

VITA
JEFFERY P. SIMONS, Ph.D.

CONTACT DETAILS

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PERSONAL DATA

Date of Birth: 4 December, 1957
Place of Birth: Concord, California, U.S.A.
Citizenship: Dual: United States of America; Australia
Family: Spouse: Cynthia Taylor; Daughters: Justine & Corinne

EDUCATION

1988-1991 University of California, Los Angeles
Post-Doctoral Scholar
Research: *Sources of Enjoyment and Commitment in Youth Sport*

1983-1986 University of Illinois, Urbana-Champaign, IL
Ph.D. in Kinesiology, October 1988
Concentration: Sport Psychology
Dissertation: *The Effects of a Psychological Skills Training Program on Treadmill Performance of Male Collegiate Distance Runners*
Advisors: Prof. Daniel R. Gould and Prof. Rainer Martens

1981-1983 University of California, Davis, California
M.A. in Physical Education, December 1985
Concentration: Sport Psychology
Thesis: *Error Correction in Mental Practice*
Advisor: Prof. E. Dean Ryan

1976-1981 University of California, Davis, California
B.A., with Honors, Psychology and Physical Education (double major) June 1981

1972-1976 Ygnacio Valley High School, Walnut Creek, CA
Diploma, June 1976 (Top of Class: 3.98/4.00 GPA)

ACADEMIC PROFESSIONAL EXPERIENCE

- 2007-present **Associate Professor**, Department of Kinesiology and Physical Education, California State University East Bay, Hayward, CA.
- 2003-2007 **Assistant Professor**, Department of Kinesiology and Physical Education, California State University East Bay, Hayward, CA.
- 1995-1998 **Lecturer**, Department of Physical Education, Recreation & Performance, Victoria University, Melbourne, Australia.
- 1991-1994 **Lecturer**, Department of Kinesiology, University of Colorado, Boulder, CO.
- 1988-1991 **Associate Director, AAF/UCLA KidSport Project**, Department of Kinesiology, University of California, Los Angeles.
- 1987-1988 **Assistant Professor**, Department of Physical Education & Exercise Science, University of Southern California, Los Angeles.
- 1986-1987 **Instructor**, Department of Physical Education & Exercise Science, University of Southern California, Los Angeles.
- 1985-1986 **Research Assistant**. Department of Physical Education, University of Illinois, Urbana-Champaign (Dr. Daniel Gould)
- 1983-1986 **Teaching Assistant**. Department of Physical Education, University of Illinois, Urbana-Champaign.
- 1983-1984 **Research Assistant**. Sport Psychology, University of Illinois, Urbana-Champaign (Dr. Rainer Martens).
- 1980-1983 **Research Assistant**. Physical Education Department, University of California, Davis (Dr. E. Dean Ryan).
- 1982-1983 **Academic Peer Advisor**. Physical Education Department, University of California, Davis
- 1981-1982 **Teaching Assistant**. Physical Education Department, University of California, Davis
- 1981-1982 **Laboratory Assistant (Level II)**. Human Performance Laboratory, University of California, Davis

UNIVERSITY COURSES DEVELOPED AND TAUGHT

CSU East Bay 2003-present	<p>KPE 3250 - Kinesiological Foundations of Physical Education (3 quarters)</p> <p>KPE 4410 - Sport & Exercise Psychology (3 quarters)</p> <p>KPE 4410L - Sport & Exercise Psychology Lab (2 labs/qtr X 3 quarters)</p> <p>KPE 4615 – Exercise and Stress (3 quarters)</p> <p>KPE 6410 - Graduate Seminar in Sport & Exercise Psychology (Grad: 6 quarters)</p> <p>KIN 6411 – Psychology of Physical Activity (Grad: 1 quarter)</p> <p>KIN 6413 – Mental Skills for Physical Performance (Grad: 1 quarter)</p> <p>KPE 6415 – Graduate Seminar in Motor Learning and Control (5 quarters)</p> <p>KPE 6460 – Graduate Seminar in Sport Philosophy (1 quarter)</p>
Victoria University (AUS) 1995-96	<p>Applied Sport Psychology Practice (Grad: 2 semesters)</p>
UCLA 1990	<p>Theoretical Bases of Applied Sport Psychology (Grad/Undergrad: 1 quarter)</p>
University of Southern California 1986-88	<p>Psychology of Coaching (Grad: 1 semester)</p> <p>Theories of Motivation in Sport Psychology (Grad: 1 semester)</p> <p>Exercise Prescription (1 semester)</p>

UNIVERSITY COURSES TAUGHT

CSU East Bay 2003-present	<p>KPE 3330 - Motor Learning and Control (10 quarters)</p> <p>KPE 3300L - Kinesiological Measurement Lab (1 quarter)</p> <p>KPE 6000 - Foundations of Graduate Study & Research (Grad: 8 quarters)</p>
University of Colorado, Boulder 1991-94	<p>Introduction to Research and Statistics (10 semesters)</p> <p>Motor Development (2 semesters)</p> <p>Social Psychological Aspects of Physical Activity (10 semesters)</p>
UCLA 1988-91	<p>Behavioral Bases of Movement: Psycho-social Aspects (4 quarters)</p>
University of Southern California 1986-88	<p>Principles of Nutrition & Exercise (4 semesters)</p> <p>Measurement & Evaluation (2 semesters)</p> <p>Quantitative Methods in Exercise Science (Grad: 2 semesters)</p>

University of Illinois
1983-86

Measurement and Assessment in Physical Education (4 semesters)
Sport Psychology (1 semester)
Conditioning and Weight Control (2 semesters)

ACADEMIC WORKSHOPS DEVELOPED AND TAUGHT

Sport Authority of India
1992-1993

Principles and Practice in Motor Learning and Sport Psychology.
12 session seminar for Indian National Coaches and Sport Science scholars. Presented at :
SAI Northern Regional Center, Patiala, India, December 28-31.
SAI Southern Regional Center, Bangalore, India, January 5-7.

