Applied Sport Psychology Annual Conference, Stl Louis, MO.

2007

Raedeke, T., McCammon, M., & Shea, E. (2007). The Impact of Project MENTOR on Self-Perceptions and Motivation of Overweight Adolescents.

Presentation given at the Association for Applied Sport Psychology Annual Conference, Louisville, KY. Abstract published in Conference Proceedings

Raedeke, T. (2007). Keynote presentation discussion facilitator for L. Epstein at the Association for Applied Sport Psychology Annual Conference, San Antonio, TX.

Raedeke, T. (2007). Challenges and Strategies in Fostering Physical Activity Motivation. Invited Presentation given at the 4<sup>th</sup> Annual Pediatric Obesity Summit, Greenville, NC.

## 2006

Raedeke, T.D., Focht, B. & Salter, J. (2006). Evaluating the Effectiveness a Student Led Pedometer Based Physical Activity Intervention. Presentation given at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO. (Abstract published in the *Journal of Sport and Exercise Psychology*, 28, S147-148).

Raedeke, T. & Focht, B. (2006). Evaluating Whether Exercise Enjoyment or Efficacy Mediated the Effect of a Student Led Pedometer Intervention on Step Count Changes. Presentation given at the Association for the Advancement of Applied Sport Psychology, Miami. (Abstract published in Conference Proceedings)

Focht, B.C. Knapp, D., Raedeke, T.D., Gavin, T., & Hickner, R.C. Affective and self-efficacy responses to acute exercise in sedentary younger and older adults. Presentation given at the Society of Behavioral Medicine, San Francisco, CA. (Abstract Published in *Annals of Behavioral Medicine*, 31, S106).

Rowe, D.A., Mahar, M.T., Kemble, C.D., Robinson, T.S., Starnes, R.L., & Raedeke, T.D. (2006). Associations between total daily step count and minutes of "healthy" physical activity. Presentation given at the American College of Sports Medicine National Convention, Denver, CO. (Abstract published in *Medicine and Science in Sports and Exercise*, 38(Suppl.), S378)

Mahar, M.T. Murphy, S.K., Rowe, D.A., Golden, J., Shields, A.T., & Raedeke, T.D. (2006). Effects of a classroom-based physical activity program on physical activity and on on-task behavior in elementary school children. Presentation given at the American College of Sports Medicine National Convention, Denver, CO. (Abstract Published in *Medicine and Science in Sports and Exercise*, 38(Suppl.), S80.)

McCammon, M. & Raedeke (2006). Project MENTOR: Mentors for Exercise and Nutrition Treatment for Overweight Reduction. Presentation given at the Action On Obesity Summit hosted by Mayo Clinic, Rochester, MN. (Abstract Published in Action on Obesity Summit Proceedings, p 37).

2005

Medberry, R. & Raedeke, T. (2005). *Beginning with the End in Mind: Becoming an Effective Teacher in Sport and Exercise Psychology*. 3-Hour Preconference Continuing Education workshop presented at the Association for the Advancement of Applied Sport Psychology, VanCouver, BC. As part of this presentation we developed at workbook ( 60 pages) that contains a variety of active learning exercises and reflective teaching strategies. Overall effectiveness rating = .9.5/10.

Raedeke, T., Focht, B., Scales, D. & Simmelink (2005). *Affective Responses to Group Fitness Classes For Socially Physique Anxious Individuals: The Mediating Role of Enjoyment*. Paper presented at the Association for the Advancement of Applied Sport Psychology, VanCouver, CA Abstract Published in Conference Proceedings, p 37

Pickering, M., Burton, D., & Raedeke, T.D (2005). Toward development of the Coaching Success Questionnaire. Paper presented at the Association for the Advancement of Applied Sport Psychology, VanCouver, BC Abstract Published in Conference Proceedings, p 87

Raedeke, T., Focht, B., Scales, D. & Simmelink (2005). *The Influence of Leadership Style and Mirrors on the Psychological Responses to Acute Exercise for Socially Physique Anxious Individuals*. Paper presented at The North American Society for the Psychology of Sport and Physical Activity, St. Pete Beach, FL. Abstract published in *Journal of Sport and Exercise Psychology*, **27**, S125

Raedeke T. (April, 2005). From sedentary to active: Promoting physical activity. Invited presentation to be given at the Missouri Dietetics Association Meeting.

