

Phillip G. Post, PhD, CMPC

Professor
Graduate Faculty

Interim Associate Dean: Academic Affairs

College of Health, Education, and Social Transformation
New Mexico State University

Home Department
Department of Kinesiology
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EDUCATION**Education:**

- Ph.D. Exercise and Sport Sciences, The University of Tennessee 2010
Emphasis: Sport Psychology
Dissertation: *A phenomenological investigation of gymnasts lived experiences of imagery*
Advisor: Dr. Craig A. Wrisberg
- M.S. Kinesiology, California State University, Fullerton 2005
Emphasis: Sport Psychology
Thesis: *The effects of mastery imagery and balance training on balance and mobility among older adults.* Advisor: Dr. Debbie Rose
- B.A. Psychology, University of California, Santa Cruz 2002
Thesis: *Attentional and emotional patterns in conversations of introverted and extroverted friends*
Advisor: Dr. Avril Thorn

PROFESSIONAL CERTIFICATION

- Certified Consultant – Association for Applied Sport Psychology 2012-Present

EXPERIENCE (Employment History)

- New Mexico State University 2020-Present
Position: Associate Dean Academic Affairs – Interim
Duties: Administration and evaluation of all academic programing, promote student achievement/retention, manage scholarships, supervise college advising personal, enforce university policy, and oversee all new degree programs.
- New Mexico State University 2020-Present
Position: Co-Department Head of Kinesiology and Dance
Duties: Faculty Evaluations, Manage Department Budget, and Program Planning.
- New Mexico State University 2020-Present
Position: Professor in the Kinesiology and Dance Department
Duties: Teaching (Sport Psychology, Health and Exercise Psychology, Motor Learning, and Motor Development), Research, and Service.
- New Mexico State University 2019-2020
Position: Department Head of Kinesiology and Dance
Duties: Faculty Evaluations, Manage Department Budget, Program Reviews, Program Planning, Teaching, Service, and Research.
- New Mexico State University 2015-2020
Position: Associate Professor in the Kinesiology and Dance Department
Duties: Teaching (Sport Psychology, Health and Exercise Psychology, Motor Learning, and Motor Development), Research, and Service.
- New Mexico State University 2010-2015
Position: Assistant Professor in Kinesiology and Dance Department
Duties: Teaching (Sport Psychology, Health and Exercise Psychology, Motor Learning, and Motor Development), Research, and Service.
- The University of Tennessee 2008-2010
Position: Sport Psychology Graduate Assistantship Men’s Athletic Department
Duties: Taught performance enhancement skills, and assisted with monthly mental training newsletter distributed to the Athletic Department.
- The University of Tennessee 2007-2008
Position: Graduate Student Teaching Assistantship in the Physical Activity Program
Duties: Taught courses in the Department of Physical Education Activity Program.

LEADERSHIP**Interim Associate Dean of Academic Affairs**

2020-Present

Organization: College of Health, Education, and Social Transformation – New Mexico State University

Duties to Include:

- Administration and Evaluation of all College Academic Programing
 1. Communication Disorders
 2. Counseling Education & Psychology
 3. Curriculum and Instruction
 4. Educational Leadership Administration
 5. Kinesiology
 6. Nursing
 7. Public Health Science
 8. Social Work
 9. Sociology
- Manage Student Scholarships
- College Academic Liaison
 1. State Legislature
 2. University
- Promote Academic Achievement and Student Retention
- Oversee New Degree Proposals for Graduate and Undergraduate Programs
- Enforce University Academic Policies and Procedures
- Ensure compliance with National Accreditations
- Supervise and Evaluate Staff Personnel
- Establish Education Objectives
- Strategic Planning
- Oversee Collegewide Catalog and Semester Scheduling
- Oversee CAEP accreditation process for Teacher Education Programs
- Service (University Task Force Committees)

Co/Department Head – Department of Kinesiology and Dance

2019- Present

Organization: Dept of Kinesiology - New Mexico State University

Duties to Include

- Faculty Evaluations
- Manage Budget
- Program Reviews
- Program Planning
 1. Athletic Training
 2. Dance
 3. Kinesiology
 4. Physical Education
- Teaching Evaluation and Assessment

- Service (College and University Task Force Committees)
- Supervisor of Graduate and Undergraduate Coordinators
- Strategic Planning
- Building Renovation and Construction Planning

Co-Director/Founder of the ECG Virtual/Augmented Reality Laboratory 2018-Present*Organization:* Dept of Kinesiology - New Mexico State University*Duties to Include*

- Manage Lab Budget
- Approve and Oversee Current Research Projects
- Seek External Funding
- Manage Graduate and Undergraduate Research Assistants
- Provide Funder with Bi-Monthly Progress Reports
- Community Liaison

Director/Founder of Aggie Play After School Program 2016-Present*Organization:* Dept of Kinesiology - New Mexico State University*Duties to Include*

- Manage Budget
- Managed and Evaluated Staff
- Ran Program Operations
- Seek External Funding
- Provided Agency with Quarterly Reports
- Community Liaison

