

CURRICULUM VITAE

MICHAEL LEO SACHS

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Education

Undergraduate

Union College (NY) - 1969-1973, B.S., cum laude, 1973

Graduate

Hollins College (VA) - 1973-1974, M.A. in general-experimental psychology, 1975

University of Windsor (Canada) - 1974-1975, first year doctoral work in social-personality psychology

Florida State University (FL) - 1975-1980, Ph.D. in motor learning (specialization in sport psychology), 1980, from the Department of Movement Science and Physical Education

Loyola College (MD) - 1983-1989, M.S. degree in counseling psychology, 1989

Employment

Professor, Department of Kinesiology, College of Public Health, Temple University, Philadelphia, PA 19122, August, 1989 – present.

Leave of absence, July 2019-June 2020.

Retiring June 30, 2020.

Promoted to Full Professor July, 1998.

Teach, conduct research and perform service within Temple University and the community in the psychology and sociology of exercise and sport. Duties include advising students, serving on committees, and other activities.

Previous positions:

Research Project Coordinator, Applied Research and Evaluation Unit, Developmental Disabilities Program, Department of Pediatrics, University of Maryland School of Medicine, 630 West Fayette Street, Baltimore, MD 21201. 8/83 - 8/89.
Coordinated applied public policy and survey research projects in developmental disabilities. Supervised research analysts and other project personnel, managed budgetary aspects of projects, analyzed data, wrote reports.

Assistant professor, Department of Physical Activity Sciences, University of Quebec at Trois-Rivieres, Trois-Rivieres, Quebec, Canada. Specialization in sport psychology/social psychology of physical activity, 8/80-5/83.

Licensure/Certification/Registry

Licensed psychologist, State of Maryland. License # 2238.
(License not currently active)

Certified Consultant, Association for Applied Sport Psychology - # 5. 1991-present.

Member, United States Olympic Committee (USOC) Sport Psychology Registry, 1996-present.

Presentations (Academic)

Pargman, David, Sachs, Michael L., & Deshaies, Paul. Field dependence-independence and injury in college football players. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Austin, TX, May 17, 1976.

Sachs, Michael L. An analysis of aggression in female softball players. Paper presented at the annual conference of the Florida Association for Health, Physical Education, and Recreation, Lake Buena Vista, FL, October 15, 1976.

Sachs, Michael L. The application of data base management systems to sport and the

sport sciences. Paper presented at the annual convention of the Southern District of the American Alliance for Health, Physical Education, and Recreation, poster presentation of research papers, Atlanta, GA, February 26, 1977.

Sachs, Michael L., & Abraham, Ansley. Playground basketball: A qualitative, field examination. Paper presented at the annual conference of the Florida Association for Health, Physical Education, and Recreation, Orlando, FL, October 22, 1977.

Sachs, Michael L. Biorhythms and athletic performance. Paper presented at the annual convention of the Southern District of the American Alliance for Health, Physical Education, and Recreation, Little Rock, AR, February 24, 1978.

Belowich, David, & Sachs, Michael L. Biorhythms and swimming performance: A comprehensive evaluation. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, poster presentation of research papers, Tallahassee, FL, May 23, 1978.

Sachs, Michael L., & Pargman, David. Examining exercise addiction: A depth interview approach. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Tallahassee, FL, May 24, 1978.

Sachs, Michael L., & Pargman, David. Commitment and addiction to regular running. Paper presented at the annual convention of the American Alliance for Health, Physical Education, and Recreation, New Orleans, LA, March 19, 1979.

Sachs, Michael L., & Pargman, David. Personality and the addicted runner. Paper presented at the International Congress of Physical Education (including the annual conference of the North American Society for the Psychology of Sport and Physical Activity), Universite du Quebec a Trois-Rivieres, Trois-Rivieres, Quebec, Canada, June 28, 1979.

Sachs, Michael L., & Pargman, David. Addiction to running: Phenomenon or pseudophenomenon. Paper presented at the International Congress of Physical Education (including the annual conference of the North American Society for the Psychology of Sport and Physical Activity), Universite du Quebec a Trois-Rivieres, Trois-Rivieres, Quebec, Canada, June 28, 1979.

Sachs, Michael L. Running addiction. Invited paper presented at the Second Annual Psychology of Running Seminar, Cornell University Medical College, New York, NY, October 19, 1979.

Sachs, Michael L. Running addiction. Invited paper presented at the pre-convention

symposium on "What Sport Psychology Research Tells the Coach-Teacher."
Symposium of the Sport Psychology Academy of the National Association of
Sport and Physical Education, American Alliance for Health, Physical Education,
Recreation, and Dance, Detroit, MI, April 10, 1980.

Sachs, Michael L., & Pargman, David. On the trail of the runner's high. Paper presented
at the annual conference of the American Alliance for Health, Physical Education,
Recreation, and Dance, Detroit, MI, April 14, 1980.

Sachs, Michael L. The runner's high. Invited paper presented at the conference on "Long
Distance Running: The Individual in Society," State University College at
Buffalo, Buffalo, NY, May 22, 1980.

Sachs, Michael L., & Pargman, David. Effects of manipulation of
association/dissociation cognitive strategies in regular runners. Paper presented at
the annual conference of the North American Society for the Psychology of Sport
and Physical Activity, interactive communication session, Boulder, CO,
May 27, 1980.

Sachs, Michael L. The runner's high. Invited paper presented at the Third Annual
Psychology of Running Seminar, Cornell University Medical College, New York,
NY, October 24, 1980.

Sachs, Michael L. Compliance and addiction to exercise. Invited paper presented at the
annual meeting of the New England Chapter of the American College of Sports
Medicine, Danvers, MA, November 21, 1980.

Sachs, Michael L. On the trail of the runner's high - Characteristics of an elusive
phenomenon. Invited presentation, Department of Health, Physical Education,
and Recreation, Michigan State University, East Lansing, MI, May 21, 1981.

Pelletier, Donald, & Sachs, Michael L. La motivation et la preparation psychologique du
marathonien. Paper Market Place presentation, Fifth World Sport Psychology
Congress, International Society of Sport Psychology, Ottawa, Ontario, Canada,
August 30, 1981.

Sachs, Michael L. Positive and negative addiction to running: Working with the
addicted runner. Paper presented at the Fifth World Sport Psychology
Congress, International Society of Sport Psychology, Ottawa, Ontario, Canada,
August 31, 1981.

Sachs, Michael L. Change agents in the psychology of running. Paper presented at the
annual meeting of the New England Chapter of the American College of

Sports Medicine, Boxboro, MA, November 20, 1981.

Sachs, Michael L. Hooked on running. Paper presented at the annual conference of the New York State Association for Health, Physical Education, and Recreation, Albany, NY, January 22, 1982.

Sachs, Michael L. Running psychology: The runner's high and other enticing phenomena. Invited presentation, Department of Physical Education, Brooklyn College, Brooklyn, NY, February 24, 1982.

Sachs, Michael L. Exercise addiction: Models and treatments. Invited paper presented at the Midwest Symposium on Exercise and Mental Health, Lake Forest College, Lake Forest, IL, April 24, 1982.

Sachs, Michael L. Aspects psychologiques du marathon. Invited paper presented at the annual meeting of l'ACFAS, the French-Canadian Association for the Advancement of Science, Montreal, Quebec, Canada, May 12, 1982.

Sachs, Michael L. Self-development through running. Invited paper presented at the 18th World Convention of AIESEP, l'Association Internationale des Ecoles Superieures d'Education Physique, Boston University, Boston, MA, August 24, 1982.

Bigras, Chantal, & Sachs, Michael L. Dependance au basketball chez des joueurs de categorie juvenile. Poster presentation, annual meeting of la Societe Quebecoise pour la Recherche en Psychologie, Universite du Quebec a Trois-Rivieres, Trois-Rivieres, Quebec, Canada, November 20, 1982.

Sachs, Michael L. Exercise addiction: Models and treatments. Invited presentation, Seminar, Graduate Program in Physical Education, York University, Downsview, Ontario, Canada, November 26, 1982.

Dion, Helene, Sachs, Michael L., & Brisson, Guy R. Androgynie et engagement sportif chez l'adepte feminine de la course a pied. Poster presentation, annual meeting of l'ACFAS, the French-Canadian Association for the Advancement of Science, Trois-Rivieres, Quebec, Canada, May 27, 1983.

Sachs, Michael L. L'effet anxiolytique et anti-depressif de l'activite physique. Invited presentation, meeting of La Federation des Medecins Omnipraticiens du Quebec, Trois-Rivieres, Quebec, Canada, June 9, 1983.

Sachs, Michael L. Exercise and mental health. Invited presentation, Sport Psychology Institute, University of Southern Maine, Portland, ME, August 9, 1985.

- Picard, Martin, Sachs, Michael L., Pellerin, Andre, & Brisson, Guy R. Dependance et extraversion-introversion dans la typologie du coureur a pied. Poster presentation at the annual meeting of the Societe Quebecoise pour la Recherche en Psychologie, Montreal, Quebec, Canada, November 8-9, 1985.
- Picard, Martin, Pellerin, Andre, Sachs, Michael L., & Brisson, Guy R. Dependance et anxiete chez le coureur a pied de longues distances. Poster presentation at the annual meeting of l'ACFAS, the French-Canadian Association for the Advancement of Science, Montreal, Quebec, Canada, May 12-16, 1986.
- Sachs, Michael L. Special Olympics: A sport psychological perspective. Paper presented at the annual conference of the American Association on Mental Deficiency, Denver, CO, May 28, 1986.
- Sachs, Michael L. Three invited presentations at the Ninth Annual Sport Psychology Conference, University of Virginia, Charlottesville, VA, June 23-28, 1986. Presentations on: The Runner's High, Running as Therapy, and Running Addiction.
- Sachs, Michael L. Sport psychology: Perspectives on Special Olympics and sport for persons with mental retardation. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Newport Beach, CA, September 18, 1987.
- Sachs, Michael L. Aerobic exercise. Paper presented as part of a symposium entitled "Within Us and Between Us: Conflict Resolution and Stress Reduction" at the International Child and Youth Care Conference, Washington, DC, March 25, 1988.
- Sachs, Michael L. Overview of sports psychology in athletic training. Paper presented as part of a symposium at the annual meeting of the National Athletic Trainers Association, Baltimore, MD, June 13, 1998.
- Sachs, Michael L. Psychology of rehabilitation of the injured athlete. Paper presented as part of a symposium at the annual meeting of the National Athletic Trainers Association, Baltimore, MD, June 14, 1998.
- Sachs, Michael L. Exercise and sport: Change agents for self image and self concept. Invited lecture, University of Nebraska, Lincoln, Steinhart Foundation Lecture series, November 2, 1988.
- Sachs, Michael L. Exercise and sports as change agents for self-esteem. Invited

colloquium, psychology department, University of North Carolina, Charlotte, NC, December 8, 1988.

Sachs, Michael L. SPORTPSY on BITNET. Poster presentation at the annual conference of the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA, March 31, 1990.

Sachs, Michael L. Sport sciences and persons with developmental disabilities: Applications for the 1990s. Paper presented and symposium organized for the Young Adult Institute's annual conference, New York, NY, April 19, 1990.

Greenberg, Doreen L., & Sachs, Michael L. Motivation for participation in adolescent and masters runners. Poster presentation at the annual conference of the American Psychological Association, Boston, MA, August 12, 1990.

Clark, Rebecca A., & Sachs, Michael L. Challenges and opportunities in evaluating psychological skills in athletes who are deaf. Paper presented and symposium organized entitled Sport Psychology and Athletes with Disabilities: Bridging the Gap Between Health Psychology and Performance Enhancement, annual conference of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX, September 13, 1990.

Travis, Cheryl A., & Sachs, Michael L. Application of sport psychology to performance enhancement of athletes with mental retardation. Paper presented and symposium organized entitled Sport Psychology and Athletes with Disabilities: Bridging the Gap Between Health Psychology and Performance Enhancement, annual conference of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX, September 13, 1990.

Sachs, Michael L. SPORTPSY on BITNET/CREN: The potential of electronic mail. Paper presented and symposium organized entitled To Boldly Go Where No Sport Psychologist Has Gone Before: Technology and Sport Psychology in the 1990's, annual conference of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX, September 14, 1990.

Armstrong III, David W., Salitsky, Paul, & Sachs, Michael L. Body weight management: Self-concept, locus of control, and body composition in female varsity volleyball athletes. Poster presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX, September 15, 1990.

Sachs, Michael L., & Oglesby, Carole A. Scientific considerations and practical perspectives of eating disorders in dance. Paper presented at the national

symposium on The Science and Somatics of Dance, Philadelphia, PA, February 2, 1991.

Sachs, Michael L. Sport psychology: An Overview. Invited workshop conducted at the Sixth University of Scranton Psychology Conference, University of Scranton, Scranton, PA, February 23, 1991.

Sachs, Michael L., & Travis, Cheryl A. Sport sciences and persons with developmental disabilities. Paper presented and symposium organized for the Region IX American Association on Mental Retardation Annual Conference, Princeton, NJ, October 4, 1991.

Travis, Cheryl A., & Sachs, Michael L. Psychological skills training and persons with mental retardation: Opportunities and challenges. Paper presented at the Region IX American Association on Mental Retardation Annual Conference, Princeton, NJ, October 4, 1991.

