

**Barbara B. Meyer**  
University of Wisconsin-Milwaukee  
Rehabilitation Sciences & Technology  
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## **Education**

Ph D, Michigan State University, 1991.

Major: Health Education, Counseling Psychology, and Human Performance

Supporting Areas of Emphasis: Psychosocial Aspects of Sport

Dissertation Title: Collegiate athletes who made the grade: Reflections of former Division I football and basketball players

MA, Michigan State University, 1988.

Major: Health Education, Counseling Psychology, and Human Performance

Supporting Areas of Emphasis: Psychology of Sport

Dissertation Title: The University Experience: Perceptions of Female Student-Athletes

BS, University of Wisconsin-Eau Claire, 1986.

Major: Psychology

## **Work History**

- Lead Sport Psychology Consultant, Australian Olympic Committee & Olympic Winter Institute of Australia. (2018 - Present).
- Professor, Department of Rehabilitation Sciences & Technology, University of Wisconsin-Milwaukee. (2008 - Present).
- Sport Psychology Consultant, Australian Olympic Committee & Olympic Winter Institute of Australia. (2001 - Present).
- Director, Laboratory for Sport Psychology & Performance Excellence, UW-Milwaukee. (2001 - Present).
- Sport & Performance Psychology Consultant. (1988 - Present).
- Sport Psychology Consultant, Hockey Western New York. (2010 - 2014).
- Sport Psychology Consultant, Canadian Olympic Committee & Canadian Freestyle Ski Association. (2007 - 2010).

## **Licensures and Certifications**

- Certified Mental Performance Consultant (CMPC), Association for Applied Sport Psychology. (2003 - Present).

## **Professional Memberships**

- Member & certified consultant, Association of Applied Sport Psychology. (1988 - Present).

## Development Activities Attended

- Faculty Fellowship, "Lubar Entrepreneurship Center Teaching Fellowship," University of Wisconsin-Milwaukee. (January 2021 - December 2021).
- Faculty Fellowship, "Stanford's Teaching & Learning Studio," Stanford University. (July 2021 - October 2021).

## Awards and Honors

- Teaching Fellow, UWM Lubar Entrepreneurship Center. (2021).

## TEACHING

### For-Credit Instruction

#### University of Wisconsin-Milwaukee (*italics indicate new course development*)

- KIN 350, Psychological Aspects of Sport & Exercise, 5 courses
- KIN 550, Psychological Aspects of Human Movement, 5 courses
- KIN 552, Psychology of Personal Excellence, 1 course
- KIN 798, Independent Project, 2 courses
- KIN 799, Independent Reading, 5 courses
- KIN 850, Seminar: Psychological Aspects of Physical Activity, 1 course
- KIN 855, Mentored Fieldwork in Sport & Performance Psychology, 1 course
- KIN 890, Capstone Project, 5 courses
- KIN 895, Research & Thesis, 5 courses
- KIN 991, Doctoral Dissertation, 6 courses
- KIN 999, Advanced Independent Study, 3 courses
- *OCCTHPY 522, Health, Performance, & Injury Monitoring in Organizations, 3 courses*
- *OCCTHPY 592, Innovative Solutions in Human Factors & Performance, 1 course*
- *PRPP 790, Advanced Topics in Performance Psychology, 1 course*
- *PRPP 854, Professional Studies in Sport & Performance Psychology, 3 courses*
- *PRPP 855, Mentored Fieldwork in Sport & Performance Psychology, 3 courses*
- PRPP 909, Guided Teaching in the Health Sciences, 4 courses
- PRPP 990, Research and Dissertation, 2 courses
- PRPP 999, Advanced Independent Study, 2 courses

### Non-Credit Instruction

- Guest Lecture, Co-Instructor with Kyle Ebersole (UWM Department of Rehabilitation Sciences & Technology - OCCTHPY 151 - "Innovative Systems Development to Support Occupational Health & Performance"). (March 16, 2022).
- Guest Lecture, Co-Instructor with Kyle Ebersole (UWM Department of Rehabilitation Sciences & Technology - OCCTHPY 151 - "Innovative Systems Development to Support Occupational Health & Performance"). (April 22, 2021).