2004

Raedeke, T., Smith, A., Kentta, G., Cresswell, S., Eklund, R., Hodge, K., & Lonsdale, C., (2004). *Athlete Burnout: Recent Developments and Future Directions*. Symposium presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN

Raedeke, T., & Smith, A. (2004). Understanding Athlete Burnout: Current Perspectives and Future Research Directions. In Raedeke et al. *Athlete Burnout: Recent Developments and Future Directions*. Symposium presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN

Stephens, D., Newton, M., & Raedeke, T. (2004). *Social Psychology Keynote Panel Discussion*. Panel discussion at the meeting for the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN

2003

- Raedeke, T.D. (2004). *When the flame flickers: Understanding and preventing athlete burnout*. 75 minute invited presentation at the meeting for the Alliance of Health, Physical Education, Recreation, and Dance, New Orleans, LA
- Raedeke, T.D. (2003). Structuring the learning environment to be more than a spectator sport: A hands on theory to practice approach. In B. Klonsky and D. Wann (co-organizers), *Teaching Sport Psychology: Recommended Tools, Techniques, Activities, and Approaches*. Symposium presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA. (Abstract published in conference proceedings)
- Raedeke, T.D. (2003). *Mood state changes and acute exercise: The role of enjoyment*. Paper presented at the meeting for The North American Society for the Psychology of Sport and Physical Activity, Savanna, GA (Abstract published in *Journal of Sport and Exercise Psychology*, **25**, S109).
- Rowe, D.A., Mahar, M.T., Raedeke, T.D., & Lore, J.L. (2003). *Reliability and validity of six days of pedometer data collected using two procedures in middle school children*. Paper presented at the meeting for the Southeast District of the American College of Sports Medicine, Atlanta, GA.
- Rowe, D.A., Raedeke, T.D. & Mahar, M.T. (2003). *Test of a measurement model for investigating the Youth Physical Activity Promotion Model*. Paper presented at the meeting for the Alliance of Health, Physical Education, Recreation, and Dance, Philadelphia, PA (Abstract published in *Research Quarterly for Exercise and Sport*, **74**, A-27)
- Rowe, D., Raedeke, T., & Mahar, M. (2002). Test of a measurement model for investigating the Youth Physical Activity Promotion Model.
- Shields, A.T., McCammon, M.R., Mahar, M.T., Raedeke, T.D., Slentz, C.A., Krause, W.E., & Houmard, J.A. (2003). The effect of structured exercise intensity and volume on spontaneous physical activity in adults. Paper presented at the meeting for the American College of Sports Medicine, San Francisco, CA (Abstract published in *Medicine and Science in Sports and Exercise*, **35**, S392).
- Shields, A.T., McCammon, M.R., Mahar, M.T., Raedeke, T.D., Slentz, C.A., Krause, W.E., & Houmard, J.A. (2003). Does exercise training influence spontaneous physical activity in adults? Paper presented at North Carolina Institute of Nutrition Annual Research Symposium Chapel Hill, NC
- 2002  
Raedeke, T.D. (2002). *When the passion wanes: Understanding burnout*. Invited presentation at the Mid-Atlantic Athletic Trainers' Association annual meeting and symposium, Virginia Beach, VA.