Sport Authority of India
1991

Theory and Practice of Applied Sport Psychology.
30 session intensive course for Indian professors and lecturers from university departments of psychology and physical education. SAI Eastern Regional Centre, Salt Lake City, Calcutta, India, January 21-30.

Catalonian Sport
Federation 1991

Psychological Preparation of Individual Sport Athletes.
Invited 3 session seminar for sport psychologists and coaches. Universitat Autonoma de Barcelona, Spain. Nov. 4-6.

SCHOLARLY AND PROFESSIONAL SERVICE

INTERNAL TO CALIFORNIA STATE UNIVERSITY EAST BAY:

College Committee Member, Student Assessment Development Team, Summer 2006.

College Committee Member, Assessment Council, Spring 2006.

Faculty Interviewer: IP Interview Committee, Center for International Education, CSUEB, May 15, 2006.

University Committee Member, Committee on Instruction and Curriculum, Fall 2005 through Spring 2007.

University Committee Member, Faculty Learning Community-Assessment of General Education Outcomes, Fall 2005 to present.

Departmental Committee Member, Pedagogy Search Committee, Fall 2005-Winter 2006.

Departmental Committee Chair, Pedagogy Search Committee, Fall 2004-Spring 2005.

College Committee Member, Strategic Planning Committee, Fall 2004-present.

Departmental Committee Chair, Strategic Planning Committee, Fall 2004-present.

Departmental Committee Member, Assessment Sub-Committee, Fall 2004-present.

Departmental Committee Member, Peer Review, Spring 2004, Spring 2005.

College Committee Member, Council on Teacher Education, 2004-2007.

Departmental Committee Member, Advisory group for proposed Contra Costa Community Recreation and Education Center, CSUH Contra Costa campus, Fall 2003-present.

Departmental Committee Member, Theory & Analysis Courses Review committee, Fall 2003-present.

University Committee Member, Social Science Outcomes committee, Fall 2003-Spring 2005.

EXTERNAL TO CSUEB:

Member, Board of Directors, *Bluearth Institute*, Melbourne, Australia, 2002-present.

Guest reviewer for *Journal of Sport & Exercise Psychology*, 2006.

Guest reviewer for *Research Quarterly*, 2004, 2005.

Guest reviewer for *International Journal of Sport Psychology*, 2003, 2004.

Member, Advisory Board, *Centre for Rehabilitation, Exercise, and Sport Science*, Victoria University, Melbourne, Australia, 2002-2004.

Member, Sport Psychology Benchmarking Committee, *Australian Institute of Sport*, Canberra, Australia, 2002.

Guest reviewer for *Australian Psychologist*, 1996.

Sport Psychology Advisory Committee, *Victorian Institute of Sport*, Melbourne, Australia, 1995-2002.

Guest reviewer for *Journal of Sport & Exercise Psychology*, 1988-1995.

Guest reviewer for *The Sport Psychologist*, 1987-1996.

Chair, Research and Scientific Development Committee, Sport Psychology Consulting Group, U.S.A. Track & Field, 1991-1995.

Thesis Committee Member:

- Polly Lutz, Ph.D. Dissertation in the College of Education, University of Denver, Colorado, Completed August 1994.
- Julia A. Collins, M.A. Thesis in the Department of Kinesiology, University of Colorado, Boulder, Completed June, 1993.

- B. J. Byrd, M.A. Thesis in the Department of Kinesiology, University of Colorado, Boulder, Completed May, 1993.
- Kimberly Evans, M.A. Thesis in the Department of Kinesiology, University of Colorado, Boulder, Completed July 1992.
- Zenong Yin, Ph.D. dissertation in the Department of Exercise Science, University of Southern California, Los Angeles, CA, Completed August 1990.
- Steven Baron, M.A. thesis in the Department of Physical Education & Exercise Science, University of Southern California, Los Angeles, CA, Completed May 1987.

External Reviewer for Full Professor Rank, Ralph A. Vernacchia, Ph.D., Western Washington University, November, 1991.

Athlete Education Mentor, USOC Education Committee's Athlete Education Mentoring Network, 1991 to 1995.

Reviewer, Conference Paper Proposals: American Alliance for Health, Physical Education, Recreation and Dance (1992 Annual National Conference -- Area: Psychology of Sport and Physical Activity)

Computer examination committee, Department of Physical Education & Exercise Sciences, University of Southern California, Los Angeles, CA, 1986-88.

Teaching assistant evaluator: Department of Physical Education & Exercise Science, University of Southern California, Los Angeles, CA, 1986-88.

PUBLICATIONS

Simons, J. (In press). The applied sport psychology intake. In S. J. Hanrahan and M. B. Andersen (Eds.), *Comprehensive Applied Sport Psychology: A Handbook for Professionals and Students*. London: Routledge.

Simons, J., Wilson, J., Wilson, G., & Theall, S. (2009). Challenges to cognitive bases for an especial motor skill at the regulation baseball pitching distance. *Research Quarterly for Exercise & Sport*, 80(3), 469-479.