- Guest Lecture, Co-Instructor with Kyle Ebersole (UWM Department of Rehabilitation Sciences & Technology - OCCTHPY 151 - "Innovative Systems Development to Support Occupational Health & Performance"). (April 20, 2021).
- Guest Lecture, UWM Department of Kinesiology (KIN 200 - Introduction to Kinesiology). (November 2020).
- *Seminar, Co-Instructor with Renee Reckelberg (UWM - KIN 290 - Athletic Training & Sports Health Care). (September 2020 - October 2020).*
- Guest Lecture, Department of Educational Psychology (EDPSY 101 - Foundations of Academic Success). (September 2020).
- Guest Lecture, UWM - Department of Kinesiology (KIN 200 - Introduction to Kinesiology). (April 2020).
- Guest Lecture, Oregon State University - College of Public Health & Human Sciences. (March 2020).
- Seminar, Co-Instructor with Dr. Kyle Ebersole (UWM - KIN 930 - Exercise Physiology Seminar). (January 2019 - May 2019).

### **Directed Student Learning**

- Graduate Certificate: Certified Mental Performance Consultant. (2022 – Present).  
Advised: Hanna Henry
- Doctoral Advisory Committee Chair. (2021 – 2023).  
Advised: Chloe Ouellet-Pizer
- Doctoral Advisory Committee Chair. (2021 - Present).  
Advised: Landan Braun
- Doctoral Advisory Committee Member. (2021 – 2023).  
Advised: Rudi Marciniak
- Doctoral Advisory Committee Chair. (2020 - Present).  
Advised: Anthony Magdaleno
- Master's Thesis/Capstone Project Committee Chair. (2020 – 2023).  
Advised: Elizabeth Menden
- Doctoral Advisory Committee Member. (2018 - Present).  
Advised: Derek Zike
- Doctoral Advisory Committee Member. (2015 – 2023).  
Advised: Kenny Illdefonso
- Master's Project Chair. (2020 - 2022).  
Advised: Ian Karpinski
- Doctoral Advisory Committee Chair. (2017 - 2022).  
Advised: Carly Wahl
- Master's Project Chair. (2019 - 2021).  
Advised: Jordan Kaluzny
- Master's Project Chair. (2019 - 2021).  
Advised: Shelby Rozeboom
- Mentored Fieldwork Supervisor. (2018 – 2020).  
Advised: Matthew Myrvik
- Dissertation Committee Member. (2018 - 2020).  
Advised: Jamie Moore (Educational Psychology)

- Doctoral Advisory Committee Chair. (2015 - 2020).  
Advised: Mellanie Nai
- Master's Project Chair. (2019).  
Advised: Angela Barsch (Lindemann)
- Master's Project Chair. (2019).  
Advised: Travis Hyatt
- Doctoral Advisory Committee Chair. (2018).  
Advised: Brendan O'Neil
- Master's Project Chair. (2016 – 2018).  
Advised: Joana Beilefeld

## RESEARCH

### Published Intellectual Contributions

#### Book Chapters

- Wahl, C.A., & Meyer, B.B. (2023). Case solution: Back into the breach (125-129). In S.L. Castillo, C. Wooding, D.A. Barba, & S. Chroni (Eds), *A case-solution companion to building consulting skills for sport and performance psychology case solutions*. Routledge.

