

# **ROBERT STEPHEN WEINBERG**

## **CURRICULUM VITAE**

### **EDUCATIONAL BACKGROUND:**

- 1977-1978 University of California, Los Angeles  
Postdoctoral Scholar, Sport Psychology
- 1974-1977 University of California, Los Angeles  
Ph.D. Psychology, 1977  
M.A. Psychology, 1975  
Major Field: Sport/Social Psychology  
Minor Field: Kinesiology
- 1970-1972 University of California, Los Angeles  
M.S. Kinesiology, 1972  
Major Field: Motor Learning and Performance  
Minor Field: Psychology
- 1965-1970 Brooklyn College of the City of New York  
B.S. Physical Education, 1970  
Major Field: Physical Education  
Minor Field: Biological Science

### **HONORS AND AWARDS:**

Voted one of the top 10 sport psychologists in North America by peers.  
Fellow. American Psychological Association, Division 47, 2001  
Richard T. Delp Outstanding Faculty Member, Miami University,  
School of Education and Allied Professions, 2000  
Fellow, American Academy of Kinesiology and Physical Education 1995  
Certified Consultant, Association for the Advancement of Applied Sport  
Psychology, 1991.  
Fellow, Association for the Advancement of Applied Sport Psychology  
Regents Professor; Toulouse Scholar; Regents Faculty Lecturer –  
University of North Texas  
United States Olympic Committee Sport Psychology Registry. 1985-  
present

### **CONSULTING**

Certified Consultant, Association for the Advancement of Applied Sport Psychology  
(consulted with a variety of team and individual sport athletes including basketball,

football, baseball, soccer, gymnastics, tennis, golf, figure skating, track and field, and weightlifting

United States Olympic Committee Sport Psychology Registry  
(consulted with a variety of elite athletes developing mental skills in achieving peak performance and enhancing personal growth)

NOTE: There are less than 100 individuals nationally who have both these certifications

## **CURRICULUM DEVELOPMENT/TEACHING**

Developed the following new courses at Miami University:

Psychological Interventions in Competitive Sport (PHS 633)  
Social Psychology of Sport and Physical Activity (PHS 634)  
Mental Skills for Sport and Life (Honors –PHS 380.E)  
Contemporary Topics in Sport and Exercise Psychology (PHS 4/553)  
Psychological Foundations of Sport and Exercise (PHS 375)

Teaching/Curriculum Development Awards

Core Curriculum Departmental Provost Grant- Miami University (\$10,000)  
Toulouse Scholar – one per year –University of North Texas (\$2,500)  
Undergraduate Summer Scholar Award

Internship Supervision/Independent Research

I routinely work with several undergraduate and graduate students every semester on internships and independent research projects. In fact I have published 55 refereed articles with students and presented 76 joint papers with students at regional and national scholarly meetings

## **THESIS AND DISSERTATION SUPERVISOR (CHAIR)**

I have chaired 26 theses/dissertations, 21 have been published in refereed scholarly journals and all were presented at professional scholarly meetings

### **BOOKS**

9 books (recent examples listed below) including the most popular sport and exercise psychology academic book which is listed below

Weinberg, R., & Gould, D.(1995, 1999, 2003)) Psychological Foundations in Sport and Exercise, Champaign, IL. Human Kinetics Press.

Weinberg, R. (2002). Tennis: Winning the mental game. Lynn, MA: H.O. Zimman

Berger, B., Pargman, D., & Weinberg, R. (2002). Foundations of Exercise Psychology. Morgantown, WV: Fitness Information Technology.

## **CHAPTERS IN BOOKS**

### **18 Chapters in books (a few recent example included)**

Weinberg (1999). Contemporary research issues in sport psychology. In R. Kazdin (Ed.). Encyclopedia of Psychology, (592-607) Washington, D.C. American Psychological Association

Weinberg, R. (2000). Integrating and implementing a psychological skills training program. In J. Williams (Ed.), Sport psychology: Personal growth to peak performance. Palo Alto, CA: Mayfield

Weinberg, R. (2002). Goal setting in sport and exercise. In J. Van Raalte & B. Brewer (Eds.), Introduction to sport and exercise psychology. Washington, DC: American Psychological Association.

Weinberg, R. (in press -2004). Goal setting practices for coaches and athletes. In T. Morris and J. Summers (Ed.). Sport psychology: Theory, applications and issues (2<sup>nd</sup> ed.)

