

MARK HOWARD ANSHEL, Ph.D. (As of February 2010)

Office: Joint appointment: Department of Health and Human Performance; Department of Psychology
Full Professor, Middle Tennessee State University, Murfreesboro, TN 37132

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EDUCATION

Florida State University: Tallahassee, Florida (awarded August 1979)
Degree and area of study: Doctor of Philosophy; Psychology of sport, health and exercise;
All electives completed in psychology and statistics.
Advisor: Robert N. Singer, Ph.D., Department of Movement Science
Title of dissertation: *Effect of the combined use of learner strategies and adjunct questions incorporated into modular versus traditional instructional methods on the learning and long term retention of a motor skill.* Published in *Research Quarterly* (1980).

McGill University: Montreal, Quebec, Canada H2W 1S4
Degree and area of study: Master of Arts; Psychology of Motor Performance; all electives in psychology
Advisor: Daniel Q. Marisi, Ph.D., Department of Physical Education
Title of thesis: *Effect of music and rhythm on the ability to endure a physical task.* Published in *Research Quarterly* (1978)

Illinois State University: Normal, Illinois 61761
Degree: Bachelor of Science
Major: Teacher Education
Lincoln College: Lincoln, Illinois 62656

Current Employment

Professor: Joint appointment, Full Professor, Department of Health and Human Performance and Department of Psychology
Middle Tennessee State University, Murfreesboro, TN 37132

Dates of appointment: Effective August 1, 2002-present

Responsibilities: Teach graduate courses at master's and doctoral levels, supervise master's theses and doctoral dissertations, provide feedback to students as a member of their (graduate student's) committee, former Graduate Program Coordinator, seek external and internal grant funding for research, generate and publish independent research, present research at professional conferences, membership on selected department and university committees, founded and directed a community wellness program ("Heart of Tennessee Wellness Program"), founded and directed the MTSU Faculty-Staff Health and Wellness Program (August 2006-August 2008), write Saturday wellness column in the local newspaper.

Courses taught: Research Methods (master's), Experimental Design in Human Performance (doctoral), Research Seminar (doctoral), Advanced Sport and Exercise Psychology (graduate and undergraduate).

PREVIOUS PROFESSIONAL EXPERIENCE

Performance Counselor: Human Performance Institute (HPI), Orlando, Florida

Dates of appointment: September 2000-May 2002.

Job Description: HPI is a Corporate Performance Training and Wellness Center in which psycho-behavioral interventions are promoted to improve the performance quality, health, and personal life satisfaction. The performance counselor assists clients (in both individual and small group sessions) in addressing their current work style and the psychological barriers that prevent optimal performance, unhealthy habits, and low life satisfaction. Data from HPI's company-generated inventory is interpreted to allow greater insight into the client's personal work habits, performance barriers, and the perceptions of others. An action plan is then generated by replacing negative habits with new, consciously acquired routines that clients agree to apply at work and in their personal life. Developed the company's long-term exercise adherence program.

Visiting Professor: Department of Health & Physical Education, Texas Tech University, Lubbock, Texas

Dates of appointment: January 1999-May 2000 (18-month contract)

Responsibilities: Teach undergraduate and graduate sport psychology courses, supervise graduate students, conduct research, write research grants, and committee assignments.

Adjunct Professor: Department of Psychology, Texas A&M University, College Station, Texas

Dates of appointment: September-December 1998: One semester, departing for full-time position at Texas Tech University, January 1999.

Responsibilities: Teach undergraduate sport psychology course, supervise research projects, conduct joint research with department faculty, apply for external funding.

Professor: Department of Psychology, University of Wollongong
Wollongong, New South Wales (Australia)

Dates of appointment: 1993-1998

Responsibilities: Graduate coordinator, taught graduate research seminar, sport and exercise psychology (undergraduate and graduate), health psychology (graduate), supervised graduate student theses and dissertations, member of selected departmental, faculty, and university committees, solicited applied for and obtained external grant funding, and conducted and published independent research.

Promoted to Professor December 1992

Senior Lecturer (tenured): Department of Human Movement Science
University of Wollongong, Wollongong, NSW Australia

Dates of appointment: July 1988 - January 1993

Tenured upon arrival to the University as part of hiring agreement.

Responsibilities included: Teaching undergraduate and graduate courses in sport and exercise psychology, conduct research in areas of interest, develop graduate program in sport and exercise psychology, solicit external grant funding. In July 1989, I was appointed Interim Department Chair of the Department of Human Movement Science at the University of Wollongong for a six-month period, ending January 1990. Other responsibilities included supervision of department staff, budget, and program, representative on selected committees in the Faculty of Health and Behavioral Sciences, coordinate selection committee and hiring procedures for new member of staff in exercise physiology, write proposal/budget for department three-year equipment needs, hire part time academic and technical staff, complete performance evaluations of all academic staff, work with department chair to plan and coordinate new directions of the department.

Associate Professor New Mexico State University,
Department of Physical Education and Recreation
Las Cruces, New Mexico 88003

Dates of appointment: August 1982 - June 1988

Tenured and promoted to Associate level (one year early): Awarded April 19, 1987.

Responsibilities: Teaching graduate and undergraduate courses in motor learning and sport psychology, undergraduate courses in aerobic dance, tennis, and physical education, conducting research and write in areas of my academic expertise, establishing extensive motor learning laboratory, advising master's students during research writing of a thesis, serving on a variety of faculty advisory committees including the postgraduate committee, establishing and direct a youth summer sports camp, conducting seminars, give lectures and provide consulting services to various organizations in the community. I founded and directed the NMSU Children's Sports Camp from spring 1983 to August 1987.

Visiting Professor: Department of Health, Physical Education and Recreation.
Trenton State College; Trenton, New Jersey.

Dates of appointment: August 1987 - May 1988.

Adjunct Professor: George Williams College, Department of Physical Education
Downers Grove, Illinois 60515

Dates of appointment: January - August, 1982

Responsibilities: Teaching undergraduate course in psychology of motor behavior, teaching graduate course in sport psychology, developing experimental laboratory.

Research Assistant: Florida State University, Department of Movement Science and
Physical Education, Tallahassee, Florida 32306 USA.

Dates of appointment: September, 1977 - June, 1979.

Responsibilities: Directing experimental laboratory; teaching laboratory in graduate courses in psychology of motor behavior; maintaining and requisitioning equipment for lab use of computers, statistics, research design, writing skills, and grading practicum reports; conducting research, and lecturing to graduate classes.

Supervising Professor: Dr. Robert N. Singer

Teaching Assistant: McGill University, Department of Physical Education, Montreal, Quebec, Canada

Dates of appointment: September 1975 - June 1976.

Job Description: Virtually identical to position held at Florida State University, with undergraduates rather than graduates. Also served as graduate student representative on the Committee for Admissions and Curriculum in the Department.

Supervising Professor: Dr. Daniel Q. Marisi

NON-ACADEMIC PROFESSIONAL EXPERIENCE (prior to academic career)

Director of Physical Education: Young Men's & Young Women's Association
Membership: 18,000 members. Montreal, Canada.

Dates of employment: August 1970 - June 1975

Responsibilities: Develop, implement and supervise community recreation and fitness programs, hire and supervise full-time and part-time staff including in-service training, administrate department budget, participant of administrative governing committees responsible for developing Center policies, teach classes in fitness, recreational games, and sports skills, supervise aquatics director and program, develop & direct children's summer sports camp.

Director of Health & Physical Education: Cleveland Community Recreation Center, Cleveland, Ohio

Dates of appointment: October 1979 - January 1981

Responsibilities: Similar to the position in Montreal with the following exceptions:

Management of \$250,000 budget, supervision of additional full- and part-time staff, direct service to larger local membership, and work with Mt. Sinai Hospital Staff on obesity control program.

Assistant Executive Director: Community Centers of Chicago: Bernard Horwich Center (Chicago).

Responsibilities: Supervise department heads, operate budget and program for members needing financial assistance for membership, direct marketing project to ascertain member and non-member needs in the community, supervise membership recruiting and retention, directed Mayor of Chicago's ChicagoFest Program, attended in-service training in management, staff supervision, and administration.

Health and Fitness Director: Lakeshore Fitness Center, City of Chicago, Illinois

Dates of appointment: October 1981- August 1982

Responsibilities: Similar to Montreal and Cleveland Community Recreation Centers.

PROFESSIONAL ACADEMIC SERVICE

Committee Involvement at Middle Tennessee State University

1. Chair, Committee to Examine Change in Department Name and Status (2003-2004 academic year)

2. Search Committee Memberships: Pedagogy Position; Statistician Position

1. Department Physical Education Committee

2. Doctoral Faculty Committee

3. Graduate Faculty Committee

4. Search Committees: Vice Chancellor for Research and Graduate Dean; HHP Department Chair; HHP Department Statistician.

Invited Editorial Board Member

Journal of Sport Behavior

The Journal of the American Board of Sport Psychology

Guest Manuscript Reviewer for Refereed Journals (8-10 papers reviewed annually)

1. *Australian Journal of Science and Medicine in Sport*

2. *Journal of Sport and Exercise Psychology*

3. *The Australian Psychologist*

4. *The European Psychologist*

5. *Journal of Sports Sciences*

6. *International Journal of Sport Psychology*

7. *Journal of Personality and Individual Differences*

8. *Stress, Anxiety and Coping: An International Journal*

9. *Research Quarterly for Exercise and Sport*

10. *Journal of Applied Sport Psychology*

11. *Psychology of Sport and Exercise*

12. *Perceptual and Motor Skills*

13. *European Journal of Sport and Exercise Psychology*

14. *International Journal of Sport and Exercise Psychology*

15. *The Sport Psychologist*

16. *Scandinavian Journal of Psychology*

* Grant reviewer: 2007, 2008, 2009: World Anti-Drug Agency (WADA).