#### Refereed Journal Articles

- Marciniak, R.A., Cornell, D.J., Meyer, B.B., Azen, R., Laiosa, M.D., & Ebersole, K.T. (submitted, Nov 2023). Workloads of emergency call types in active-duty firefighters. *Merits*.
- Ouellet-Pizer, C.M., Harenberg, S., Vosloo, J., & Meyer, B.B. (in press). Self-reported depression in collegiate athletes: The effect of privacy in symptom disclosure. *Journal of Clinical Sport Psychology*.
- Braun, L., Ross-Stewart, L., & Meyer, B.B. (in press). The relationship between athlete perceptions of coach leadership and athlete grit. *International Journal of Exercise Science*.
- Magdaleno, A., & Meyer, B.B. (2023). Identifying predictors of health and performance of Certified Mental Performance Consultants. *The Sport Psychologist*, 37(4), 297-305.
- Magdaleno, A., & Meyer, B.B. (2023). A novel exploration of occupational recovery in Certified Mental Performance Consultants. *The Sport Psychologist*, 37(2), 140-148.
- Wahl, C.A., Garnier-Villarreal, M., & Meyer, B.B. (2023). Assessment of recovery activities for athletes. *International Journal of Sport and Exercise Psychology*. Advanced online publication. doi: 10.1080/1612197X.2023.2168727
- Magdaleno, A.L., Wiersma, L., & Meyer, B.B. (2021). An exploratory comparison of subjective mental fatigue following a task designed to replicate the observation of game film. *International Journal of Exercise Science*, 15(6), 25-35.
- Hess, C.W., & Meyer, B.B. (2021). Lived experiences of an elite performance management team through injury rehabilitation: An interpretative phenomenological analysis. *Journal of Sport Rehabilitation*, 31(2), 199-210.
- Gnacinski, S.L., Meyer, B.B., & Wahl, C.A. (2021). Psychometric properties of the RESTQ-Sport-36 in a collegiate student-athlete population. *Frontiers in Psychology: Movement Science and Sport Psychology*.

- Gnacinski, S.L., Nai, M.M., Brady, M., Meyer, B.B., & Newman, N. (2020). An examination of athletic trainers' occupational recovery experience during time after work. *Journal of Athletic Training, 55*(5), 532-537.
- Wahl, C.A., Gnacinski, S.L., Nai, M.M., & Meyer, B.B. (2019). Psychological predictors of perceived stress and recovery in sport. *Sport, Exercise, and Performance Psychology, 9*(3), 292-307.
- Wahl, C.A., Harris, B.S., Langdon, J.L., Riggs, A.J., & Meyer, B.B. (2019). Goal orientation, motivational climate, and exercise as predictors of eating disorder risk factors among college students. *Journal of American College Health, 69*(2), 168-175.
- Hess, C.W., Gnacinski, S.L., & Meyer, B.B. (2019). A Review of the sport-injury and -rehabilitation literature: From abstraction to application. *The Sport Psychologist, 33*(3), 232-243.

### Reports of Completed Research

- Magdaleno, A. & Meyer, B.B. (2023). Association for Applied Sport Psychology Grant Report on "Examining the effect of services provided and years of experience on the stress, burnout, and occupational recovery of CMPCs."
- Wahl, C.A., Ebersole, K.T., & Meyer, B.B. (2022). National Institute for Occupational Safety & Health Report of Completed Objectives on "An exploration of the psychological and physiological recovery activities used by firefighters."

### Presentations Given

- Wahl, C.A., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "A new tool to optimize athlete recovery: Utilizing the Assessment of Recovery Activities for Athletes in research and practice," Orlando, FL. (October 2023).
- Magdaleno, A. & Meyer, B.B. Association for Applied Sport Psychology Annual Conference, "Investigating differences in CMPCs' stress, burnout, and occupational recovery when grouped by services provided and years of experience," Orlando, FL. (October 2023).
- Braun, L., Ouellet-Pizer, C.M., Menden, E., Ebersole, K.T., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Gibbs' Reflective Cycle: Adapting athlete mental skills workshops to firefighters," Orlando, FL. (October 2023).
- Gnacinski, S.L., Meyer, B.B., Werthner, P., & Hess, C.W., Association for Applied Sport Psychology Annual Conference, "When everything and nothing changes: Navigating transitions between Olympic cycles from a systems theory perspective," Orlando, FL. (October 2023).
- Meyer, B.B., & Gnacinski, S.L., Olympic Winter Institute of Australia Sports Performance Services Network Annual Conference, "Perspectives from sport and performance Psychology," Virtual. (October 2023).
- Wahl, C.A., Meyer, B.B., & Ebersole, K.T. National Strength & Conditioning Association Annual Conference, "Relationship between call volume, rank, and recovery activities utilized by active-duty firefighters," Las Vegas, NV. (July 2023).
- Braun, L., Ouellet-Pizer, C.M., Menden, E., Ebersole, K.T., & Meyer, B.B., Midwestern Psychological Association Annual Meeting, "Firefighter recruits' mental skills use before and after workshops," Chicago, IL. (April 2023)