Wilson, J., Simons, J., Wilson, G., Theall, S., & Rodriguez, W. (2007, June). A test of self-efficacy and parameterization changes as possible explanations for the especial skills phenomenon at the 60.5-foot distance for highly experienced baseball pitchers. *Journal of Sport & Exercise Psychology*, 29, S140.

Wilson, G., Simons, J., Wilson, J., & Rodriguez, W. (2007, June). The nonemergence of an especial skill: Good is not enough. *Journal of Sport & Exercise Psychology*, 29, S140.

Simons, J. (2007). Distinguishing Discovery. *Insight Shared*. Melbourne: Bluearth Institute.

- Simons, J. (2005). Psychology in sprinting & hurdling. In R. A. Vernacchia & T. Statler (Eds.), *The psychology of high-performance track and field*. Palo Alto, CA: Track and Field News.
- McGrath, M. & Simons, J. (2005). *Bluearth Discovery coaching manual*. Melbourne, Australia: Bluearth Institute.
- Speed, H. D., Andersen, M. B., & Simons, J. (2005). The selling of sport psychology: Presenting services to coaches. In M. B. Andersen (Ed.), *Sport psychology in practice*. Champaign, IL: Human Kinetics.
- Ginn, D., Simons, J., & McGrath, M. (2005). *Bluearth Discovery teacher development manual*. Melbourne, Australia: Bluearth Institute.
- Simons, J. (2004). *Sedentary death syndrome (SeDS): Physical activity, health, and quality of life*. Melbourne, Australia: Bluearth Institute.
- Simons, J. (2003). Mind/body Q & A: Teamwork fosters healthy competition; Balance your life; Run away from boredom. *Energy for Women, 16*, 15-17.
- Simons, J. (2003). Mind/body Q & A: Giving constructive feedback; Start exercising after a long day at work; Get your Zzzs before the "big" event. *Energy for Women, 15*, 15-17.
- Simons, J. (2000). Doing imagery in the field. In M. B. Andersen (Ed.), *Doing Sport Psychology*. Champaign, IL: Human Kinetics.
- Simons, J. (1998). Concentration. In M. A. Thompson, R. A. Vernacchia, and W. E. Moore (Eds.), *Case Studies in Applied Sport Psychology: An Educational Approach*. Dubuque, Iowa: Kendall/Hunt.
- Simons, J. (1998). Case study of concentration: Elite female pistol shooter. In M. A. Thompson, R. A. Vernacchia, and W. E. Moore (Eds.), *Case Studies in Applied Sport Psychology*. Dubuque, IA: Kendall/Hunt.
- Simons, J. (1998). Case study of composure: Elite female cyclist. In M. A. Thompson, R. A. Vernacchia, and W. E. Moore (Eds.), *Case Studies in Applied Sport Psychology*. Dubuque, IA: Kendall/Hunt.
- Simons, J. (1998). Case study of career termination: Elite endurance athlete retirement. In M. A. Thompson, R. A. Vernacchia, and W. E. Moore (Eds.), *Case Studies in Applied Sport Psychology*. Dubuque, IA: Kendall/Hunt.
- Simons, J. (1997). Competition plans and routines. *Modern Athlete and Coach, 35*(3), 3-7. Also available at:
http://www.athleticscoaching.ca/UserFiles/File/Sport%20Science/Psychology/General%20Concepts/PGC_Simons_Competition_Plans_and_Routines.pdf
- Simons, J. & Vernacchia, R. (1997). Process and Outcomes in Sport Psychology Consulting. *Journal of Applied Sport Psychology, 9*, S155.

- Simons, J. (1996). From experience. In R. Sleamaker & R. Browning, *Serious Training for Endurance Athletes* (2nd Ed.). Champaign, IL: Human Kinetics.
- Simons, J. P. & Andersen, M. B. (1995). The development of consulting practice in applied sport psychology: Some personal perspectives. *The Sport Psychologist*, 9, 449-468.
- Simons, J. (1993). Dealing with discomfort in distance races. *American Athletics*, Fall, 54-56.
- Scanlan, T. K., Carpenter, P. J., Lobel, M. J., and Simons, J. P. (1993). Sources of sport enjoyment. *Pediatric Exercise Science*, 5(3), 275-285.
- Boyd, M. P., Yin, Z., Callaghan, J. L., & Simons, J. P. (1993). Correlates of learned helplessness in youth sport and physical activity. *Applied Research in Coaching and Athletics Annual 1993*, 158-177.
- Carpenter, P. J., Scanlan, T. K., Simons, J. P., & Lobel, M. J. (1993). A test of the Sport Commitment Model using structural equation modeling. *Journal of Sport and Exercise Psychology*, 15, 119-133.
- Scanlan, T.K., Simons, J.P., Carpenter, P.J., Schmidt, G.W., & Keeler, B. (1993). The sport commitment model: Measurement development for the youth-sport domain. *Journal of Sport and Exercise Psychology*, 15, 16-38.
- Scanlan, T.K., Carpenter, P.J., Schmidt, G.W., Simons, J.P., & Keeler, B. (1993). An introduction to the sport commitment model. *Journal of Sport and Exercise Psychology*, 15, 1-15.
- Simons, J. (1992). Optimizing performance through mental plans and physical routines. *Track & Field Quarterly Review*, 92(1), 17-21.
- Simons, J. (1992). Psychological barriers of major competitions: Basic issues and coaching interventions. *Track & Field Quarterly Review*, 92(1), 28-31.
- Scanlan, T.K. & Simons, J.P. (1992). The construct of sport enjoyment. In G. C. Roberts (Ed.), *Motivation in Sport and Exercise*. Champaign, IL: Human Kinetics.
- Simons, J. P. (1991). Sport enjoyment for all. In *Proceedings of the 31st International Olympic Academy*. Athens, Greece.
- Simons, J. P. (1991). The use of plans and routines in mental preparation for sport performance. In *Proceedings of the VIII Meeting of the Catalan Association for the Psychology of Sport*. Barcelona, Spain.
- Scanlan, T. K., Simons, J. P., Carpenter, P. J., Lobel, M., Keeler, B., & Lamarre, A. (1990). *Playing on: Motivations for continued involvement in youth sport programs*. Technical Report No. 2/90, Amateur Athletic Foundation of Los Angeles.