* Grant Review Committee Member, National Institute of Health (March, 2005)

- * Convention Abstract Reviewer, American Psychological Association, Division 47, Dec. 1998 and 1999.
- * External Reviewer of Masters Theses and Dissertations (Australia): 1990-2000
- * Reviewer for seven master's theses and four doctoral dissertations in Australia from the Universities of Western Australia, Canberra, Queensland, Victoria (Melbourne), LaTrobe (Melbourne), Southern Queensland, and Monash (Melbourne). In Australia, theses (master's and doctoral) are awarded based on an external assessment by reviewers concerning the quality of the thesis.
- * Grant Application Reviewer (Australia): Australian Institute of Sport Applied Sport Grant Program (4 grants reviewed), New South Wales Sports Medicine Grants Program (2 grants reviewed).
- * Book Proposal Reviewer: Mayfield Publishers, 1987; Cambridge University Press, September, 1999.
- * Book Reviewer for journal, *The Sport Psychologist: The Psychology of Team Sports* (August 2003).
- * Chair, Supervision Committee, College of Sport Psychologists (Australian Psychological Society)
- * Examination Committee: College of Sport Psychologists (Australian Psychological Society)

PUBLICATION RECORD

Books

- Anshel, M.H. (1983). *Aerobics for fitness*. Minneapolis: Burgess.
- Anshel, M.H. (1985). *Aerobics for fitness*. (2nd ed). Minneapolis: Burgess.
- Anshel, M.H. (1990). *Sport psychology: From theory to practice*. Scottsdale, Arizona: Gorsuch Scarisbrick.
- Anshel, M.H. (1990). *Instructor's manual for sport psychology: From theory to practice*. Scottsdale, AZ: Gorsuch Scarisbrick.
- Anshel, M.H. (1991) (editor & lexicographer), Freedson, P., Hamill, J., Haywood, K., Horvat, M., & Plowman, S. *The dictionary of the exercise and sport sciences*. Campaign, IL: Human Kinetics.
- Anshel, M.H. (1994). *Sport psychology: From theory to practice* (2nd ed.). Scottsdale, Arizona: Gorsuch Scarisbrick.
- Anshel, M.H. (1994). *Instructor's manual: Sport psychology: From theory to practice* (2nd ed.). Scottsdale, AZ: Gorsuch Scarisbrick.
- Anshel, M.H. (1997). *Sport psychology: From theory to practice* (3rd ed.). Needham Heights, MA: Allyn & Bacon.
- Anshel, M.H. (1997). *Instructor's manual for sport psychology: From theory to practice* (3rd ed.). Needham Heights, MA: Allyn & Bacon.
- Anshel, M.H. (2003). *Sport psychology: From theory to practice* (4th ed.). San Francisco: Benjamin Cummings Publishers.
- Anshel, M.H., & Reeves, L.H. (1992). *Aerobics for fitness* (3rd ed). Minneapolis: Burgess.
- Anshel, M.H., & Reeves, L.H. (1995). *Aerobics for fitness* (4th ed). Minneapolis: Burgess.
- Anshel, M.H., & Reeves, L.H. (1998). *Aerobics for fitness* (5th ed). Minneapolis: Burgess.
- Anshel, M.H., Reeves, L., & Roth, R. (2003). *Concepts in fitness: A balanced approach to good health*. Boston: Pearson Education.
- Anshel, M.H. (2006). *Applied exercise psychology: A practitioner's guide to improving client health and fitness*. New York: Springer Publishers.
- Anshel, M.H. (in preparation): *Sport psychology: From theory to practice* (5th ed.). San Francisco: Benjamin-Cummings.

Book Chapters

- Anshel, M.H. (1989). An information processing approach to teaching motor skills to the elderly. In A. Ostrow (Ed.), *Aging and motor behavior* (pp. 285-303). NY: Benchmark.
- Anshel, M.H. (1989). Applied sport psychology. In W.L. Gregory & W.J. Burroughs (Eds.),

Introduction to applied psychology (pp. 424-456). Glenview, IL: Scott, Foresman & Co.

Anshel, M.H. (1990). Behaviorism versus humanism: An approach to effective team leadership in sport. In R. French & B. Lavay (Eds.), *A manual of behavior management techniques for physical educators and recreators* (pp. 37-50). Kearney, Nebraska: Educational Systems Assoc.

Anshel, M.H. (1992). Psychology of drugs. In R.N. Singer, M. Murphey & K. Tennant (Eds.), *Handbook on research in sport psychology* (pp. 851-876). New York: Macmillan.

Anshel, M.H. (1993). Drugs in sport: Causes and cures. In J.M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (2nd ed.) (pp. 127-153). Palo Alto, CA: Mayfield.

Anshel, M.H. (1994). Anxiety in sport. In T. Morris & J. Summers (Eds.), *Sport psychology: Theory, applications and current issues* (pp. 49-79). Sydney: Jacaranda Wiley.

Anshel, M.H. (1997). A model for coping with acute stress in sport. In L. Vander Velden, L. Chalip, & J.H. Humphrey (Eds.), *Psychology and sociology of sport: Recent advances*. New York: AMS Press.

Anshel, M.H. (1998). Drugs in sport: Causes and cures. In J.M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (3rd ed.). Mountain View, CA: Mayfield.

Anshel, M.H. (1998). Drugs and coping in sport. In G. Brannigan (Ed.), *The Sport Scientists: Research Adventures* (pp. 163-178). New York: Longman.

Anshel, M.H. (2001). Drugs in sport: Causes and cures. In J.M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (4th ed; pp. 417-444). Palo Alto, CA: Mayfield.

Anshel, M.H. (2005). Substance use: Chemical roulette in sports. In S. Murphy, *The sport psych handbook* (pp. 255-278). Champaign, IL: Human Kinetics.

Anshel, M.H. (2006). Strategies for preventing and managing stress and anxiety in sport. In D. Hackfort, J. Duda, & R. Lidor (Eds.), *Handbook of research in applied sport psychology* (pp. 201-217). Morgantown, WV: Fitness Information Technology.

Anshel, M.H., & Payne, M. (2006). Application of sport psychology for optimal performance in martial arts. In J. Dosil, *The sport psychologist's handbook: A guide for sport-specific performance enhancement* (pp. 353-374). New York: Wiley.

Singer, R.N., & Anshel, M.H. (2006). An overview of interventions in sport. In J. Dosil, *The sport psychologist's handbook: A guide for sport-specific performance enhancement* (pp. 63-88). New York: Wiley.

Singer, R.N., & Anshel, M.H. (2006). Assessment, evaluation, and counseling in sport. In J. Dosil, *The sport psychologist's handbook: A guide for sport-specific performance enhancement* (pp. 89-120). New York: John Wiley & Sons.

Anshel, M.H. (2006). Drugs in Sport: Causes and cures. In J.M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (5th ed; 505-540). Palo Alto, CA: Mayfield.

Anshel, M.H. (2006). Perfectionism in sport. In *Stress and anxiety - application to health, community, the*

work place, and education. In P. Buchwald (Ed.), pp. 292-306. London, England: Cambridge Scholar Press Ltd.

Wrisberg, C.A., & Anshel, M.H. (2006). Cognitive strategies (abridged version of previously published study in *The Sport Psychologist*, 1989, 3, (pp. 95-104). In D. Lavallee, J.M. Williams, & M. Jones (Eds.), *Key studies in sport and exercise psychology*. London: McGraw-Hill.

Anshel, M.H. (2009). Drugs in Sport: Causes and cures. In J.M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (6th ed; pp. 463-491). New York: McGraw-Hill.

Anshel, M.H. (2010). Exercise therapy: Preventive behavioral medicine. In R. Carlstedt (Ed.), *Handbook of integrative clinical psychology, psychiatry and behavioral medicine: Perspectives, practices, and research* (pp. 177-190). New York: McGraw-Hill.

Anshel, M.H. (2010). Cultural differences in coping with stress in sport. In A. Nicholls (Ed.), *Coping in sport: Concepts, issues, and related constructs* (pp. 119-138). Nova Publishers.

Anshel, M.H. (in press). The Disconnected Values Model: A brief intervention for improving healthy habits and coping with stress in law enforcement. In J. Kitaeff (Ed.), *Handbook of police psychology*, Routledge Psychology Press.

Anshel, M.H. (in press). Cognitive coping under stress. Published in the *Encyclopedia of the Sciences of Learning*. New York: Springer.

Refereed Journals

Marisi, D. Q. & Anshel, M.H. (1976). The effects of related and unrelated stress on motor performance. *New Zealand Journal of Health, Physical Education and Recreation*, 9, 93-96.

Anshel, M.H. & Marisi, D.Q. (1978). Effect of music and rhythm on physical performance. *Research Quarterly*, 49, 109-113.

Anshel, M.H. (1978). Behaviorism versus humanism: An approach to effective team leadership in sport. *Motor Skills: Theory Into Practice*, 2, 83-91.

Anshel, M.H. (1978). Effect of aging on acquisition and short-term retention of a motor skill. *Journal of Perceptual and Motor Skills*, 47, 993-994.

Anshel, M.H. (1979). Effect of age, sex, and type of feedback on motor performance and locus of control. *Research Quarterly*, 50, 305-317.

Anshel, M.H. (1979). Relationships among selected perceptual-motor tests and teacher's rankings as a function of children's age and sex. *Journal of Perceptual and Motor Skills*, 49, 1009-1010.

Anshel, M.H. & Singer, R.N. (1980). Effect of learner strategies with modular versus traditional instruction on motor skill learning and retention. *Research Quarterly*, 51, 451-462.

Anshel, M.H. (August, 1981). Effect of sexual activity on athletic performance. *The Physician and Sportsmedicine*, 64-68.

Anshel, M.H., Milne, C. (May, 1985). The effectiveness of mechanical devices on the performance of

baseball batting. *Coaching Review*, 59-61.

Anshel, M.H. (1985). Effect of arousal on warm-up decrement. *Research Quarterly for Exercise and Sport*, 56,1-9.

Anshel, M.H. (1985). Effect of using mechanical devices for baseball batting on warm-up decrement. *Journal of Perceptual and Motor Skills*, 60, 291-298.

Anshel, M.H. & Ortiz, M. (1986). Effect of coding strategies on movement extent as a function of cognitive style. *Perceptual and Motor Skills* 63, 1311-1317.