- Wahl, C.A., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "An evaluation of the convergent validity of the Assessment of the Recovery Activities for Athletes," Fort Worth, TX. (October 2022).
- Magdaleno, A., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Identifying predictors of the health and performance of Certified Mental Performance Consultants," Fort Worth, TX. (October 2022).
- Ouellet-Pizer, C.M., Harenberg, S., Vosloo, J., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "The effect of privacy on self-reported depression in athletes," Fort Worth, TX. (October 2022).
- Braun, L., Ross-Stewart, L., Meyer, B.B., & Robinson, S., Association for Applied Sport Psychology Annual Conference, "The relationship between athlete perceptions of coach leadership behaviors and athlete grit.," Fort Worth, TX. (October 2022).
- Meyer, B.B., & Gnacinski, S.L., Olympic Winter Institute of Australia Sports Medicine and Support Services Annual Conference, "Performance psychology and wellbeing servicing in elite sport," Virtual. (October 2022).
- Wahl, C.A., Ebersole, K.T., & Meyer, B.B., American College of Sports Medicine Annual Conference, "Perceptions of stress, recovery, and engagement in recovery activities among injured and non-injured NCAA athletes," San Diego, CA. (June 2022).
- Magdaleno, A., & Meyer, B.B., Midwest Psychological Association Annual Conference, "Stress and burnout in Certified Mental Performance Consultants," Chicago, IL. (April 2022).
- Wahl, C.A., Marciniak, R.A., Meyer, B.B., & Ebersole, K.T., National Occupational Research Agenda (NORA) Annual Conference, "Influence of uniform base layer on perceptions of stress, recovery, and sleep in career firefighters," Salt Lake City, UT. (April 2022).
- Meyer, B.B., & Gnacinski, S.L., Australian Olympic Committee's Family & Friends Webinar Series, "Now hiring: World's best superstar supporter," Virtual. (November 2021).
- Gnacinski, S.L., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Examining the effect of mental health disorders on perceived stress and recovery among NCAA student-athletes," Virtual. (October 2021).
- Fletcher, T.B., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Implementing mentorship: Professional development," Virtual. (October 2021).
- Fletcher, T.B., Meyer, B.B., Terilyn, S., DiLisio, D., & Lauer, E., Association for Applied Sport Psychology Annual Conference, "Professionalizing mentorship: Gatekeeping the mentor," Virtual. (October 2021).
- Meyer, B. B., Association for Sport Psychology Annual Conference, "Formalizing mentorship: Foundational underpinnings," Virtual. (October 2021).
- Wahl, C.A., & Meyer, B.B., Association of Applied Sport Psychology Annual Conference, "Development of an assessment of recovery activities for athletes," Virtual. (October 2021).
- Meyer, B.B., & Gnacinski, S.L., Australian Olympic Committee's Olympic Team Family & Friends Webinar Series, "How to be a steady voice during Year 4 uncertainties," Virtual. (August 2021).
- Marciniak, R.A., Wahl, C.A., Meyer, B.B., & Ebersole, K.T., American College of Sports Medicine Annual Meeting, "Examination of Maximal Task Internal Workloads in Active-Duty Firefighters," Virtual. (June 2021).
- Wahl, C.A., Marciniak, R.A., Meyer, B.B., & Ebersole, K.T., American College of Sports Medicine Annual Meeting, "Relationship Between Objective and Subjective Measures of Stress and Recovery in Firefighters (in review)," Virtual. (June 2021).

