Contact Information

New Mexico State University

Kinesiology and Dance

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1. **ACADEMIC HISTORY**

Degrees Granted:

Ph.D.,Exercise and Sport Sciences, The University of Tennessee**,** May 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, June 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, June 2002.

Thesis: *Attentional and emotional patterns in conversations of introverted and*

*extroverted friends*. Advisor: Dr. Avril Thorn

Honors, Awards, and Certifications:

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

Nominated for Early Career Research Award at New Mexico State University, 2013

Nominated for Early Career Research Award at New Mexico State University, 2012

Certified consultant, Association for Applied Sport Psychology, 2012

Edward A. Capen Award in the Department of Kinesiology, University of Tennessee, 2010

Chancellor’s Citation for Extraordinary Professional Promise, University of Tennessee, 2010

Leadership and Service Recognition as a Student Regional Representative, AASP, 2009

Awarded Graduate Research Travel Award, University of Tennessee, 2009

Awarded Graduate Equity Fellowship, California State University Fullerton, 2004

Awarded Highest Honors in Psychology, University of California, Santa Cruz, 2002

1. **EMPLOYMENT HISTORY**

New Mexico State University August 2010-Present

*Position:* Associate Professor of Human Performance

*Duties:* Teaching (Sport Psychology, Health and Exercise Psychology, Motor Learning, and Motor Development), Research, and Service.

The University of Tennessee August 2008-2010

*Position*: Sport Psychology Graduate Assistantship Men’s Athletic Department

*Duties*: Teaching performance enhancement skills to intercollegiate athletes and coaching staffs.

The University of Tennessee August 2007-August 2008

*Position*: Graduate Student Teaching Assistantship in the Physical Activity Program

*Duties*: Teaching courses in the Department of Physical Education Activity Program.

California State University, Fullerton January 2004-May 2005

*Position*: Graduate Student Teaching Assistantship in Kinesiology

Duties: Teaching physical activity courses in the Department of Kinesiology

Department of Veterans Affairs (Menlo Park, CA) August 2002- July 2003

*Position*: Research Assistant in the Health Economics Resource Center (HERC)

*Duties*: Facilitated liaison with affiliated research, evaluation, and clinical programs. Provided constructive comments and contributions that improved the quality of research reports.

University of California at Santa Cruz September 2001-June 2002

*Position:* Student Research Assistant in the Department of Psychology

*Duties:* Served as research manager and was responsible for running the study, interviewing participants, and analyzing data.

1. **TEACHING AND MENTORING**

Undergraduate Courses Taught:

Assistant Professor at New Mexico State University August 2010-Present

*3 sections of SPM 303 Health and Exercise Psychology (average enrollment 40 students)*

*4 sections of SPM 304 Psychology of Sport (average enrollment 40 students)*

*3 section of SPM 341 Motor Development (average enrollment 25 students)*

*8 sections of SPM 342 Motor Learning (average enrollment 40 students)*

Graduate Teaching Assistant, University of Tennessee August 2007- August 2008

*2 sections of Stress Management (average enrollment 40 students)*

*4 sections of Bowling (average enrollment 25 students)*

Graduate Teaching Assistant, University of California, Fullerton January 2004-May 2005

*6 sections of Bowling (average enrollment 30 students)*

*2 sections of Softball (average enrollment 40 students)*

Workshops and Continuing Education Instruction:

**Post, P. G.** (2015, April). Introduction to key mental training skills for peak sport performance. Workshop conducted at the Congreso Internacional de Ciencias de La Cultura Física, Juárez, Mexico.

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.

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.

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.

**Post, P. G.** (2009, August). Mental tools for excellence. Invited presentation at the *Annual* *Knoxville Amateur Hockey Association Camp*, Knoxville, TN.

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.