Sachs, Michael L., Sitler, Michael R., & Schwille, Gerry. Injuries, physical factors, and Psychological characteristics in intercollegiate athletes: A counseling/prediction model. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Savannah, GA, October 26, 1991.

Wingate, Catherine F., & Sachs, Michael L. Demographic and individual differences in motivation and commitment to karate training. Paper presented at the Eastern District Association Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD, February 20, 1992.

Cardinal, Bradley J., & Sachs, Michael L. The readability of exercise promoting literature. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Indianapolis, IN, April 10, 1992.

Wingate, Catherine F., & Sachs, Michael L. Emotional stability and self-esteem as motivation for karate training. Paper presented at the annual meeting of the American Psychological Association, Washington, D.C., August 14, 1992.

Ciervo, Rob, & Sachs, Michael L. Competitive state anxiety and performance in high School runners. Paper presented at the annual meeting of the American Psychological Association, Washington, D.C., August 15, 1992.

Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate applied sport psychology graduate program. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Colorado

Springs, CO, October 29, 1992.

- Wingate, Catherine F., & Sachs, Michael L. Commitment, dependence, and perceived benefits among karate practitioners. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO, October 30, 1992.
- Sachs, Michael L. Sport psychology in the year 2000. Presidential address presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO, October 31, 1992.
- Sachs, Michael L. What's new in sport psychology? Symposium presented at the annual meeting of the Pennsylvania Association for Health, Physical Education, Recreation, and Dance, Lancaster, PA, December 4, 1992.
- Burke, Kevin L., Sachs, Michael L., & Salitsky, Paul B. Selecting the appropriate applied sport psychology graduate program. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Montreal, Quebec, Canada, October 15, 1993.
- Smith, Gilbert A., Smith, Elinor A., & Sachs, Michael L. Persuasive communication, motivation, and performance: Impact on minority athletes. Workshop presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Montreal, Quebec, Canada, October 16, 1993.
- Sachs, Michael L. Research and the practitioner: Strange bedfellows? Invited presentation, Research Section Keynote Speaker, Eastern District Association, American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA, March 10, 1994.
- Irwin, Patricia, Sachs, Michael, & Jackson, Michael. Gender coach preference of female collegiate track and field athletes. Poster presentation, Research Section, Eastern District Association, American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA, March 10, 1994.
- Cardinal, Bradley J., & Sachs, Michael. Increasing physical activity using the stages of change model and mail-delivered exercise programs. Poster presentation, Research Consortium, American Alliance for Health, Physical Education, Recreation, and Dance annual convention, Denver, CO, April 14, 1994.
- Cardinal, Bradley J., Zhu, W., & Sachs, Michael L. Effects of three formats of physical activity and exercise behavior change programs on female adults' 7-month physical activity behavior. Poster presentation, American College of

Sports Medicine annual conference, Indianapolis, IN, June 2, 1994.

Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate applied sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Lake Tahoe, NV, October 6, 1994.

Morrow, J., Sachs, Michael L., & Harvey, Philip. Exercise dependence: An intervention strategy workshop. Workshop presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Lake Tahoe, NV, October 8, 1994.

Cardinal, Bradley J., & Sachs, Michael. Using self-instructional, written exercise materials to prospective analysis. Paper Presented, Research Consortium, American Alliance for Health, Physical Education, Recreation, and Dance annual convention, Portland, OR, March 31, 1995.

Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate applied sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, New Orleans, LA, September 30, 1995.

Pero, Suzanne F., & Sachs, Michael L. Development, implementation, and evaluation of an educational program in sport psychology for athletic trainers. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, New Orleans, LA, September 30, 1995.

Cardinal, Bradley J., & Sachs, Michael L. Effects of mail-mediated, stage-matched exercise: Strategies for increasing female adults' weekly leisure-time exercise behavior. Poster presented at the annual Art and Science of Health Promotion Conference, Colorado Springs, CO, March, 1996.

Sachs, Michael L. Graduate training and career possibilities in exercise and sport psychology. Paper presented at the annual conference of the Eastern Psychological Association, Philadelphia, PA, March 31, 1996.

Cardinal, Bradley J., Martin, Jeffrey J., & Sachs, Michael L. Informed consent: An oxymoron in exercise and sport psychology research? Paper presented at the annual convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Atlanta, GA, April 17, 1996.

Titlebaum, Peter, Crow, R. Brian, and Sachs, Michael L. Sports careers. Paper presented at the annual conference of the North American Society for Sports

Management, New Brunswick, Canada, May 29, 1996.

Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Williamsburg, VA, October 19, 1996.

Gassner, Gregory J., & Sachs, Michael L. A comparison of three different types of imagery on performance outcome in strength-related tasks. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Williamsburg, VA, October 19, 1996.

Elliott, Lynn, & Sachs, Michael L. Investigation of motivation in amateur bodybuilders. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Williamsburg, VA, October 20, 1996.

Milham, Donald, & Sachs, Michael L. Mental readiness in college football players. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, San Diego, CA, September 26, 1997.

Simon, Stacy, & Sachs, Michael L. Psychological factors associated with t-shirts and runners. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, San Diego, CA, September 26, 1997.

Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, San Diego, CA, September 27, 1997.

Sachs, Michael L. Effective teaching in exercise and sport psychology. Invited presentation to the annual meeting of the Mid-Atlantic Association of High School Psychology Teachers, Beaver College, Glenside, PA, October 25, 1997.

Sachs, Michael L. The mental edge: Exercise and sport psychology information you can use. Paper presented at the annual meeting of the Eastern District Association, American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD, February 21, 1998.

Sachs, Michael L. Applied sport psychology: A new frontier. Invited presentation to the Monmouth-Ocean County Psychological Association, Spring Lake, NJ, March 13, 1998.

Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate sport psychology

graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Hyannis, MA, September 24, 1998.

Powers, Joseph M., Woody, George, E., & Sachs, Michael L. The effects of exercise and sport on a population defined by their high risk of exposure to HIV. Poster presentation, annual conference of the Association for the Advancement of Applied Sport Psychology, Hyannis, MA, September 25, 1998.

Sachs, Michael L. Applied sport psychology: A new frontier. Invited workshop to the New Jersey Psychological Association, Iselin, NJ, October 24, 1998.

Powers, Joseph M., Woody, George, E., & Sachs, Michael L. The effects of exercise and sport on a population defined by their high risk of exposure to HIV. Presentation, annual conference of the Temple Education Research Association, Philadelphia, PA, May 5, 1999.

Burke, Kevin L., Sachs, Michael L., & Gomer, Shawn. Selecting the appropriate sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Banff, Alberta, Canada, September 24, 1999.

Sachs, Michael L., & Cohen, Bruce. Excercise, The meaning of excuses for not participating in exercise. Paper presented as part of a symposium on “Diverse Personal Meanings in Physical Activity: Multiple Perspectives,” at the annual conference of the Association for the Advancement of Applied Sport Psychology, Banff, Alberta, Canada, September 25, 1999.

Sachs, Michael L. Exercise as a treatment for depression. Invited presentation, Greater New York Regional Chapter, American College of Sports Medicine, New York, NY, November 20, 1999.

Sachs, Michael L., & Cohen, Bruce. Excercise, The meaning of excuses for not participating in exercise. Workshop presented at the Eastern District Association of the American Alliance for Health, Physical Education, Recreation, and Dance annual meeting, Philadelphia, PA, February 25, 2000.

Cherubini, Jeffrey, & Sachs, Michael L. Developing a base of knowledge and practice in applied exercise psychology. Paper presented as part of a symposium on “Applying Sport Psychology Theory and Concepts in Exercise Settings” at the annual conference of the Association for the Advancement of Applied Sport Psychology, Nashville, TN, October 19, 2000.

- Burke, Kevin L., Sachs, Michael L., & Schrader, Diana. Selecting the appropriate sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Nashville, TN, October 20, 2000.
- Cherubini, Jeffrey M., Riley, Devin, Bundy, Gary, Lee, Jennifer, Peiper, Kellie, Sachs, Michael L., & Oglesby, Carole A. The X-Factor: Development of a sport psychology newsletter and consulting opportunities with intercollegiate athletes. Poster presentation presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL, October 4, 2001.
- Burke, Kevin L., Sachs, Michael L., & Schrader, Diana. Selecting the appropriate sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL, October 5, 2001.
- Covassin, Tracey, Swanik, Charles Buz, & Sachs, Michael L. Prevalence, severity and gender differences of concussions among intercollegiate athletes. Presentation at the annual conference of the Temple Education Research Association, Philadelphia, PA, May 7, 2002.
- Covassin, Tracey, Swanik, Charles Buz, & Sachs, Michael L. Prevalence, severity and gender differences of concussions among intercollegiate athletes. Presentation at the annual conference of the National Athletic Trainers' Association, Dallas, TX, June 17, 2002.
- Sachs, Michael L. Exercise addiction. Invited presentation, California Society of Addiction Medicine, Newport Beach, CA, October 12, 2002.
- McKeever, Cathy, Covassin, Tracey, Schatz, Phillip, Zillmer, Eric, and Sachs, Michael L. Determining a schedule for serial post-concussion assessments: The Philadelphia Sports Concussion Project. Poster presentation, annual conference of the National Academy of Neuropsychology, Miami, FL, October 12, 2002.
- Burke, Kevin L., Sachs, Michael L., & Schrader, Diana. Selecting the appropriate sport psychology graduate program. Colloquium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Tucson, AZ, November 2, 2002.
- Burke, Kevin L., & Sachs, Michael L. Selecting the appropriate sport psychology graduate program. Presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA, October 10,

2003.

- Covassin, Tracey, McKeever, Catherine, Sachs, Michael L., Schatz, Philip, & Zillmer, Eric. Implementation of the Philadelphia Sport Concussion Project: A model for neuropsychologists and certified athletic trainers in the rehabilitation of sport concussions. Poster presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA, October 11, 2003.
- McKeever, C., Covassin, T., Schatz, P., Zillmer, E., & Sachs, M. Determining a schedule for serial post-concussion assessments: The Philadelphia Sports Concussion Program. Poster presentation at the 22nd annual conference of the National Academy of Neuropsychology, Miami, FL, October, 2002.
- McKeever, C., Schneider, J., Covassin, T., Sachs, M., Neva, C., Kendzior, S., Schatz, P., & Zillmer, E. The assessment of baseline neuropsychological functioning among collegiate athletes: The relevance of concussion history and concussion severity. Poster presentation at the 23rd annual conference of the National Academy of Neuropsychology, Dallas, TX, October, 2003.
- Schatz, P., Covassin, T., McKeever, C., Palumbo, J., Zillmer, E., & Sachs, M. History of concussion and baseline test performance for collegiate club sport versus varsity athletes. Poster presentation at the 23rd annual conference of the National Academy of Neuropsychology, Dallas, TX, October, 2003.
- Schneider, J., McKeever, C., Covassin, T., Sachs, M., Wait, S., Clayborne, J., Schatz, P., & Zillmer, E. The evaluation of pre- and post-measures of emotional indices associated with sports-related concussion. Poster presentation at the 23rd annual conference of the National Academy of Neuropsychology, Dallas, TX, October, 2003.
- Yanelli, Stephanie, Nguyen, Sheila, Sachs, Michael L., & Roper, Emily. The Asian American athlete: Some issues sport psychologists and sociologists must address as the face of sports changes. Poster presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA, October 11, 2003.
- McKeever, C. K., Schatz, P., Covassin, T., Sachs, M. L., Schneider, J., Heydt, J., & Zillmer, E. A. (2003, February). Sports-related concussions in collegiate athletes: Gender differences across neuropsychological test performances. Poster presented at the 32nd annual meeting of the International Neuropsychological Society, Baltimore, MD.

- Sachs, Michael L. (2004, May 12). Invited presentation on Psychological cases for the Sports Medicine Lecture Series, Crozer-Keystone Primary Care Sports Medicine Fellowship program, Healthplex Sports Medicine Institute, Springfield, PA.
- Covassin, T., Swanik, C., Sachs, M. L., Kendrick, Z., Schatz, P., Zillmer, E. A., & McKeever, C. K. (2004, June). Sex differences, post-concussion symptoms, and neuropsychological recovery of concussions among collegiate athletes. Paper presented at the annual conference of the National Athletic Trainers' Association, Indianapolis, IN.
- Sachs, Michael L. (2005, August 18). *Carpe diem et carpe viam: Personal perspectives on education and training in exercise and sport psychology*. Invited address: Distinguished Contributions to Education and Training in Exercise and Sport Psychology award from Division 47, the Division of Exercise and Sport Psychology of the American Psychological Association, Washington, DC.
- Ingram, Y., & Sachs, M. L. (2006, January). *Prevalence of eating disorder behaviors in NCAA female athletes*. Poster presentation at the annual conference of the Eastern Athletic Trainers' Association.
- Burke, Kevin L., Sachs, Michael L., & Loughren, Elizabeth *Selecting the appropriate sport psychology graduate program*. Presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL, September 28, 2006.
- Sanchez, C. M., Sachs, M. L., & Waggoner, J. P. *Mini BUD/S screener training performance and mental skills*. Poster presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL, September 29, 2006.
- Wood, N. J., & Sachs, M. L. *Just a soccer friend: The influence of peer relationships on athlete withdrawal in elite youth soccer*. Poster presentation at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL, September 29, 2006.
- Sachs, Michael L. (2007, March 6). *Everything you wanted to know about sport psychology ... but were afraid to ask*. Invited presentation to the Psychology Club of McDaniel College, Westminster, MD.
- Sachs, Michael L. (2007, October 3). *Sport psychology*. Invited presentation to Dr. Patricia Reger's class at Eastern University, St. Davids, PA.