Graduate Program Coordinator 2014-2019*Organization:* Dept of Kinesiology - New Mexico State University*Duties to Include*

- Curriculum
- Graduate Handbook
- Assigning Assistantships

Director/Founder of the Motor Learning/Sport Psychology Laboratory 2010-2020*Organization:* Dept of Kinesiology - New Mexico State University*Duties to Include*

- Manage Lab Budget
- Approve and Oversee Current Research Projects
- Seek External Funding
- Manage Graduate and Undergraduate Research Assistants

RESEARCH & SCHOLARSHIP

BOOK CHAPTERS

1. **Post, P. G.**, Simpson, D., & Taylor, J. (2020). Imagery. In J. Taylor (Ed.), *Comprehensive Applied Sport Psychology*, Routledge: London, UK
2. Bonura, K., **Post, P. G.**, Simpson, D., & Green, L. (2020). Imagery in Sport Injury Rehabilitation: Supporting Athletes in Recovery. In U. Johnson & A. Ivarsson (Eds.), *Psychological Bases of Sport Injuries (4th edition)*. Morgantown, WV: FIT Publishing
3. Law, B., **Post, P. G.**, & McCullah, P. (2017). Modeling in Sport and Performance. Oxford Research Encyclopedia of Psychology, Oxford, England: Oxford University Press
4. **Post, P. G.** (2016). The Power of Imagination: Optimizing Sport Performance through Imagery. In Davenport, L. (Eds.), *Transformative Imagery*, London, England: Jessica Kingsley Publishers

PUBLICATIONS {Peer-Reviewed}

1. Sampson, J. {PhD student}, **Post, P. G.**, Aiken, C. (in press). The effects of strategic self-talk on concurrent training exercise performance. *Journal for Advancing Sport Psychology Research*.
2. Hout, M. C., Papesh, M. H. Masadeh, S., Sandin, H., Walenock, S. **Post, P. G.**, Madrid, J., White, B., Guievara-Pinto, J., Welsh, J., Goode, D., Skulsky, R., & Cazares-Rodriguez, M (in press). The oddity detection in diverse scene (ODDS) database: validated real-world scenes for studying anomaly detection. *Behavior Research Methods*.
3. Munger C.N. {PhD student}, Jones B.C., Halloran I.J., Eggleston G.G., **Post P.G.**, Brown L.E., Berning J.M. Effects of eccentric overload versus constant load back squat training on strength and power. *International Journal of Kinesiology and Sport Science*, 10(1) 1-8, 2022.
4. Aiken, C., **Post, P. G.**, Hout, M. C., & Fairbrother, J. T. (2020). Self-controlled amount and pacing of practice facilitate learning of a sequential timing task. *Journal of Sports Sciences*, 38, 405-415.
5. **Post, P. G.**, & Palacios, P. (2019). Aggie play: A gender relevant physical activity program for girls. *Journal of Sport and Exercise Psychology*, 41, 194-205.
6. Law, B., **Post, P. G.**, O, J., & McCullagh, P. (2018). Video-based observation in sport: From 'forgotten' to ubiquitous. *Journal of Sport Psychology in Action*, 9, 260-270.
7. **Post, P. G.**, Young, G., & Simpson, D. (2018). The effects of a PETTLEP imagery intervention on learners' coincident anticipation timing performance. *Journal of Applied Sport Psychology*, 30, 204-221.

8. Vangen, R., **Post, P.G.**, Simpson, D., & Cremades, G. (2017). Brain wave activity differences in task complexity and perspective during imagery. *Journal of Imagery Research in Sport and Physical Activity*, 12.
9. Fairbrother, J. T., **Post, P. G.**, & Whalen, S. J. (2016). Self-reported responses to player profile questions show consistency with the use of complex attentional strategies by expert horseshoe pitchers. *Frontiers in Frontiers in Movement Science and Sport Psychology*, 7, Article 1028.
10. **Post, P. G.**, Aiken, C. A., Laughlin, D. D., & Fairbrother, J. T. (2016). Self-control over combined video feedback and modeling facilitates motor learning. *Human Movement Science*, 47, 49-59.
- 11.
12. **Post, P. G.**, Williams, C. D.*, Simpson, D., & Berning, J. M. (2015). The effects of a PETTLEP imagery intervention on the learning of a complex motor skill, *Journal of Imagery Research in Sport and Physical Activity*, 10.
13. **Post, P. G.**, Simpson, D., Young, G., & Parker, J.* (2014). A phenomenological investigation of divers' lived experience of imagery. *Journal of Imagery Research in Sport and Physical Activity*, 9.
14. **Post, P. G.**, Fairbrother, J. T., Barros, J. A., Kulpa, J.* (2014). Self-controlled practice within a fixed time period facilitates the learning of a basketball set shot. *Journal of Motor Learning and Development*, 2, 9-15.
15. Simpson, D., **Post, P. G.**, Jensen, P. & Young, G. (2014). "It's not about taking the easy road": The experience of ultramarathon runners. *The Sport Psychologist*, 28, 176-185.
16. Simpson, D., **Post, P. G.**, & Tashman, L. S. (2013). Adventure racing: The experience of participants in the everglades challenge. *Journal of Humanistic Psychology*, 1-16.
17. Aiken, C. A., Fairbrother, J. T., & **Post, P. G.** (2012). The effects of self-controlled video feedback on the learning of the basketball set shot. *Frontiers in Frontiers in Movement Science and Sport Psychology*, 3, Article 338.
18. **Post, P. G.**, Muncie, S., & Simpson, D. (2012). The effects of imagery training on swimming performance: An applied investigation. *Journal of Applied Sport Psychology*, 24, 323-337.
19. **Post, P. G.**, & Wrisberg, C. A. (2012) A phenomenological investigation of gymnasts' lived experience of imagery. *The Sport Psychologist*, 26, 98-121.
20. **Post, P. G.**, Barros, J. A., & Wrisberg, C. A. (2011). Evidence of non-compliance with instructions in attentional focus research. *Brazilian Journal of Motor Behavior*, 6, 1-6.