- Magdaleno, A.L., Menden, E.M., & Meyer, B.B., Midwest Psychological Association Annual Conference, "Burnout in Health Care Providers," Virtual. (April 2021).
- Magdaleno, A., Wiersma, L., Barros, J., Wilson, K.S., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "A comparison of mental fatigue following completion of the Stroop test and a task designed to replicate the observation of game film," Virtual. (October 2020).
- Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Gatekeeping in the academic environment," Virtual. (October 2020).
- Statler, T., Meyer, B.B., Castillo, S., & Craft, C., Association for Applied Sport Psychology Annual Conference, "Gatekeeping in the profession of applied sport & performance psychology," Virtual. (October 2020).
- Wahl, C., Marciniak, R., Meyer, B.B., & Ebersole, K.T., Association for Applied Sport Psychology Annual Conference, "Influence of call volume on perceptions of stress and recovery in active-duty firefighters," Virtual. (October 2020).
- Wahl, C.A., Marciniak, R.A., Tesch, C.S., Meyer, B.B., & Ebersole, K.T., American College of Sports Medicine Annual Meeting, "Association between perceived recovery and heart rate in a submaximal and maximal task in firefighters," San Francisco. (June 2020).
- Cornell, D.J., Flees, R.J., Noel, S.E., Shemelya, C.M., Zalewski, K.R., Meyer, B.B., & Ebersole, K.T., American College of Sports Medicine Annual Meeting, "Influence of aerobic fitness on heart rate recovery among active-duty firefighters," San Francisco. (June 2020).
- Marciniak, R.A., Wahl, C.A., Ebersole, K.T., & Meyer, B.B., National Strength and Conditioning Association Wisconsin State Clinic, "Influence of exercise prior to sauna exposure on strength and power in firefighters," Waukesha, WI. (April 2020).
- Gnacinski, S.L., Meyer, B.B., Wahl, C.A., Nai, M.M., 7 Brenner, V., Association for Applied Sport Psychology Annual Conference, "A systems-based approach to recovery intervention in elite sport environments," Portland, OR. (October 2019).
- Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Evidence-based methods of recovery for performance team staff," Portland, OR. (October 2019).
- Wahl, C.A., Gnacinski, S.L., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Examining differences in athletes' perceptions of perceived stress and recovery between NCAA divisions," Portland, OR. (October 2019).
- Nai, M.M., Gnacinski, S.L., Newman, N., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Examining the occupational recovery experience among NCAA coaches," Portland, OR. (October 2019).
- Gnacinski, S.L., Nai, M.M., Meyer, B.B., Brady, M., & Newman, N., Association of Applied Sport Psychology Annual Conference, "Examining recovery experience predictors of National Collegiate Athletic Association athletic trainers' stress.," Portland, OR. (October 2019).
- Hess, C.W., Gnacinski, S.L., & Meyer, B.B., 15th European Congress for Sport & Exercise Psychology, "Translating theories of injury rehabilitation into practice: The need for team-based work in sport," European Federation for Sport Psychology, Munster, Germany. (July 2019).
- Meyer, B.B., & Gnacinski, S.L., H3 Summit Annual Conference, "Supporting your superstar," Olympic Winter Institute of Australia, Melbourne, Australia. (May 2019).
- Gnacinski, S.L., & Meyer, B.B., H3 Summit Annual Conference, "The role of sport psychology within support services," Olympic Winter Institute of Australia, Melbourne, Australia. (May 2019).

- Gnacinski, S.L., & Meyer, B.B., Iowa Athletic Trainers' Society Summer Symposium, "Integrated approaches to sports injury rehabilitation," Des Moines, IA. (May 2019).
- Hess, C.W., Gnacinski, S.L., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "A novel measure for assessment of recovery in athletes: An exploratory factor analysis (EFA)," Toronto, Canada. (October 2018).
- Wahl, C.A., Gnacinski, S.L., Nai, M., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Development and preliminary validation of a new measure of stress and recovery," Toronto, Canada. (October 2018).
- Nai, M.M., Gnacinski, S.L., Wahl, C.A., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Development and preliminary validation of a new recovery measure: Coach input," Toronto, Canada. (October 2018).
- Gnacinski, S.L., & Meyer, B.B., Association for Applied Sport Psychology Annual Conference, "Evaluating item performance in a novel measure of perceived recovery: Applications of item response theory," Toronto, Canada. (October 2018).
- Gnacinski, S.L., & Meyer, B.B., Select Physical Therapy Sports Medicine Conference, "Integrated approaches to sport injury rehabilitation," Des Moines, IA. (June 2018).
- Wahl, C.A., Gnacinski, S.L., Nai, M.M., & Meyer, B.B., Midwestern Psychological Association Annual Conference, "Development and preliminary validation of a new recovery measure: Coach input," Chicago, IL. (April 2018).
- Nai, M.M., Gnacinski, S.L., Wahl, C.A., & Meyer, B.B., Midwestern Psychological Association Annual Conference, "Examination of the relationship between POMS and RESTQ-Sport," Chicago, IL. (April 2018).