- Napolitano, Melissa A., & Sachs, Michael L. (2007). *Getting the word out - effective Communication in facilitating motivation and adherence*. Presentation at the annual conference of the Association for Applied Sport Psychology, Louisville, KY, October 26, 2007.
- Sachs, Michael L. (2008, March 30). *Competitive stress and intercollegiate athletes*. Invited presentation as part of NCAA CHAMPS/Life Skills program, Marywood University, Scranton, PA.
- LaGrotte, Caitlin A., & Sachs, Michael L. (August 14, 2008). *Red Sox/Yankees: Intense rivalries and baseball stadium environments*. Poster presentation at the annual convention of the American Psychological Association, Boston, MA.
- DeLollo, Victoria, & Sachs, Michael L. (September 26, 2008). *Christian athletes: Integration of Christian faith into psychological skills and enhanced performance*. Poster presentation at the annual convention of the Association for Applied Sport Psychology, St. Louis, MO.
- Hayes, Chad, & Sachs, Michael L. (September 27, 2008). *Interpersonal influences within the pitcher/catcher dyad in NCAA baseball*. Poster presentation at the annual convention of the Association for Applied Sport Psychology, St. Louis, MO.
- Loughren, Elizabeth, & Sachs, Michael L. (September 27, 2008). *Development of the exercise enjoyment scale (ESS)*. Poster presentation at the annual convention of the Association for Applied Sport Psychology, St. Louis, MO.
- Sachs, Michael L. (September 26, 2008). *Using autobiographies in exercise and sport Psychology classes*. Paper presented as part of a symposium on “Teaching sport and exercise psychology: Creative activities, approaches, and techniques,” at the annual convention of the Association for Applied Sport Psychology, St. Louis, MO.
- Kim, Bryan, Sachs, Michael L., Newton, Roberta, & Glutting, Joseph. (August, 2009). *Effects of exercise imagery for adults with fear of falling*. Paper presented at the annual convention of the American Psychological Association, Toronto, Ontario, Canada.
- Moore, Nicole, Ross, Aaron, Schweighardt, Sherry, & Sachs, Michael L. (November 21, 2009). *The psychology of coaching: Keys to success*. Symposium presented at the annual conference of the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, King of Prussia, PA.

- Loughren, Elizabeth A., & Sachs, Michael L. (April, 2010). *Gender differences in motivation of first time marathoners in adherence to marathoning*. Poster presentation at the British Psychological Society Annual Conference, Stratford-upon-Avon, England.
- Sachs, Michael L. (April 20, 2010). *Everything you wanted to know about sport psychology ... but were afraid to ask*. Invited presentation to the Psychology Club of McDaniel College, Westminster, MD.
- Sachs, Michael L. (August 12, 2010). *Carpe diem et carpeviam: On the trail of an exercise and sport psychologist*. Presidential address, Division 47, the Division of Exercise and Sport Psychology of the American Psychological Association, San Diego, CA.
- Shore, Stuart, & Sachs, Michael L. (August 15, 2010). *Effective interventions for promoting exercise adherence*. Paper presented at the annual convention of the American Psychological Association, San Diego, CA.
- Sachs, Michael L. (October 27, 2010). *Celebrating 25 Years of AASP: How did we get here and where are we going?* Keynote presentation as part of Coleman Roberts Griffith Lecture panel, annual conference of the Association for Applied Sport Psychology, Providence, RI.
- Kim, Bang Hyun, Loughren, Elizabeth A., Park-Perin, Gloria, & Sachs, Michael L. (October 29, 2010). *Temple University Web Access Linking Kinetics and Imagery (TU WALKI)*. Poster presented at the annual conference of the Association for Applied Sport Psychology, Providence, RI.
- Loughren, Elizabeth A., & Sachs, Michael L. (October 30, 2010). *Charity versus non-charity marathon runners: Does running for a cause impact marathon adherence*. Poster presented at the annual conference of the Association for Applied Sport Psychology, Providence, RI.
- Perkins, Amanda M., Ross, Aaron E., Fairheller, Deborah, & Sachs, Michael L. (October 30, 2010). *Perceptions of mood states during martial arts promotion examinations*. Poster presented at the annual conference of the Association for Applied Sport Psychology, Providence, RI.
- Sachs, Michael L. (November 9, 2010). *Everything you wanted to know about sport psychology ... but were afraid to ask*. Invited presentation to the Psychology Club of Haverford College, Haverford, PA.
- Sachs, Michael L. (December 1, 2010). *Sport psychology and Haverford College: A*

winning team. Invited presentation to the Coaches meeting, Department of Athletics, Haverford College, Haverford, PA.

Perkins, Amanda, Sachs, Michael L., Appelbaum, Meredith, Block, Graham, Charny, David, Hoffman, Michael, Jaeschke, Anna-Marie, McPherson, Tyesha, Ruggieri, Jason, Sturgeon, Katie, & Brown, Michael. (2011). *Fit 4 Life Exercise Adherence Team (FLEAT): A Graduate Student Experience.* Paper presented at the annual meeting of the Southeast Regional AASP Conference, Tallahassee, FL.

Perkins, Amanda M., Sachs, Michael L., Sturgeon, Kathleen M., Fairheller, Deborah L., & Brown, Michael D. (June 4, 2011). *The development of F.L.E.A.T. - Adherence coaching for African Americans enrolled in a 6-month exercise intervention.* Paper presented at the annual meeting of the American College of Sports Medicine, Denver, CO.

Sachs, Michael L. (July 24, 2011). *Head injury in amateur athletes: When sports and public health collide. Ethical, legal, and societal implications.* Invited talk, Penn Conference on Clinical Neuroscience and Society, the University of Pennsylvania, Philadelphia, PA.

Perkins, Amanda, Sachs, Michael L., Appelbaum, Meredith, Block, Graham, Charny, David, Hoffman, Michael, Jaeschke, Anna-Marie, McPherson, Tyesha, Ruggieri, Jason, Sturgeon, Katie, & Brown, Michael. (August 6, 2011). *FLEAT: Fit 4 Life Exercise Adherence Team.* Poster presented at the annual convention of the American Psychological Association, Washington, DC.

Litchfield, Bradley C., Carter, Leeja M., Sachs, Michael L., & Menin, M. Scott. (August 6, 2011). *Exercise and sport psychology: Missing in action in introductory textbooks in psychology?* Poster presented at the annual convention of the American Psychological Association, Washington, DC.

Carter, Leeja M., Horvat, Erin, & Sachs, Michael L. (August 7, 2011). *Role of communication on flow states and team cohesion in wheelchair rugby athletes.* Poster presented at the annual convention of the American Psychological Association, Washington, DC.

Sachs, Michael L., Cohen, Bruce, & Ives, Allison. (September 24, 2011). *My dog ate my running shoes: Challenges of excuses for not exercising.* Poster presented at the annual conference of the Association for Applied Sport Psychology, Honolulu, HI.

Sachs, Michael L. (October 18, 2011). *Defeating the sedentariness epidemic: Challenges for exercise and sport psychology.* Invited talk as part of the

University of Maryland Department of Kinesiology Honors Speaker Series,
College Park, MD.

- Carter, Leeja, Sachs, Michael L., & Magee, Marren. (December 6, 2011). *The effects of concentration on flow in elite triathletes*. Poster presented at the Student Poster Session of the Rutgers University, Camden, Psychology Department Symposium.
- Ives, Allison, & Sachs, Michael L. (March 2012). *Examination of self-talk and exercise adherence*. Poster scheduled to be presented at the annual conference of the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA. Due to cancellation of conference due to a snowstorm was made be available on web site.
- Sachs, Michael L. (March 22, 2012). *Everything you wanted to know about sport psychology ... but were afraid to ask*. Invited presentation to the undergraduate sport psychology class for A.J. Barnold, Muhlenberg College, Allentown, PA.
- Sachs, Michael L. (October 4, 2012). *Battling the sedentariness epidemic - Can technology save us?* Presentation as part of symposium on Promoting Physical Activity in an Obesogenic Environment: May The Force Be With You, to be presented at the annual conference of the Association for Applied Sport Psychology, Atlanta, GA.
- Sachs, Michael L. (October 16, 2012). *Sport psychology*. Invited member of Alumni Series panel at Union College, Schenectady, NY.
- Carter, Leeja, Sachs, Michael L., & Shuda, Ryan. (July 31, 2013). *In the mood: Flow, mood, and the marathon*. Poster presentation at the annual conference of the American Psychological Association, Honolulu, HI.
- Sachs, Michael L. (March 30, 2015). *Educational and clinical sport psychology*. Invited keynote presentation to the Sport Psychology SIMposium, Wellspan Sports Medicine, York, PA.
- Longshore, Kathryn, & Sachs, Michael L. (August 8, 2015). *Mindfulness training for coaches*. Poster presented at the annual conference of the American Psychological Association, Toronto, Ontario, Canada.
- Etzel, Ed, Harris, Brandonn, Sachs, Michael L., & Watson II, Jack. (October 17, 2015). *Ethical considerations in teaching and mentorship for faculty and students*. Workshop presented at the annual conference of the Association for Applied Sport Psychology (AASP), Indianapolis, IN.

- Longshore, Kathryn, & Sachs, Michael L. (October 17, 2015). *Helping coaches help themselves: Mindfulness training for coaches*. Paper presented at the annual conference of the Association for Applied Sport Psychology (AASP), Indianapolis, IN.
- Sappington, Ryan, Fink, Cristina, & Sachs, Michael L. (October 16, 2015). *Nuances in the coach-athlete relationship: Findings from a program evaluation in a youth soccer academy*. Poster presented at the annual conference of the Association for Applied Sport Psychology (AASP), Indianapolis, IN.
- Tibbetts, Erica, & Sachs, Michael L. (October 15, 2015). *Understanding incarcerated women's motivation to exercise*. Paper presented at the annual conference of the Association for Applied Sport Psychology (AASP), Indianapolis, IN.
- Merrill, M., Sachs, M. L., & Brooks, N. (February 27, 2016) *The glass ceiling has turned to concrete: Upward mobility perceptions of women of color in senior level college athletic administration positions*. Poster presented at the Midwest Regional meeting of the Association for Applied Sport Psychology, Chicago, IL.
- Sachs, Michael L. (March 28, 2016). *Educational and clinical sport psychology*. Invited keynote presentation to the Sport Psychology SIMposium, Wellspan Sports Medicine, York, PA.
- Wright, A., & Sachs, M. L. (April 2, 2016). *The development, implementation, and evaluation of an exercise psychology workshop for personal fitness trainers: A mixed methods approach*. Poster presented at the annual meeting of the Northeast Atlantic Sport Psychology conference, Philadelphia, PA.
- Sachs, Michael L. (March 30, 2017). *Everything you wanted to know about sport psychology ... But were afraid to ask*. Presentation to the Advanced Placement classes in Psychology at Millville High School, Millville, NJ.
- Sachs, Michael L., Barlow, Madeline, & Berestetska, Ksenia. (March 23, 2017). *Athletic identity to exercise identity*. Presented at the Academic Consortium of the American Athletic Conference, Philadelphia, PA.
- Bhimla, Aisha, Salvatore, Gabrielle, Trout, Julia, Sachs, Michael L., & Ma, Grace. (March 31, 2017). *An exploratory study of the utilization of activity trackers and exercise motivation to increase exercise participation among Filipino women*. Presented at the annual Northeast Atlantic Sport Psychology conference, Philadelphia, PA.

- Sachs, Michael L. (April 22, 2017). *Exercise and sport psychology: To infinity and beyond*. Keynote address to the Association for Applied Sport Psychology regional conference at the John F. Kennedy University, Orinda, CA.
- Sachs, Michael L. (June 2, 2017). *Ethical practice in a diverse world: The challenges of sports professionals working with differences and the psychological consequences for NCAA college student-athletes*. Invited address as American College of Sports Medicine/American Psychological Association Exchange Lecturer, annual conference of the American College of Sports Medicine, Denver, CO.
- Bhimla, A., Sachs, M. L., Ma, G. X., Salvatore, G., & Trout, J. (June 2017). A qualitative assessment of physical activity motivation, barriers, and participation among middle-aged Filipino women living in the Greater Philadelphia Area. Presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity Conference, San Diego, CA.
- Tomlinson, Rachel, Jaeschke, Anna-Marie, & Sachs, Michael L. (July 2017). *100,000 miles closer to defining mental toughness: The use of the phenomenological approach*. Paper presented at the International Society for Sport Psychology conference, Sevilla, Spain.
- Bhimla, Aisha, Salvatore, Gabrielle, Trout, Julia, Sachs, Michael L., & Ma, Grace. (October 20, 2017). *An exploratory study of the utilization of activity trackers and exercise motivation to increase exercise participation among Filipino women*. Poster presented at the annual conference of the Association for Applied Sport Psychology (AASP), Orlando, FL.
- Bhimla, Aisha, Salvatore, Gabrielle, Trout, Julia, Sachs, Michael L., & Ma, Grace. (November 6, 2017). Developing a culturally tailored physical activity program for middle-aged Filipino women: A pilot study. Presented at the annual conference of the American Public Health Association (APHA), session 3329.0, Physical Activity Assessment Studies and Tools.
- Sachs, Michael L. (March 2, 2018). *Sport psychology*. Keynote talk to be presented at the Hot Topics in Sports Medicine CME event, WellSpan, York Hospital, York, PA.
- Barlow, Madeline, Warner, Stacy, & Sachs, Michael L. (October 4, 2018). *Life after collegiate sport: From athlete to exerciser*. Poster presented at the annual conference of the Association for Applied Sport Psychology (AASP), Toronto, Ontario, Canada.