21. **Post, P. G.**, Fairbrother, J. T., & Barros, J. A. (2011). Self-controlled amount of practice benefits the learning of a motor skill. *Research Quarterly for Exercise and Sport*, 82, 474-481.
22. **Post, P. G.**, Wrisberg, C. A., & Mullins, S. (2010). A field test of the influence of pre-game imagery on basketball free throw shooting. *Journal of Imagery Research in Sport and Physical Activity*, 5.

POPULAR JOURNAL ARTICLES {Non-referred}

1. Simpson, D., Young, G., **Post, P. G.**, McCrath, S. (2013). The periodization of mental skills training in coaching. *Olympic Coach Magazine*.

RESEARCH PRESENTATIONS {Referred – International – National}

1. Sampson, J. {PhD student}, Aiken, C., A., **Post, P. G.**, Cochran, S. M. {PhD student}, Zhuravleva, T.A. {PhD student} (2022, May). Effects of a two-week imagery intervention with specific uses of attentional focus cues. Verbal presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Waikola Beach, HI.
2. Hout, M. C., Masadeh, S {PhD student}., Sandin, H., Papesh, M. H., **Post, P. G.**, Madrid, J., White, B., Guievara-Pinto, J., Welsh, J., Goode, D., Skulsky, R., & Cazares-Rodriguez, M (2021, November). The oddity detection in diverse scene (ODDS) database: Rated and validated real-world scenes for studying anomaly detection. Poster presentation at the *Psychonomic Society Annual Conference*, Virtual Conference (COVID-19).
3. Sampson, J. {PhD student}, Aiken, C. A., **Post, P. G.**, Zhuravleva, T.A. {PhD student} , Cochran, S. M. {PhD student} (2021, June). The effects of imagery with specific uses of an internal and external focus of attention. Verbal presentation at the *American Society for the Psychology of Sport and Physical Activity Annual Conference*, Virtual Conference (COVID-19).
4. Sampson, J. {PhD student}, **Post, P. G.** (2020, October). The effects of motivational and instructional self-talk on cross-training exercise performance. Poster presented at the *Association for Applied Sport Psychology Annual Conference*, Virtual Conference (COVID-19).
5. Sampson, J. {PhD student}, Zhuravleva, T.A. {PhD student} , Cochran, S. M. {PhD student}, **Post, P. G.**, Aiken, C. A. (2020, June). Motivation alone does not contribute to the benefits of imagery training on strength performance. Verbal presentation at the *American Society for the Psychology of Sport and Physical Activity Annual Conference*, Virtual Conference (COVID-19).
6. Cochran, S.M. {PhD student}, Aiken, C. A., **Post, P. G.**, Sampson, J.J. {PhD student}, Zhuravleva, T.A. {PhD student} (2020, June). Effects of five-week imagery intervention