- Gould, D., Petlichkoff, L., Hodge, K., and Simons, J. (1990). Evaluating the effectiveness of a psychological skills educational workshop. *The Sport Psychologist*, 4, 249-260.
- Hill, G. and Simons, J. (1990). School sports: Tapping the potential in everyone. *Strategies*, 3, 8-10.
- Scanlan, T. K., Simons, J. P., Schmidt, G. W., Carpenter, P. J., & Keeler, B. (1989). *Interim KidSport Project Report*. Technical Report No. 1/89, Amateur Athletic Foundation of Los Angeles.
- Simons, J. P. (1989). Handling ethical issues of conflicts between sport administration desires and athletes' rights. *Association for the Advancement of Applied Sport Psychology*, 4(2), 4-6.
- Hill, G. and Simons, J. (1989). A study of sport specialization in high school athletics. *Journal of Sport and Social Issues*, 13, 1-13.
- Hill, G. and Simons, J. (1987). Position challenges. *Strategies*, 1, 54-59.
- Gould, D., Petlichkoff, L., Simons, J., & Vevera, M. (1987). Relationship between Competitive State Anxiety Inventory-2 subscale scores and pistol shooting performance. *Journal of Sport Psychology*, 9, 33-42.
- Ryan, E. D. and Simons, J.P. (1983). What is learned in mental practice of motor skills: A test of the cognitive-motor hypothesis. *Journal of Sport Psychology*, 5, 419-426.
- Ryan, E. D. and Simons, J.P. (1982). Efficacy of mental imagery in enhancing mental rehearsal of motor skills, *Journal of Sport Psychology*, 4, 41-51.
- Ryan, E. D. and Simons J. P. (1981). Cognitive demand, imagery, and frequency of mental rehearsal as factors influencing acquisition of motor skills. *Journal of Sport Psychology*, 3, 33-45.

BOOK REVIEWS

- Simons, J. P. (1998). Review of *The Psychology of Concentration in Sport Performers* by A. P. Moran. *International Journal of Sport Psychology*, 29, 282-283.
- Simons, J.P. (1993). Review of *Psyched to Win* by Robert Nideffer. *The Sport Psychologist*, 7, 204-206.
- Simons, J.P. (1987). Review of *Willing to Win* by Willi Railo. *Journal of Sport Psychology*, 9, 186-189.

SCHOLARLY & PROFESSIONAL PRESENTATIONS

- Simons, J. P. (2008, December). *Integral Coaching*. Invited presentation to the 2008 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Las Vegas, NV.

- Simons, J. P. (2007, December). *Facilitating Intrinsic Motivation for Elite Performers*. Invited presentation to the 2007 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Las Vegas, NV.
- Simons, J. P. (2007, December). *Basic Psychological Principles of Training and High Performance*. Invited presentation to the 2007 USA Track & Field High Performance Coach Development Seminar, Las Vegas, NV.
- Simons, J. (2007, September). *Principles of Self-Determination Theory*. Invited seminar presentation to Bluearth Institute coaches and professional staff, Melbourne, Australia.
- Simons, J. (2007, September). *Promoting Autonomy for Enhanced Motivation in Physical Activity*. Invited seminar presentation to Bluearth Institute coaches and professional staff, Melbourne, Australia.
- Wilson, J., Simons, J., Wilson, G., Theall, S., & Rodriguez, W. (2007, June). *A test of self-efficacy and parameterization changes as possible explanations for the exceptional skills phenomenon at the 60.5-foot distance for highly experienced baseball pitchers*. Presentation at the 2007 annual conference of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- Wilson, G., Simons, J., Wilson, J., & Rodriguez, W. (2007, June). *The nonemergence of an especial skill: Good is not enough*. Presentation at the 2007 annual conference of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- Simons, J. P. (2006, December). *"Winning" is a Limiting Factor*. Invited presentation to the 2006 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Las Vegas, NV.
- Simons, J. P. (2006, December). *Facilitating Intrinsic Learning*. Invited presentation to the 2006 USA Track & Field Hurdle Coaches Seminar, Las Vegas, NV.
- Simons, J. P. (2006, December). *Excellence: Myths and Truths*. Invited presentation to the 2006 USA Track & Field Sprint Coaches Seminar, Las Vegas, NV.
- Simons, J. (2006, September). *Understanding and communicating the Bluearth Discovery approach to physical activity education*. Invited seminar presentation to Bluearth Institute coaches and professional staff, Melbourne, Australia.
- Simons, J. (2006, September). *From amotivation to intrinsic motivation: Theory & practice*. Invited seminar presentation to Bluearth Institute coaches and professional staff, Melbourne, Australia.
- Simons, J. (2006, July). *Increasing participation in physical activity through development of intrinsic motivation in children*. Invited presentation to the U.K. Healthcare Commission, London, England.