Raedeke, T.D., Smith, A.L., & Hurley, K.S. (2002). *Do social support and coping resources moderate the relationship between stress and burnout in adolescent swimmers?* Paper presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Tucson, AZ. (Abstract published in conference proceedings)

Rowe, D.A., Raedeke, T.D. & Mahar, M.T. (2002). *Test of a measurement model for investigating the Youth Physical Activity Promotion Model.* Paper presented at the 13<sup>th</sup> Annual Institute of Nutrition Research Symposium, Chapel Hill, NC. (Abstract Published in conference Proceedings, 20-21.

2001

Smith, A.L. & Raedeke, T.D. (2001, October). *Motivational climate and peer relationships as predictors of burnout and motivation in adolescent swimmers.* Paper presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Orlando Florida. (Abstract published in conference proceedings)

Shields, A.T., McCammon, M.R., Mahar, M.T., Raedeke, T.D., Slentz, C.A., Krause, W.E., & Houmard, J.A. (2001). Does exercise training influence spontaneous physical activity in adults? Paper presented at the North Carolina Institute of Nutrition Annual Research Symposium, Chapel Hill

2000

Raedeke, T.D. (2000, October). *Coaching Commitment and Burnout.* Paper presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Nashville, TN. (Abstract published in conference proceedings)

Raedeke, T.D. & Smith, A.L. (2000, June). *Development and Preliminary Validation of an Athlete Burnout Measure.* Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA (Abstract published in *Journal of Sport and Exercise Psychology*, **22**, S88-S89)

Harju, B.L., & Raedeke, T.D. (2000, May). *Preliminary attempts to adapt mental simulation techniques in an exercise program for sedentary people.* Paper presented at the Sports Psychology Conference in the New Millennium, Halmstad University, Sweden. (Published in Conference Proceedings pp. 159-163).

Raedeke, T.D. (2000, February). *Athlete and coach burnout.* Invited presentation at the Southeast Student Sport and Exercise Psychology Conference, Charlottesville, VA.

1999

McCullagh, P., Raedeke, T., Zellner, M. (1999, September). *Influence of model type and feedback on self-efficacy and performance.* Paper presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Banff, Canada. (Abstract published in conference proceedings)

Raedeke, T.D., Lunney, K., & Venables, K. (1999, September). *Defining athlete burnout: A qualitative study on coaches' viewpoints*, Paper presented at the meeting for the Association for the Advancement of Applied Sport Psychology, Banff, Canada. (Abstract published in conference proceedings)

Raedeke, T. (1999, September). *Life as a young faculty member: The road to tenure*. Panel participant organized by Justine Reel at the meeting for the Association for the Advancement of Applied Sport Psychology, Banff, Canada.

Raedeke, T.D. (1999, June). *When the flame starts to flicker: Causes of and strategies for avoiding burnout*. Invited presentation at the 22<sup>nd</sup> Annual University of Virginia Sport Psychology Conference, Charlottesville, VA.

Granzky, T., & Raedeke, T.D. (1999, April). *Why do coaches experience burnout? A commitment perspective*. Paper presented at the meeting for the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA. (Abstract published in *Research Quarterly for Exercise and Sport*, **70**, A110-111).

Woodard, A., & Raedeke, T.D. (1999, April). *Coaching commitment and turnover in age-group swimming*, Paper presented at the meeting for the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA. (Abstract published in *Research Quarterly for Exercise and Sport*, **70**, A115-116).

Raedeke, T.D. (1999, February). *Burnout issues in sport*. Keynote presentation at the Southeast District Association for the Advancement of Applied Sport Psychology, Greensboro, NC.

Raedeke, T.D. (1999, February). *Life as a young faculty member*. Presentation at the Southeast District Association for the Advancement of Applied Sport Psychology, Greensboro, NC.

1997

Raedeke, T.D. (1997, January). *The potential contribution of stages of change models to understanding adherence issues and promoting physical activity*. Paper presented at the meeting of the Rocky Mountain Chapter of the American College of Sports Medicine, Winter Park, CO.