- on strength training. Verbal presentation at the *American Society for the Psychology of Sport and Physical Activity Annual Conference*, Virtual Conference (COVID-19).
7. Aiken, C. A., Becker, K. A., & **Post, P. G.** (2019, June). The effects of attentional focus shifting from preparation to execution on motor learning. Verbal presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Baltimore, MD.
 8. Vangen, R., **Post, P. G.**, & Simpson, D. (2018, October). Brain wave activity differences in task complexity and perspective during imagery. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, Toronto, Ontario
 9. **Post, P. G.**, & Palacios, R. (2018, June). The effects of gender relevant physical activity program on girls' fitness and perceptions of physical activity. Verbal presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Denver, CO.
 10. Aiken, C. A., **Post, P. G.**, Hout, M. C., & Madrid, J. (2018, June). Learner-controlled amount of practice with fixed inter-trial interval benefits learning. Poster presentation at the annual meeting of the *North American Society for the Psychology of Sport and Physical Activity*, Denver, CO
 11. **Post, P. G.**, Aiken, C. A., Hout, M. C., & Madrid, J. (2018, June). Learner-controlled pace of practice in isolation does not yield the self-control effect. Poster presentation at the annual meeting of the *North American Society for the Psychology of Sport and Physical Activity*, Denver, CO
 12. **Post, P. G.**, Simpson, D., Young, G., Samson, A., & Grindstaff, J. (2017, October). Distance runners reported use of imagery. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, Orlando, FL
 13. **Post, P. G.**, Simpson, D., & Young, G. (2016, September). The effects of a PETTLEP imagery intervention on learners' coincident anticipation timing performance. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, Phoenix, AZ
 14. Gnacinski, S., **Post, P. G.**, Simpson, D., & Christensen, D. (2016, September). Looking to the next generation of professionals: Student members needs, interests, and perceived value of AASP membership. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, Phoenix, AZ
 15. Aiken, C. A., Becker, K., Van Gemmert, A., & **Post, P.** (2016, June). Performance on a choice-reaction time task is not affected by physical stress in the form of high ambient temperature. Verbal presentation at *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Montreal, Quebec
 16. **Post, P. G.**, Simpson, D., Young, G., & Parker, J. F.* (2014, October). A phenomenological investigation of skilled divers' lived experience of imagery. Verbal

- presentation at the *Association for Applied Sport Psychology Annual Conference*, Las Vegas, NV
17. Williams, C.*, Simpson, D., **Post, P. G.**, & Berning, J. M. (2014, October). The effects of a PETTLEP imagery intervention on learners' maximal standing long jump. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, Las Vegas, NV
 18. **Post, P. G.**, Aiken, C. A., Fairbrother, J. T., Laughlin, D. D. (2014, June). Split-screen video replay with an expert model facilitates motor learning. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Minneapolis, MN
 19. Bae, Y., **Post, P. G.**, Sales-Provance, M. (2013, November). Velopharyngeal muscle-strengthening exercises: Continuous positive airway pressure (CPAP) and imagery training. Poster presentation at the *American Speech-Language-Hearing Association Annual Conference*, Chicago, IL
 20. Simpson, D., **Post, P. G.**, Jensen, P. & Young, G. (2013, October). A phenomenological investigation of runners' experience of competing in an ultra marathon. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, New Orleans, LA.
 21. Barros, J. A. C., **Post, P. G.**, Villa, M., Le, Y., & Chen, D. (2013, June). The effects of self-controlled feedback on the learning of a modified golf task. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, New Orleans, LA
 22. **Post, P. G.**, & Simpson, D. (2012, October). The effects of imagery training on swimming performance. Verbal presentation at the *Association for Applied Sport Psychology Annual Conference*, Atlanta, GA
 23. Simpson, D., **Post, P. G.**, & Tashman, L. S. (2012, October). The experience of competing in the everglades challenge: The perspective of the participant. Poster presentation at the *Association for Applied Sport Psychology Annual Conference*, Atlanta, GA
 24. **Post, P.G.**, Barros, J. A. C., Fairbrother, J. T., & Kulpa, J* (2012, June). Self-controlled practice facilitates the learning of a novel motor skill. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Honolulu, HI
 25. Fairbrother, J. T., Laughlin, D. D., Alami, A., & **Post, P. G.** (2012, June). The effects of self-control and yoked feedback schedules on performance and motivation. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference* Honolulu, HI
 26. Fairbrother, J. T., Laughlin, D. D., Alami, A., & **Post, P. G.** (2012, June). The

relationship between motivation and performance in self-control and yoked groups. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Honolulu, HI

27. Fairbrother, J. T., Laughlin, D. D., Alami, A., & **Post, P. G.** (2011, June). The effects of self-controlled feedback and advanced information on motor skill learning. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Burlington, VT
28. Laughlin, D. D., Fairbrother, J. T., Alami, A., & **Post, P. G.** (2011, June). The effects of self-controlled feedback compared to yoked and reduced frequency schedules. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Burlington, VT
29. **Post, P. G.**, Laughlin, D. D., & Fairbrother, J. T. (2010, June). The effects of self-controlled feedback on participant motivation and motor skill learning. Verbal presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Tucson, AZ
30. **Post, P. G.** (2010, October). A phenomenological investigation of gymnasts' experience of imagery. Verbal presentation at the *Association for Applied Sport Psychology Annual Conference*, Providence, RI
31. Barros, J. A., **Post, P. G.**, Whalen, S. J., & Wrisberg, C. A., (2009, June). Evidence of non-compliance with instructions in attentional focus research. Poster presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Austin, TX
32. Fairbrother, J. T., Barros, J. A., & **Post, P. G.** (2009, June). The effects of blocked, random, and self-controlled practice schedules on motor learning. Verbal presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Austin, TX
33. **Post, P. G.**, Houchin, G., & Barros, J. A., & Fairbrother, J. T. (2009, June). Self-controlled amount of practice benefits motor learning. Verbal presentation at the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Austin, TX
34. **Post, P. G.**, Wrisberg, C. A., & Mullins, S. (2009, September). One coach's use of imagery as a pre-game intervention. Verbal presentation at the annual meeting of the *Association for Applied Sport Psychology Annual Conference*, Salt Lake City, UT.