Anshel, M.H., Muller, D., & Owens, V.L. (1986). Effect of a summer camp experience on multidimensional measures of self-concept. *Perceptual and Motor Skills*, 63, 363-366.

Anshel, M.H. (1987). Psychological inventories used in sport psychology research. *The Sport Psychologist*, 1, 331-349.

Anshel, M.H., Housner, L., & Cyrs, T. (1987). Development of a behaviorally-anchored rating scale for effective high school football coaching. *Journal of Applied Research in Coaching and Athletics*, 2, 79-95.

Anshel, M.H., & Wrisberg, C.A. (1988). Effect of arousal and focused attention on warm-up decrement. *Journal of Sport Behavior*, 11, 18-31.

Anshel, M.H. (1988). Effect of mood and pleasant versus unpleasant information feedback on performing a motor skill. *Journal of General Psychology*, 115, 117-130.

Anshel, M.H. (1988). The use of strategies to enhance motor skill acquisition and retention in the elderly, *ERIC Clearinghouse*, No. CG 020559. Ann Arbor, MI: University of Michigan.

Anshel, M.H. (1988). A field test of efficacy of cognitive style in predicting accuracy of the volleyball serve. *Perceptual and Motor Skills*, 66, 521-522.

Anshel, M.H. & Wrisberg, C.A. (April, 1988). The effect of arousal and focused attention on warm-up decrement. *ERIC Clearinghouse*, No. ED 283 791, Ann Arbor, MI: University of Michigan.

Anshel, M.H., & Hoosima, D. (1989). The effect of positive and negative feedback on causal attributions and motor performance as a function of gender and athletic participation. *Journal of Sport Behavior*, 12,119-130.

Wrisberg, C.A., & Anshel, M.H. (1989). The effect of cognitive strategies on the free throw shooting performance of young athletes. *The Sport Psychologist*, 3, 95-104.

Anshel, M.H. (1989). Examination of a college football coach's receptivity to sport psychology consulting: A three-year case study. *Journal of Applied Research in Coaching and Athletics*, 4, 1-11.

Anshel, M.H., & Novak, J. (1989). Effect of different fatigue intensities on performing a sport skill requiring explosive muscular effort: A test of the specificity of practice principle. *Perceptual and Motor Skills*, 69, 1379-1389.

Anshel, M. H. (1990). Perceptions of black intercollegiate football players: Implications for the sport

psychology consultant. *The Sport Psychologist*, 4, 235-248.

Anshel, M.H. (1990). Questioning the quality of sport psychology conference presentations. *The Sport Psychologist*, 4, 205-212.

Anshel, M.H., Gregory, L., & Kaczmarek, M. (1990). Effectiveness of a stress training program in coping with criticism in sport: A test of the COPE model. *Journal of Sport Behavior*, 13, 194-218.

Anshel, M.H., & Sailes, G. (1990). Discrepant attitudes of intercollegiate athletes as a function of race. *Journal of Sport Behavior*, 13, 87-102.

Anshel, M.H. (1990). Commentary of the National Drugs in Sport Conference - 1989. *Australian Journal of Science and Medicine in Sport*, 22, 49-56.

Anshel, M.H. (1990). Toward validation of the COPE model: Strategies for acute stress inoculation in sport. *International Journal of Sport Psychology*, 21, 24-39.

Anshel, M.H. (1991). A psycho-behavioral analysis of addicted versus nonaddicted male and female exercisers. *Journal of Sport Behavior*, 14, 145-154.

Anshel, M.H., & Straub, W.B. (1991). Congruence between players' and coaches' perceptions of coaching behaviors. *Applied Research in Coaching and Athletics Annual - 1991*, 49-65.

Anshel, M.H. (1991). A field test examining the efficacy of the activity-set hypothesis for warm-up decrement. *Australian Journal of Science and Medicine in Sport*, 23, 47-52.

Anshel, M.H. (1991). Cognitive-behavioral strategies for combating drugs in sport: Implications for coaches and sport psychology consultants. *The Sport Psychologist*, 5, 152-166.

Anshel, M.H. (1991). Effectiveness of selected coping strategies in responding to acute stress in gymnastics. *Journal of Physical Education & Sport Sciences*, 3, 21-38.

Martin, M.B., & Anshel, M.H. (1991). Attitudes of elite adolescent Australian athletes toward drug taking: Implications for effective drug prevention programs. *Drug Education Journal of Australia*, 5, 223-238.

Anshel, S.L., Anshel, M.H., & Gregory, W.L. (1991). The effect of type A and B behavior and aerobic fitness levels on ratings of perceived exertion and physical fatigue with females. *Australian Journal of Science and Medicine in Sport*, 23, 86-97.

Anshel, M.H. (1991). A survey of elite athletes on the perceived causes of using banned drugs in sport. *Journal of Sport Behavior*, 14, 283-308.

Anshel, M.H., Weinberg, R.S., & Jackson, A. (1992). Effect of goal difficulty and task complexity on intrinsic motivation and motor performance. *Journal of Sport Behavior*, 15, 159-176.

Anshel, M.H. (1992). Cognitive-behavioral strategies: Effective staff supervisory meetings and performance evaluation. *Journal of Managerial Psychology*, 7, 11-16.

Anshel, M.H. (1992). Athletes' identification of undesirable behaviors of their coach. *Journal of*

Physical Education and Sport Sciences, 4, 7-15.

Anshel, M.H. (1992). The case against certification in sport psychology: In search of the phantom expert. *The Sport Psychologist*, 6, 265-286.

Anshel, M.H., Brown, M., & Brown, D. (1993). Effectiveness of an acute stress coping program on motor performance, muscular tension, and affect. *Australian Journal of Science and Medicine in Sport*, 25, 7-16.

Anshel, M.H. (1993). Effect of modeling and ego involvement on warm-up decrement. *Journal of Sport Science*, 11, 463-472.

Wrisberg, C.A., & Anshel, M.H. (1993). A field test of the activity-set hypothesis for warm-up decrement in an open skill. *Research Quarterly For Exercise and Sport*, 64, 39-45.

Anshel, M.H., & Wrisberg, C.A. (1993). Reducing warm-up decrement in the performance of the tennis serve. *Journal of Sport and Exercise Psychology*, 15, 290-303.

Anshel, M.H. (1993). The case against certification of sport psychologists: A response to Zaichkowsky and Perna. *The Sport Psychologist*, 7, 344-353.

Kaissidas, A., & Anshel, M.H. (1993). Sources of and responses to acute stress between adult and adolescent Australian basketball referees. *Australian Journal of Science and Medicine in Sport*, 26, 22-32.

Anshel, M.H. (1994). A test of the COPE model on motor performance and affect. *Perceptual and Motor Skills*, 78, 1016-1018.

Anshel, M.H., & Russell, K. (1994). Effect of aerobic and strength training on pain tolerance, pain appraisal and mood of unfit males as a function of pain location. *Journal of Sports Sciences*, 12, 535-547.

Anshel, M.H., & Weinberg, R.S. (1995). Sources and responses to acute stress in basketball referees. *Journal of Applied Sport Psychology*, 7, 46-56.

Anshel, M.H. (1995). Examining the social loafing effect on elite female rowers. *Journal of Sport Behavior*, 18, 51-63.

Anshel, M.H. (1995). Development of a rating scale for determining competence in basketball referees: Implications for sport psychology. *The Sport Psychologist*, 9, 3-16.

Martin, M.B., & Anshel, M.H. (1995). Effect of self-monitoring strategies on motor performance and affect. *Journal of Sport & Exercise Psychology*, 17, 112-129.

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Anshel, M.H. (1995). Effect of open and closed criterion tasks on warm-up decrement: Implications for practice strategies. *Journal of Sport Sciences*, 13, 133-147.

Anshel, M.H. (1996). Examining coping style in sport. *Journal of Social Psychology*, 136, 311-323.

- Anshel, M.H. (1996). Effect of aerobic training and progressive relaxation on motor performance and affect in response to acute mental stress. *Behavioral Medicine, 21*, 186-196.
- Anshel, M.H., & Martin, M.B. (1996). Effect of divergent self-monitoring strategies on motor performance and affect as a function of task complexity. *Journal of Sports Sciences, 14*, 233-242.
- Anshel, M.H., & Porter, A. (1996). A descriptive analysis of self-regulatory characteristics of competitive swimmers as a function of skill level and gender. *Journal of Sport Behavior, 19*, 91-110.
- Anshel, M.H., & Weinberg, R.S. (1996). Coping strategies among American and Australian basketball referees in response to acute stress. *Journal of Sport Behavior, 19*, 180-203.
- Anshel, M.H., & Porter, A. (1996). Examining the self-regulatory cognitive and behavioral strategies of elite and non-elite male and female swimmers. *International Journal of Sport Psychology, 27*, 321-336.
- Williams, L.R.T., Anshel, M.H., & Quek, J.J. (1997). Cognitive style in sport: Cultural and gender differences. *Journal of Sport Behavior, 20*, 232-245.
- Anshel, M.H., & Kaissidis, A.N. (1997). Coping style and situational appraisals as predictors of coping strategies following stressful events in sport as a function of gender and skill level. *British Journal of Psychology, 88*, 263-276.
- Anshel, M.H., Williams, L.R.T., & Hodge, K. (1997). Cross-cultural and gender differences on coping style in sport. *International Journal of Sport Psychology, 28*, 141-156.
- Anshel, M.H., & Russell, K. (1997). Effect of an educational program on knowledge and attitudes toward ingesting anabolic steroids among track and field athletes. *Journal of Drug Education, 27*, 121-145.
- Wrisberg, C., & Anshel, M.H. (1997). The use of positive self-monitoring on reducing warm-up decrement in the field hockey penalty shot. *Journal of Applied Sport Psychology, 9*, 229-240.
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general attributional styles to academic performance. *Social Psychology of Education: In International Journal*.

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Conference Proceedings Publications

Anshel, M.H. (August 1989). *Toward validation of the COPE model: Strategies for acute stress inoculation in sport* (pp. 240-242). Proceedings of the International Society for Sport Psychology Conference, Singapore.