Simons, J. (2006, March). *Engaging children: Facilitating motivation for participation in physical activities*. Refereed practitioner presentation at the 13th Commonwealth International Sport Conference, Melbourne, Australia.

Simons, J. P. (2005, December). *Learning and performing in the language of the body*. Invited presentation to the 2005 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Las Vegas, NV.

Simons, J. (2005, November). *Motivation to get and keep athletes in sport*. Invited presentation to the World Rowing Forum, Istanbul, Turkey.

Simons, J. (2005, September). *Developing healthy self-esteem in children*. Invited presentation to the Annual Bluearth Institute Coaching Seminar, Melbourne, Australia.

Simons, J. (2005, September). *Understanding perceptions of self: The internal evaluator..* Invited presentation to the Annual Bluearth Institute Coaching Seminar, Melbourne, Australia.

Simons, J. (2005, September). *The psycho-social emphasis in Bluearth Discovery*. Invited presentation to the Annual Bluearth Institute Coaching Seminar, Melbourne, Australia.

Simons, J. P. (2004, December). *Experiential learning*. Invited presentation to the 2004 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Las Vegas, NV.

Simons, J. P. (2004, September). *The Discovery School Experience: Psycho-social aspects*. Invited presentation to teachers, coaches, and administrators:

- Fremantle public schools, Fremantle, Western Australia
- Geraldton catholic diocese schools, Geraldton, Western Australia
- Sandhurst catholic diocese schools, Bendigo, Victoria, Australia

Simons, J. P. (2003, December). *Ordinary excellence*. Invited presentation to the 2003 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Las Vegas, NV.

Simons, J. P. (2003, October). *Character education through physical activity programs*. Invited presentation to the CSUH Center for Character Education K-12 Workshop, California State University Hayward.

- Simons, J. (2002, October). *Motivating girls in school physical education*. Invited presentation to the Professional Development Seminar of the Australian Council on Health, Physical Education and Recreation, Melbourne.
- Simons, J. & Maddocks, D. (2001, March). *Who decides when the athlete is fit to compete? Psychological and medical perspectives*. Invited presentation to the Victorian Conference of Science and Medicine in Sport, University of Melbourne.
- Simons, J. & Chapman, C. (2001, March). *The coaches' challenge: Athletes DOA*. Invited presentation to the Victorian Conference of Science and Medicine in Sport, University of Melbourne.
- Simons, J. P. (1998, November). *How to implement mental skills training in a coaching program*. Invited presentation to Sports Coach '98 Convention, Melbourne, VIC.
- Simons, J. P. & Bruce, E. (1998, November). *Understanding psychological issues of adolescent athletes*. Invited presentation to Sports Coach '98 Convention, Melbourne, VIC.
- Simons, J. (1998, October). *Deadline 2000: Elite Australian Athletes Under Pressure*. Invited presentation to the Australian Track & Field Coaches Association Annual Congress. Sydney.
- Simons, J. (1997, November). *Current Trends in Applied Sport Psychology*. Invited presentation to coaches and administrators of the Victorian Institute of Sport, Melbourne.
- Simons, J. (1997, October). *Developing Competition Plans and Routines*. Invited workshop presented at the Australian Track & Field Coaches Association Annual Congress. Melbourne.
- Simons, J. (1997, October). *Travel Skills: Making It Real*. Invited workshop presented at the Australian Track & Field Coaches Association Annual Congress. Melbourne.
- Simons, J. (1997, July). *Dealing With The Difficult Years*. Invited presentation for the Australian Swimming Coaches Association's 1997 Coaching and Swimming Teachers Conference, Melbourne.
- Simons, J. & Vernacchia, R. (1997, October). *Process and Outcomes in Sport Psychology Consulting*. Presentation at the Association for the Advancement of Applied Sport Psychology Annual Conference, San Diego, California, USA.
- Simons, J. P. (1996, October). *Competition plans and routines*. Invited presentation to the Australian Track & Field Association Annual Congress, Australian Institute of Sport, Canberra.

- Simons, J. P. (1996, May). *Practical relaxation skills for speed & endurance athletes*. Invited presentation to the Victorian Institute of Sport Coach Development Program, Melbourne, VIC.
- Simons, J. P. (1996, March). *Mental preparation: Targeting the optimal performance state*. Invited presentation at the Athletics Australia Olympic Peaking Congress, Brisbane, QLD, Australia.
- Simons, J. P. (1996, March). *Addressing the myths of mental skills training*. Invited presentation at the Athletics Australia Olympic Peaking Congress, Brisbane, QLD, Australia.
- Simons, J. P. (1995, December). *Essential mental skills of high performance athletes*. Invited presentation to the 1995 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Orlando, FL.
- Simons, J. P. (1995, December). *Coaching through psychological issues at major competitions*. Invited presentation to the 1995 USA Track & Field Elite Sprint & Hurdle Coaches Seminar, Orlando, FL.
- Simons, J. P. (1995, October). *Stepping into practice: Effective sport psychology consulting*. Invited presentation to the Victorian Section of the APS College of Sport Psychologists, Melbourne, VIC.
- Simons, J. P. (1995, October). *Relaxation training for speed and endurance athletes*. Invited presentation to the Victorian Institute of Sport Coach Development Program, Melbourne, VIC.
- Simons, J. P. (1995, June). *Professional consulting in sport psychology*. Invited presentation to the Faculty of Psychology, University of Illinois, Chicago, IL.
- Simons, J. P. (1995, June). *Effective use of video for learning and mental preparation*. Invited presentation to the Department of Kinesiology, University of Colorado, Boulder, CO.
- Simons, J. P. (1995, May). *Mental training excellence and high performance athletes*. Invited presentation at the ISMTE World Congress on Mental Training and Excellence, Ottawa, Canada.
- Simons, J. P. (1994, December). *Psychological characteristics of elite sprinters and hurdlers*. Invited presentation to the 1994 Elite Sprint & Hurdle Coaches Seminar, sponsored by USA Track & Field, Orlando, FL.
- Simons, J. P. (1994, April). *Conducting sport psychology seminars: Perspectives from India*. Paper presented at the annual convention of the American Alliance for Health, Physical Education, Recreation, & Dance, Denver, CO.