RESEARCH PRESENTATIONS {Regional and Local}

1. Sampson, J. {PhD student}, Aiken, C. A., & **Post, P. G.**, Cochran, S. A., & Zhuravleva, T. (2021, November). Effects of a two-week imagery intervention with specific uses of attentional focus cues. Verbal presentation at *New Mexico State University Research and Creativity Week Virtual Conference*, Las Cruces, NM.

2. Sampson, J. {PhD student}, Romine, S., Aiken, C. A., & **Post, P. G.** (2020, November). The effects of attentional focus manipulations within an imagery intervention. Verbal presentation at *New Mexico State University Research and Creativity Week Virtual Conference*, Las Cruces, NM.
3. Cochran, S. M. {PhD student}, Aiken, C. A., **Post, P. G.**, Zhuravleva, T. {PhD student}, Munger, C. N., & Berning, J. M. (2020, November). Effects of a five-week imagery intervention on strength training and motivation. Verbal presentation at *New Mexico State University Research and Creativity Week Virtual Conference*, Las Cruces, NM.

PROFESSIONAL PRESENTATIONS {International – National}

1. **Post, P. G.** & Fifer, A. (2017, October). Student professional development workshop-organizing your first consulting session with a client. *Association for Applied Sport Psychology Annual Conference*, Orlando, FL
2. Simpson, D., & **Post, P. G.** (2016, September). Student professional development workshop – imagery. Workshop conducted at the *Association for Applied Sport Psychology Annual Conference*, Phoenix, AZ
3. **Post, P.G.** (2015, September). The effects of imagery on motor performance: A review of relevant research. Invited lecture presentation to the Congreso Internacional de Ciencias de La Cultura Física, Chihuahua, Mexico
4. **Post, P. G.** (2015, April). The power of imagination: How imagery can enhance motor performance. Invited lecture presentation to the Congreso Internacional de Ciencias de La Cultura Física, Juárez, Mexico
5. Young, G., Simpson, D., & **Post, P. G.** (2012, October). Using phenomenological questioning in applied practice. Workshop conducted at the *Association for Applied Sport Psychology Annual Conference*, Atlanta, GA
6. Becker, K., Young, G., **Post, P. G.**, & Fairbrother, J. T. (2012, October). Identifying effective cues for helping athletes manage attention: From research to practice. Workshop conducted at the *Association for Applied Sport Psychology Annual Conference*, Atlanta, GA
7. Simpson, D. & **Post, P. G.** (2011, September). Using technology to increase classroom learning and enhance sport psychology services. Workshop conducted at the *Association for Applied Sport Psychology Annual Conference*, Honolulu, HI
8. **Post, P. G.**, Balague, G., Ravizza, K., & Wrisberg, C. A. (2008, October). Mistakes made when working with athletes. Presentation given at the *Association for Applied Sport Psychology Annual Conference*, St. Louis, MO

9. Whalen, S. J., **Post, P. G.**, & Gonzalez, S. P. (2008, October). Utilizing popular media as a tool to teach sport psychology concepts. Workshop conducted at the *Association for Applied Sport Psychology Annual Conference*, St. Louis, MO.

PROFESSIONAL PRESENTATION {Regional and Local}

1. **Post, P. G.**, (2020, November). New Mexico State University (NMSU) allied health outreach efforts. Panel member, NMSU Outreach Programs, New Mexico State University, Las Cruces, NM
2. **Post, P. G.**, (2015, November). The effects of learner self-controlled practice on motor skill acquisition. Invited lecture presentation to the Department of Psychology, New Mexico State University, Las Cruces, NM
3. **Post, P. G.** (2014, May). Cognitive processing considerations for peak performance. Invited presentation to the New Mexico National Strength and Conditioning Association (NSCA) State Clinic, Albuquerque, NM
4. **Post, P. G.** (2014, March). Introduction to sport psychology. Invited presentation to the Department of Psychology, New Mexico State University, Psi Chi (the National Honor Society in Psychology) Club, Las Cruces, NM
5. **Post, P. G.** (2012, February). Attention and peak performance. Invited presentation at the *New Mexico State University 1st Annual Sport Performance Symposium*, Las Cruces, NM
6. **Post, P.G.** (2012, January). The effects of self-controlled amount of practice within a mandated number of acquisition blocks. Invited presentation to the College of Education Spring Opening Program, New Mexico State University, Las Cruces, NM
7. **Post, P. G.** (2011, September). The benefits of self-controlled practice. Invited presentation to Research Seminar in Kinesiology, Human Performance, Dance, and Recreation Department, New Mexico State University, Las Cruces, NM
8. **Post, P. G.**, Fairbrother, J., & Barros, J. (2010, October). Self-controlled amount of practice benefits motor learning. *Poster presented NMSU 10 Annual URC Research and Creativity Fair*. (Paper previously presented at the *North American Society for the Psychology of Sport and Physical Activity Annual Conferences*, Austin, TX.)
9. **Post, P. G.** (2009, August). Mental tools for excellence. Invited presentation at the *Annual Knoxville Amateur Hockey Association Camp*, Knoxville, TN
10. **Post, P. G.**, & Wrisberg, C. A. (2009, March). An ex-post facto examination of an imagery intervention on the basketball free throw. Invited presentation to Research Seminar in Exercise Science/Sport Studies, Department of Exercise, Sport, & Leisure Studies, University of Tennessee, Knoxville, TN. (This research was subsequently presented at the *Association for Applied Sport Psychology Annual Conference*, Salt Lake City, UT.)