Berestetska, Ksenia, & Sachs, Michael L. (November 2, 2018). *Hooked on exercise: Beyond participation and adherence, the relationship between exercise adherence and exercise addiction in Division I collegiate athletes*. Paper presented at MARC/ACSM, the annual conference of the Mid-Atlantic Region of the American College of Sport Medicine.

Bhimla, Aisha, Berestetska, Ksenia, Bermudez, Allegra, Aragoncillo, Cynthia, Bondad, Diana, Magpantay, Jonathan, Fong-Deleon, Elizabeth, Tagle, Sylvia, Estella, Frances, San Juan, Nicholas J., Dinh, Jessica, & Sachs, Michael L. (March 30, 2019). *Evaluating psychosocial changes following GET PHIT: A physical activity community program to enhance participation among Filipino Americans in the greater Philadelphia area*. Poster presented at the annual Northeast Atlantic Sport Psychology conference, Philadelphia, PA.

Sachs, Michael L. (October 23, 2019). *Oh, the places you'll go!* Paper presented as part of a symposium on Personal Journeys: Reflections From Sport and Exercise Psychologists Contemplating Life Transitions, at the annual conference of the Association for Applied Sport Psychology, Portland, OR.

Upcoming:

Bhimla, Aisha, Berestetska, Ksenia, Bermudez, Allegra, Aragoncillo, Cynthia, Bondad, Diana, Magpantay, Jonathan, Fong-Deleon, Elizabeth, Tagle, Sylvia, Estella, Frances, San Juan, Nicholas J., Dinh, Jessica, & Sachs, Michael L. (November, 2019). *Evaluating psychosocial changes following GET PHIT: A physical activity community program to enhance participation among Filipino Americans in the greater Philadelphia area*. Oral presentation to be presented at the annual American Public Health Association conference, Philadelphia, PA.

Panel Member/Reactor - Symposia/Round Tables

Hart, Elizabeth A., Morrow, Julian, Sachs, Michael, & Pargman, David. Exercise dependence: A research, clinical and practical concern. Member, Round Table presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO, October 28, 1992.

Pargman, David, Berger, Bonnie, Makarowski, Lou, Heyman, Steven, Sachs, Michael, & Singer, Robert. Ethical considerations in sport psychology. Member, Round Table presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO, October 29, 1992.

Kenow, Laura, Pargman, David, Perry, Clark, & Sachs, Michael. Psychological

- perspectives on sport injury: Issues, questions, and answers. Member, symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Montreal, Quebec, Canada, October 16, 1993.
- Acevedo, Ed, Jambor, Liz, Lewthwaite, Rebecca, Newburg, Doug, McGowan, Robert, & Sachs, Michael L. Alternative careers in sport psychology: Within and beyond academic settings. Member, invited student symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Lake Tahoe, NV, October 6, 1994.
- Andersen, Mark, Petrie, Trent, Oglesby, Carole, & Sachs, Michael L. Supervision: Theoretical, developmental, ethical and practical considerations for applied sport psychology training and practice. Reactor, symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Lake Tahoe, NV, October 6, 1994.
- Carr, Christopher, Connelly, Deidre, Sachs, Michael L., Singer, Robert N., & Yukelson, David. Sport Psychology and the NCAA: An ongoing perspective. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, New Orleans, LA, September 30, 1995.
- Cogan, Karen D., Harmison, Robert, Peterson, Kirsten, Sachs, Michael L., & Etzel, Ed. Is it live or memorex? Supervision of an actual sport psychology consultation. Invited workshop presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Banff, Canada, September 23, 1999.
- Hale, Bruce D., Smith, David, Rhea, Deborah, Lantz, Christopher, Fisher, Leslee, & Sachs, Michael L. Does mental illness drive bodybuilders? Exercise dependence and muscle dysmorphia in male and female bodybuilders. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL, October 4, 2001.
- Reel, Justine J., Singer, Robert, Carron, Albert V., Ostrow, Andrew, Van Raalte, Judy, Sachs, Michael L., Williams, Jean, & Gould, Daniel. Publishing sport and exercise psychology: The nuts and bolts of writing and editing books. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL, October 5, 2001.
- Sachs, Michael L. Panel member of discussion on “Danger Off The Field” as part of the Fourth Annual Economics of Sports Conference - Sports: Risking Danger for Dollars, Temple University, Philadelphia, PA, March 26, 2003.

Mork, Suzannah, Wiese-Bjornstal, Diane, Burke, Kevin, Petrie, Trent, Sachs, Michael, Van Raalte, Judy, & Weiss, Maureen. Applying to sport psychology graduate programs: A faculty panel discussion of admission criteria and responses to common prospective student questions. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN, September 30, 2004.

Naylor, Sarah, Lesyk, Jack J., Cogan, Karen, Cremades, Gualberto, & Sachs, Michael L. (September 26, 2008). *Developing competent consultants: The basics of excellence in the mentoring/supervision process*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, St. Louis, MO.

Sachs, Michael L. (August 15, 2010). Discussant, symposium *On Meeting the challenges of coaching the reset generation - new coaching paradigms and effective strategies*, coordinated by Sherry Schweighardt, American Psychological Association annual convention, San Diego, CA.

Sachs, Michael L. (October 28, 2011). Discussant, symposium on *Exercise and quality of life: A 25-year, integrative review of research and practice*, coordinated by Bonnie Berger, presented at the annual conference of the Association for Applied Sport Psychology, Providence, RI.

Sachs, Michael L. (October 29, 2011). Discussant, Symposium on *Physical activity as positive institution: An examination of the body in positive psychology*, coordinated by Gloria Park-Perin, presented at the annual conference of the Association for Applied Sport Psychology, Providence, RI.

Sachs, Michael L. (August 4, 2012). Chaired symposium, Presidential Program, on *Expanding Performance in Exercise and Sport Psychology*. Annual convention of The American Psychological Association, Orlando, FL.

Other

Sachs, Michael L. (August 2, 2012). Presented on sport psychology as part of panel for APAGS on “Alternative Career Paths in Psychology,” annual convention of the American Psychological Association, Orlando, FL.

Invited participant/mentor in President Suzanne Bennett Johnson’s Speed Mentoring event, August 3, 2012, annual convention of the American Psychological Association, Orlando, FL.

Invited member for Meet the Professionals session, October 5, 2012, Association for

Applied Sport Psychology Annual conference, Atlanta, GA.

Invited member, Networking Events of Psi Chi, Temple University, April 16, 2013; April 17, 2014; March 19, 2015.

Presentations (Running clinics, workshops, clubs)

Sachs, Michael L. Selected psychological considerations in running. Running Clinic (sponsors: Gulf Winds Track Club, the Athletic Attic, and the Temple Israel Brotherhood), Tallahassee, FL, August 8, 1978.

Sachs, Michael L. Psychological and physiological aspects of running. Running Clinic (sponsors: Gulf Winds Track Club and the American Heart Association), Tallahassee, FL, April 28, 1979.

Sachs, Michael L. Personality and the addicted runner. Member, panel on "The Role of Running in Your Life: A Positive Addiction or a Negative Addiction?" Running Clinic Series, New York Road Runners Club, New York, NY, March 25, 1980.

Sachs, Michael L. Les facteurs psycho-sociaux de la course sur route. La Semaine de l'Activite Physique, Universite du Quebec a Trois-Rivieres, Quebec, Canada, February 17, 1981.

Sachs, Michael L. Certains aspects psychologiques relies a la course a pied. MILPAT running club, Trois-Rivieres, Quebec, Canada, December 15, 1981.

Sachs, Michael L. Running addiction: Psychological considerations for adult fitness. Keynote speaker, Lake County Heart Marathon Pre-Race Symposium, Lake County, IL, April 24, 1982.

Sachs, Michael L. Running addiction. Baltimore Road Runners Club, Baltimore, MD, February 4, 1986.

Sachs, Michael L. Ten tips for psyching up for a race. Maryland Marathon Symposium, Baltimore, MD, November 21, 1987.

Sachs, Michael L. Sport Psychology and Cycling. Invited presentation at the Baltimore Rider Development Clinic. The Clinic was cosponsored by Bicycling magazine and the United States Cycling Federation. Baltimore, MD, January 6, 1990.

Sachs, Michael L. Goal Setting: Developing S.M.A.R.T Goals and What Should We Be Looking At? Concentration and Attentional Style. Presentations as part of

Psychological Skills Training Conference/Workshop for Coaches entitled "Sport Psychology & Performance Enhancement, conducted with Dr. Carole Oglesby and Dr. Celeste De Bease, Ambler, PA, July 28, 1990.

Sachs, Michael L. Youth Sport: How Much is Too Much? Invited presentation as part of the Fathers' Forum series, Parents' Network, Ambler, PA, January 9, 1992.

Sachs, Michael L. Two presentations on Youth Sports to DuPont Chemical Company employees as part of the DuPont Work and Family Groups series, Wilmington and Newark, DE, June 5 and June 19, 1992.

Sachs, Michael L. Sport psychology and tennis. Dennis Tennis Academy, Philadelphia, PA, June 28, 1994.

Sachs, Michael L. Diversifying your practice: Exercise and sport psychology. Presentation to the Sport Psychology Task Force of the New Jersey Psychological Association, Princeton, NJ, May 4, 1997.

Sachs, Michael L. SMART goals. Touch for Life Basketball Camp, Sicklerville, NJ, July 1, 1998.

Sachs, Michael L., & Young, Geanie. Sport psychology. Invited presentation, USA Triathlon Level 1 Coaching Clinic, Northfield, NJ, October 6, 2002.

Consulting - Optimal Performance Associates

Team Building Group leader, AT&T Kickoff, Atlantic City, NJ, January 18, 1999.

Team Building Group leader, Middle School teachers, Beck's Middle School, Cherry Hill, NJ, February 1, 1999.

Youth Sport Parenting Workshop entitled "Riding the Parental Rollercoaster: A Parent's Guide to Success in Youth Sports," Voorhees, NJ, March 9, 1999 (with Keith Waldman).

Youth Sport Parenting Workshop entitled "Riding the Parental Rollercoaster: A Parent's Guide to Success in Youth Sports," E.T. Hamilton School, Voorhees, NJ, June 26, 1999 (with Keith Waldman).

Youth Sport Parenting Workshop entitled "Riding the Roller Coaster of Youth Sports: A Parent's Guide to Success in Youth Sports." Williamstown School District, Williamstown, NJ, January 22, 2003.

Grants

- Sachs, Michael L., & Sitler, Michael R. Injuries, Physical Factors, and Psychological Characteristics in Intercollegiate Athletes: A Counseling/Prediction Model. Submitted to the Temple University Grant-in-Aid for Research Program, March 1, 1990. Amount requested: \$2,976.00.
Peer Review Funded Award - amount received: \$2,376.00
- Sachs, Michael L., Sitler, Michael R., & Schwille, Gerry. Injuries, Physical Factors, and Psychological Characteristics in Intercollegiate Tennis Players: A Counseling/Prediction Model. Submitted to the United States Tennis Association. Amount requested and funded (peer review funded award): \$766.40
- Sachs, Michael L., Sitler, Michael R., & Schwille, Gerry. Injuries, Physical Factors, and Psychological Characteristics in Intercollegiate Athletes: A Counseling/Prediction Model. Submitted to the National Collegiate Athletic Association, May 15, 1990. Amount requested: \$18,101.83. Not funded.
- Sachs, Michael L., Sitler, Michael R., & Schwille, Gerry. Injuries, Physical Factors, and Psychological Characteristics in Intercollegiate Athletes: A Counseling/Prediction Model. Submitted to the Eastern Athletic Trainers Association, November 15, 1990. Amount requested: \$1,456.00. Not funded.
- Sachs, Michael L., Burke, Kevin, A., & Gomer, Shawn. Grant to update Directory of Graduate Programs in Applied Sport Psychology, fifth edition, published by Fitness Information Technology (Morgantown, WV). \$500.00. March 15, 1997.
- Sachs, Michael L., Burke, Kevin, A., & Schrader, Diana. Grant to update Directory of Graduate Programs in Applied Sport Psychology, sixth edition, published by Fitness Information Technology (Morgantown, WV). \$450.00.
December 20, 1999.
- Loughren, Elizabeth, Kim, Bryan, and Sachs, Michael. *Exercise imagery and internet use for increasing physical activity (TUWALKI)*. Funded by the Association for Applied Sport Psychology, 2007 - 2009.