- Simons, J. P. (1994, January). *Psychological Skills Training: New Approaches*. Paper presented at the 1994 Annual Meeting and Symposium, Rocky Mountain Chapter of the American College of Sports Medicine, Frisco, CO.
- Simons, J. P. (1993, December). *Psychology of coaching sprinters and hurdlers*. Invited presentation to the 1993 Elite Sprint & Hurdle Coaches Seminar, sponsored by USA Track & Field, Orlando, FL.
- Simons, J. P. (1993, October). *Optimal performance training*. Invited paper presented at the annual conference of the Colorado Gerontological Society, Denver, CO.
- Simons, J. P. (1993, August). *Establishing a philosophical base for psychological skills training with elite athletes*. Paper presented at the annual conference of the National Sport Psychology Group, Feather River, CA.
- Simons, J. P. (1993, August). *Problems in psychological skills training: Case studies*. Paper presented at the annual conference of the National Sport Psychology Group, Feather River, CA.
- Simons, J. P. (1993, April). *Psychological effects of altitude training for endurance performance*. Presentation at "Altitude II", seminar sponsored by the Kinesiology Department, University of Colorado, Boulder.
- Simons, J. P. (1992, December). *Contemporary principles of teaching sport skills: Demonstrations, modeling, video tape, and imaginal practice*. Invited presentation to the 1992 Elite Sprint & Hurdle Coaches Seminar, sponsored by USA Track & Field, Orlando, FL.
- Yin, Z., Callaghan, J., & Simons, J. (1992, October). *Validation of the Pessimistic Sport Attributional Style Questionnaire*. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO.
- Simons, J. P. (1992, October). *Mental skills for physical people*. Invited presentation at Parents Weekend 1992, University of Colorado at Boulder, Boulder, CO.
- Simons, J. P. (1991, December). *Coaching through psychological barriers of major competitions: Issues and interventions*. Invited presentation to the 1991 TAC Elite Sprint & Hurdle Coaches Seminar, sponsored by The Athletics Congress of the United States Olympic Committee, Orlando, FL.
- Simons, J. P. (1991, November). *The use of plans and routines in mental preparation for sport performance*. Invited Keynote Address to the VIII Meeting of the Catalan Association for Psychology of Sport. Barcelona, Spain.
- Simons, J. P. (1991, October). *Psychological skills training for competitive distance runners*. Paper presented at the Second IOC World Congress on Sport Sciences, Barcelona, Spain.

- Simons, J. P. (1991, July). *Sport enjoyment for all*. Invited paper presented to the 31st International Olympic Academy, Olympia, Greece.
- Simons, J. P. (1991, April). *Psychology for health and fitness*. Invited presentation to Southern California Association of Corporate Health & Fitness Coordinators. Xerox Corporation, Hawthorne, CA
- Simons, J. P. (1991, April). *Developing and refining routines for optimal performance*. Invited presentation at the Professional Golf Association regional golf professionals seminar. Ojai, CA
- Simons, J. P. (1991, March). *Motivation for sport and rehabilitation*. Invited presentation at the 6th Annual Gatorade California Strength & Rehabilitation Clinic, Redondo Beach, CA
- Simons, J. (1991, January). *Research and practice in North American sport psychology*. Invited presentation to administrators and sport scientists of the Sports Authority of India, New Delhi, India.
- Simons, J. (1991, January). *Theory and research in sport psychology*. Invited presentation to faculty and students of the Indira Gandhi college of physical education, New Delhi, India.
- Simons, J. (1991, January). *How sport psychology can help elite level athletes*. Invited presentation to administrators, sport scientists, and head coaches of the Sports Authority of India, New Delhi, India.
- Simons, J. (1990, December). *Mental preparation: Optimizing performance through mental plans and routines*. Invited presentation at the 1990 United States Track and Field Elite Sprint and Hurdles Coaches Seminar, Orlando, FL.
- Simons, J., Scanlan, T. & Carpenter, P. (1990, September). *Common and unique sources of enjoyment in two youth sport programs*. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX.
- Scanlan, T., Carpenter, P., Simons, J. & Keeler, B. (1990, September). *Stage of involvement and commitment to a youth sport program*. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX.
- Simons, J. (1990, June). *Women's self-confidence in sport*. Paper presented at the 1990 International Olympic Academy, Olympia, Greece.
- Simons, J., Scanlan, T., Carpenter, P. & Schmidt, G. (1990, May). *A test of the sport commitment model*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Houston, TX.