Weinberg, R. (in-press- 2004). Psychological measurement in sport and exercise. In J. Morrow, A Jackson, J. Disch, & D. Mood (Eds), Measurement and evaluation in human performance (2<sup>nd</sup> ed.) (pp., 330-359) Champaign , IL Human Kinetics

## **REFEREED JOURNAL PUBLICATIONS**

Published over 130 refereed scholarly articles in professional journals (approximately 40 since 1994). A few recent example are provided below

Theodorakis, Y., Weinberg, R., Natsis, P., Douma, I., & Kazakas, P. (2000). The effects of motivational versus instructional self talk on improving motor performance The Sport Psychologist, 14, 253-272.

Green, S., & Weinberg, R. (2001). Relationships among athletic identity, coping skills, social support, and the psychological impact of injury. Journal of Applied Sport Psychology, 13, 40-59.

Weinberg, R., Butt, J., & Knight, B. (2001). Goal setting practices of high school coaches: A qualitative investigation. The Sport Psychologist, 15, 20-47.

Weinberg, R., Butt, J., Knight, B., & Perritt, N. (2001). Collegiate coaches' perceptions of their goal-setting, Journal of Applied Sport Psychology 14, 374-398.

Weinberg, R. (2001). Motivation in sport and exercise: The special case of goal-setting. In A Papaioannou, M. Goudas, & Y. Theodorakis (Eds.), In the dawn of the new millennium: Proceedings of the 10<sup>th</sup> World Congress of Sport Psychology. Cristodould0: Thessaloniki

Weinberg, R., & McDermott, M. (2002) A comparative analysis of sport and business organizations: Factors perceived critical for organizational success. Journal of Applied Sport Psychology, 14, 282-298

Butt, J., Weinberg, R.S., & Horn, T. (2003). Intensity and directional interpretation of anxiety: Fluctuations throughout competition and relationship to performance. The Sport Psychologist, 15, 20-47.

Weinberg R., Butt, J., Knight, B., & Burke, K (2003) The relationship between the use and effectiveness of imagery: An exploratory investigation. Journal of Applied Sport Psychology, 15, 26-40

Munroe, K., Hall., C., & Weinberg, R. (in press- 2004). A qualitative analysis of the types of goals athletes set in training and competition. Journal of Sport Behavior, 25.

### **REFEREED/INVITED PRESENTATIONS**

Over 250 refereed presentations at scholarly meetings (approximately 70 since 1994) and numerous invited international keynote addresses (a few noted below).

Weinberg, R. (1995). Goal setting and task performance: Findings, issues and applications. Keynote Presentation. Fifth National Congress in Sport Psychology, Valencia, Spain, March 22.24

Weinberg, R. (1997, March) Goal setting and performance: Findings, issues and applications. Inaugural Psychology Lecture, University College, Dublin, Dublin, Ireland.

Weinberg, R. (July, 1998). Goal setting in sport and exercise: Theory, research, and application. Keynote presentation, Second International Sport Psychology Congress in Sport Psychology, Braga, Portugal

Weinberg, R. (November, 1998). Arousal regulation in sport Keynote presentation, Third International Congress in Sport Psychology, Trikala, Greece

Weinberg, R. (2000, Jan). Focus on court: Developing concentration skills.

Keynote Presentation, Australian Tennis Conference :New Year, New Challenges, New Millennium, Melbourne, Australia

Weinberg, R. (2001), May). Goal setting in sport and exercise: Theory, research and Practice. Keynote Presentation at the International Society of Sport Psychology, Greece

Weinberg, R. (2003, September). Building the perfect tennis player: A psychological perspective. Keynote Presentation, British association for Sport and Exercise Science, England

### **FUNDED EXTERNAL GRANTS**

10 externally funded and 22 internally funded grants

### **EXTERNAL PROFESSIONAL SERVICE**

#### **JOURNAL SERVICES**

Editor-in-Chief - Journal of Applied Sport Psychology - 1998- 2004  
Associate Editor - Journal of Applied Sport Psychology, 1989-1994  
Editorial Board - Journal of Sport and Exercise Psychology 1984 - Present  
Editorial Board - The Sport Psychologist 1988-1993  
Editorial Board - Journal of Applied Sport Psychology 1995-1998  
Editorial Board - International Journal of Sport Psychology, 1996-present  
Section Editor - Journal of Leisure Research 1989-1993  
Reviewer – 15 journal journals

#### **PROFESSIONAL SERVICE/OFFICER STATUS:**

Past-President - North American Society for the Psychology of Sport and Physical Activity. 1994-1996  
Past-President - Association for the Advancement of Applied Sport Psychology, 1988-1991  
Past-President - Sport Psychology Academy - American Alliance for Health, Physical Education, Recreation & Dance, 1986-1988