11. **Post, P. G.** (2008, July). How to use goal setting in and out of the classroom. Invited presentation at the *Tennessee School for the Deaf*, Knoxville, TN
12. **Post, P. G.** (2004, April). Gaining Entry: Observations of a Season Long Internship. Lecture session presented at the western regional meeting of the *Association for the Advancement of Applied Sport Psychology*, Fresno, CA.

GRANTS & FUNDING

Funded Research {Total: \$882,100}

1. NM-INBRE (Fall 2019)
 - a. \$50,000
 - b. Role: Co-PI
 - c. Project Title: Strategy training in search: Evidence from eye movements and virtual reality
 - d. Outcomes: In progress
2. NM-INBRE (Spring 2019)
 - a. \$150,000
 - b. Role: PI
 - c. Project Title: The effects of female active role models on girl's physical activity behaviors and perceptions
 - d. Outcomes: Suspended do to COVID-19
3. Electronic Caregiver (Fall 2018)
 - a. \$350,000
 - b. Role: Co-PI
 - c. Project Title: The effects of virtual reality on skill acquisition, visual search, and fall prevention
 - d. Outcomes: In progress.
4. Paso Del Norte Health Foundation (Spring 2017)
 - a. \$213,242
 - b. Role: PI
 - c. Project Title: Aggie Play! After school program
 - d. Outcomes: Increased fitness, flexibility, and perceptions of physical activity.
5. Paso Del Norte Health Foundation (Spring 2016)
 - a. \$75,000
 - b. Role: PI
 - c. Project Title: Aggie Play! After school program
 - d. Outcomes: Increased fitness and perceptions of physical activity.
6. Mountain West Consortium: Clinical and Translational Research (Spring 2016)

- a. \$60,000
 - b. Role: PI
 - c. Project Title: Aggie Play! After school program
 - d. Outcomes: Increased fitness and perceptions of physical activity.
7. AASP Research Grant (Spring 2014)
- a. \$4,900
 - b. Role: PI
 - c. Project Title: The effects of imagery on coincident anticipation timing performance
 - d. Outcomes: Imagery and physical practice enhances motor learning.
8. Awarded College of Education Research Mini Grant (Spring 2011)
- a. \$2,000
 - b. Role: PI
 - c. Project Title: The effects of self-controlled practice on the learning of a novel motor skill.
 - d. Outcomes: Autonomy over amount of practice enhances skill acquisition.
9. Award College of Education Research Mini Grant (Spring 2012)
- a. \$1,958
 - b. Role: PI
 - c. Project Title: The effects of self-controlled self/expert modeling on the learning of a novel motor skill
 - d. Outcomes: Self-control over video replay enhances motor learning.

Unfunded Research {Total: \$1,645,142}

1. NM-INBRE (November 2020)
 - a. \$300,000
 - b. Role: PI
 - c. Project Title: The effects of virtual and augmented reality on reducing older adult falls risks
2. NCAA Research and Practice Grant (Fall 2015)
 - a. \$50,000
 - b. Role: PI
 - c. Project Title: Aggie Excel
3. NIH R03 Research Grant (Fall 2015)
 - a. \$438,000
 - b. Role: Co-PI
 - c. Project Title: Velopharyngeal muscle strength training in patients with hypernasality
4. NCAA Research and Practice Grant (Spring 2014)
 - a. \$50,000

- b. Role: PI
 - c. Project Title: Aggie HAPPY (Helping Athletes Prepare Properly Yearly) hour

5. NMSU Interdisciplinary Research Grant (Spring 2013)
 - a. \$40,000
 - b. Role: Co-PI
 - c. Project Title: Velopharyngeal muscle strength training in patients with hypernasality

6. AASP Research Grant (Spring 2013)
 - a. \$4,200
 - b. Role: PI
 - c. Project Title: The effects of a brief PETTLEP imagery intervention on anticipation timing

7. NSF FastLane Grant (Fall 2012)
 - a. \$1,062,942
 - b. Role: Co-PI
 - c. Project Title: NRI-Small: Multi-DOF weight offloading technology for enhancing neuro-rehabilitation.