- Scanlan, T., Carpenter, P., Simons, J., Keeler, B., & Schmidt, G. (1990, May). *A model of sport commitment*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Houston, TX.
- Simons, J. (1989, December). *Training self-statements and imagery for learning and performance*. Invited presentation at the 1989 United States Track and Field Elite Sprint and Hurdles Coaches Seminar, Orlando, FL.
- Callaghan, J., Yin, Z., & Simons, J. (1989, November). *The attributional style for negative events and its correlates in collegiate competitive swimmers*. Paper presented at the First IOC World Congress on Sport Sciences, Colorado Springs, CO.
- Yin, Z., Callaghan, J., & Simons, J. (1989, September). *An examination of the reformulated attributional model of learned helplessness and depression in an athletic population*. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Seattle, WA.
- Yin, Z., Simons, J., & Callaghan, J. (1989, September). *The application of goal-setting in physical activity: A field study*. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Seattle, WA.
- Simons, J. P. (1989, June). *Motivation and visualization*. Invited presentation to the United States Olympic Academy XIII, Olympia, WA.
- Simons, J. P. (1988, October). *Personalizing psychological skills training programs through the use of a mediational model of physical performance*. Paper presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Nashua, NH.
- Simons, J. P. (1988, March). *Professional preparation of the walk-on coach*. Presented at the annual conference of the California Association for Health, Physical Education, Recreation and Dance, Los Angeles, CA.
- Simons, J. P. (1987, November). *Who's really playing children's competitive sports: Kids or their parents?* Presentation made to symposium: Caution: Children Not at Play, University of California at Los Angeles Education Extension, Los Angeles, CA.
- Simons, J. P. (1987, October). *Relaxation training for competitive distance runners*. Nationally televised as part of "The Relaxation Response" segment of Discover: The World of Science produced by the Public Broadcasting System.
- Baron, S., Callaghan, J., & Simons, J. (1987, June). *A quasi-experimental, field based study of four factors affecting self-acceptance in youth sports*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, B.C., Canada.
- Simons, J. P. (1987, January). *Imagery for Dance Performers*. Presentation made to UCLA Department of Dance, Los Angeles, CA.

- Simons, J. P. (1986, October). *Psychological skills training for competitive distance runners*. Paper presented at the Association for Advancement of Applied Sport Psychology Annual Conference, Jekyll Island, GA.
- Gould, D., Simons, J. & Petlichkoff, L. (1986, October). *An evaluation of the effectiveness of a psychological skills training program for elite athletes and coaches*. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Jekyll Island, GA.
- Simons, J., Gould, D., & Petlichkoff, L. (1986, May). *Variability in pistol shooting performance as a function of responses to the CSAI-2 subscales*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
- Simons, J. P. (1985, December). *Stress control training for competitive endurance runners*. Paper presented at the Faculty Colloquium for the Department of Physical Education, University of Illinois, Urbana-Champaign.
- Petlichkoff, L., Gould, D., Simons, J., & Vevera, M. (1985, May). *The relationship between CSAI-2 subscales and pistol shooting performance: Inverted-U versus drive theory*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity, Gulfport, MS.
- Simons, J. P. (1984, July). *Mental practice and motor components of perceptual-motor tasks: Further examinations of the cognitive-motor hypothesis*. Paper presented at the 1984 Olympic Scientific Congress, Eugene, OR.
- Simons, J. P. (1984, February). *Examinations of the cognitive-motor hypothesis of mental practice*. Paper presented at the Seminar On Sport Psychology, University of Illinois, Urbana-Champaign.
- Simons, J. P. (1982, December). *A cognitive representational theory of mental practice*. Paper presented at the Faculty Colloquium, Department of Physical Education, University of California-Davis, Davis, CA.

APPLIED PRESENTATIONS

Over 1,000 formal presentations to coaches and athletes on sport psychology, motor learning/control, exercise physiology, and nutrition.

PROFESSIONAL CERTIFICATES

Registered Psychologist, State of Victoria, Australia: No. 4146. January 1996-2002.

Certified Consultant, Association for the Advancement of Applied Sport Psychology, October 1993-present.

Certified Instructor by the American Coaching Effectiveness Program, January 1987.

Certified Preventive/Rehabilitative Exercise Test Technologist by the American College of Sports Medicine, June 1982.

PROFESSIONAL SOCIETIES

The Australian Psychological Society Ltd., 1996 to present. (Member #23812)

Association for the Advancement of Applied Sport Psychology (AAASP), Charter Member, 1986 to present.

International Society of Sport Psychology (ISSP), 1987 to present.

American College of Sports Medicine (ACSM), 1982-1986.

American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD), 1988-1992.

North American Society for the Psychology of Sport and Physical Activity (NASPSPA), 1981-1990.