Raedeke, T.D. (1997, June). *Preliminary development of an athlete burnout measure: Factorial validity*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO. (Abstract published in the *Journal of Sport and Exercise Psychology*, **19**, S97).

1996

Raedeke, T.D. (1996, October). *Is athlete burnout more than just stress? A sport*

*commitment perspective*. Dissertation award lecture given at the meeting of the Association for the Advancement of Applied Sport Psychology, Williamsburg, VA. (Abstract published in the *Journal of Applied Sport Psychology*, **8**, S2).

1994

Raedeke, T. (1994, April). The ecstasy and agony: Positive and negative affect toward physical activity. In M.R. Weiss (Chair), *Children's participation in physical activity: Psychosocial perspectives*. Symposium conducted at the meeting of the American Alliance for Health, Physical Education, Recreation & Dance, Denver, CO. (Abstract published in *Research Quarterly for Exercise and Sport*, **65**, A-84).

Weiss, M.R., & Raedeke, T.D. (1994, June). *Developmental sport psychology revisited: Current status and research directions for the millennium*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Clearwater Beach, FL. (Abstract published in the *Journal of Sport and Exercise Psychology*, **16**, S122).

1993

Stein, G.L., & Raedeke, T. (1993, June). *Say What!?!? Family communication and well-being in sport*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Brainerd, MN. (Abstract published in the *Journal of Sport and Exercise Psychology*, **15**, S80).

Raedeke, T., & Stein, G. (1993, June). *A new look at arousal: A two-dimensional conceptualization*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Brainerd, MN. (Abstract published in the *Journal of Sport and Exercise Psychology*, **15**, S64).

Burton, D., & Raedeke, T. (1993, June). *Identifying successful coaches: The development and initial validation of the coaching success questionnaire*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Brainerd, MN. (Abstract published in the *Journal of Sport and Exercise Psychology*, **15**, S10).

1992

Raedeke, T. (1992, March). *Graduate school: When is it right for you?* Panel participant at the meeting of the Northwest District American Alliance for Health, Physical Education, Recreation & Dance, LaGrande, OR.

1991

Raedeke, T., & Burton, D. (1991, June). *Examining age and gender differences in adult exercise behavior: A personal investment perspective*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Monterey, CA. (Abstract published in conference proceedings)

1990

Raedeke, T., & Burton, D. (1990, May). *Operationalizing personal investment theory for the exercise setting: Exercise incentives, perceived options, and physical activity patterns of wellness program participants*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Houston, TX. (Abstract published in conference proceedings)

1989

Raedeke, T., & Burton, D. (1989, June). *Exercise goals, perceived barriers, and activity patterns of adult exercisers with differential athletic participation backgrounds*. Paper presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Kent, OH. (Abstract published in conference proceedings)

Raedeke, T. (1989, October). *The role of exercise incentives and barriers in exercise adherence research: A review*. Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Victoria, BC. (Abstract published in conference proceedings)

## SERVICE PRESENTATIONS

2008

Raedeke, T. (2008). Engaging Students: Creating an Active Learning Environment. Invited Presentation by the Center for Faculty Excellence, East Carolina University

Raedeke, T. (2008). The classroom experience: Spectator Sport or Active Participation. Invited Presentation. Department of Exercise and Sport Science Faculty Retreat, East Carolina University

2007

Panel Member (2007). Best Practices in Teaching given to new faculty members in the College of Health and Human Performance

2005

Raedeke, T.D. (2005). Structuring the learning environment to be more than a spectator sport: A science to practice approach. Presentation given at *Scholar-Teacher Awards Symposium: Celebrating the Synergy Between Scholarship and Teaching*.

Raedeke, T.D. (2005). Structuring the learning environment to be more than a spectator sport: A service based science to practice approach. Poster presentation given as part of the Scholar Teacher Award.