TEACHING

New Mexico State University

Undergraduate Courses 2010-Present

- *Psychology of Sport ~ enrollment 40*
- *Motor Learning ~enrollment 40*
- *Motor Development ~ enrollment 30*
- *Health and Exercise Psychology ~ enrollment 40*

Graduate Courses 2010-Present

- *Psychology of Sport ~ enrollment 5*

University of Tennessee

Graduate Teaching Assistant 2007- 2008

- *Stress Management ~ enrollment 40*
- *Bowling ~ enrollment 25*

University of California-Fullerton

Graduate Teaching Assistant 2004-2005

- *Bowling ~ enrollment 30*
- *Softball ~ enrollment 40*

ADVISING & MENTORING**New Mexico State University**

2010-Present

Doctoral Dissertation Committees

- *Committee member, Zarmina Amin Doctoral Student, Kinesiology (current)*
- *Chair, Jack Sampson Doctoral Student, Kinesiology (current)*
- *Committee member, Tatiana Zhuravleva, Doctoral Student, Kinesiology (current)*
- *Committee member, Cameron Munger Doctoral Dissertation, KIND (Summer 2019)*
- *Committee member, Oscare Nuñez Doctoral Dissertation, KIND (Summer 2019)*
- *Committee member, Jessica Jackson Doctoral Dissertation, Couns Psych (Spring 2016)*
- *Committee member, Collin Scarince Doctoral Dissertation, Psychology (Spring 2016)*
- *Committee member, Adam Underwood Doctoral Dissertation, Psychology (Sum 2016)*
- *Co-Chair, Nate Shaver Doctoral Dissertation, Interdisciplinary PhD (Spring 2015)*
- *Committee member, Justin Boland Doctoral Dissertation, Couns Psych (Summer 2015)*
- *Committee member, Arryn Robbins Doctoral Dissertation, Psychology (Fall 2014)*
- *Committee member, Rebecca D'Orazio Doctoral Dissertation, Psychology (Spring 2012)*

Master's Thesis Committees

- *Committee member, Jessica Madrid Master Thesis, Psychology (Fall 2016)*
- *Committee member, Ryan Sams Masters Thesis, Psychology (Fall 2015)*
- *Committee member, Eloy Castro Masters Defense, Counseling Education (Fall 2011)*
- *Committee member, John Kulpa Master Thesis, Psychology (Fall 2011)*

Graduate Student Independent Studies

- *Supervised graduate student independent study SPM 599 (Spring 2021)*
- *Supervised graduate student independent study SPM 599 (Spring 2020)*
- *Supervised graduate student independent study SPM 599 (Fall 2019)*
- *Supervised graduate student independent study SPM 599 (Fall 2010)*

Undergraduate Independent Studies

- *Supervised one undergraduate independent studies PEP 499 (Spring 2021)*
- *Supervised one undergraduate independent studies PEP 499 (Spring 2020)*
- *Supervised one undergraduate independent studies PEP 499 (Fall 2019)*
- *Supervised three undergraduate independent studies PEP 499 (Spring 2019)*
- *Supervised three undergraduate independent studies PEP 499 (Fall 2018)*
- *Supervised two undergraduate independent studies PEP 499 (Spring 2018)*
- *Supervised two undergraduate independent studies PEP 499 (Fall 2017)*
- *Supervised two undergraduate independent studies PEP 499 (Spring 2017)*
- *Supervised two undergraduate independent studies PEP 499 (Fall 2016)*
- *Supervised two undergraduate independent studies PEP 499 (Spring 2016)*

- *Supervised two undergraduate independent studies PEP 499 (Fall 2015)*
- *Supervised one undergraduate independent studies PEP 499 (Fall 2014)*
- *Supervised two undergraduate independent studies PEP 499 (Spring 2014)*
- *Supervised two undergraduate independent studies PEP 499 (Fall 2013)*
- *Supervised five undergraduates independent studies PEP 499 (Spring 2013)*
- *Supervised two undergraduate independent studies PEP 499 (Fall 2012)*
- *Supervised two undergraduates independent study PEP 499 (Spring 2012)*
- *Supervised two undergraduates independent study PEP 499 (Fall 2011)*
- *Supervised undergraduate independent study PEP 499 (Spring 2011)*

MENTORING

- *Panel, Advice for students first year on tenure track, Career Services (Spring 2015)*
- *ENLACE, mentor to minority freshmen kinesiology student (Fall 2014)*

SERVICE

Professional Affiliations

- | | |
|---|--------------|
| 1. Association for Applied Sport Psychology (AASP) | 2002-Present |
| 2. North American Society for the Psychology of Sport and
a. Physical Activity (NASPSPA) | 2008-Present |