Mentored Students

Longshore, Kathryn & Sachs, Michael - work on mindfulness training and coaches

Association for Applied Sport Psychology, June 2013, \$1990.00

Kat Longshore also received an AASP Student Travel Grant award in 2014 - \$750.00

Manu, Amanda & Sachs, Michael – work on gender and ethnicity in women of color female athletes, Carole A. Oglesby and Marjorie Snyder Grant for Equity and Cultural Diversity, Association for Applied Sport Psychology, July 2015,

McGuire, Lindsey - work on depression and concussions in intercollegiate athletes

Pennsylvania Athletic Trainers' Society, June 2013, \$5,000.00

National Collegiate Athletic Association, Graduate Research Grant award, 2013-2014, \$7500.00

Merrill, Miriam – First Summer Research Initiative (FSRI) award from the Graduate School for Temple University for work on the concrete ceiling faced by women of color athletic administrators – summer 2015, \$7,500.00

Miriam Merrill also received an AASP Student Travel Grant award in 2016 – \$750.00

Schweighardt, Sherry - work on Nature Based Physical Activity (NBPA) in children and adolescents:

United States Department of Agriculture Forest Service Sustainability Science Fellowship and Grant, March 2012, \$5000.00

American Montessori Society Research Mini-Grant, January 2014, \$1750.00

Tibbetts, Erica & Sachs, Michael L. (2014). Association for Applied Sport Psychology (AASP), Carole A. Oglesby and Marjorie Snyder Grant for Equity and Cultural Diversity, for \$1,000.00 - First time grant offered by AASP.

Erica Tibbetts also received an AASP Student Travel Grant award in 2015 – \$750.00

Dingman, D., Sachs, M. L., Ciaccio, J. B., & Ely, S. (2015). *Evaluation of a community based running program for North Philadelphia youth: Creating sustainable programs that encourage lifelong physical activity*. Funded by the College of Public Health, Temple University: \$5,000.

Barlow, Madeline & Sachs, Michael L. (May 2017). *From NARPs to PARPs — Transitioning from Athletic Identity to Exercise Identity*. American Athletic Conference: \$6,000.

Bhimla, Aisha & Sachs, Michael L. (2017). Association for Applied Sport Psychology (AASP) Community Outreach Grant - *GET PHIT – Increasing Community Capacity and Promoting Physical Activity in Filipino Americans Through Filipino Physical Activity Community Advocates and the Philippine Community of Southern New Jersey* – \$4,910.

Submitted:

Snethen, Gretchen & Sachs, Michael L. (November 17, 2014). *Going PhAAR: Motivation and Adherence for Physical Activity in a Community Based Population With Psychiatric Disabilities*. Grant submitted to the College of Public Health, Dean's seed grant initiative, \$25,000 (not funded – resubmitted April 2015 – not funded, April 2015)

Merrill, Miriam, & Sachs, Michael L. (December 1, 2014). *College Transition Playbook: Student-Athletes Making a Successful Transition from High School to College* to the National Collegiate Athletic Association – \$9,978.32 (not funded)

Publications

Books

- Sacks, Michael H., & Sachs, Michael L. (Eds.) (1981). Psychology of Running. Champaign, IL: Human Kinetics Publishers.
- Sachs, Michael L., & Buffone, Gary W. (Eds.) (1984). Running as Therapy: An Integrated Approach. Lincoln, NE: University of Nebraska Press.
Also published by Jason Aronson Publishers in their Master Works series (May, 1997).
- Sachs, Michael L., Burke, Kevin L., & Butcher, Lois A. (Eds.) (1995). Directory of graduate programs in applied sport psychology (4th edition). Morgantown, WV: Fitness Information Technology.
- Fine, Aubrey H., & Sachs, Michael L. (1997). The total sports experience for kids: A parent's guide to success in youth sports. South Bend, IN: Diamond Communications, Inc.
- Sachs, Michael L., Brke, Kevin L., & Gomer, Shawn. (Eds.) (1998) Directory of graduate programs in applied sport psychology (5th edition). Morgantown, WV: Fitness Information Technology.
- Sachs, Michael L., Burke, Kevin L., & Schrader, Diana. (Eds.) (2001) Directory of graduate programs in applied sport psychology (6th edition). Morgantown, WV: Fitness Information Technology.
- Burke, Kevin L., Sachs, Michael L., & Smisson, Cassandra, P. (Eds.) (2004) Directory of graduate programs in applied sport psychology (7th edition). Morgantown, WV: Fitness Information Technology.
- Sachs, Michael L., Burke, Kevin L., & Loughren, Elizabeth, A. (Eds.) (2007) *Directory of graduate programs in applied sport psychology* (8th edition). Morgantown, WV: Fitness Information Technology.

- Burke, Kevin L., Sachs, Michael L., Fry, Samantha, & Schweighardt, Sherry. (Eds.) (2008) *Directory of graduate programs in applied sport psychology* (9th edition). Morgantown, WV: Fitness Information Technology.
- Sachs, Michael L., Burke, Kevin L., & Schweighardt, Sherry L. (Eds.) (2011) *Directory of graduate programs in applied sport psychology* (10th edition). Indianapolis, IN: Association for Applied Sport Psychology.
- Burke, Kevin L., Sachs, Michael L., & Schweighardt, Sherry L. (Eds.) (2015). *Directory of graduate programs in applied sport psychology* (11th edition). Indianapolis, IN: Association for Applied Sport Psychology.
- Burke, Kevin L., Sachs, Michael L., & Tomlinson, Rachel. (Eds.) (2018). *Directory of graduate programs in applied sport psychology* (12th edition). Indianapolis, IN: Association for Applied Sport Psychology.
- Razon, Selen, & Sachs, Michael L. (Eds.) (2018). *Applied exercise psychology: The challenging journey from motivation to adherence*. New York, NY: Routledge/Taylor & Francis.
- Sachs, Michael L., Tashman, Lauren, & Razon, Selen. (Eds.) *Performance excellence: Stories of success from the real world of sport and exercise psychology*. Lanham, MD: Rowman & Littlefield Publisher (expected publication date – March, 2020).
- Cohen, Bruce, & Sachs, Michael L. *Excercise*. In preparation (expected publication date – 2020).

Books - electronic version

- Sachs, Michael L., & Burke, Kevin L. (Eds.) Directory of graduate programs in applied sport psychology. On-line, electronic version of the Directory, updated on a regular basis, 2001 - 2009. Morgantown, WV: Fitness Information Technology.

Conference Abstracts

- Cherubini, Jeffrey, Riley, Devin, & Sachs, Michael L. (2001). The third annual northeast atlantic sport psychology conference - conference abstracts 2001. Philadelphia, PA: Exercise and Sport Psychology Division, Biokinetics Research Laboratory, Temple University.
- Cherubini, Jeffrey, Riley, Devin, & Sachs, Michael L. (2002). The fourth annual northeast atlantic sport psychology conference - conference abstracts 2002.

Philadelphia, PA: Exercise and Sport Psychology Division, Biokinetics Research Laboratory, Temple University.

Cherubini, Jeffrey, Roper, Emily A., & Sachs, Michael L. (2003). The fifth annual northeast atlantic sport psychology conference - conference abstracts 2003. Philadelphia, PA: Exercise and Sport Psychology Division, Biokinetics Research Laboratory, Temple University.

Book Chapters

Sachs, Michael L. (1981). Running addiction. In M.H. Sacks & M. L. Sachs (Eds.), Psychology of running. Champaign, IL: Human Kinetics Publishers.

Sachs, Michael L. (1982). Compliance and addiction to exercise. In R. C. Cantu (Ed.), The exercising adult. Lexington, MA: The Collamore Press. Also in second edition of book, 1987.

Sachs, Michael L. (1982). Change agents in the psychology of running. In R. C. Cantu & W. J. Gillespie (Eds.), Sports medicine, sports sciences: Bridging the gap. Lexington, MA: The Collamore Press.

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Sachs, Michael L. (1999, September 29). Article on “Children and sports: A great combination.” Article appeared on www.americasdoctor.com.

Podcast

Ultimate Sports Parent podcast, show 36, “When Having Fun in Youth Sports Equals Success.” [Http://www.youthsportsspsychology.com/radio_show.php](http://www.youthsportsspsychology.com/radio_show.php)

Developmental Disabilities

Presentations

Smull, Michael W., & Sachs, Michael L. Operationalizing the federal developmental disabilities definition: Issues and answers. Paper presented at the annual conference of the American Association on Mental Deficiency, 108th annual meeting, Minneapolis, MN, May 30, 1984.

Crites, Linda S., Smull, Michael W., & Sachs, Michael L. Community needs survey of mentally retarded persons: Demographic and functional characteristics of adults

- living at home with family. Paper presented at the annual meeting of the Maryland Association for Retarded Citizens, Bethesda, MD, June 9, 1984.
- Black, Maureen M., Crites, Linda S., Smull, Michael W., & Sachs, Michael L. The home based mentally retarded adult: Preventing the emerging crisis. Paper presented at the annual meeting of Region IX of the American Association on Mental Deficiency, Rehoboth Beach, DE, October 8, 1984.
- Black, Maureen M., Smull, Michael W., Crites, Linda S., & Sachs, Michael L. Developmental needs of mentally retarded children and adults living at home. Paper presented at the annual meeting of the Society for Research in Child Development, Toronto, Ontario, Canada, April, 1985.
- Beverly, Bryan K., & Sachs, Michael L. Community needs survey respondents: Effects of race on service needs. Paper presented at the annual meeting of Region IX of the American Association on Mental Deficiency, Baltimore, MD, October 14, 1985.
- Sachs, Michael L. Comparison of respondents with past history of institutionalization and those never having been institutionalized. Paper presented at the annual meeting of Region IX of the American Association on Mental Deficiency, Baltimore, MD, October 14, 1985.
- Sachs, Michael L. Adult NRDD CNS respondents: Differences amongst respondents with primary disabilities of cerebral palsy, epilepsy, and multiple sclerosis. Paper presented at the annual conference of the American Association on Mental Deficiency, Denver, CO, May 26, 1986.
- Sachs, Michael L. Perceived urgency of need for services: Changes over time for respondents to the Community Needs Survey for Persons with Mental Retardation (MR CNS). Paper presented at the annual conference of the American Association on Mental Deficiency, Denver, CO, May 26, 1986.
- Sachs, Michael L., & Smull, Michael W. The transitional population: The who, what, when, where, and why of service requests. Paper presented at the annual meeting of Region IX of the American Association on Mental Deficiency, Cherry Hill, NJ, October 23, 1986.
- Sachs, Michael L., Loughran, Alison, Wolfe, Barbara, & Smull, Michael W. Determining needs of non-elderly persons with developmental disabilities in Nursing homes. Paper presented at the annual convention of the American Association on Mental Deficiency, Los Angeles, CA, May 27, 1987.
- Smull, Michael W., & Sachs, Michael L. Access and eligibility for services.

Presentation at the annual convention of the Association for Retarded Citizens of Maryland, Baltimore, MD, June 27, 1987.

Sachs, Michael L. Service needs: The transitional population. Paper presented at the annual convention of the American Association on Mental Retardation, Washington, D.C., June 1, 1988.

Molaison, Valarie, Black, Maureen M., Sachs, Michael L., & Smull, Michael W. Utilization, accessibility, and satisfaction with services: The family's perspective. Poster presentation, 1987 Mini-Grant award, annual convention of Region IX of the American Association on Mental Retardation, Philadelphia, PA, October 23, 1988.

Sachs, Michael L. Non-Elderly residents of nursing homes: A personal and public policy issue. Paper presented at the 35th annual meeting of the American Society on Aging, Washington, D.C., March 20, 1989.

Sachs, Michael L., & Smull, Michael W. Selected waiting list data for persons with mental retardation and mental illness. Paper presented at the annual conference of the American Association on Mental Retardation, Chicago, IL, May 29, 1989.

Sachs, Michael L. Waiting for services: An ethical quagmire. Paper presented at the annual conference of the American Association on Mental Retardation, Chicago, IL, May 31, 1989.

Hyatt, Marcelle R., Brandt, Jason, Krumholz, Allan, Sachs, Michael L., & Kingham, Lee Ann. Prediction of disability status in persons with epilepsy. Paper presented at the annual conference of the American Epilepsy Society, Boston, MA, December 6, 1989.

Sachs, Michael L. Turning needs assessment findings into action: A case study – Montgomery County, Maryland. Paper presented at the annual meeting of Region IX of the American Association on Mental Deficiency, Wilmington, DE, October 29, 1990.

Publications

Sachs, Michael L., Levin, Deborah, C., & Smull, Michael W. (1989). Montgomery County Government special needs survey for children and adolescents with disabilities. Unpublished report prepared for Department of Family Resources, Division on Children and Youth, Montgomery County Government. Rockville, MD: Montgomery County Government.

Smull, Michael W., Sachs, Michael L., & Black, Maureen M. (1992). Developing a managed service system for people with developmental disabilities: A state agency-university partnership. In John W. Jacobson, Sara N. Burchard, & Paul J. Carling (Eds.), Community Living for people with developmental and psychiatric disabilities (pp. 67-81). Baltimore, MD: The Johns Hopkins University Press.

Molaison, Valarie, Black, Maureen M., Sachs, Michael L., & Smull, Michael W. (1995). Services for adult family members with mental retardation: Perceptions of accessibility and satisfaction. Mental Retardation, 33(3), 181-185.

Volunteer Work, Organizations, Consulting

Maryland State Chapter of the American Association on Mental Retardation (AAMR):
President-Elect, 1987; President, 1988; Past-President, 1989.

Region IX of AAMR: Chairperson, Recreation Division, 1987; Regional Representative, 1988-1989.