2003

Raedeke, T.D. (1999-2003). Human behavior/psychology. Lecture given annually

at the *American College of Sport Medicine Health/Fitness Instructor Workshop*, East Carolina University, Greenville, NC

2000

Raedeke, T.D. (May, 2000). Sport Psychology and Wheelchair Basketball. Invited presentation given as part of the *Walker Cup Invitational Tournament Seminar Series*, East Carolina University, Greenville, NC

1999

Raedeke, T.D. & Harju, B. (1999 November/December). Thinking of Exercising But Can't Get Moving? A four-week motivational techniques program offered for ECU faculty, student, and staff.

1997

Raedeke, T.D. (1997). *Athlete Burnout: Reciprocal Interactions Between Theory, Research, and Intervention*, Invited presentation at Metro State College, Denver, CO.

1994

Raedeke, T.D. (1994). *Designing an exercise program and sticking with it*. Invited seminar for the Employee Health Enhancement Program, University of Oregon, Eugene.

Raedeke, T.D. (1994). *Mental training for basketball*. Invited presentation for visiting Japanese basketball coaches as part of a Cramer Products Basketball Workshop, International Institute for Sport and Human Performance, University of Oregon, Eugene.

1993

Raedeke, T.D. (1993). *Relaxation techniques*. Invited seminar for the Employee Health Enhancement Week sponsored by the Employee Health Enhancement Program and the International Institute for Sport and Human Performance, University of Oregon, Eugene.

1990

Raedeke, T.D. (1990). *Stress management: Lessons learned from the world of sport*. Invited presentation to Fountain Valley High School, CO.

As a Research Assistant at the United States Olympic Training Center I individually or collaboratively presented over 25 workshops to athlete and coach groups from a variety of sports. Frequent topics included arousal regulation, attitudes, communication, concentration, goal setting, imagery, motivation, psychological skills training, routines, and stress management. Sample titles included:

- Designing Your Own Psychological Skills Training Program
- Goal Setting: A Key to Performance Improvement and Motivation
- How Sport Psychology Can Benefit Your Sport Performance
- How to Motivate the Young Athlete: Working With the 8–17 Year Old

### Gymnast

- How to Develop Your Own Mental Routine for Peak Performance
- Psychology of Swimming for Coaches
- The Importance of Rest and Recovery for Your Training
- Using Imagery to Enhance Training and Performance
- Using Your Self-Talk to Block Distractions and Handle the Stresses of Sport

1987–1989

As a graduate student at the University of Idaho I presented various brown-bag seminars to the HPERD faculty, staff, and students. Topics included exercise adherence, exercise motivation, and expert–novice differences in sport.

## **Graduate/Undergraduate Student Research Advising**

### *Graduate Research Committee Chair or External Supervisor*

Miller, T. (in progress). Impact of Activity Recommendations on Activity Level and Self-Efficacy. Master's thesis in progress. East Carolina University, Department of Exercise and Sport Science. Committee chair

Smith, J. (in progress). Efficacy of psychotherapists to provide physical activity interventions for clients with mental illness. Master's thesis in progress. East Carolina University, Department of Exercise and Sport Science. Committee chair

Brophy, P. (2006). The effect of weekly phone contact on exercise adherence of adolescents. Culminating Research Project. Department of Exercise and Sport Science, East Carolina University, Committee Member. Project presented at the Graduate Student Research Symposium

Lonsdale, C. (2005). Athletic Burnout. Ph.D. Candidate, School of Physical Education, University of Otago, New Zealand, External Supervisor.

### *Committee Member*

Sutton, A. (in progress). Examining the construct validity and reliability of the flow state scale-2 in athletes with disabilities. Department of Recreation and Leisure Studies. Committee Member

Lytton, A (in progress) Depression and basic need satisfaction. Department of Recreation and Leisure Studies. Committee Member

Bae, J. (2008). Evaluation of body composition assessment. Department of Exercise and Sport Science, East Carolina University, Committee Member.