Mentoring:

Assistant Professor at New Mexico State University August 2010-Present

*Committee member, Jessica Jackson Doctoral Dissertation, Couns Psych* (Spring 2016)

*Committee member, Adam Underwood Doctoral Dissertation, Psychology (Summer, 2016)*

*Committee member, Ryan Sams Masters Thesis, Psychology* (Fall, 2016)

*Supervised two undergraduate independent studies PEP 499* (Fall, 2016)

*Committee member, Justin Boland Doctoral Dissertation, Couns Psych (Summer, 2015)*

*Panel, Advice for students first year on tenure track, Career Services (Spring, 2015)*

*Co-Chair, Nate Shaver Doctoral Dissertation, Interdisciplinary PhD (Spring 2015)*

*ENLACE, mentor to minority freshmen kinesiology student (Fall 2014)*

*Supervised one undergraduate independent studies PEP 499 (Fall 2014)*

*Committee member, Arryn Robbins Doctoral Dissertation, Psychology (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)*

*Committee member, Rebecca D’Orazio Doctoral Dissertation, Psychology (Spring 2012)*

*Supervised two undergraduates independent study PEP 499 (Spring 2012)*

Mentoring (Continued):

Assistant Professor at New Mexico State University August 2010-Present

*Committee member, Eloy Castro Masters Thesis, Counseling Education (Fall 2011)*

*Committee member, John Kulpa Master Thesis, Psychology (Fall 2011)*

*Supervised two undergraduates independent study PEP 499 (Fall 2011)*

*Supervised undergraduate independent study PEP 499 (Spring 2011)*

*Supervised graduate student independent study SPM 599 (Fall 2010)*

Association for Applied Sport Psychology (AASP) March 2014-Present

*Graduate student mentor for the Mentorship Match Program* (*MMP*; 2014)

Teaching Professional Development:

Peer coaching workshop, NMSU Teaching Academy (Apr, 2014)

Documenting effective teaching workshop, NMSU Teaching Academy (Sep, 2012)

Introduction to Canvas workshop, NMSU Information Technology (Feb, 2012)

Going mobile workshop, NMSU College of Education (Jul, 2011)

Using PowerPoint effectively, NMSU Teaching Academy (Mar, 2011)

Best practices in teaching, University of Tennessee, Knoxville, TN (Nov, 2009)

1. **SCHOLARSHIP AND CREATIVE ACTIVITY**

Publications:

**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*(*1*).

**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*(*1*).

**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*.*

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.

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.

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.

**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.

Publications (continued):

**Post, P. G.**, & Wrisberg, C. A. (2012). A phenomenological investigation of gymnasts’ lived experience of imagery. *The Sport Psychologist*, *26*, 98-121.

**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.

**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.

**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*(*1*).

Popular Journal Articles:

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

Book Chapters:

**Post, P. G.** (2015). The Power of Imagination: Optimizing Sport Performance through Imagery. In Davenport, L. (Eds.), *Transformative Imagery* (In press), London, England: Jessica Kingsley Publishers.

Funded Research:

AASP Research Grant (Spring 2014) $4,900

Project Title: The effects of imagery on coincident anticipation timing performance

Award College of Education Research Mini Grant (Spring 2012) $1,958

Project Title: The effects of self-controlled self/expert modeling on the learning of a novel motor skill.

Awarded College of Education Research Mini Grant (Spring 2011) $2,000

Project Title: The effects of self-controlled practice on the learning of a novel motor skill.

External Funding Proposals Under Review

NCAA Research and Practice Grant $50,000

Project Title: Aggie Excel. A joint grant application with the NMSU athletic department.

External Funding Proposal Under Revision

NIH R03 Research Grant Co-PI $438,000

Project Title: Velopharyngeal muscle strength training in patients with hypernasality.

External Funding Proposals in Development

Paso Del Norte Health Foundation Healthy Eating Active Living Grant $150,000

Project Title: Aggie Play! after school program.

Unfunded Research:

NMSU Interdisciplinary Research Grant Co-PI (Spring 2013) $40,000

Project Title: Velopharyngeal muscle strength training in patients with hypernasality.

AASP Research Grant (Spring 2013) $4,200

Project Title: The effects of a brief PETTLEP imagery intervention on anticipation timing (this proposal was not funded).

NSF FastLane Grant Co-PI/PD (Fall 2012) $1,062,942

Project Title: NRI-Small: Multi-DOF weight offloading technology for enhancing neuro-rehabilitation (this proposal was not funded).

Refereed Research Presentations (National and International):

**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.

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.

**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.

Bae, Y., **Post, P. G.**, Sales-Provance, M. (2013, November). Velopharyngeal muscle-strengthening exercises: Continuous positive airway pressure (CPAP) and imagery training. *American Speech-Language-Hearing Association Annual Conference*, Chicago, IL.

Simpson, D., **Post, P. G.**, Jensen, P. & Young, G. (2013, October). A phenomenological investigation of runners’ experience of competing in an ultra marathon. Paper presented at the *Association for Applied Sport Psychology Annual Conference*, New Orleans, LA.