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Anshel, M.H. (December 1989). *Strategies for effective staff supervisory meetings: The critical link to accountability and performance evaluation* (Vol. 2) (pp. 164-174). Proceedings for the Management and Sport Conference, Canberra, ACT.

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Anshel, M.H. (1998). Correct and incorrect use of psychological inventories in sport psychology consultation. *13th Asian Games Scientific Congress Proceedings*, 11/30-12/3, pp. 174-186, Thailand.

Anshel, M.H. (2000). The Application of Sport Psychology in Taekwondo. *Olympic Scientific Congress of Taekwondo*, May 4-9, Seoul, Korea.

Research Grants Funded

Anshel, M.H. & Owens, V.L. (March 1984). *Use of a Computer-based Technique on the Instruction of Sports Skills to Children*. Educational Research Center, College of Education, New Mexico State University.

Housner, L.D., Anshel, M.H., & Cyrs, T.E. (February, 1985). *Development of a Behaviorally-Anchored Scale for the Effective Coaching of High School Football in New Mexico*. Educational Research Center, College of Education, New Mexico State University.

Anshel, M.H. *Effect of Aging on Motor Skill Learning and Performance*. (Sept. 1983). From The Gerontology Teaching and Research Center: \$300.00 to teach a one-time course at NMSU on aspects of aging.

Anshel, M.H., Kaszmarek, M., & Gregory, L. (February, 1986). *Development and Validation of the COPE Model For Collegiate Athletes*. Research Council, College of Education, New Mexico State University.

Anshel, M.H. & Ward, G. (October 1988). *Exercise and Rehabilitation: A three-year grant (1989-91) project from the University of Wollongong as part of a department-wide grant request from the Department of Human Movement Science entitled "Exercise, Stress and Fitness. (\$20,000.)*

Anshel, M.H., & Ward, G. (September 1989). Three studies on a two-year grant (1990-92) related to factors that effect pain tolerance. Study 1: Effect of aerobic and strength training programs on pain tolerance. Study 2: Effect of aerobic conditioning and strength location on pain tolerance as a function of pain location. Study 3: Effect of cognitive strategies and gender on pain tolerance. \$22,500. Applied Sports Grant Program of the Australian Sports Commission.

Anshel, M.H. (January 1991). *Development of a Psychological Profile for Australian Male and Female Competitive Swimmers: Implications for Mental Skills Training Strategies*. \$7,000. from the Applied Sports Grant Program of the Australian Sports Commission.

Anshel, M.H. (1994). Examination of dispositional and situation factors that predict coping style following acute stress in basketball referees. Funded by the Australian Sports Commission, Canberra, \$11,400

(1-year).

Anshel, M.H. (summer 2003). MTSU Faculty Research and Creative Activity Grant, summer 2003: Study: *Effect of self-regulation strategies on exercise adherence among sedentary MTSU faculty*. \$9,000.00

Anshel, M.H. (Sept. 2003- May 2004). Nashville Predators Foundation Grant. *Use of self-monitoring strategies on exercise adherence in a Middle School after-school exercise program*. \$3500.00

Anshel, M.H. (2004 academic year): MTSU Faculty Research and Creative Activity Research grant. *Effectiveness of an Intervention Model on Selected Measures of Health and Wellness Among MTSU Faculty and Staff*. \$13,000.

Anshel, M.H. (April 2005-April 2006). Human Performance Institute, Inc. and MTSU Faculty Research and Creative Activity research (FRCAC) grant. *Effect of a Behavioral Intervention on Changes in Fitness, Lipids, Exercise Adherence, and Changes in Health Behaviors Among Murfreesboro Police Officers and Emergency Dispatchers*. \$14,700.00

Anshel, M.H. (August 2006-August 2007). *Funding for the Middle Tennessee State University Faculty-Staff Health and Wellness Program*. \$65,080.00 (first of two years)

Anshel, M.H. (August 2007-August 2008). *Middle Tennessee State University Faculty-Staff Health and Wellness Program: One-Year Extension of Previous Funding*: \$65,800.00 (second of two years)

Anshel, M.H. (April-June 2010). *Effect of coping skills and wellness programs on levels of perceived stress, energy, job satisfaction, and fitness of male and female police officers in Middle Tennessee*. Funding obtained from the Middle Tennessee State University Faculty Research and Creative Activity grant program. \$8450.00

Research Grant Pending (in review)

Anshel, M.H., Brinthaup, T.J., & Kang, M. *Effect of a Faith-based Intervention on Changes in Fitness, Dietary Habits, Blood Lipids, and Exercise Adherence Among African American Adult Males*, submitted to the National Institute of Health, August 22, 2008. Decision pending.

Anshel, M.H., & Edwards, M.J. *Effect of a wellness program on improved fitness and reduced risk of type 2 diabetes*. Department of Health, State of Tennessee. Decision pending.

Grant Reports

Anshel, M.H. (August 1993). *Effect of Aerobic and Strength Training and Cognitive Strategies on Pain Tolerance, Pain Appraisal, and Mood of Unfit Males and Females: Three Studies*. A Report Submitted to the Applied Sports Research Program, Australian Sports Commission.

Anshel, M.H. (November 1995). *Coping Strategies of Skilled and Unskilled Basketball Referees Following Acute Stress as a Function of Coping Style and Perfectionism*. Scientific and Coaches Reports: A Report Submitted to the Applied Sports Research Program, Australian Sports Commission.

Professional Publications

Anshel, M.H. (Fall, 1973). Evaluation of Program Staff Through the Supervisory Process. *Community Center Program Aids*, 10-14.

Singer, R.N. & Anshel, M.H. *The Modular Approach (With Strategies) to Learning Motor Skills*. Technical Report No. 444 for the U.S. Army Research Institute for the Behavior and Social Sciences, Florida State University, March, 1980 (37 pgs).

Anshel, M.H. (1984). Benefits of Recreation for Children: Motor Skill Learning, Fitness, and Social Needs. *Family Life*. May-June, 1984. A publication of the Co-operative Extension Service, New Mexico State University and the U.S. Department of Agriculture.

Anshel, M.H. (1984). *Four Steps to Fitness*. A publication of the Co-operative Extension Service, New Mexico State University and the U.S. Department of Agriculture, 1984.

Anshel, M.H. (April 1985). Effect of Aerobic Dance on Athletic Performance. *The Athletic Journal*, pp. 16-18, 43, 65.

Anshel, M.H. (October 1986). Components of a Good Fitness Class. *Dance Exercise Today*, Vol. 4, p. 23.

Anshel, M.H. (1987). *The ten commandments of effective communication for coaches in sport. Fundamentals of coaching and understanding sport*. Ottawa, Canada: Coaching Assn. of Canada (16 pgs).

Anshel, M.H. (January 1988). Good Coaching is Good Teaching: Do's and Don'ts for Quality Instruction to Skiers. *American Ski Coach*, pp. 7-9.

Anshel, M.H. (May, 1988). Do's and Don'ts of Getting Fit. *This Week* (a publication of Trenton State College, Trenton, NJ.).

Anshel, M.H. (January 1989). Coming "Off the Bench: Warm-up decrement in sport." *The Sport Strategy & Performance Report*, p. 3. St. Petersburg Beach, FL: The Sport Psychology Institute.

Anshel, M.H. (1990). Suggested cognitive and behavioral strategies for coaches to prevent drug abuse in sport. *Resources in Education*, Document No. ED317531 (RIEAUG 90). Washington, D.C.: ERIC Clearinghouse on Teacher Education.

Anshel, M.H. (March 1987). Changes in information processing with aging: Implications for teaching motor skills. *ERIC Clearinghouse*, No. ED 278900, Ann Arbor, MI: University of Michigan.

Anshel, M.H. (February, 1986). Cognitive strategies to teach motor skills to elderly learners in nursing homes. *ERIC Clearinghouse on Teacher Education*, Document No. SP 026626 Resources in Education, Ann Arbor, MI: University of Michigan.

Anshel, M.H. (1986). Bridging the Gap Through Research and a Major League Coach. *Coaching Review*, 9, 59-63.

Anshel, M.H. (May/June, 1986). The coach's role in preventing drug abuse by athletes. *Coaching Review*, pp. 29-32, 34-35.

Anshel, M.H. (April-June, 1989). The ten commandments of effective communication for sports officials. *Sports Coach*, 12, 32-35.

Anshel, M.H. (December, 1989). Review of the National Drugs in Sport Conference - 1989: Treating the causes and symptoms. *Sport Health*, 7, 23.

Anshel, M.H. (Oct.-Dec. 1990). An information processing approach to teaching and learning sports skills to inexperienced athletes. *Sports Coach*, 13, 16-22.

Anshel, M.H. (Autumn 1990). Strategies for improving the retention of sport skills for young athletes. *Australian Council For Health, Physical Education, Recreation & Dance National Journal*, pp. 22-26.

Anshel, M.H. (May/June 1990). An information processing approach to teaching motor skills. *Journal of Physical Education, Recreation, & Dance*, 61, 70-75.

Anshel, M.H. (Sept. 1990). B.A.R.S.: The birth of an objective rating scale. *Referee: The Magazine of Sports Officiating*, 15, 44-45.

Anshel, M.H., & Webb, P. (Oct.-Dec. 1991). Defining competence for effective refereeing. *Sports Coach*, 15, 21-33.

CONFERENCE PRESENTATIONS

Anshel, M. H. (May 1978). *Effect of cognitive strategies and an inquiry technique on the acquisition and long-term retention of a motor skill*. Presented at the North American Society for the Psychology of Sport and Physical Activity, Tallahassee, FL.

Anshel, M.H. (April 1980). *Learning, performing, and remembering motor skills as a function of age*. Presented at the Ohio Conference on Aging, Cleveland State University, Cleveland, OH

Anshel, M. H. (October 1982). *Application of the Basic Stuff Series on Psychosocial Aspects of Physical Education*. Presented at the New Mexico Association for Health, Physical Education, Recreation and Dance, New Mexico State University, Las Cruces, NM.

Anshel, M. H., Milne, C. & Degler, J. (November 1982). *Effective Approaches for Physical Education Curriculum Development in Small Schools; Consideration for Physical Health*. Presented at the Second Annual Southwestern Conference on Rural Education, Las Cruces, NM.