Member, Local Arrangements Committee for 1988 AAMR National Conference;
Chairperson, Volunteer Recruitment and Coordination Committee.

Grants

Smull, Michael W., & Sachs, Michael L. Definitions of developmental disability: An exploration of critical choices. State of Maryland, Department of Health and Mental Hygiene, Mental Retardation and Developmental Disabilities Administration, 2/84 - 6/85.
Grant: \$199,856.

Smull, Michael W., & Sachs, Michael L. Persons with developmental disabilities: A study of issues. Virginia Developmental Disabilities Planning Council, 7/84 - 6/85. Grant: \$78,427.

Sachs, Michael L., & Smull, Michael W. Persons with developmental disabilities: A study of issues. Subcontract from Virginia Commonwealth University to continue first year's work. Virginia Developmental Disabilities Planning Council, 7/85 - 11/86. Grant: \$20,985.

Smull, Michael W., & Sachs, Michael L. Community needs survey of persons with developmental disabilities. State of Maryland, Department of Health and Mental Hygiene, Mental Retardation and Developmental Disabilities Administration, 7/85 - 6/86. Grant: \$195,268.

Sachs, Michael L., & Smull, Michael W. Non-elderly developmentally disabled persons in long-term care facilities for geriatric persons. Maryland Developmental Disabilities Planning Council, 10/85 - 6/88. Grant: \$11,446.

Smull, Michael W., & Sachs, Michael L. Applied Research and Evaluation Unit. State of Maryland, Department of Health and Mental Hygiene, Developmental Disabilities Administration, 7/86 - 6/87. Grant: \$486,691.

Smull, Michael W., & Sachs, Michael L. Applied Research and Evaluation Unit. State of Maryland, Department of Health and Mental Hygiene, Developmental Disabilities Administration, 7/87 - 6/88. Grant: \$573,814.

Smull, Michael W., & Sachs, Michael L. Applied Research and Evaluation Unit. State of Maryland, Department of Health and Mental Hygiene, Developmental Disabilities Administration, 7/88 - 6/89. Grant: \$537,298.

Sachs, Michael L. Montgomery County Government, Department of Family Resources, for Montgomery County Developmental Disabilities Research Project, 10/88 – 6/89. Grant: \$7,500.

Smull, Michael W., & Sachs, Michael L. Applied Research and Evaluation Unit. State of Maryland, Department of Health and Mental Hygiene, Developmental Disabilities Administration, 7/89 - 6/90. Grant: \$608,168.

Consulting

Consulting with the Institute on Disabilities at Temple University on Waiting List project for the state of Pennsylvania, 1998 - 2001. Contact persons: Celia Feinstein and James Lemanowicz.

Professional Organizations, Societies

American Psychological Association (APA)
Member, Division 47, Society for Sport, Exercise & Performance Psychology

Association for Applied Sport Psychology (AASP)

Awards and Honors

Union College - Dean's List - 1969-70, 1970-71, 1971-72.
Nott Scholar - 1972-73. Graduated cum laude.

Hollins College - Initiated into Psi Chi (The National Honor Society in Psychology),
February 25, 1974.

Florida State University - Awarded College of Education Teaching Fellowship, 1975-76.
Graduate Assistantship, 1976-77. Research Assistantship, Defense Advanced
Research Projects Agency grant (Principal Investigator, Dr. Robert N. Singer),
June 1977 - June 1978.

Florida State University - Initiated into Phi Epsilon Kappa, (Professional Honor
Fraternity in Physical Education), February 15, 1976.

Florida State University - Initiated into Phi Kappa Phi (National Honor Society), May 20,
1977.

Certificates of Merit for outstanding presentations of research reports, annual conferences
of the Florida Association for Health, Physical Education, and Recreation
(FAHPER), 1976 and 1977.

Outstanding Dissertation Award, 1981, from the Sport Psychology Academy of the
National Association for Sport and Physical Education, American Alliance for
Health, Physical Education, Recreation, and Dance. Dissertation: On the trail of
the runner's high - a descriptive and experimental investigation of
characteristics of an elusive phenomenon, Florida State University, 1980.

Elected to Fellow status, Association for the Advancement of Applied Sport Psychology
(AAASP), 1986.

Accepted as Fellow, Maryland Psychological Association (MPA), 1988.

Received Distinguished Professional Contributions Award in Education and Training
from Division 47, the Division of Exercise and Sport Psychology, of APA (the

American Psychological Association), 2005.

Named Fellow, Division 47, American Psychological Association, 2007.

Volunteer Work, Organizations, Consulting

Phi Epsilon Kappa (Professional Honor Fraternity in Physical Education), Florida State University chapter, Vice-President, 1976-77, President, 1977-78.

North American Society for the Psychology of Sport and Physical Activity (NASPSPA): Member, "Membership" Committee, 1974-75; Ethics and Standards for Psychological Testing within Sport Committee, 1979-82.

Editor, Sport Psychology column, SASP Newsletter, (The Society for the Advancement of Social Psychology), 1978-1986.

Editor, The Running Psychologist, newsletter of Running Psychologists, 1979-83; Co-editor, 2006-present. Official Bibliographer, Running Psychologists, 1979-86. Contributing Editor, Division 47 Newsletter, 1988-1990.

Editor, The Sport Sociology Academy Newsletter (Sport Sociology Academy, American Alliance for Health, Physical Education, Recreation, and Dance), 1980-82.

Member, Organizing Committee, Sport Psychology Academy, 1981 convention of the American Alliance for Health, Physical Education, Recreation, and Dance.

Conseiller special, La Revue Quebecoise de l'Activite Physique, 1981-82.

Member, team of professionals in physical education, sponsored by the National Association for Girls & Women in Sport/American Alliance for Health, Physical Education, Recreation, and Dance, and the Caribbean/Central American Action, on teaching and evaluation project in Haiti and Jamaica, July 12-26, 1981.

Member, Editorial Committee, Sport Psychology Feature, Journal of Physical Education, Recreation and Dance, November/December 1982.

Co-Editor, Bulletin of the Canadian Society for Psychomotor Learning and Sport Psychology (CSPLSP), 1982-83.

Member, Sports Medicine Advisory Board, F. A. Davis Company, Philadelphia, PA, 1984-1990.

Consultant and Coordinator, Sport Psychology Programs, Sport Psychology Center, The

Education Center, Sheppard Pratt Hospital, Towson, MD, 1987-1988.

Member, Board of Educational Affairs, Maryland Psychological Association, 1988-1989.

Member, Acquisitions Advisory Board, Fitness Information Technology, 2011-present.

Founding member, John F. Kennedy University Advisory Council for the Sport Psychology program, 2012-present.

Member, Exercise Science Advisory Board, Department of Kinesiology, West Chester University, 2018-present.

Journal Editorial Boards:

Member: Editorial Advisory Board, Wellness Perspectives Journal, 1984-1988.
Editorial Board, Wellness Perspectives: Research, Theory and Practice, 1989-2000.

Member, Editorial Board, Journal of Applied Sport Psychology, 1988-1995.

Member, Editorial Board, The Sport Psychologist, 1993-2000. Responsible for Bulletin Board section.

Member, Editorial Advisory Board, The Phys Ed Journal of Sports Medicine, 1993-1994.

Member, Editorial Advisory Board, Sports Medicine Alert (formerly Sports Medicine in Primary Care), 1994-2000.

Member, Science Advisory Board, Marathon & Beyond, 1996-2015.

Associate Editor, Exercise Psychology, for the *Journal of Sport Psychology in Action*, 2010-2012.

Journal/Magazine Article Reviews:

Reviewed manuscript for Exercise and Sport Sciences Reviews, 1989.

Reviewed articles for 23 journals: Journal of Sport and Exercise Psychology (formerly Journal of Sport Psychology), The Sport Psychologist, Journal of Applied Sport Psychology, Canadian Journal of Sport Sciences (formerly Canadian Journal of Applied Sport Sciences), Cognitive Therapy and Research, Journal of Cardiac Rehabilitation, American Journal of Health Studies (formerly Wellness Perspectives: Research, Theory and Practice, formerly Wellness

Perspectives), Adapted Physical Activity Quarterly, American Journal of Diseases of Children, Cognition and Emotion, International Journal of Sport Psychology, Journal of Sport Rehabilitation, the Australian Journal of Science and Medicine in Sport, Perceptual and Motor Skills, the Journal of Sport Rehabilitation, the Journal of Aging and Physical Activity, the Journal of Pediatric Psychology, Research Quarterly for Exercise and Sport, Journal of Sport Sciences, PlosOne, Frontiers, Sport Management Review, and the Journal of Sport Psychology in Action.

Reviewed article for September, 1994 issue of Men's Health magazine on the mind-body connection to fitness, a Rodale Press publication.

Reviewed article for Oxford Research Encyclopedia of Psychology, October 2016.

Book reviews:

Proposal for Wm. C. Brown Publishers, Health, Physical Education, Recreation, and Dance division, 1990.

Proposal for Mosby - Year Book, Health, Physical Education, and Recreation/Nutrition division, 1991.

Proposal for McGraw-Hill, College Division, 1991.

Proposal for Human Kinetics Publishers, 1992.

Proposal for Allyn & Bacon, Health and Physical Education Division, 1994.

Proposal for The Oryx Press, 1994.

Proposal for Jones and Bartlett Publishers, Inc., 1994.

Two proposals for Jones and Bartlett Publishers, Inc., 1995.

Book chapter for Human Kinetics, 1995.

Book for Addison Wesley, 1997.

Book proposal for Allyn and Bacon, 1999.

Book for McGraw-Hill, 1999.

Book for Fitness Information Technology, 1999.

Book proposal (two books) for Allyn and Bacon, 2000.

Book proposal for Fitness Information Technology, 2005.

Book proposal for Human Kinetics, 2005.

Book proposal for Lippincott, Williams, and Wilkins, 2007.

Book proposal for Human Kinetics, 2008.

Book proposal for Wolters Kluwer Health, Lippincott
Williams, & Wilkins, 2012.

Book for Human Kinetics, 2012.

Book for Psychology Press, 2012.

Book proposal for Taylor and Francis, 2013.

Book proposal for Routledge/Taylor and Francis, 2014.

Book proposal for Rowman & Littlefield, 2014.

Book proposal for Oxford University Press, 2015.

Book proposal for American Psychological Association Press, 2016.

Program review:

Served as member of team of external examiners for review of the graduate programs in the Department of Kinesiology, University of Minnesota, Minneapolis, MN, April 26-28, 2006.

Reviewed master's program for Pennsylvania Department of Education for the University of the Sciences, Philadelphia, PA, spring/summer 2012.

Reviewed graduate program in sport psychology for Springfield College, School of Health, Physical Education, and Recreation, Springfield, MA, fall 2012.

Reviewed graduate program in sport psychology for Springfield College, Department of Psychology, Springfield, MA, fall 2018.

Dissertations/Theses (external examiner/reviewer/committee member):

External examiner for dissertation by Larry W. Jacobs, Running as an addiction process, University of Alberta, Edmonton, Alberta, Canada, 1981.

External examiner for dissertation by Jan Bothwell, The effects of an aerobic exercise program on self-concept, health locus of control, and health-related behaviors of Zuni Indians, The Fielding Institute, Santa Barbara, CA, 1988.

External examiner for dissertation by Nancy Wilkinson, An investigation of the compulsive, addictive, perceptual and motivational dimensions associated with excessive exercise behaviour in women, Department of Psychology, University of Windsor, Windsor, Ontario, Canada, 1989.

External examiner for dissertation by Linda Greenfield, Psychodynamic patterns of female exercise addicts, California Graduate Institute, Los Angeles, CA, 1994.

External examiner for master's thesis by Andrew Dawson, The ethical beliefs and behaviours of Victorian fitness professionals, Victoria University of Technology, Australia, 1999.

Committee member, Karyn Tappe, *A prospective test of predictors of physical activity in freshman college women: A path analysis*. Drexel University, 2006/7.

Committee member, Christine Weinkauff Duranso, Claremont Graduate University, Claremont, CA – *Does regular exercise contribute to approach motivation? A study of exercise in nature with emerging adults*. May 30, 2017.

External examiner for master's thesis for Jenny Bottomley, *Leading competitor masters athletes: Identities and the road to success*. Laurentian University, October 15, 2019.

Committee member, Ayrin Hnosko, Department of Social Work, Widener University, *Running and trauma*, 2017-present.

Grant/Research proposal reviews:

Reviewed application for Pilot and Feasibility funding from the Washington University Diabetes Research and Training Center, NIH Grant application, 1981.

Reviewed research proposal for Mental Health Advisory Council, Alberta Social Services

and Community Health, Alberta, Canada, 1982.

Reviewed research proposal for PSC-CUNY (City University of New York) Research Award Program, January 1993.

Reviewed proposals for ING Run for Something Better School Awards Program for NASPE/AAHPERD, May 2010.

Reviewed Canada Research Council applicant, April 4, 2016.

Media:

Exercise and sport psychology expert faculty member on the national satellite television series in the behavioral sciences entitled "Mind and Body" - program on "Sports Psychology - The Athletic Mind." Healthcare Information Network in conjunction with Hospital Satellite Network, seen by physicians and other health care professionals at approximately 1,700 hospital viewing sites, December 16, 1988.

Sport psychology expert on COMCAST cable television program, "Personal Choices." One-half hour program, taped January 18, 1991, for showing in Philadelphia.