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.

**Post, P. G.,** & Simpson, D. (2012, October). The effects of imagery training on swimming performance. Paper presented at the annual meeting of the *Association for Applied Sport Psychology Annual Conference*, Atlanta, GA.

Simpson, D., **Post, P. G.**, & Tashman, L. S. (2012, October). The experience of competing in the everglades challenge: The perspective of the participant. Paper presented at the annual meeting of the *Association for Applied Sport Psychology Annual Conference*, Atlanta, GA.

**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. *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference*, Honolulu, HI.

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. *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference* Honolulu, HI.

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. *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference,* Honolulu, HI.

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. *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference*, Burlington, VT.

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. *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference*, Burlington, VT.

**Post, P. G.**, Laughlin, D. D., & Fairbrother, J. T. (2010, June). The effects of self-controlled feedback on participant motivation and motor skill learning. *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference*, Tucson, AZ.

**Post, P. G.** (2010, October). A phenomenological investigation of gymnasts’ experience of imagery. *Association for Applied Sport Psychology Annual Conference*, Providence, RI.

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 annual meeting of the *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference*, Austin, TX.

Fairbrother, J. T., Barros, J. A., & **Post, P. G.** (2009, June). The effects of blocked, random, and self-controlled practice schedules on motor learning. Paper presented at the annual meeting of the *North American Society for the Psychology of Sport and Physical Activity Annual Conference*, Austin, TX.

**Post, P. G.**, Houchin, G., & Barros, J. A., & Fairbrother, J. T. (2009, June). Self-controlled amount of practice benefits motor learning. Paper presented at the annual meeting of the *North American* *Society for the Psychology of Sport and Physical Activity Annual Conference*, Austin, TX.

**Post, P. G.**, Wrisberg, C. A., & Mullins, S. (2009, September). One coach’s use of imagery as a pre-game intervention. Paper presented at the annual meeting of the *Association for Applied Sport Psychology Annual Conference*, Salt Lake City, UT.

Professional Presentations (International, National, and Regional):

**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 Sate University, Las Cruces, NM.

**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.

**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.

**Post, P. G.** (2014, May). Cognitive processing considerations for peak performance. Invited lecture presentation to the New Mexico *National Strength and Conditioning Association* *State Clinic*, Albuquerque, NM.

**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.

**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.

**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.

**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.

**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.)

**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 (ES 601/SS 601), Department of Exercise, Sport, & Leisure Studies, University of Tennessee, Knoxville, TN. (This research paper was subsequently presented at the *Association for Applied Sport Psychology Annual Conference*, Salt Lake City, UT.).

**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.

**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.

Research Professional Development:

National Institute of Health (NIH), Grant Writing Workshop, Lexington, KY (May, 2014)

1. **SERVICE**

Professional Affiliations:

Association for Applied Sport Psychology 2002 - present

North American Society for the Psychology of Sport and Physical Activity 2008 - present

Service to Profession:

Frontiers in Movement Science and Sport Psychology, *Review Editor* Present

Research Quarterly for Exercise and Sport, *Quest Reviewer* 2010-2011

Kinesiology Journal, *Quest Reviewer*  2012-2013

Association for Applied Sport Psychology (AASP):

*Committee Chair, Student Development Committee* Present

*Annual Conference Program Reviewer* 2010-Present

*Committee Member, Student Development Committee* 2008-2012

*Student Regional-Representative,**South Eastern United States* 2007-2010

*Initiative Director, Internship Database Initiative* 2007-2009

Service to University:

Committee Member, Institutional Review Board (IRB) 2014-Present

Sport Psychology Consulting, NMSU Athletic Department 2012-Present

*Bi-weekly mental training seminars to athletic department*

Committee Member, Committee for the Assessment of Student Learning 2012-2013

Service to College:

Committee Member, College of Education Research Committee 2010-2012

Committee Member, College of Education Sustainability Committee 2011-2012

Service to Department:

Committee Chair, KIND Promotion and Tenure 2015-Present

Committee Member, KIND Public Relations 2015-Present

Committee Member, HPDR Budget and Technology 2010-2015

Committee Member, HPDR Tenure Faculty Hiring 2010-2011

Service to Community:

Provided mental training services to the Las Cruces Aquatic Team (LCAT) 2010-2012