

CURRICULUM VITA  
**Phillip G. Post, Ph.D.**

Contact Information

New Mexico State University  
Department of Human Performance, Dance, & Recreation  
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**EDUCATION & EXPERIENCE**

Education:

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

Professional Experience:

New Mexico State University

Present

Position: Assistant 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: Taught performance enhancement skills to intercollegiate athletes and coaching staffs. Assisted with the development of the monthly mental training newsletter distributed to the University of Tennessee Athletic Department.

The University of Tennessee

August 2007-August 2008

Position: Graduate Student Teaching Assistantship in the Physical Activity Program

Duties: Taught 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: Taught physical activity courses in the Kinesiology department.

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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 of friendship study investigating the conversations between introverts and extroverts.

### RESEARCH & SCHOLARSHIP

#### Publications

**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, Article 2.

**Post, P. G.,** Fairbrother, J. T., & Barros, J. A. (In Press) Self-controlled amount of practice benefits the learning of a motor skill, *Research Quarterly for Exercise and Sport*.

**Post, P. G.,** Barros, J. A., & Wrisberg, C. A. (In Press) Evidence of non-compliance with instructions in attentional focus research. *Brazilian Journal of Motor Behavior*.

**Post, P. G.,** & Wrisberg, C. A. A phenomenological investigation of gymnasts' lived experience of imagery (In Press). *The Sport Psychologist*.

#### Manuscripts in Preparation

**Post, P. G.,** Muncie, S., & Simpson, D. The influence of imagery training on swimming performance: An applied investigation. (Manuscript submitted to the *Journal of Applied Sport Psychology*).

Fairbrother, J. T., Barros, J. A., & **Post, P. G.** The effects of blocked, random, and self-controlled practice schedules on motor learning (This manuscript is in progress).

Fairbrother, J. T., **Post, P. G.,** Barros, J. A., & Whalen, S. J. Attentional focus strategies in advanced horseshoe pitchers (The manuscript is in progress).

Fairbrother, J. T., **Post, P. G.,** & Laughlin, D. The effects of self-controlled feedback on motivation and learning of a motor skill. (This manuscript is in progress).

**Post, P. G.,** & Fairbrother, J. Imagery research: Where to now? (This manuscript is in progress).

#### In Progress

**Post, P. G.,** Barros, J. A., & Fairbrother, J. T. The effects of self-controlled practice on the learning of motor skill. (Data analysis in progress).

Barros, J.A. & **Post, P.G.** Enhancing self-control benefits through self-regulation training. (Data analysis in progress).

Fairbrother, J. T., Jensen, P., Meisterjahn, R., **Post, P. G.,** & Laughlin, D. The effects of self controlled feedback and error estimation on the learning of a simple motor skill. (Data collection in progress).

Simpson, D., & **Post, P. G.** A phenomenological investigation of watertribe athlete's experience of competition. (Data analysis in progress).

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- Simpson, D., Jensen, P., & **Post, G.** A phenomenological investigation of athletes' experience of competing in an ultra marathon.
- Post, P. G.**, Laughlin, D. & Aiken, C. The effects of self-controlled self/expert model on the learning of a novel motor skill. (IRB submitted).
- Post, P. G.**, & Simpson, D. A phenomenological investigation of divers' lived experience of imagery (IRB submitted).

### Refereed Research Presentations (National and International):

- Fairbrother, J. T., Laughlin, D. D., Alami, A., & **Post, P.** (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 Conferences*, Burlington, VT.
- Laughlin, D. D., Fairbrother, J. T., Alami, A., & **Post, P.** (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 Conferences*, Burlington, VT.
- Post, P. G.** (2010, October). A phenomenological investigation of gymnasts' experience of imagery. *Association for Applied Sport Psychology Annual Conference*, Providence, RI.
- Post, P. G.**, Laughlin, D., & Fairbrother, (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 Conferences*, Tucson, AZ.
- 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 Conferences*, Austin, TX.
- Fairbrother, J., 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 Conferences*, Austin, TX.
- Post, P. G.**, Houchin, G., & Barros, J. A., & Fairbrother, J. (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 Conferences*, 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 (National & International):

- 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.