- Birkenmyer, M. (2008). Relationship of physical activity benefits and barriers with objectively measured physical activity. Department of Exercise and Sport Science, East Carolina University, Committee Member.
- Morgan, C (2007). The relationship between sensation seeking and changes in perceived risk and perceived competence throughout a basic scuba diving course. Department of Recreation and Leisure Studies. Committee Member
- Whitehurst, K. (2006). Assessment of and Recommendations/Warnings for Physical Activity: Senior Primary Care Patients with Cardiovascular Disease. Department of Public Health. Committee Member. Project presented at the Graduate Student Research Symposium
- Knapp, D. (2005). Affective responses to sub-maximal exercise in the young and old. Unpublished master's thesis. East Carolina University, Department of Exercise and Sport Science, Greenville, NC, committee member
- Murphy, S.K. (2005). Effects of a classroom-based physical activity program on physical activity and on on-task behavior in elementary school children. Unpublished master's thesis. East Carolina University, Department of Exercise and Sport Science, Greenville, NC, committee member
- Goodman, K.D. (2004). Psychosocial aspects of ACL injury and rehabilitation and associated gender differences. Unpublished master's thesis. East Carolina University, Department of Health Education, Greenville, NC, committee member
- Rider, K. (2004). Influence of depression on exercise attitudes and the estimated fitness of irregular exercisers. Unpublished master's thesis, East Carolina University, Department of Psychology, Greenville, NC, committee member
- Thomas, Travis (2003). Knowledge and attitudes of nutrition, nursing, exercise and sport science, and physical therapy students at ECU regarding nutrition. Unpublished master's thesis. East Carolina University, Department of Nutrition and Hospitality Management, committee member
- Lucas, E. J. (2003). The effects of parents' comments and behaviors on children in youth baseball as perceived by children, Unpublished master's thesis, East Carolina University, Department of Recreation and Leisure Studies, Greenville, NC, committee member
- Shields, T. (2002). The effects of exercise training intensity and volume on spontaneous physical activity in adults, Unpublished master's thesis, East Carolina University, Department of Exercise and Sport Science (exercise physiology), Greenville, NC committee member
- Edwards, T.L.N. (2001). The relationship between personal attributes and athletic identity of female paralympic wheelchair basketball players, Unpublished

master's thesis, East Carolina University, Department of Recreation and Leisure Studies, Greenville, NC, committee member

Branch, L. (2000). The effects of mental simulation and imagery on exercise motivation. Unpublished master's thesis, East Carolina University, Department of Psychology, Greenville, NC, committee member

Harrington, J. (2000). Determining the relationship between personal characteristics and aquatic ability of university students, Unpublished master's thesis, East Carolina University, Department of Exercise and Sport Science (athletic and physical education administration), Greenville, NC committee member

Hargrave, C. (1999). The effect of college football telecast on game attendance. Unpublished master's thesis, East Carolina University, Department of Exercise and Sport Science (athletic and physical education administration), Greenville, NC, committee member

Granzky, T. (1998). *Coaching burnout: A commitment perspective*. Culminating master's degree research project, University of Colorado, Boulder CO, advisor

Woodard, A. (1998). *Coaching turnover: A comparison of current and former swim coaches based on a personal investment perspective*. Culminating master's degree research project, University of Colorado, Boulder CO, advisor

Zellner, M. (1998). *Counterfactual thinking in sport: The moderating influence of goal orientations*, Independent study, University of Colorado, Boulder CO, advisor

Zellner, M. (1998). *The influence of correct versus learning models on self-efficacy and the learning of a free-weight squat lift*, Culminating master's degree research project, University of Colorado, Boulder CO, co-advisor

Dwyre, T. (1997). *The role of enjoyment in continuing exercise involvement*. Culminating master's degree research project, University of Colorado, Boulder CO, advisor

### ***Undergraduate Research***

Salter, J. (2006). *The effect of a student led pedometer based walking intervention on step count and self-efficacy*. Undergraduate Honor's Thesis. advisor. Project presented at the Undergraduate Research Symposium

Pollok, M., & Maxwell, K. (1999). *The effect of imagery on freestyle and butterfly swim performance*. Paper presented at Carolinas Psychology Conference, Raleigh, NC, advisor

Venables, K. (1999). *Defining athlete burnout: The coach's perspective*.