Participated in a two hour demonstration workshop on Self-Development and Sport with other faculty, students, and staff from the College of HPERD, summer, 1991. The workshop was conducted for Dystar Productions for a documentary on youth sport being prepared for network television.

Participant in USA TODAY - AAASP (Association for the Advancement of Applied Sport Psychology) - Athletic Footwear Association (AFA) call-in on youth sports, Arlington, VA, October 2, 1991. One of 40 sport psychologists invited to participate.

Interviewed on radio station WHYY in Philadelphia by Marty Moss-Coane on the Winter Olympics, February 14, 1994. The show encompassed one hour and also featured Carole Oglesby and a former Olympic rower.

Interviewed by television station (Channel 10 - CBS) on the major league baseball strike, September 14, 1994.

Interviewed by television station (Channel 3 - NBC) on the potential hiring of Dick Vermeil by the Philadelphia Eagles, December 26, 1994.

Interviewed by television station (Channel 3 - CBS) on the new women's professional basketball league and related sport psychology topics by Lou Tilley, May 25, 1996.

Interviewed by television station (Channel 29) on the Philadelphia Flyers and the Stanley Cup finals, June 4, 1997.

Interviewed by television station (Channel 6 - ABC) on the Philadelphia Flyers and the Stanley Cup finals, June 6, 1997.

Interviewed by television station (Channel 17 - Fox) on the Mike Tyson/Evander Holyfield fight, June 30, 1997.

Interviewed on radio station KYW in Philadelphia on the perceptions of Philadelphia in comparison with other cities and the relationship to sports, July 23, 1997.

Interviewed on Comcast Sports SportsNite on Willie Thomas article in the Philadelphia Inquirer on sport psychology, October, 1997.

Interviewed on radio station WNWR (1540 AM) by Deborah DiLiberto-Mazda for her health and fitness show on sport psychology, March 10, 1998.

Interviewed on radio station WHYY (90.9 FM) Radio Times show by Marty Moss-Coan for show on self-esteem in youth sport participants, April 1, 1999.

Interviewed by television station (Channel 3 - CBS) on the cheering of injury to Dallas Cowboys star Michael Irvin in game against the Philadelphia Eagles, October 11, 1999.

Interviewed on radio station WHYY (90.9 FM) Radio Times show by Marty Moss-Coan for show on sports fans, January 27, 2000.

Interviewed on radio station KYW (1050 AM) in Philadelphia on parental involvement in youth sports, March 1, 2000.

Interviewed by television station (Channel 6 - ABC) on fan behavior during a Philadelphia 76ers game against the Indiana Pacers, May 11, 2000.

Interviewed by television station (Channel 17 - WB), on effects of championship teams on cities, May 22, 2001.

Interviewed by television station (Channel 9 - Fox) on how championship teams make

cities feel better, May 29, 2001 (repeated on May 30, 2001).

Interviewed by radio station WRTI for their weekend news segment on Philadelphia sports fans, June 2-3, 2001.

Interviewed by radio station KYW on Philadelphia sports fans, June 6, 2001.

Interviewed by television station (Channel 9 - Fox) on the Philadelphia 76ers and what they needed to do to win the championship series, June 14, 2001.

Interviewed by television station (Channel 9 - Fox) on psychological effects of the loss of The Philadelphia Eagles in the NFC Championship game, January 20, 2003 (replayed January 21, 2003).

Interviewed by television station (Channel 6 - NBC) on psychological effects of the loss of the Philadelphia Eagles in the NFC Championship game, January 20, 2003.

Interviewed on radio station 680 The Fan, Atlanta, Georgia, a sports talk radio station, on "Guys Night Out - Therapy Tuesday" about a variety of sports related issues, January 28, 2003.

Interviewed by television station (Channel 8 - Cable) on youth sports, June 10, 2003.

Fox Affiliate, Milwaukee, WI, interviewed by Ted Perry for piece on Philadelphia Eagles fans before Packers-Eagles playoff game, January 10, 2004.

Fox 29, Philadelphia, interviewed by Bruce Gordon for piece on the Philadelphia Eagles loss to the Carolina Panthers in the NFC Championship Game, January 19, 2004.

Comcast SportsNite (Channel 2), interviewed by Neil Slotkin (for Michael Barkann) for piece on Philadelphia Eagles fans and dealing with the loss to the Carolina Panthers in the NFC Championship Game, January 22, 2004.

Interviewed on radio station WHYY (90.9 FM) Radio Times show by Marty Moss-Coan (guest interviewer: Marc Zumoff) for show on the psychology of running, September 15, 2004.

Fox Sports Radio, National Network, with David Stein, 8/3/05, talking about Rafael Palmeiro and steroids.

WHYY Radio, 90.9 FM, (NPR), interviewed by Brenda Jorett on youth sports and parents, April 7, 2006.

Channel 8 (affiliate of KYW - Channel 3) - part of panel on “Speak Up” on the Philadelphia Phillies’ Brett Myers domestic violence case, July 8, 2006

Washington Post Radio, 107.7 FM, show on youth sport parents, hosted by Jackie Salmon and Hillary Howard, November 1, 2006.

Comcast (Channel 8), “It’s Your Call With Lynn Doyle” show on sports violence, November 27, 2006.

Comcast (Channel 8), “It’s Your Call With Lynn Doyle” show on sports parenting, summer 2007.

New Hampshire Public Radio, The Front Porch program about running addiction, August 23, 2007.

Participant on Doctor Radio (Sirius XM), talking about sport psychology and children, July 31, 2009.

KYW (AM 1060), interviewed about Philadelphia Phillies -New York Yankees World Series, October 26, 2009.

WHYY - interviewed by Megan Kole about overweight students at Lincoln University being required to take a fitness class to graduate, November 26, 2009.

Appeared on “Navigating Your Life Show” with Dr. Nat Williams, taped June 1, 2010, broadcast by July 9, 2010, on exercise and sport and stress management.

KYW (Channel 3), interviewed about Philadelphia Phillies by Robin Rieger, October 11, 2010.

Participant on Sports Medicine Show (Sirius XM), talking About sex testing in athletes, April 28, 2011.

Participant on Sports Medicine Show (Sirius XM), talking About sports and bullying, November 8, 2013.

Quoted in:

Mirabella, quoted in article on “Staying power,” by Judith Newman, September 1993, pp. 134-136.

Men’s Health, quoted in article on “The Mind/Body Connection,” September 1994, 9(7),

pp. 62-69.

Allure, quoted in article on “Why we don’t exercise,” by Judith Newman, August 1995, pp. 120-124.

Men’s Health, quoted in article on “Muscles in minutes,” August 1997, 12(6), pp. 88, 90-91.

Runner’s World, quoted in article entitled “Breaking through the wall,” by Dave Kuehls, on imagery and cognitive strategy use, September 1997, pp. 53-54.

Philadelphia Daily News article on “Take ‘em or leave ‘em,” October 22, 1997, p. 110.

Prevention magazine, January 1998, on setting SMART goals.

Insight (a publication of The Washington Times corporation), article on “Sports Gladiators, Bread and Circuses,” August 3, 1998.

Training & Conditioning article on “Dispensing advice: What do you do when an athlete comes to you with an injury to his or her psyche?” by Guillermo Metz, December 1998, 8(6), 10-17.

Village Voice, quoted in article entitled Jockbeat: Spree Advice, February 2, 1999.

Runner’s World, quoted in ‘article’ on “Get out of bed easier,” June 1999, 34(6), p. 27.

Parents magazine, quoted in article entitled “Dream team: Here’s how to ensure that your budding athlete will also be a good sport,” by Michael Davis, September 1999, 74(9), 231-232.

The York Daily Record, quoted in article on youth sports entitled “‘I wish they’d just stay home,’” written by David F. Salter, October 14, 1999, section D.

New York Runner, quoted in article entitled “Why Run? A crash course in the psychology of a marathon runner,” by Jane Darby, November/December 1999, pp. 54-55, 58, 60.

The East Valley Tribune (Mesa, AZ), and The Reporter (Fond Du Lac, WI), quoted in article on fitness entitled “Hey there, couch - and mouse - potatoes!” Article written by Mark Fuerst, January, 2000.

www.HealthScout.com, quoted in article entitled “It’s not all in the game,” about handling adversity (Death and disease) in team sports, written by

Robert Preidt, January 24, 2000.

Personal Choice Update, quoted in article entitled “Psych Yourself Up for Broad Street,” Spring 2000, p. 5.

Edmonton Journal, quoted in article on youth sports entitled “No screaming, no baiting, no belly painting: Time to practise good manners at your child’s game,” written by Scott McKeen, March 7, 2000, page E1.

National Post, quoted in article on youth sports entitled “Children need to tell their Parents when to shut up: Youth sports,” written by Scott McKeen, March 9, 2000, p. B5.

www.HealthScout.com, quoted in article entitled “Take me out of the ball game,” about a good sportsmanship program for Little League parents, written by Nancy A. Melville, March 25, 2000.

www.wellplanet.com, quoted in article on “When bigger isn’t better - Quest for bigger muscles unhealthy, study says,” written by Mark Hoeflich, August 11, 2000.

Fitness, quoted in article on “How exercise can make you happy,” written by Robin Troy, August 2000, pp. 66, 68.

Muscle & Fitness, quoted in article on “The discipline dividend - Muscle growth requires Habitual self-control,” written by Dan Handley, August 2000, 61(8), pp. 56, 288

www.medbroadcast.com, quoted in article entitled “Beating the blues with exercise,” written by Claire Sowerbutt, December 30, 2000.

Philadelphia Daily News, quote in article entitled “Iggles fever hits fans - Birds have area abuzz at chances,” written by Mark Angeles and Bob Warner, January 6, 2001, pp. 3-4.

The Philadelphia Inquirer, quoted in article on “Apple of our ire - Philly fans just cannot love N.Y.,” Written by Frank Fitzpatrick, January 6, 2001, pp. C1 - C4.

Philly Health and Fitness, quoted in article on “Slippery success: The diary of Shirley George, Part 3,” written by Carmen E. Stockdale, February 2001, 6(4), pp. 23, 34-35 (quoted pp. 34-35).

Philadelphia Weekly, quoted in the “Quote of the Week,” February 7, 2001, p. 17.

York Daily Record, quoted in article on “Maybe kids are better off without adults,”

written by David Salter, February 15, 2001.

The Columbus Dispatch, quoted in article on “Varsity green: Money’s growing influence on high-school sports raises questions about OHSAA spending Leadership,” written by Suzanne Hoholik, March 22, 2001, pp. A1, A5.

Philadelphia Inquirer, quoted in article on “On Sixers’ Bench, a show of support,” written by Annette John-Hall, May 26, 2001, p. D4.

Philadelphia Daily News, quoted in article on “Gritty Sixers suit our town,” written by Jim Nolan, June 6, 2001.

The Philadelphia Tribune, quoted in article on “Understanding a true Philly fanatic,” written by Ayana Jones, June 12, 2001, p. 6-D.

Philadelphia Inquirer, quoted in article on “‘Take me out to the ballgame’ no hit here,” written by Alfred Lubrano, August 19, 2001, pp. A1, A21.

The New York Times, quoted in column on “Sometimes, children are asked to age too fast,” written by Robert Lipsyte, September 2, 2001.

Erie Times-News, quoted in article on “High adventure: Daring of all ages seek thrill of adventure sports,” written by Sarah Trotto, September 4, 2001.

The New York Times, quoted in column on “Exercise is more than surfing tv,” written by Robert Lipsyte, September 9, 2001, p. SP 15.

Philadelphia Inquirer, quoted in article on “Pro games drop out of sight,” written by Frank Fitzpatrick, September 14, 2001, pp. C1, C3.

Bucks County Courier Times, quoted in article on “Was playing the right thing to do?” written by John Gonzalez, September 16, 2001, p. 3D.

www.post-gazette.com (online edition of the Pittsburgh Post-Gazette), quoted in article on “Age and the edge,” written by Gary Rotstein, November 13, 2001.

The Record, quoted in article on “Iverson unwittingly offers glimpse into life of contradiction,” written by Mike Sielski, May 10, 2002, pp. C1, C5.

Los Angeles Daily News, quoted in article on “Tyson in need of ‘lots’ of help,” written by Michael Rosenthal, May 13, 2002, no page number (retrieved from on-line edition).

ABCNEWS.com, quoted in article on “Millionaire indulges in pricey adventures - could it be better used?” June 30, 2002, from online edition:
www.abcnews.go.com/sections/world/DailyNews/fossett020701.html

Milwaukee Journal-Sentinel, quoted in article on “Soccer mom took team demotion to court” written by Tom Kertscher, July 25, 2002, obtained from online edition, www.jsonline.com/news/metro/jul02/61753.asp

The Baltimore Sun, quoted in article on “Mom and Dad in huddle, too,” written by Mike Klingaman, August 7, 2002.

Fitness magazine, quoted in article on “Twice the results: Workouts that burn calories and beat the blahs” written by Megan McMorris, August 2002, pp. 19-20.

Elle magazine, quoted in article on “Physical therapy” written by Rachel Urquhart, about exercises that work for body and mind, September 2002, 43, pp. 320, 322.

Runner’s World magazine, quoted in article on “Mind over matter” written by John Hanc, September 2002, 37(9), pp. 46-47.

Union College magazine, quoted and featured in article on “The playing fields of the mind” as one of five alumni of Union College working in sport psychology, written by Fran Hall, Fall 2002, pp. 2-5.