Anshel, M. H. (May 1983). *Effect of Arousal on Warm-Up Decrement*. Presented at the North American Society for Psychology of Sport and Physical Activity Conference at Michigan State University, East Lansing, MI.

Anshel, M.H. (May 1983). *Use of Cognitive Strategies and Adjunct Questions on the Learning and Retention of a Motor Skill*. Presented at the Southwest District of the American Alliance of Health, Physical Education, Recreation & Dance, Salt Lake City, UT.

Anshel, M.H. (November 1984). *Classroom Teaching Strategies Used to Teach Motor Skills*. A presentation at the Fourth Annual Southwestern Conference on Rural Education, Las Cruces, NM.

Anshel, M.H. (May 1984). *Effectiveness of Intervention Techniques of a Sport Psychologist on Behaviors of collegiate Football Coaches*. Presented at the R. Tait McKenzie Symposium on Sport, University of Tennessee, Knoxville, TN.

Anshel, M.H. (May 1985). *A College Coach's Receptivity Toward Sport Psychology Consulting: A two-*

year case study. A paper presented at the North American Society for the Psychology of Sport and Physical Activity, Gulfport, MS.

Anshel, M.H., Housner, L.D. and Cyrs, T.E. (August 1985). *Development of a Behaviorally-Anchored Rating Scale for Effective Coaching of High School Football.* Presented at the International Conference on Research in Physical Education and Sports, Adelphi University, NY.

Anshel, M. H. (March 1985). *An Information-Processing Approach to Teaching Motor Skills to the Elderly.* Presented at the Western Geological Society Conference, Denver, CO.

Anshel, M.H. (April 1985). *The Use of Cognitive Strategies For the Elderly in Nursing Homes on Motor Skill Learning and Retention.* A presentation at the national conference of the American Alliance of Health, Physical Education, Recreation & Dance, Atlanta, GA.

Anshel, M.H. (October 1983). *Strategies for Effective Leadership of Exercise to Music.* Presented at the Conference of the New Mexico Alliance of Health, Physical Education, Recreation and Dance, Albuquerque, NM.

Anshel, M.H. (February 1985). *The Most Common Mistakes by Coaches in the Psychological Preparation of Athletes for Competition in Sport.* Presented at the Southwest District American Alliance of Health, Physical Education, Recreation and Dance, Albuquerque, NM.

Anshel, M.H. (October 1985). *Training classroom teachers to teach motor skills: An information processing approach.* A presentation at a conference of the Rocky Mountain Education Research Association, Las Cruces, NM.

Anshel, M.H. & Cyrs, T.E. (February 1985). *The Development and Assessment of Interactive Instructional Design for Video Presentation of Aerobic Dance Leadership.* Presented at the Conference of the Southwest District American Alliance of Health, Physical Education, Recreation and Dance, Albuquerque, NM.

Anshel, M.H. (April 1985). *Using Cognitive Strategies to Teach Motor Skills to Elderly Learners.* Presented at the National Conference of the American Alliance of Health, Physical Education, Recreation & Dance, Atlanta, GA.

Anshel, M. H., Housner, L.D., & Cyrs, T. E. (August 1985). *Development of a Behaviorally-Anchored Rating Scale on the Effectiveness of High School Football Coaching.* Presented at a conference of the Association International des Ecoles Superieures d'Education Physique, Garden City, NY.

Anshel, M.H., Ortiz, M., & Brown, S. (May 1985). *Effect of Cognitive Rehearsal Strategies on Immediate and Delayed Recall of a Motor Task as a Function of Cognitive Style.* Presented at a conference of the North American Society for Psychology of Sport and Physical Activity, Gulfport Port, MS.

Anshel, M.H. (April 1986). *How Students Learn Music.* Presented at the Southwest Musicians Conference, Las Cruces, New Mexico.

Anshel, M.H. (May 1986). *Development of a Cognitive Style Profile For Physical Education and Sport.* Presented at the conference of the Southwest Alliance of Health, Physical Education, Recreation & Dance, Phoenix, AZ.

Anshel, M. H. (June 1986). *A Test of the Activity-set Hypothesis for Warm-up Decrement.* Presented at a

conference of the North American Society for the Psychology of Sport and Physical activity, Phoenix, Arizona.

Anshel, M.H. (October 1986). *The COPE Model: Strategies For Stress Inoculation in Sport*. Presented at the Annual Conference of the Association for the Advancement of Applied Sport Psychology, Jekyll Island, GA.

Anshel, M. H., Cardenas, E., Paskevich, D., & Robinson, T. (September 1987). *Effect of Selected Cognitive Strategies on Volleyball Serve Accuracy and Warm-up Decrement*. Presented at the Annual Conference of the Association for the Advancement of Applied Sport Psychology, Newport Beach, CA.

Anshel, M.H. & Wrisberg, C.A. (April 1987). *Effect of Arousal and Focused Attention on Warm-up Decrement*. A paper presented at a conference of the American Alliance of Health, Physical Education, Recreation & Dance, in Las Vegas, NV.

Anshel, M.H. (July 1987). *The Psychology of Athletic Injuries: The Athletic Trainer's Role*. Presented to the New Mexico Athletic Trainer's Association, Albuquerque, NM.

Anshel, M.H. (November 5-6, 1987). *Techniques for Coaches to Prevent Drug Abuse in Sport by Athletes*. Presentation to the U.S. Olympic Ski Team Eastern Division coaching staff, Burlington, VT.

Anshel, M.H. (November 15-16, 1987). *Drug Abuse in Sport: The Coach's Role*. Presented to the U.S. Olympic Ski Team Coaching Assn. Western Division, Olympic Training Center, Colorado Springs, CO.

Anshel, M.H. (February 1988). *Perceptions of Black Male Athletes About Experiences in College Sport*. Presented at the Conference at the Eastern District Association of AAHPERD, PA.

Anshel, M.H. (February 1988). *Cognitive Processing in Older Adults: Implications for Motor Skill Learning and Teaching*. Presented at Eastern District AAPHERD, Philadelphia PA.

Anshel, M.H. (April 1988). *Coaching Behaviors Versus Athletes' Preferences: Myths and Contradictions*. Presented at New Jersey AAPHERD, Monmouth College, West Long Branch, N.J.

Anshel, M.H. (May 1988). *Current Issues in Sport Psychology*. A seminar presented at Temple University, Philadelphia, PA.

Wrisberg, C.A., & Anshel, M.H. (June 1988). *The effect of cognitive strategies on the free-throw shooting performance of young athletes*. Presented at the North American Society for the Psychology of Sport and Physical Activity, TN.

Anshel, M.H. (July 1989). *The Coach's Role in Preventing and Responding to Drug Abuse in Sport*. A presentation to The National Conference for Drugs in Sport: Causes and Future Directions. University of Wollongong, Wollongong, NSW (Australia)

Anshel, M.H. (August 1989). *Toward Validation of the COPE Model: Strategies For Acute Stress Inoculation in Sport*. Presented at the conference of the International Society for Sport Psychology, Republic of Singapore.

Rushall, B.S., Anshel, M.H., & Martin, M. (August 1989). *Client Analysis: Locating Problems at the First Meeting*. A symposium presented at the conference of the International Society for Sport Psychology, Republic of Singapore.

- Anshel, M.H. (October 1989). *Drugs in Women's Sport: The Coach's Role*. Presented at the Gateways to Participation Conference for Women in Sport, University of Wollongong, Wollongong, NSW.
- Anshel, M.H., & Webb, P. (December 1989). *A Model for Determining and Evaluating Competencies in Sport: Implications For Sporting Organizations*. Presented at the Management and Sport Conference, Canberra, ACT.
- Anshel, M.H. (December 1989). *Strategies For Effective Staff Supervisory Meetings: The Critical link to Accountability and Performance Evaluation*. Presented at the Management and Sport Conference, Canberra, ACT.
- Anshel, M.H. (January 1990). *Suggested Cognitive and Behavioral Strategies for Coaches to Prevent/Reduce Drug Abuse in Athletes*. Presented at the 1990 Commonwealth and International Conference of Physical Education, Sport, Health, Dance, Recreation and Leisure. Auckland, NZ.
- Anshel, M.H., & Straub, W.F. (May, 1990). *Congruence between football athletes and their coaches of coaching behaviors*. Presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Houston, TX.
- Anshel, M.H. (Oct. 1990). *The effective use of metastrategies for coping with acute and chronic stress for therapy, rehabilitation, and human performance*. Presented at the Australian Sports Medicine Federation National Annual Scientific Conference, Alice Springs, Northern Territory (Australia).
- Anshel, M.H. (Oct. 1990). *Exercise psychology: An emerging area of study in therapy, rehabilitation, and human performance*. Presented at the Australian Sports Medicine Federation National Annual Scientific Conference, Alice Springs, Northern Territory (Australia)
- Anshel, M.H., Brown, M., & Brown, D. (Oct. 1990). *Effectiveness of a stress inoculation program on motor performance and emotion*. Presented at the Australian Sports Medicine Federation National Annual Scientific Conference, Alice Springs, Northern Territory (Australia).
- McCue, P., & Anshel, M.H. (Oct. 1990). *Effects of moderate aerobic exercise and yoga on coping with acute stress and motor performance as a function of selected psychophysiological measures*. Presented at the Australian Sports Medicine Federation National Annual Scientific Conference, Alice Springs, Northern Territory (Australia).
- Anshel, M.H. (March 1991). *Coping with acute stress in sport*. Presented at, "The Mind in Sport", conference sponsored by the Victoria University of Technology, Melbourne, Victoria (Australia).
- Anshel, M.H. (April 1991). *Coping with acute stress in sport and physical activity: Styles and strategies*. Invited speaker at the University of Otago, Dunedin NZ.
- Weinberg, R.S., Anshel, M.H., & Jackson, A.W. (June 1991). *The effect of goal difficulty and task complexity on intrinsic motivation and motor performance*. Paper presented at the North American Society for Psychology of Sport and Physical Activity, Monterrey, CA.
- Anshel, M.H. (October 1991). *Application of motor skill acquisition research in sport psychology consulting: An information processing perspective*. Presented at the Australian Psychological Society Annual Conference in Adelaide, South Australia.