## **Contracts, Grants and Sponsored Research**

### **Contracts**

- Meyer, B.B. (Principal), "Development of virtual resources for performance psychology," Sponsored by Snow Australia, \$5000.00. (2023).
- Meyer, B.B. (Co-Principal), & Ebersole, K.T. (Co-Principal), "Mental skills workshops with Milwaukee Fire Department cadets and recruits," Sponsored by Milwaukee Fire Department, \$2,500.00. (2023).
- Meyer, B.B. (Principal), "Resilience in college sport," Sponsored by the Horizon League Mental Health Grant, \$5000.00. (2023).
- Meyer, B.B. (Co-Principal), Arvinen-Barrow, M. (Co-Principal), "Sport and performance psychology consultation for UWM Athletics Department," Sponsored Athletics Department, University of Wisconsin-Milwaukee, \$10,000.00. (2023).
- Meyer, B.B. (Principal), "Sport and performance psychology consultation for Muskego High School athletics and activities," Sponsored by Muskego High School, \$900.00. (2022).
- Gnacinski, S.L. (Co-Principal), & Meyer, B.B. (Co-Principal), "Supporting your superstar," Sponsored by Muskego High School, \$1,200.00. (2022).
- Meyer, B.B. (Co-Principal), & Ebersole, K.T. (Co-Principal), "Mental skills workshops with Milwaukee Fire Department cadets and recruits," Sponsored by Milwaukee Fire Department, \$2,500.00. (2022).
- Meyer, B.B. (Principal), "Evidence-based community engagement," UWM Research Assistance Fund, \$2704.00. (2022).



- Meyer, B.B. (Co-Principal), & Arvinen-Barrow, M. (Co-Principal), "Sport and performance psychology consultation for UWM Athletics Department," Sponsored by Athletics Department, University of Wisconsin-Milwaukee, \$10,000.00. (2022).
- Meyer, B.B. (Co-Principal), & Arvinen-Barrow, M. (Co-Principal), "Sport and performance psychology consultation for UWM Athletics Department," Sponsored by Athletics Department, University of Wisconsin-Milwaukee, \$10,000.00. (2021).
- Meyer, B. B. (Co-Principal), & Arvinen-Barrow, M. (Co-Principal), "Sport and performance psychology consultation for UWM Athletics Department," Sponsored by Athletics Department, University of Wisconsin-Milwaukee, \$10,000.00. (2020).
- Meyer, B. B. (Co-Principal), & Arvinen-Barrow, M. (Co-Principal), "Sport and performance psychology consultation for UWM Athletics Department," Sponsored by Athletics Department, University of Wisconsin-Milwaukee, \$10,000.00. (2019).
- Meyer, B. B. (Co-Principal), & Arvinen-Barrow, M. (Co-Principal), "Sport and performance psychology consultation for UWM Athletics Department," Sponsored by Athletics Department, University of Wisconsin-Milwaukee, \$10,000.00. (2018).