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**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.

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 Presentations (Local & Regional):

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

**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, College of Education, Health, and Human Sciences, University of Tennessee Knoxville, TN. (This research paper was subsequently presented at a professional conference).

**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.

## GRANTS & FUNDING

### Funded Research

Awarded College of Education Research Grant 2,000  
Project: The effects of self-controlled practice on the learning of a novel motor skill

## TEACHING & ADVISING

### Courses Taught:

Assistant Professor at New Mexico State University (present)  
2 section of *Psychology of Sport* (average enrollment 50 students)  
2 sections of *Motor Learning* (average enrollment 40 students)  
1 section of *Motor Development* (average enrollment 20 students)

Graduate Teaching Assistant, Physical Education Activity Program, University of Tennessee (August 2007- August 2008).

2 sections of *Stress Management* (average enrollment 40 students)  
4 sections of *Bowling* (average enrollment 25 students)

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Graduate Teaching Assistant, Department of Kinesiology, University of California, Fullerton  
(January 2004-May 2005)

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

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

Courses Co-Taught at the University of Tennessee (2008-2009)

*1 section of Creative Coaching (enrollment 35 students) (Co-Taught with Dr. Wrisberg)*

*1 section of Sport and Exercise Psychology (enrollment 32 students) (Co-Taught with Dr. Fisher)*

### Advising:

Assistant Professor at New Mexico State University August 2010-Present

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

*Committee member, master thesis Department of Psychology (Fall 2010-Fall 2011)*

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

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

## SERVICE

### Professional Affiliations:

Association for the Advancement of Applied Sport Psychology (AASP) 2002 - present

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

### Service to Profession

Association for Applied Sport Psychology:

*Initiative Director, Internship Database Initiative* 2007-2009

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

*Committee Member, Student Development Committee* 2008-present

Research Quarterly for Exercise and Sport:

*Served as quest reviewer of an article submission* 2010-2011

### Service to College:

Committee Member, College of Education Research Committee 2010-present

Committee Member, College of Education Sustainability Committee 2011-present

### Service to Department:

Committee Member, HPDR Tenure Faculty Hiring Committee 2010-2011

Committee Member, HPDR Budget and Technology 2010-2012

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Professional Development

University of Tennessee

*Best Practices in Teaching (Fall 2009)*

New Mexico State University

*PowerPoint Teaching Academy, (March 11, 2011)*

*NMSU College of Education Going Mobile Workshop, (July 25-29, 2011)*

**APPLIED SPORT PSYCHOLOGY EXPERIENCES**

University of Tennessee Men's Athletic Department, 2007-2010 (supervised by Craig A. Wrisberg, Ph.D., AASP-CC)

University of Tennessee Lady Volunteer Soccer Team, 2007-2010 (supervised by Craig A. Wrisberg, Ph.D., AASP-CC)

Magnolia High School, Anaheim, Men's Baseball team, 2005 (supervised by Kenneth H. Ravizza, Ph.D., AASP-CC)

California State University, Fullerton Women's Volleyball team, 2003-2005 (supervised by Kenneth H. Ravizza Ph.D., AASP-CC)

Los Amigos High School, Fountain Valley, Men's Baseball team, 2004 (supervised by Kenneth H. Ravizza, Ph.D., AASP-CC)

California State University, Fullerton Men's Baseball team, 2003-2004 (supervised by Kenneth H. Ravizza Ph.D., AASP-CC)

New Mexico State University Equestrian Team, 2010

Las Cruces Aquatic Team (LCAT), 2010-2011

**PROFESSIONAL & ACADEMIC RECOGNITION**

Awarded Edward A. Capen Award in the Department of Exercise, Sport, and Leisure Studies, 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

Membership to the Honor Society of Phi Kappa Phi, California State University Fullerton, 2005

Awarded Graduate Equity Fellowship, California State University Fullerton, 2004

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