Unpublished undergraduate honor's thesis, University of Colorado, Boulder, CO, consultant

Weitzenberg, L. (1999). *Modeling, self-efficacy, and diving performance*. Unpublished undergraduate honor's thesis, University of Colorado, Boulder, CO, co-advisor

Lunney, K., & Venables, K. (1998). *Coaches' viewpoints on athlete burnout: A qualitative study*. Unpublished undergraduate honor's thesis, University of Colorado, Boulder, advisor

Lunney, K. (1998). *Defining burnout: Where are we and where are we headed?* *The Colorado Journal of Undergraduate Kinesiology*, 3, 1-16.

Lunney, K. (1998, April). *Defining Athlete Burnout: Perspectives of 13 United States Swimming Senior Coaches*. Poster presentation at the University of Colorado Undergraduate Research Day

## SERVICE

### *Professional Organizations*

- Chair, Health and Exercise Psychology Committee. Association for the Applied Sport Psychology (2006-current)
- Executive Board of the NASPE Sport and Exercise Psychology Academy (chair elect 2005-2006; chair 2006-2007, past-chair 2007-2008).
- National Association for Sport and Physical Education, Professional Practice and Research Steering Committee for NASPE (2007-2008).
- Sport Psychology Council (this council is comprised of chairs/presidents of organizations that deal with sport/exercise psychology (2005-2008).
- Association for the Advancement of Applied Sport Psychology, Social Psychology Committee, 1999 to 2003
- Association for the Advancement of Applied Sport Psychology, member of two special interest groups: Teaching Effectiveness and Exercise Psychology, 2000 to present

### *Research Review*

- Journal of Applied Sport Psychology Editorial Board Member (2004-current)
- International Journal of Sport and Exercise Psychology Guest Editor for a Special Issue on Athlete Burnout (2007)
- NASPE Sport and Exercise Psychology Academy Dissertation Award Selection Committee (2001, 2005-2008)
- NASPE Abstract Reviews (2005-2007).
- Association for Applied Sport Psychology, Program Planning and Review Committee (2000 to current)
- Association for Applied Sport Psychology, Grant Proposal Reviewer (2006 to current)
- North Carolina American Alliance for Health, Physical Education, Recreation,

- and Dance Research Abstract Review Committee (1999-2003)
- Guest Reviewer
    - Journal of Applied Sport Psychology
    - Journal of Sport and Exercise Psychology
    - Medicine and Science in Sport and Exercise
    - Pediatric Exercise Science
    - Psychology of Sport and Exercise
    - Research Quarterly for Exercise and Sport
    - The Sport Psychologist
    - Psychological Reports
    - Anxiety, Stress and Coping
    - Journal of Sport Sciences
    - International Journal of Sport Psychology