## Grants

- Wahl, C.A., Meyer, B.B., & Ebersole, K.T., "Determining validity of the Assessment of Recovery Activities for Athletes using heart rate variability," Sponsored by Association for Applied Sport Psychology, 2023 Collaborative Research Grant. Amount requested: \$3,818.40. (2023). Funded.
- Magdaleno, A. (Co-Principal), & Meyer, B.B. (Co-Principal), "Examining the effect of services provided and years of experience on the stress, burnout, and occupational recovery of CMPCs," Sponsored by Association for Applied Sport Psychology, \$2,200.00. (2022). Funded.
- Wahl, C.A. (Principal), & Ebersole, K.T. (Co-Principal), Meyer, B.B. (Co-Principal), "Psychological and Physiological Exploration of Recovery Activities Used By Firefighters," Sponsored by National Institute of Occupational Safety & Health, Federal, \$19,911.00. (2021). Funded.
- Wahl, C.A. (Principal), Meyer, B.B. (Co-Principal), & Ebersole, K. T. (Co-Principal), "Determining validity of the Assessment of Recovery Activities for Athletes using heart rate variability," Sponsored by Association for Applied Sport Psychology, \$3,873.25. (2021). Not funded.
- Ebersole, K.T. (Co-Principal), & Meyer, B.B. (Co-Principal), "Innovation and Entrepreneurship in Health & Performance," Sponsored by Lubar Entrepreneur Center, Foundation, \$10,000.00. (2020). Funded.
- Gnacinski, S.L. (Principal), Ebersole, K.T. (Supporting), Meyer, B.B. (Supporting), & Truebenbach, C. (Supporting), "Examining predictors of exercise-induced muscle fatigue and functional muscle performance recovery in tactical populations," Sponsored by National Strength and Conditioning Association (NSCA) Young Investigator Grant, \$19,995.00. (2019). Not funded.
- Wahl, C.A. (Principal), & Meyer, B.B. (Co-Principal), "Validation and measurement invariance of the Volitional Process of Recovery Questionnaire," Sponsored by University of Wisconsin-Milwaukee, College of Health Sciences, Student Research Grant Award, University of Wisconsin-Milwaukee, \$2,000.00. (2019). Not funded.

## SERVICE

### Institutional Service

#### Administrative Assignments (*uncompensated*)

- Proposal Co-Developer - Master of Science Degree – Rehabilitation Sciences & Technology (2022-2023).
- Program Coordinator, Graduate Certificate Program - Certified Mental Performance Consultant (CMPC). (2021-2023).
- Proposal Developer - Graduate Certificate - Certified Mental Performance Consultant (CMPC). (2020).

### University Service

- Guest Speaker, UWM Athletics Department Staff Meeting. (September 2023).
- Guest Speaker, UWM Student-Athlete Advisory Committee. (April 2023).
- Member, UWM Athletic Board. (August 2020 - 2023).
- Member, UWM Integrated Sport Performance Team Task Force. (2017 - Present).
- Guest Speaker, UWM Athletics Department Coaches Meeting. (January 2021).
- Member, UWM Student-Athlete Leadership Think Tank. (2020).
- Member, UWM Games Studies & E-Sports Task Force. (2020).
- Member, UWM Recreation and Sport Facilities Task Force. (2008 - 2020).
- Guest Speaker, UWM Athletics Department Staff Meeting. (August 2020).
- Guest Speaker, UWM Student-Athlete Advisory Committee. (November 2019).
- Guest Speaker, UWM Student-Athlete Advisory Committee. (November 2018).
- Guest Speaker, Chancellor's Residence Speaker Series. (October 2018).

### College/School Service

- Member, CHPS Committee of the Whole. (2023 – Present).
- Member, CHS PhD Steering Committee. (2016 - Present).
- Member, CHS Committee of the Whole. (1994 - 2023).

### Department Service

- Member, RST Research Committee. (January 2021 - Present).
- Member, RST (MSAT/ATPP) Committee of the Whole. (2020 - Present).
- Member, RST Committee of the Whole. (2020 - Present).
- Member, RST Executive Committee. (2020 - Present).
- Member, RST Undergraduate Committee (BSOST). (2020 - Present).
- Member, KIN (IHCP) Community Engagement Committee. (2014 - 2020).
- Committee Chair, KIN (IHCP) Curriculum Committee. (2013 - 2020).
- Member, KIN Graduate Faculty Committee. (2004 - 2020).
- Member, KIN BS Kinesiology Core Task Force. (2011 - 2020).
- Member, KIN MS Kinesiology IHP Task Force. (2011 - 2020).