Anshel, M.H. (October 1991). *Effect of aerobic and strength conditioning on pain tolerance*. Paper presented at the Australian Sports Medicine Federation Conference in Canberra (Australia).

Anshel, M.H. (October 1991). *Effective strategies for teaching and learning sport skills: Implications for sport psychology consultants*. Paper presented at the Australian Sports Medicine Federation Conference in Canberra (Australia).

Anshel, M.H. (November 1991). *Effect of modeling and ego-involvement on warm-up decrement*. Presented at the Asian and South Pacific Association of Sport Psychology Conference in Melbourne (Australia).

Kassidis, A., & Anshel, M.H. (November 1991). *Sources of acute stress in Australian adolescent and adult basketball referees*. Presented at the Asian and South Pacific Association of Sport Psychology Conference in Melbourne (Australia).

Anshel, M.H. (April, 1991). *Coping with acute stress in sport: Styles and strategies*. Presented to the University of Otago, School of Physical Education, Dunedin, New Zealand.

Hass, A., Anshel, M.H., & Russell, K. (November, 1991). *Effect of goal difficulty and task complexity on motor performance and intrinsic motivation*. Presented at the Asian and South Pacific Association of Sport Psychology Conference in Melbourne (Australia).

Martin, M.B. & Anshel, M.H. (November 1991). *Attitudes of elite junior athletes regarding drug taking: Implications for effective drug prevention programs*. Presented at the Asian and South Pacific Association of Sport Psychology Conference in Melbourne (Australia).

Anshel, M.H., Williams, L.R.T., & Quek, J.J. (June 1992). *Development of the Cognitive Style in Sport Inventory*. Presented at the annual conference of the North American Society for Psychology of Sport and Physical Activity, Pittsburgh, PA.

Anshel, M.H., & Weinberg, R.S. (June 1992). *Sources of and responses to acute stress in basketball referees: A cross cultural comparison*. Presented at the annual conference of the North American Society for Psychology of Sport and Physical Activity, Pittsburgh, PA.

Anshel, M.H. (September 1992). *A psycho-behavioral profile of elite female athletes*. Presented at a conference of "Women in Sport" sponsored by the Australian Sports Medicine Federation, Wollongong, NSW (Australia).

Anshel, M.H. (September 1992). *How physical educators can improve the mental health of their students*. Presented to the Illawarra Health and Physical Education Teachers Assn, Wollongong NSW (Australia).

Anshel, M.H. (April 1992). Invited speaker at the Carl S. Blyth Lecture, Chapel Hill, North Carolina. *Exercise and Sport Science in the United States and Australia: Cross-cultural comparisons*. Presented to the University of North Carolina, Dept. of Physical Education, Exercise and Sport Science.

Anshel, M.H. (October 1992). *The psychology of drug use: Why do athletes take banned drugs?* A "Drugs and Sport Seminar" sponsored by the Department of Sport, Recreation and Racing, New South Wales Government.

Anshel, M.H. (March 1993). *Effect of aerobic and strength conditioning on pain tolerance and appraisal as a function of location*. Presented at the Society of Behavioral Medicine Conference, San Francisco, CA.

Anshel, M.H. (March 1993). *Coping with acute stress in sport: Theory and application*. Presented at San Francisco State University as guest speaker.

Anshel, M.H., Hodge, K., & Williams, L.R.T. (June 1993). *Development of the coping with stress survey in sport*. Invited speaker at the Korean Sport Science Institute, Seoul, Korea.

Anshel, M.H. (June 1993). *Examination of self-regulatory strategies for elite and non-elite Australian competitive swimmers*. Invited paper at Dong-A University, Pusan, Korea.

Anshel, M.H. (September 1994). *Examining the efficacy of talent identification in sport*. Presented at the Australian Psychological Society conference at Wollongong, NSW (Australia).

Wells, B., & Anshel, M.H. (September 1994). *Sources of and responses to acute stress in competitive basketball athletes*. Presented at the Australian Psychological Society conference at Wollongong, NSW, Australia.

Anshel, M.H. & Kaissidis, A. (October 1994). *Examining situational appraisals and selected personal dispositions as predictors of coping responses to acute stress among basketball athletes*. Presented at the Association for the Advancement of Applied Sport Psychology conference held in Lake Tahoe, NV.

Anshel, M.H., Hodge, K., & Williams, L.R.T. (October 1994). *Examining the efficacy of coping style in response to acute stress in sport*. Presented at the Association for the Advancement of Applied Sport Psychology conference held at Lake Tahoe, NV.

Anshel, M.H., Barnes, R., & Blumenthal, J.A. (March 1995). *Selected psychological dispositions as predictors of coronary heart disease*. Presented at the Society of Behavioral Medicine conference held in San Diego, CA.

Anshel, M.H. (March 1995). *Effect of aerobic exercise and relaxation training on motor performance and affect in response to an acute mental stressor*. Presented at the Society of Behavioral Medicine conference held in San Diego, CA.

Anshel, M.H. (March 1995). *Coping with acute stress in sport: Theory and application*. Invited speaker, Department of Physical Education, San Diego State University, San Diego, CA.

Weinberg, R., Tennenbaum, G., Anshel, M., McKenzie, A., Jackson, S., & Grove, R.J. (October, 1996). *Factors affecting youth participation in competitive sports and physical activity: A cross-cultural perspective*. Presented at the 11th annual conference of the Association for the Advancement of Applied Sport Psychology held in Williamsburg, VA.

Weinberg, R., Tennenbaum, G., McKenzie, A., Anshel, M., Jackson, S., Grove, R., & Fogerty, J. (May-June 1997). *Motives for participation in competitive sport versus fitness activities: A cross cultural perspective*. Presented at the North American Society for Psychology of Sport and Physical Activity held in Denver, CO.

Anshel, M.H. (May 1997). *Coping with acute stress in sport: From theory to practice*. Invited speaker

at the 1997 East Asian Sport Science Congress, held May 6-9, 1997 in Pusan, Korea.

Anshel, M.H. (Sept. 1997). *Efficacy of a avoidance coping following acute stress in elite sport*. Presented at the International Psychosomatic Medicine Congress held in Cairns in Queensland (Australia).

Anshel, M.H. (June, 1998). Invited sport psychology workshop leader and research project co-ordinator: Ewha Women's University, Seoul, Korea.

Anshel, M.H., Burazor, H., Moore, J., & Wagner, K. (Aug. 1998). *Linking coping styles and coping strategies in elite table tennis players*. Presented at the American Psychological Assn Convention in San Francisco, CA.

Anshel, M.H. (November 30-December 3, 1998). *Correct and incorrect use of psychological inventories in sport psychology consultation*. Presented at the 13th annual East Asian Games Sport Science Congress, Bangkok, Thailand.

Anshel, M.H. (December 7, 1998). *Application of sport psychology concepts in exercise settings*. Presented as visiting scholar at the University of North Texas, Denton, TX.

Anshel, M.H. (April 29-30, 1999). *Effect of self-regulation strategies on exercise compliance among unfit, healthy college students*. Presented at the American Heart Association Compliance in Healthcare and Research Conference in Waltham-Boston.

Anshel, M.H. (August 6, 1999). Stress and coping styles for athletes. Presented at the conference of *The Female Athletic Triad of Amenorrhea, Eating Disorders, and Osteoporosis: Signs, Symptoms, and Interventions*, held at Texas Tech University, Lubbock, TX.

Anshel, M.H., & Pease, D. (December 3, 1999). *Sport psychology: Psychological skills and coping with stress in athletic performance enhancement*. Presented at the Texas Association of Health, Physical Education, Recreation and Dance convention held in Austin, TX.

Anshel, M.H. (April 8-9, 2000). *Motivating patient compliance*. Invited speaker at the Texas Association of Cardiovascular and Pulmonary Rehabilitation, Corpus Christi, TX.

Anshel, M.H. (May 5-9, 2000). Invited keynote speaker at the Olympic Scientific Congress for Taekwondo, *Mental preparation strategies for Taekwondo competition*, Seoul, Korea.

Anshel, M.H. (July 12, 2000). *Helping athletes cope with stress*. Presented at the 48th Annual Summer Clinic of the Texas Girls Coaches Association, Arlington, Texas.

Anshel, M.H. (August 3-7, 2000). *The use of psychological assessment in sport psychology consulting*. Presented at the American Psychological Association Convention. Washington, D.C.

Anshel, M.H. (August 3-7, 2000). *Examining evidence of perfectionism in competitive sport*. Presented at the American Psychological Association Convention. Washington, D.C.

Anshel, M.H., & Jamieson, J. (October 18-21, 2000). *Indicants of perfectionism among skilled competitive athletes: An exploratory study*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.

Anshel, M.H., & Gleaves, D. (October 18-21, 2000). *A model of the coping process following acute stress in competitive sport*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.

Anshel, M.H. (October 18-21, 2000). *Effect of self-regulation strategies on exercise rehabilitation compliance among cardio-pulmonary patients*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.

Anshel, M.H. (October 18-21, 2000). *AAASP certification Ten Years Later: An interactive discussion of promises, realities, and possibilities*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.

Anshel, M.H., Mansouri, H., & Puente, R. (October 3-6, 2001). *The influence of perfectionism on motor performance, affect, and causal attributions in response to critical verbal feedback*. A paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Anshel, M.H., Loehr, J., & Weiss, G. (October 3-6, 2001). Symposium coordinator. *Expanding capacities for reaching ideal performance state: A model for athlete consultation*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Anshel, M.H. (October 3-6, 2001). *Application of the LGE high performance training model for coaches and sport psychology consultants*. A paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Anshel, M.H. (August 25-28, 2002). *The workaholic coach: Psychological characteristics and antecedents*. A paper presented at the American Psychological Association Convention, Chicago, IL.

Anshel, M.H. (October 31-Nov. 3, 2002). *Effectiveness of a self-regulation intervention on exercise compliance among the elderly cardiac and pulmonary patients*. A paper presented at the Association for the Advancement of Applied Sport Psychology, Tucson, AZ.