Service to Profession

- | | |
|--|--------------|
| 1. American Kinesiology Association | |
| a. Member, Executive Board | 2022-Present |
| b. Committee Member, Student Awards Committee | 2020-Present |
| c. Committee Member, Conference Planning Committee | 2022 |
| 2. Association for Applied Sport Psychology | |
| a. <i>Annual Conference Program Reviewer</i> | 2010-Present |
| b. <i>Committee Chair, Student Development Committee</i> | 2012-2016 |
| c. <i>Committee Member, Student Development Committee</i> | 2008-2012 |
| d. <i>Student Regional-Representative, South Eastern United States</i> | 2007-2010 |
| e. <i>Initiative Director, Internship Database Initiative</i> | 2007-2009 |
| 3. Frontiers in Movement Science and Sport Psychology | |
| a. <i>Review Editor</i> | 2013-Present |
| 4. Human Movement Science | 2019-Present |
| a. <i>Reviewer</i> | |
| 5. Strength and Condition Journal | 2018-Present |
| a. <i>Reviewer</i> | |
| 6. Journal of Sport and Exercise Psychology | 2018-Present |
| a. <i>Reviewer</i> | |
| 7. Frontiers in Psychological and Behavioral Science | |
| a. <i>Quest Reviewer</i> | 2014 |
| 8. Research Quarterly for Exercise and Sport: | |
| a. <i>Quest reviewer</i> | 2010-2011 |
| 9. Kinesiology Journal | |

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|---------------------------------------|--------------|
| a. <i>Reviewer</i> | 2012-Present |
| 10. National Science Foundation (NSF) | |
| a. <i>Reviewer</i> | 2020-Present |

University Service – New Mexico State University

- | | |
|---|--------------|
| 1. Committee Member, Head Start Advisory Board | 2021-Present |
| 2. Committee Member, New College Proposal Task Force | 2020-2021 |
| 3. Committee Member, Curricular Complexity Task Force | 2020-2021 |
| 4. Committee Member, Task Force on Faculty Appointment | 2020-2021 |
| 5. Committee Member, Tiger team return to campus | 2020 |
| 6. NMSU athletic department, mental training | 2012-2019 |
| 7. Committee Member, Institutional Review Board (IRB) | 2014-2016 |
| 8. Committee Member, Committee for the Assessment of Student Learning | 2012-2013 |

College Service – New Mexico State University

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|--|-----------|
| 1. Committee Chair, College Council | 2018-2019 |
| 2. Committee Chair, Academic Affairs | 2016-2019 |
| 3. Committee Member, College Council | 2016-2018 |
| 4. Committee Member, College of Education Research Committee | 2010-2012 |
| 5. Committee Member, College of Education Sustainability Committee | 2011-2012 |

Department Service – New Mexico State University

- | | |
|---|-----------|
| 1. Graduate Program Coordinator, KIND | 2014-2019 |
| 2. Committee Chair, KIND Promotion and Tenure | 2015-2019 |
| 3. Committee Member, KIND Public Relations | 2015-2018 |
| 4. Committee Member, HPDR Budget and Technology Committee | 2010-2015 |
| 5. Committee Member, HPDR Tenure Faculty Hiring Committee | 2010-2011 |

PROFESSIONAL DEVELOPMENT

Nationally

- American Kinesiology Association (January 2020-Present)
 - Member of Leadership Institute
- National Institute of Health (NIH) (May 2014)
 - Grant writing workshop, Lexington, KY

University

New Mexico State University:

- Grays associate data three-day workshop, NMSU (October-November, 2020)
- Peer coaching workshop, Teaching Academy (April, 2014)
- Documenting effective teaching workshop, Teaching Academy (September, 2012)
- Introduction to canvas workshop, NMSU (February, 2012)
- Going mobile workshop, NMSU College of Education (July, 2011)
- Using PowerPoint effectively, Teaching Academy (March, 2011)

University of Tennessee:

- Best Practices in Teaching, UT (November, 2009)

APPLIED SPORT PSYCHOLOGY EXPERIENCES {Practical Integration}

- University of Texas El Paso, Tennis Team, 2020-Present
- New Mexico State University Athletic Department, 2012-2019
- Las Cruces Aquatic Team (LCAT), 2010-2011
- University of Tennessee Men's Athletic Department, 2007-2010
- Knoxville Amateur Hockey Association, 2009-2010.
- Magnolia High School, Anaheim, Men's Baseball Team, 2005
- California State University, Fullerton Women's Volleyball Team, 2003-2005
- Los Amigos High School, Fountain Valley, Men's Baseball Team, 2004
- California State University, Fullerton Men's Baseball Team, 2003-2004

PROFESSIONAL & ACADEMIC RECOGNITION**Research**

- Nominated for Westhafer award for research and creative activity at NMSU, 2020
- Excellence in Receiving Extramural Grant Funding, CTR-IN, 2019
- Nominated for Early Career Research Award at NMSU, 2012/2013
- Graduate Research Travel Award, University of Tennessee, 2009

Teaching

- Teaching Excellence Award, College of Education, New Mexico State University, 2013

Service

- Edward A. Capen Award, University of Tennessee, 2010
- Chancellor's Citation for Extraordinary Professional Promise, Univ of Tennessee, 2010
- Leadership and Service Recognition as a Student Regional Representative, AASP, 2009
- Membership to the Honor Society of Phi Kappa Phi, California St Univ Fullerton, 2005
- Awarded Graduate Equity Fellowship, California State University Fullerton, 2004
- Awarded Highest Honors in Psychology, University of California, Santa Cruz, 2002