The Philadelphia Inquirer, quoted in article on “Many (painted) faces of fandom” written by Stacey Burling, January 16, 2003, pp. A1, A12.

The Intelligencer, quoted in article on “Fans pay for their passion” written by Hilary Bentman, January 21, 2003, from online edition:
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<http://www.timesherald.com/>

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The Record, quoted in article on “Walking it out, talking it out” by Abigail Leichman, May 9, 2004, found at web site:
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The Intelligencer, quoted in an article on “Lights too bright? High school football under microscope with movie’s release” by Drew Markol, October 8, 2004, pp. C1, C5.

The Sacramento Bee, quoted in an article on “Tough talk: Chris Webber declares that the Kings need to be stronger mentally; achieving that will be difficult, sports psychologists say” by Sam Amick, October 25, 2004, found at web site:
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New York Runner, quoted in an article on “Running buddies: There’s nothing quite like a Friendship forged on the run” by John Hanc, Fall 2004, 55(4), pp. 27-29.

Metro newspaper, quoted in article on “Psychologist: Be optimistic” by Andrew Busch, on psychology of fans, January 14-16, 2005, p. 23.

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<http://www.phillyburbs.com/pb-dyn/news/108-08152005-527901.html>

Bucks County Courier Times, quoted in article on “This week will put Philly fans to the test” on Philadelphia fans, by Mike Sielski, May 9, 2006, found at web site:
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Trail Runner, quoted in article on “Gotta have it: Can you get too much of a good thing” on addiction to running, by Tim Sprinkle, May 2006, issue 39, pp. 18, 20-21.

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<http://www.nytimes.com/2006/07/16/weekinreview/16fountain.html?r+1&oref=slogin>

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wiffleball, by Ben Finley, August 4, 2006, found at web site:
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Jewish Exponent, quoted in article on “The ‘L’ word: Philly fans are used to losing - but how does it affect their behavior post-game?” by Frank Rosci, August 24, 2006, p. 37.

Metrokids Philadelphia, quoted in article on “Body wise - sports trainers advise families: Don’t overdo it!” by June Portnoy, 17(9), pp. 18-19.

Experience Life, quoted in article on “Train your brain” by Hope Hamashige, November 2006, 8(9), pp. 68-69.

Philadelphia Style magazine, quoted in article on “Too much of a good thing” by Lindsey Aspinall Getz, about exercise addiction, May/June 2007, 9(3), 162-165.

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<http://www.amny.com/news/local/am->

Popular Science, quoted in article on “Getting into the zone” by Steven Kotler, August 2008, 273(2), p. 41.

Runner’s World, quoted in article on “Think well: mental strategies to avoid (deal with) injury” by John Hanc, March 2009, p. 54.

Runner’s World, quoted in article on “Train your brain” by Gigi Douban, April 2009, pp. 45-46.

Bucks County Courier Times, quoted in article on “Woman seeking tickets gets her wish” by Ben Finley and Rachel Canelli, October 29, 2009.

Men’s Life Today, interviewed for an article on “Be Your Alpha Best” by John Hanc, November 14, 2009.

The Wall Street Journal, quoted in article on “For ‘mega marathoners,’ the race is on - to run more races” by Neil King, November 18, 2009. At:
<http://online.wsj.com/article/SB125849597789952679.html>

Fitness magazine, quoted in article on “Motivation makeover” by Jan Sheehan, May

2010, issue number 5, pp. 131-137.

Runner's World, quoted in article on "Extreme makeover: Running edition" by John Hanc, January 2011, p. 76.

Women's Health, quoted in article on "Deaf to danger" by Paige Greenfield, June 2011, pp. 66, 68-70.

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Alaska Airlines Magazine, quoted in article on "Training like a pro" by Andrea Berninger Thomas, June 2012, pp. 155-156, 158.

The New York Times, quoted in article on "Exaggerating your race results" by Gina Kolata, September 17, 2012.

The Wall Street Journal, quoted in article on ultradistance running, December 3, 2013.

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Philadelphia Inquirer, quoted in an article on the Broad Street run entitled "An Early Rush on Broad Street," by Jeff Gammage, May 4, 2015, pp. A1, A8
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The New York Times, quoted in article by John Hanc entitled "When Amateur Ironmen Pay for the Elite Treatment," February 12, 2016, <http://nyti.ms/20sSM42>

The Philadelphia Inquirer, quoted in an article by Diane Stopyra entitled "You're a psycho': Surfers flock to Jersey Shore beaches in the dead of winter to ride the waves," January 3, 2019, <http://www.philly.com/life/surfing-south-jersey-winter-20190103.html>

Association Volunteer Activity:

Association for the Advancement of Applied Sport Psychology (AAASP), Executive

Board member, Chairperson, Health Psychology Committee, 1985-1988.
President-Elect, 1990-91, President, 1991-92, Past-President, 1992-93.

Reviewed abstracts submitted for presentation for Division 47, the Division of Sport, Exercise and Performance Psychology, American Psychological Association, for 1987, 1990, 1993, 1995, and 2019 annual conferences.

Elected Chairperson of the Sport Psychology Council, a council of associations with focus upon/interest in sport psychology, 1993-2003.

Member, Human Diversity Committee, Association for the Advancement of Applied Sport Psychology, 1993-2001. Chairperson, 1995-1996.

Member, Continuing Education Committee, Association for the Advancement of Applied Sport Psychology, 2001-2003. Co-chairperson, with Emily Roper, 2002-2003.

Member, Graduate Education and Training Committee, Association for the Advancement of Applied Sport Psychology, 1998-2001.

Chairperson, Graduate Program Committee, Association for Applied Sport Psychology, 2002-2015.

Member of the Research Committee of the Eastern District Association (EDA) of the American Alliance for Health, Physical Education, Recreation, and Dance, 1994-1997.

Reviewed abstracts submitted for presentation for the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance (now SHAPE America – Society for Health and Physical Educators), for the 1996, 2007, 2010, 2012, 2014, and 2018 annual conferences.

Reviewed abstracts submitted for presentation for the FEPSAC (European Federation of Sport Psychology) 2015 Conference in Bern, Switzerland.

Reviewed abstracts submitted for presentation for the annual conference of the Association for Applied Sport Psychology (AASP): 2013, 2015, 2016, 2017, and 2018 conferences.

Elected President, Division 47 (Exercise and Sport Psychology), of APA (American Psychological Association). President-Elect, 2008-2009, President, 2009-2010, Past-President, 2010-2011.

Participated in Mentorship Match Program with AASP (Association for Applied Sport

Psychology), 2009-2015. Mentored Erica Woekel, Oregon State University.
Mentored Eric Carlson, Argosy University.

Chairperson, Dorothy Harris Memorial Award Committee, Association for Applied Sport Psychology, 2011-2014. Member, 2015-present.

Member, Finance Committee, Association for Applied Sport Psychology, 2011-present.

Chairperson, Association for Applied Sport Psychology Foundation Committee, 2012-2019. Member, 2019-present.

Consulting:

Served as Editor in assisting Senior Medical Writer for www.americasdoctor.com in editing articles for the web site and for contractual work (Wal-Mart series of articles on medical topics), October 1999 - February 2000.

Other:

Member, New York City Marathon "Psyching Team" - group of approximately 40 psychologists, psychiatrists, and other mental health professionals who provide psychological counseling services for runners at the New York City Marathon, November, 1990, 1991, 1993, 1994.

Philadelphia Marathon "Head Coach" - member, group of approximately 25 psychologists and other mental health professionals who provided psychological counseling services for runners at the Philadelphia Marathon, December 1994.

Participated in National Collegiate Athletic Association YES Clinic for 183 adolescent field hockey players. Served as supervisor/assistant for life skills clinics provided for players. Temple University, Philadelphia, PA, November 5, 1995.

Serve as List Coordinator for SPORTPSY - the exercise and sport psychology bulletin Board on the Internet. Initiated 1989. Approximately 1800 members as of October 2018

Copy edited book Soul Graffiti: Stories That Inspire Action, written by Joe Powers, January 2004.

Served as a facilitator at Speak Up! On Sports, The Haverford School, Haverford, PA, February 25, 2016.

Participated in Temple University Upward Bound Career Panel, Temple University,

March 23, 2016.

Participated in Philadelphia Marathon Expo booth for sport psychology services,
November 2017

Temple University

Teaching

KIN 1: Introduction to Human Movement
PE 18: Fitness for Life
KIN 3296: Social Psychology of Kinesiology
KIN 4282: Independent Study
KIN 9402: Psychology of Human Motivation and Development
PE 531: Sport and Theories of Psychological Processes
PE 534: Exercise and Mental Health
KIN 9405: Psychosocial Interactions and Skilled Performance
KIN 9406: Psychosocial Testing in Exercise and Sport Psychology
KIN 709: Internship in Physical Education
KIN 903: Research Design
KIN 910: Mentored Research I
KIN 8500: Seminar in Kinesiology
KIN 9901: Research Methods in Kinesiology
KIN 9882: Supervised Research

Service

Department of Kinesiology (formerly Physical Education)

Member, Ad Hoc Committee on recommendations for the job description for the Oxendine position, August/September 1989

Member, Search Committee for:

Motor Learning/Motor Control position, 1989-90

Curriculum & Instruction position, 1992-93

Athletic Training positions, 1998-99

Exercise Physiology position, 1999-2000

Four positions, 2005-2006

Exercise and Sport Psychology position, 2006-2007

Chairperson position, 2012-2013

Integrative Exercise Physiology and Neuroscience positions, 2013-2014

Integrative Exercise Physiology position, 2014-2015

Member, Personnel Committee:

1989-1990: Secretary

1990-1991: Chairperson and Secretary

1993-1994: Feedback Committee
1994-1995: Member
1995-1996: Feedback Committee
1996-1997: Member
1998-1999: Chairperson
1999-2009: Member

Member, Long Range Planning Committee:
10/89-6/91: Recorder

Member, Biokinetics Research Laboratory

Member, Departmental Human Subjects Review Committee

Representative from Department to Paley Library, 1996-2000

Ombudsperson, 1996-1997

Psychology Program Group:

1989-1990: Recorder
1990-1991: Chairperson
1994-1995: Recorder

Behavioral Sciences Program Group

1995-1999: Chairperson

Physical Education Assembly (PEA), Chairperson, 1990-91, Spring 1997, Fall 1999
(Kinesiology Assembly)

Assistant Chairperson, Department of Physical Education, 1991-1992

Member, Awards Committee, 1998-1999

Graduate Coordinator, 1997-2010

Departmental Representative to College of Education Steering Committee, 1998-2005

Interim Chairperson, July 2010 - December 2012

Kinesiology Assembly, Chairperson, 2013-2015

Graduate Program Director, 2015-2017

College of HPERD

Member, Graduate Council, 1989-1992, 1995-1998

President, College Assembly, 1992-1993

Member, Personnel Committee, 1993-1995

Member, Cardiovascular Fitness Center Advisory Committee, 1994-1996

College Representative, Faculty Senate Steering Committee, 1994-1997

College of Education

Member, College of Education Steering Committee, 1998-2005
(departmental representative)

College Representative, Temple University Representative Faculty Senate, 1999-2003

College Steering Committee, Strategic Planning Committee, Chairperson 2001-2003,
Member, 2003-2005

Assistant Dean for Graduate Studies, 2002-2005

Reviewed dissertation for CPRC, February 15, 2004.

College of Health Professions and Social Work (now College of Public Health)

Member, Graduate Council, 2005-2010

Member, Promotion and Tenure Committee, 2005-2009

Representative to Faculty Senate, 2005-2015

Chairperson, Collegial Assembly, 2008-2009, 2010-2011, 2012-2015

Member, Merit Committee, 2008-2010

College of Health Professions and Social Work representative to the Faculty Senate
Steering Committee, 2012 – 2015

Research Day Abstract Reviewer (and judge), 2013, 2014, 2015, 2016

University

Member, Interdisciplinary Faculty Council on Disabilities, 1991-1999

College Representative, Social Sciences Committee reviewing Provost's Research Plan for University, 1990

Member, Committee to Develop/Review Plans for Temple University's Recreation/Convocation Center, 1991-1993

Secretary, Faculty Senate, 1991-92

Vice-President, Faculty Senate, 1992-93, 1993-94

Member, Faculty Senate Library Committee, 1994-1995

Faculty Representative, Temple University Board of Trustees Athletics Committee, 1994-1997, 2016-2019

Member, Ancillary Building of the Apollo Color Scheme Advisory Committee, 1997

Member, Department of Athletics Advisory Committee, 1995-2002

Member (elected), Graduate Board, 1997-2003, 2004-2010, 2012-2018

Member, President's Advisory Committee on Intercollegiate Athletics, 2008-2013

Member, College of Health Professions and Social Work Dean's Search Committee, 2012-2013

Member, Nancy and Donald Resnick Athletic Academic Advising Center advisory committee, 2013-present

University Marshal, 2013-2015

Secretary, Faculty Senate, 2015-2016

President, Faculty Senate, 2016-2017, 2017-2018

Past-President, Faculty Senate, 2018-2019

Member, Mental Health Specialist position in Athletics Department Search Committee,
2017

Received Resolution of Appreciation from the Board of Trustees of Temple University
for contributions as an Ex-officio Participant of the Board of Trustees,
October 9, 2018