### ***Departmental/University***

- Up Til Dawn Student organization faculty advisor (fund raising for St Jude Hospital) (2006-current)
- Personnel Committee Member for the Dept. of Exercise and Sport Science; (1999-2000; 2004-2008)
- Research Development Award Grant Reviewer through the Division of Graduate Studies (2007-2008)
- Teacher-Scholar Award Selection Committee (2006-2008)
- Outstanding Teacher Award Selection Committee, School of Health and Human Performance, 2002-2004 (chair of committee in 2004)
- Sports Medicine Fellowship Program (Department of Family Medicine). Supervising faculty for sport/exercise psychology (2005)
- Stepping to Health. Service based learning project conducted in conjunction with the Student Recreation Center for students enrolled in EXSS 5020. Subsequently trained staff members to implement program
- Consulting with various athletes and coaches on mental skills training
- College of Health and Human Performance Retreat Planning Committee (2003-2004)
- Curriculum Committee Member, Department of Exercise and Sport Science (2000-2003)
- Faculty Senate Library Committee Member (2000-2003)
- Board of Trustee's Honorary Degrees, Awards, and Distinctions Committee (2000-2003)
- Strategic Planning Committee, Department of Exercise and Sport Science, (2000)
- Kayak Club officer (1999-2000)
- University of Colorado: Area Teaching Scholars Program on Teaching Effectiveness member (1996-1997).
- Advising
  - Undergraduate advisor for students in the Health and Fitness Specialist degree concentration
  - Option director, Masters degree program in Athletics and Physical

- Education Administration, Department of Exercise and Sport Science, 1999 to 2001
- Faculty mentoring
    - Mentor for Tina Karvinen (2006- )
    - Mentored new lecturer teaching EXSS 5020 (2004-2005)
    - Peer classroom observer for evaluating teaching effectiveness (current)
  - Search Committee Chair: Exercise Psychology Assistant Professor Position (2005-2006)
  - Search committee member
    - Chair Position, Department of Exercise and Sport Science (2008-2009)
    - Human Performance Lab Pediatric Obesity position (2007-2008)
    - Fixed Term Exercise Physiology position (2005-2006)
    - Motor Learning/Behavior position, Department of Exercise and Sport Science (2002)
    - Motor Learning/Behavior position, Department of Exercise and Sport Science (2001)
    - Two Exercise Physiology positions, Department of Exercise and Sport Science (2000)
    - Health/fitness instructor position, Department of Exercise and Sport Science (2000)
    - Therapeutic Recreation position, Department of Recreation and Leisure Services (1999)

### ***Consulting***

Certified consultant through the Association for Applied Sport Psychology. Consult with athletes/teams on mental skills training and performance enhancement

### **SCHOLASTIC HONORS AND AWARDS**

- Dissertation Opponent for Henrik Gustafsson's dissertation titled *Burnout in Competitive and Elite Athletes*, School of Health and Medical Sciences, Orebro University, Sweden (2008)
- The University of North Carolina Board of Governors Distinguished Professor for Teaching Award (2006-2007)
- University Award for Outstanding Teaching East Carolina University (2005-2006)
- East Carolina Scholar-Teacher Award (2004-2005)
- College of Health and Human Performance Teacher-Scholar Award nominee (2003)
- Finalist for a University Outstanding Teaching Award (2004)
- Finalist for the Board of Governors Distinguished Professor for Teaching Award (2003)
- School of Health and Human Performance Teacher of the Year Award (2001)
- Association for the Advancement of Applied Sport Psychology Dissertation Award (1996)
- NASPE Sport Psychology Academy Dissertation Award, American Alliance for

- Health, Physical Education, Recreation, and Dance (1996)
- University of Oregon Graduate Research Fellowship (1995)
- University of Oregon Hendricks Scholarship (1993-1994)
- University of Oregon Culbertson Scholarship (1992-1993)
- Several merit-based academic scholarships from Concordia College (e.g., Dr. G. Hohnshoy Memorial Scholarship, Thomas O. Burgess Psychology Scholarship; 1983-1986)
- NCAA Graduate Scholarship Finalist (1986)
- NCAA III Academic All-American in wrestling (1986)
- Omicron Delta Kappa Leadership Honor Society (1985)
- Alpha Scholastic Society (1985)

### **PROFESSIONAL ORGANIZATIONS**

- American Alliance for Health, Physical Education, Recreation and Dance
- North American Society for Psychology of Sport and Physical Activity
- Association for Applied Sport Psychology
- Association for Applied Sport Psychology, Certified Consultant (current)  
Pediatric Healthy Weight Research and Treatment Center, East Carolina University member