Anshel, M.H. (October 31-Nov. 3, 2002). Symposium discussant: *Coping with stress in sport*. Presented at the Association for the Advancement of Applied Sport Psychology, Tucson, AZ.

Anshel, M.H. (January 19, 2003). *Psychological factors in sport injury rehabilitation*. Presented at the Tennessee Athletic Trainer's Society Meeting, Murfreesboro, TN.

Anshel, M.H. (August 7-10, 2003). *Effect of a values-based model on promoting exercise adherence*. Presented at the Annual Convention of the American Psychological Association, Toronto (Canada).

Anshel, M.H. (October 9-11, 2003). *Use and misuse of psychological inventories in sport psychology*. Presented at a symposium, entitled *Assessment in Applied Sport Psychology: A Guide for Practice and Research*, at the Association for the Advancement of Applied Sport Psychology Conference, PA.

Anshel, M.H., & Weatherby, N. (October 9-11, 2003). *Identifying perfectionism in sport: Toward scale development*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, PA.

Weaver, A., & Anshel, M.H. (February 20-21, 2004). *Experiences in stress and coping consultation with collegiate female soccer athletes*. Presented at the Midwest Sport Psychology Conference, Muncie, IN.

Anshel, M.H. (March 10-13, 2004). *Self-monitoring as a tool to enhance exercise adherence*. Symposium on sport and exercise psychology. Presented at the Southeastern Psychological Association Conference, Atlanta, GA.

Anshel, M.H., Seipel, S., & Anderson, P. (March 24-27, 2004). *Self-monitoring promotes exercise adherence over an eight-week summer program among university faculty*. Presented at the Conference of the Society for Behavioral Medicine, Baltimore, MD.

Anshel, M.H. (May 17-19, 2004). *Self-monitoring promotes long-term adherence among unfit adults*. Presented at the American Heart Association 2nd Scientific Conference on Compliance in Healthcare and Research, Washington, D.C.

Anshel, M.H. (October 22, 2004). *Self-monitoring improves fitness and exercise adherence in an after-school fitness program for eighth graders*. Presented at the 5th Annual University-Wide Showcase of Faculty and Staff Research, Creative Activity, and Public Service at Middle Tennessee State University, Murfreesboro, TN.

Anshel, M.H. (July 21-23, 2005). *Toward validation of the Sport Perfectionism Scale*. Presented at the 26th International Conference of the Stress and Anxiety Research Society, Halle, Germany.

Anshel, M.H. (August 2005). *Effect of the disconnected values (intervention) model on exercise adherence and selected health measures*. Presented at the American Psychological Association Convention, Washington, D.C.

Weaver, A.A., Lumpkin, K.J., & Anshel, M.H. (October 26-30, 2005). *An exploratory qualitative study determining evidence of work addiction among male and female Division I NCAA athletic coaches*. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Vancouver, Canada.

Anshel, M.H., Kang, M., Eveland, B., Otto, S., & Settle, A. (March 22-25, 2006). *Effect of a psycho-behavioral intervention model on changes in fitness, blood lipids, and exercise adherence: An outcome-based action study*. Presented at the Society of Behavioral Medicine Conference, San Francisco.

Anshel, M.H. (March 23-25, 2007). *Components of effective wellness programs*. Presented at the Society of Behavioral Medicine Conference, Washington, D.C.

Anshel, M.H. (September 4-9, 2007). *Effect of the disconnected values model on wellness program outcomes: The role of applied exercise psychology*. Presented at the 12th European Congress of Sport Psychology, September 4-9, 2007, Halkidiki, Greece.

Anshel, M.H. (October 24-27, 2007). *Effect of the disconnected values model on health behavior change in a university faculty wellness program*. Presented as part of a symposium on applied exercise psychology at the Association for Applied Sport Psychology Conference, Louisville, KY.

Watson, T., Weatherby, N., Kang, M., & Anshel, M.H. (April 8-12, 2008). *Rasch calibration of a unidimensional perfectionism inventory for sports*. Presented at the American Association of Physical Education, Recreation, & Dance, Dallas, TX.

Anshel, M.H., & Brinthaup, T. (May 1-3, 2008). *A delivery model for overcoming psycho-behavioral barriers to exercise adherence*. Presented at the Midwestern Psychological Association, Chicago, IL.

Anshel, M.H., & Brinthaupt, T. (May 1-3, 2008). *Effectiveness of the Disconnected Values Model: An action study*. Presented at the Midwestern Psychological Association, Chicago, IL.

Anshel, M.H., Kim, J., & Henry, R. (July 16-18, 2008). *Reconceptualizing indicants of sport perfectionism as a function of gender*. Presented at the Stress and Anxiety Research Society Conference, a symposium on Advances in Perfectionism in Sport Research, London, England.

Anshel, M.H., Kang, M., & Miesner, M. (July 16-18, 2008). *Examining evidence of the approach and avoidance coping style framework for examining coping as a function of gender and skill level among competitive athletes*. Presented at the Stress and Anxiety Research Society Conference, London, England.

Anshel, M.H. (July 14-15, 2008). *Indicants of sport perfectionism as a function of gender*. Presented at a workshop entitled, "Advances in Perfectionism Research" at the University of Kent, Canterbury, England.

Anshel, M.H. (March 6, 2009). Effect of a values-based intervention on replacing unhealthy habits with healthy routines. Presented at the Guest Scholars Series, Oregon State University, Corvallis, OR.

Alsentali, A.M., Anshel, M.H., & Kang, M. (April 3, 2009). *Predicting Coping Styles as Function of Internal Sources of Acute Stress in Sport among Skilled Male Saudi Arabia College Athletes*. A presentation at Scholar's Week of Middle Tennessee State University, Murfreesboro, TN.

Anshel, M.H. (April 22, 2009). A values-based model on health behavior change. Invited speaker at the McGill University Guest Scholar Series, Department of Health and Kinesiology.

Anshel, M.H. (April 23-25, 2009). *Effect of the Disconnected Values Model on changes in fitness, blood lipids, exercise adherence, and mental health*. Presented at the Society of Behavioral Medicine Conference, Montreal, Quebec, Canada.

Anshel, M.H., Kurek, A., & Sutarso, T. (August 6-9, 2009). *Effect of a storyboarding technique on selected measures of fitness among University employees*. A paper presented at the American Psychological Association Convention in Toronto, Ontario, Canada.

Anshel, M.H., Kang, M., & Brinthaupt, T. (August 6-9, 2009). *The Disconnected Values Model improves mental well-being and health behaviour change*. A paper presented at the American Psychological Association Convention in Toronto, Ontario, Canada.

Anshel, M.H. *The Impact of Disconnected Values on Health*. Presented to the Tennessee Cancer Coalition: FACTS Forum on Cancer Disparities, June 4, 2010, Chattanooga, TN.

Anshel, M.H., Brinthaupt, T., & Dickson, C. (August 12-15, 2010). *Effect of a 10-week wellness intervention on long-term adherence among university employees*. A paper presented at the American Psychological Association Convention in San Diego, CA.

Anshel, M.H. (October 22-25, 2010). *The Disconnected Values Model: An Intervention for Promoting Healthy Habits and Coping with Stress in Law Enforcement*. Presented at the International Association of Chiefs of Police Conference, Orlando, FL.

Symposium Coordinator

The coping process in sport: Theory and application. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN, October 18-21, 2000.

Applying sport psychology theory and concepts in exercise settings. Presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN, October 18-21, 2000.

Interventions for changing health behavior. Coordinated three presentations at the Society of Behavioral Medicine Conference, Washington, D.C., March 23-25, 2007.

Applied exercise psychology: Interventions, evidence-based outcomes, and implications for exercise and sport psychology consultants. Symposium coordinator for four presentations held at the Association of Applied Sport Psychology, Louisville, KY, October 24-27, 2007.

Physical activity interventions: Antecedents, mechanisms, and outcomes. Symposium coordinator for four presentations held at the Society of Behavioral Medicine Conference, Montreal, Canada, April 22-25, 2009.

Effective interventions for promoting exercise: Applied exercise psychology. Symposium coordinator for four presentations at the American Psychological Association Convention, Toronto, Canada, August 5-9, 2009.

Effective interventions for promoting exercise participation and adherence among different populations – applied exercise psychology. Symposium coordinator for three presentations at the American Psychological Association Convention, San Diego, CA, August 12-15, 2010.

Workshop Leader

Coping with stress in sport: From theory to practice. A pre-conference workshop presented at the Association for the Advancement of Applied Sport Psychology, Banff, Canada, September 22, 1999.

Counseling strategies for psychologists in promoting exercise performance and adherence. Presented at the American Psychological Association Convention, Washington, D.C., August 3-7, 2000.

Applied Exercise Psychology Techniques For Use in Private Practice. Presented at the American Psychological Association Convention, August 13-16, 2006, New Orleans.

Application of the Disconnected Values Model for Sport and Exercise Psychology Consultants: A Novel Approach to High Performance Training. Presented at the 12th European Congress of Sport Psychology, September 4-9, 2007, Halkidiki, Greece.