- Member, KIN Executive Committee. (2001 - 2020).
- Member, KIN (IHCP) Committee of the Whole. (1994 - 2020).

## **Professional & Public Service**

### **Professional Service**

- Member (invited), Milwaukee Fire Department Emerging & Applied Science Team (E.A.S.T.). (2023 – Present).
- Member (invited), National Hockey League / Buffalo Sabres' Platform Party – Ryan Miller jersey retirement. (2023).
- Chairperson, Olympic Winter Institute of Australia - Mental Health Screen Working Group. (2022 - Present).
- Committee Member, Olympic Winter Institute of Australia - Leadership Committee. (2021 - Present).
- Committee Member, Association for Applied Sport Psychology - Special Interest Group (Supervision). (2020 - Present).
- Committee Member, Olympic Winter Institute of Australia - Performance Services Leads Group. (2019 - Present).
- Board of Advisors, Olympic Winter Institute of Australia - High Performance Advisory Board. (2018 - Present).
- Committee Member, Olympic Winter Institute of Australia - Tokyo Performance Intelligence Project. (2021 - 2022).
- Chairperson, Australian Olympic Committee / Olympic Winter Institute of Australia - Olympic Winter Games Team Processing - Interview with Alisa Camplin. (2021).
- External Reviewer - Promotion to Full Professor (West Virginia University). (2020).
- Abstract Reviewer - Association for Applied Sport Psychology. (2012 - Present).

### **Public Service**

- Guest Speaker, Salam High School (WI) Athletics. (December 2023).
- Guest Speaker, Medical College of Wisconsin – Pediatric Surgery Grand Rounds (August 2023).
- Guest Speaker, Milwaukee Fire Department Fire Academy (May 19, 2023).
- Guest Speaker, Milwaukee Fire Department Fire Academy (May 18, 2023).
- Olympic Winter Institute of Australia, Facilitator of Workshop "Keeping Your Eye on the Prize During a Global Pandemic". (June 2020).
- Guest Speaker, Oconomowoc High School - AP Psychology Class. (May 2020).
- Guest Speaker, Olympic Winter Institute of Australia Medical & Rehabilitation Services Covid-19 Task Force. (April 2020).
- Guest Speaker, Snow Australia - Coach Education. (August 2019).
- Guest Speaker, Menomonee Falls Swim Club (Wisconsin). (January 2019).
- Guest Speaker, Salam High School (WI) Athletics. (December 2018).
- Guest Speaker, Amery (WI) High School. (November 2018).
- Service Provider / Student Mentor, KIN (IHCP) Performance & Injury Clinic. (2012 - 2020).

## Media Contributions

- Fox6 News – Milwaukee’s FOX Affiliate - Interview (September 2023).
- Milwaukee Journal Sentinel - Interview (May 2023).
- University of Wisconsin-Milwaukee - Title IX Roundtable Discussion in honor of the 50th anniversary of Title IX. (June 2022).
- Australian Olympic Committee – Feature interview as a leader in elite sport in honor of International Women's Day. (March 2022).
- FOX6 News - Milwaukee's Fox Affiliate – Interview. (November 2021).
- WUWM Radio - Wisconsin's NPR Affiliate - Interview (July 2021).
- Podcast Guest - Sport Coats. (February 2021).
- FOX6 News - Milwaukee's FOX Affiliate – Interview. (January 2021).
- Interviewed for a book (*White Gold* by Jim Darby) on the history of winter sport in Australia, including the people supporting those sports & the athletes who have been successful in them. (January 2021).
- WTMJ4 - Milwaukee's NBC Affiliate – Interview. (November 2020).
- Podcast Guest - Between Now & Success. (August 2018).
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- UWM Roar Report - Feature story. (May 2018).
- UWM Homepage – Feature story on sport psychology at the 2018 Olympic Winter Games. (February 2018).
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