APPLIED PROFESSIONAL EXPERIENCE

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| 2002-present | Board Director. Bluearth Institute, Melbourne, Australia. |
| 2001-2002 | Principal Consultant. <i>Discovery School Experience</i> , Bluearth Institute, Melbourne, Australia. |
| 2000 | Olympic Team Sport Psychologist. Australian Olympic Committee. Sydney Olympic Games. Primary responsibilities: Track & Field and Taekwondo. |
| 1995-2003 | Sport Psychologist in Private Practice. Optimal Performance Consulting. Major clients include: <ul style="list-style-type: none">• Victorian Institute of Sport• Athletics Australia• Taekwondo Australia• Australian Olympic Athlete Program (OAP)• Essendon Australian Rules Football Club• Melbourne Storm Rugby League Club• Scotch College |
| 1999 | World Championships Team Sport Psychologist. Australian Track & Field Team. Seville, Spain. |
| 1999 | World Championships Team Sport Psychologist. Australian Taekwondo Team. Edmonton, Canada. |
| 1998 | Commonwealth Games Team Sport Psychologist. Australian Track & Field Team. Kuala Lumpur, Malaysia. |

- 1996 **Junior World Championships Sport Psychologist.** Australian Junior Track & Field Team. Sydney, Australia.
- 1996 **Olympic Team Sport Psychologist.** Australian Olympic Committee. Atlanta Olympic Games. Primary responsibilities: Track & Field and Diving.
- 1996-2000 **National Olympic Athlete Program Sport Psychologist.**
- Athletics Australia
 - Badminton Australia
 - Taekwondo Australia
 - Rowing Australia
 - Australian Weightlifting Federation
- 1995-2002 **Consultant Sport Psychologist, Victorian Institute of Sport.** Melbourne, Victoria, Australia. Major responsibilities:
- Track & Field
 - Baseball
 - Rowing
 - Netball
 - Triathlon
 - Diving
 - Athletes with disabilities
 - Individual scholarship holders
- 1995-1998 **Director of Sport Psychology Services.** Centre for Rehabilitation, Exercise & Sport Science. Department of Physical Education & Recreation, Victoria University, City Campus, Melbourne.
- 1989-present **Sport Psychology Staff Member.** USA Track & Field, National Governing Body for U.S. Olympic Track & Field.
- 1984-2002 **Sport Psychology Consultant.** *Coach, team, and individual consulting for performance enhancement.*
- Individual consulting to over 200 USA university, national, and international calibre athletes (1984-95)
 - Athletics Victoria (1995-2000)
 - Victorian Diving Association (1995-1998)
 - VIS Baseball Academy (1995-2002)
 - Victorian Under 18 State Baseball Team (1995-1998)
 - Victorian Under 19 State Women's Softball Team (1995)
 - USC Men's and Women's Track & Field (1990-1991)
 - USC Women's Volleyball (1988-1990)
 - USC Women's Swimming (1989-1990)
 - USC Men's Waterpolo (1988-1990)
 - Team Lycra, Women's Road Cycling Team (1988-1990)
 - USC Women's Track & Field (1987-1990)
 - USC Men's and Women's Swimming (1987-1988)

- University of Illinois Men's and Women's Cross Country (1984-1986)
 - University of Illinois Men's and Women's Track & Field (1984-1986)
- 1993 **National Team Sport Psychologist.** U.S.A. Track & Field Junior Pan American Team. July 15-17, Winnepeg, Manitoba, CANADA.
- 1989-1991 **Sport Science and Medicine Committee Member.** USA Wrestling, National Governing Body for U.S. Olympic Wrestling.
- 1986 **Research/Consultation Assistant.** USA Wrestling Elite Athlete Project, USA Olympic Training Center, Colorado Springs, CO.
- 1985-1989 **Sport Sciences Director.** USA Wrestling Olympic Development Camps.
-California State University, Bakersfield (1989)
-Northern Iowa State University, Cedar Falls (1989)
-California State University, Fullerton (1988)
-California State University, San Jose (1987, 1988, 1989)
-University of the Pacific, Stockton (1985)
- 1985-1989 **Sport Science Staff Member.** USA Wrestling, National Governing Body for U.S. Olympic Wrestling.
- 1985 **Lecturer.** Illini Sports Camps, Sport Psychology Camp, University of Illinois, Champaign, IL.
- 1982-1983 **Exercise Test Technologist.** Adult Fitness Program, University of California, Davis.
- 1981-1982 **Examination Proctor (Physical Abilities).** California State Personnel Board, Sacramento, CA.
- 1981 **Assistant track coach (middle distance).** Men's Track & Field, University of California, Davis.
- 1980-1981 **Physical Abilities Examiner.** California Commission on Police Officer Standardization and Training, Sacramento, CA.

1980-1981 **Physical Abilities Examiner.** California Highway Patrol, Bryte, CA.

APPOINTMENTS, HONORS AND OTHER RECOGNITION

Austalian Olympic Team Sport Psychologist, Sydney 2000.

Australian Commonwealth Games Sport Psychologist, Kuala Lumpur 1998.

Austalian Olympic Team Sport Psychologist, Atlanta 1996.

Discussion Coordinator for the 1991 International Olympic Academy, Olympia, Greece.

United States Olympic Committee delegate to the 1990 International Olympic Academy, Olympia, Greece.

Recipient of a 1985-86 University Fellowship for outstanding progress toward a doctoral degree in Kinesiology, University of Illinois, Urbana-Champaign.

UNIVERSITY OF CALIFORNIA, DAVIS:

- Recipient of the Departmental Award for outstanding undergraduate accomplishment in Physical Education, June 1981.
- Honors graduate with majors in Psychology and Physical Education, June 1981.
- Recipient of a President's Undergraduate Fellowship Grant (University of California) for research, 1979-1980.
- Awarded a total of six varsity letters in cross country and track & field.
- "All Conference" selection in cross country, 1980.
- Track team captain, 1980.
- Cross country team captain, 1979.
- "Most Valuable Runner", cross country, 1979.