GRADUATE STUDENT ADVISING

Successful Completion of Master's Theses as Advisor

1. Leanna Mountjoy, Master's Thesis, awarded 1985. New Mexico State University (NMSU)
2. James Novak, Master's Thesis, awarded 1985. NMSU
3. David Paskevich, Master's Thesis, awarded 1987. NMSU
4. Dawn Hoosima, Master's Thesis, awarded 1987. NMSU
5. Peter McCue, Master's Thesis, awarded 1991. University of Wollongong
6. Michelle Goyen, Master's (Hons.), awarded 1996. University of Wollongong
7. Paul North, Master's (Hons.), awarded 1996. Univ. of Wollongong
8. Rogelio Puente, Master's Student, awarded May 2000. Texas Tech University

9. John Howse, Master's Student, anticipated award August 2006. Middle Tennessee State University.

Successful Completion of Doctoral Dissertations as Advisor

1. Michael Martin, Ph.D. awarded 1992. Sport psychologist for the New South Wales Institute of Sport (Sydney, Australia), Olympic Stadium.
2. Angelos Kassidis, Ph.D. awarded 1994. Assistant Professor, Department of Psychology, American University, Thassolinki, Greece.
3. Bruce Wells, Ph.D. awarded 1995. In private practice, Queensland, Australia.
4. Mohammad Khodayarfard, awarded 1998. Department of Psychology, University of Tehran, Iran.
5. Danu Hoedaya, Ph.D. awarded 1998. Professor of sport psychology, Department of Physical Education, Bandung, Indonesia.
6. Qiwei Gan, Ph.D. awarded 2005. Department of Health and Human Performance, MTSU
7. Pam Anderson, Ph.D. awarded May 2006, MTSU
8. Allan Weaver, Ph.D. awarded August 2006, MTSU
9. Kelly Lumpkin, Ph.D., awarded August 2007, MTSU
10. Tiffany Watson, Ph.D., awarded August 2008, MTSU
11. Ahmed Al-Sentali, Ph.D., awarded May, 2009, MTSU
12. Hal Dyer, Doctor of Arts, awarded May, 2009, MTSU

Awards/Special Recognition

Middle Tennessee State University Award

Recipient of the Middle Tennessee State University Distinguished Researcher Award for 2008-2009

College of Education and Behavioral Sciences Research Award

Research Scholar of the Year (2006-2007), College of Education & Behavioral Sciences, Middle Tennessee State University

Recipient of the Commonwealth Universities Research Award (August 1995): \$5200.00 for conducting research on coping with stress in the United Kingdom.

Visiting Scholar and Research Consultant

1998-1999: Korean Sport Science Institute and Ewha Women's University, Seoul, Korea
(with Professor Kee-Woong Kim, Project Coordinator)

Guest Speaker/Seminar Leader

December 7, 1998: Department of Psychology, Sport Psychology Center, University of North Texas
Application of sport psychology concepts in exercise settings

Scholar of the Year Award, College of Education and Behavioral Sciences, MTSU, 2006-2007.

Conference Keynote Speaker

May 3-12, 1994. Invited sport psychology lecture series and seminar leader by the China Sport Science Society at the Beijing University of Physical Education and Wuhan University, Dept. of Sport Psychology.

November 30-December 3, 1998. *A proposed model for coping with stressful events in sport: Theory and application.* Presented at the 13th Annual East Asian Games Sport Science Congress, Bangkok, Thailand.

May 4-8, 2000: *Application of sport psychology in taekwondo competition*. Presented at the first Pre-Olympic Scientific Congress on Taekwondo, Seoul, Korea.

June 23-25, 2004: *Drug abuse in sport: Causes and cures*. Presented at the Sport Psychology Symposium, University of Southern Maine, Portland, ME.

May 14, 2009: *Fitness and Wellness in the Workplace*. Presented at the Tennessee Association of Colleges and Employers Annual Conference, Nashville, TN.

June 4, 2010: *The Important Role of Religious Institutions and Leaders in Promoting Healthy Habits: A Matter of Values*. Presented to the FACTS Forum on Cancer Disparities, Tennessee Cancer Coalition, Kingdom Hall at Olivet Baptist Church, Chattanooga.

ACADEMIC SERVICE

1. Project Coordinator, Fourth-Year M.S. Research program, Department of Psychology, University of Wollongong.
2. Fourth-Year and Honors Program Coordinator, Department of Psychology, University of Wollongong.
3. National Coordinator for Postgraduate Curriculum Development for Sport Psychology Certification, College of Sport Psychologists, Australian Psychological Association.
4. Undergraduate Coordinator, Department of Human Movement Science, University of Wollongong.
5. Member of search committees, University of Wollongong.
6. Program Committee member for Board of Directors, 1994 APS Conference, Wollongong, NSW
7. Columnist for the journal, *Sport Health* (Australia), writing four manuscripts for 1991 publications.
8. Reviewer of textbooks, and numerous Master's, Honors, and Doctoral theses, refereed journal manuscripts, and grants.
9. Seminar leader and invited speaker to professional and medical groups (e.g., NSW Dental Assn.), universities/colleges, and a plethora of sport organizations.
10. Curriculum coordinator in sport psychology to the University of Central Queensland, (Rockhamptom).
11. Presentations and workshops to over 65 community and student groups (e.g., Lion's Club; Rotary Club, among many others) in the areas of health (e.g., coping with stress, exercise benefits and strategies, drugs in sport, and psychological issues in sport performance and coaching).
12. Served on postgraduate thesis committees as a consultant and examiner.
13. Member of over 45 academic committees in the U.S. and Wollongong. Involvement at Wollongong includes staff search committee, Faculty of Health and Behavioral Science Tenure and Promotion Committee, and the Faculty's Planning Committee.
14. Served as committee member of numerous local, state and national organizations including committee coordinator for a community program: "How the Community Responds to Alcohol Problems". A public lecture/forum sponsored by the Alcohol and Drug Foundation of NSW and the Faculty of Health and Behavioral Science (October 1990).
15. Conference coordinator at the University of Wollongong "Drugs in Sport - 1989" conference.
16. Served as external member of two academic staff search committees at the University of New England.
17. MTSU Campus Presentation February 21, 2003: Seminar presented to the Psychology Department: *Indicants of Perfectionism Among Competitive Athletes*.
18. *High Performance Training and Energy Management for Expanding Work Capacity in Medical Practice*. Presentation to the Stones River Academy of Medicine meeting, February 22, 2007.
19. Grant Reviewer: 2005, 2006, and 2007: World Anti-Doping Agency, Montreal, Quebec, Canada. Attn. Lea Cleret, Education Manager.
20. Guest Columnist, *Daily News Journal* (Murfreesboro, Tenn.) 2007-2008.

COMMUNITY SERVICE

1. Radio Segment: Weekly segment on KASK Radio (Las Cruces, New Mexico) called "The Mental Game", April 1985 - August 1986.
2. Television segment on KASK-TV (Las Cruces, New Mexico) on applied sports psychology each week on nightly news, December 1985-1986.
3. Provided instruction to public school teachers in areas of coaching psychology, strategies for teaching motor skills, and conducting aerobics classes.
4. Lectures to students in high schools and classes on various university campuses (including Wollongong) on issues surrounding drug taking in sport.
5. Lectures to the Illawarra Academy of Sport athletes, coaches and parents and the Police Youth League on drug education.
6. Seminar to membership of Bodyworks Fitness Club, 6/99, on "Mental Skills to Improve Exercise Performance."
7. Two seminars to Gym X, a local fitness club: (a) staff in-service training on promoting member adherence to exercise programs, and (b) club member seminar on strategies to improve motivation and exercise adherence.
8. Seminar to 56 coaches from the Lubbock Independent School District, January 2000.
9. Coordinator and seminar leader of a new program for Lubbock youth sports called "Power Parenting Your Child Athlete," sponsored by the Lubbock Independent School District (starts April 2000).
10. Lecture presented to athletes and coaches at Wayland Baptiste University, Plainview, Texas, on "Strategies for Managing Stress and Anxiety in Sport." February 2000. Sponsored by the Department of Orthopaedics, Texas Tech Health Sciences Center.
11. "Walk Rutherford" Committee Member (beginning March 2003)
12. Lectures to Kiwanis Club of Murfreesboro, TN (2002-2004)
13. Numerous media interviews on radio and television.
14. Director, Heart of Tennessee Health and Wellness Program, Murfreesboro, TN
15. Newspaper Column Writer: *Daily News Journal*, Murfreesboro, TN (June 2007-March 2009)
16. Consultant to the Police Department, City of Murfreesboro, TN: Provide stress management seminars and wellness programs, April 2005-June 2006.
17. Guest Speaker: Siegel High School Parent-Student Spectrum Night (Murfreesboro, TN): Title: *Health and Energy Management*

Miscellaneous

1. Invited panel member to form certification criteria and future directions in professional practice of sport psychology at the Australian Institute of Sport (Dec. 1990).
2. Invited sport psychology columnist for the journal, *Sport Health* for all 1991 issues.
3. Editor of student newsletter in Human Movement Science Department.
4. Created and directed New Mexico State University Youth Sports Camp sponsored by the Youth Sports Institute, Department of Physical Education and Recreation, summers of 1983-1987. Approximately 475 children, ages 4-13 yrs., provided with quality sports skill instruction and training physical education majors as counselors. Participants included 42 staff and 478 children ages 4-13 years, in Summer 1986. Substantial net income for the Physical Education Department.
5. Created and implemented Junior Fellow Program, an in-service training experience at the NMSU Sports Camp for high school seniors throughout the State of New Mexico; selected from a pool of applicants who wish to major in education in college among other criteria, 1983 and 1984.
6. Developed and Coordinated a National (Australian) conference, *Drugs in Sports: Causes and Strategies*. July 14-15, 1989, sponsored by the Department of Human Movement Science, University of Wollongong.
7. Invited Guest (June-July 1990): Lecturer and consultant to the government of Singapore (Singapore Sports

Council) where I taught evening and weekend seminars to sports teams and the public, and conducted individual counseling sessions with athletes.

8. Invited member of AIS Sports Science seminar (Dec. 10-12, 1990) held at and sponsored by the AIS on the "Future of Sport Psychology in Australia".
9. Created and edited the "P.E. Express" newsletter, 1982-1984 (New Mexico State University) in which students would gather news about the department (courses, faculty, events, and students) and create a monthly newsletter distributed to all physical education students.
10. Created and now write a bimonthly newsletter called, "The Mental Game", distributed to physical education teachers and coaches in New Mexico, from February 1985.
11. Honored by President Halligan, New Mexico State University for "outstanding contribution in teaching at New Mexico State University," November, 1984.
12. Wrote original draft for a postgraduate degree proposal program in the physical education department at New Mexico State University, Spring, 1985.
12. Recipient of the Dean's Special Research Assignment Award, Fall 1986, providing training for, and completion of, grant applications.

PROFESSIONAL MEMBERSHIPS

Society of Behavioral Medicine

American Psychological Association (Fellow, Division 47; Member, Division 38)

Midwestern Psychological Association

Stress and Anxiety Research Society

Association for Applied Sport Psychology (Certified Consultant)