

Table of Contents

PRESIDENT'S MESSAGE

Meeting in the Middle in 2014 1

PAST-PRESIDENT'S COLUMN

2014 Annual Conference Update 2

Why Stay at the Conference Hotel? 3

2014 LECTURER AND SCHOLAR

Human Kinetics Lecturer 4

Early Career Distinguished Scholar 4

2014 NASPSPA KEYNOTE SPEAKERS

Conference Keynote Speakers 5

2014 NASPSPA SENIOR LECTURERS

Conference Senior Lecturers 6

STUDENTS' COLUMN

Activities and Awards Abound for NASPSPA

Student Members 7

PRESIDENT'S MESSAGE

Meeting in the Middle in 2014

By Alan Smith, NASPSPA President



Alan Smith

I hope that you had a rejuvenating and productive holiday season and that you are planning on attending the 2014 annual conference. The conference will be held June 12 to 14 in the dynamic world-class city of Minneapolis, Minnesota—a true jewel

of the Midwest United States that falls more or less in the middle of the broad geographic dispersion of our membership. Minneapolis is quite accessible from domestic and international locations, offering the opportunity for all of us to participate in the 48th meeting of our society. As you will read in the pages that follow, a strong program of speakers and events is taking shape that promises to match the energy of this great city. Please build on this momentum by sharing your latest work and ideas with your colleagues.

If you are a student member, please also consider applying for the Outstanding Student Paper Award. There are two key steps for pursuing this award. First you submit an abstract for the conference by the standard procedure and

deadline; then you submit a long abstract and secure a letter of nomination from your advisor by January 29. Send the long abstract and letter of nomination directly to the appropriate area program committee chair:

[Continue to page 9](#)

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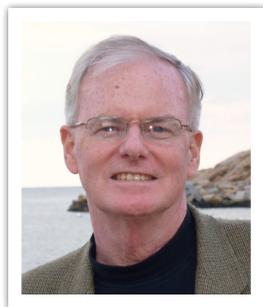
Student Representative

Alyson Crozier, University of Saskatchewan

PAST-PRESIDENT'S COLUMN

2014 Annual Conference Update

John Shea, NASPSPA Past-President



John Shea

Plans for the 2014 NASPSPA conference are well under way. By the time you read this message I hope you will have submitted your abstracts for review. The program for the conference is shaping up. I can now report the keynote and senior lecturers, as well as the symposiums which will be presented. The Human Kinetics Lecture will be given by Mark Latash (Penn State University) and the title for his presentation is *Toward Physics of Human Movement*. Dr. Latash's research has focused on the development of the equilibrium-point hypothesis and uncontrolled manifold hypothesis among other topics. His research has spanned motor coordination during standing, stepping, reaching, and multidigit (pressing and prehensile) tasks. He has extended his interests to coordination in the healthy aged, atypical development, practice, and a range of neurological disorders. Several symposiums to be presented are cross-disciplinary in nature. The symposia are:

Understanding and Enhancing the Involvement of Parents, Families, and Coaches in Youth Sport (Camilla J Knight, Swansea University; C. Ryan Dunn, Utah State University; Nicole Bolter,

Boise State University; Laura Petranek, Boise State University; Travis E. Dorsch, Utah State University; Michael Q. King, Utah State University; Keith V. Osai, Utah State University; Kyle Harderlie, Utah State University; and Kevin J. Rothlisberger, Utah State University).

The Development of a Scale to Assess Young Children's Perceptions of Movement Skills (Leah E. Robinson, Auburn University; Lisa M. Barnett, Deakin University; Nicky D. Ridgers, Deakin University; Zask Avigdor, Northern New South Wales Local Health District; Jo Salmon, Deakin University; Abigail L. Dennis, Auburn University; Elizabeth K. Webster, University of Michigan; and Grace Liong, Deakin University).

"Cogito ergo sum" or "ambulo ergo sum"? New Perspectives in Developmental Exercise and Cognition Research (Caterina Pesce, Italian University Sport and Movement; Ron Croce, University of New Hampshire; Michael Horvat, University of Georgia; Roberta Forte, Italian University Sport and Movement; Rosalba Marchetti, Italian University Sport and Movement; Phillip Tomporowski, University of Georgia; Tal Dotan Ben-Soussan, Bar-Ilan University; Joseph Glicksohn, Bar-Ilan University; and Filippo Carducci, Sapienza University).

Motor Development in Higher Education: The Digital Revolution in Teaching and Learning (Casey M. Breslin, Temple University; Marcio A. Oliveira, University of Maryland; and Pamela S.

Haibach, College at Brockport).

Atypical Motor Development: Issues in Children with Developmental Coordination Disorder (Mike G. Wade, University of Minnesota; Anna L. Barnett, Oxford Brookes University; Kate Wilmut, Oxford Brookes University; David Sugden, University of Leeds; Shelia Henderson, Institute of Education; Angela Webb, Institute of Education; Morag Stuart, Institute of Education; and Chen Fu-Chen, Pingtung University).

Got My Mind Set On You: Examining the Efficacy of Distractive Stimuli in the Exercise Context (Costas Karageorghis, Brunel University, London; Panteleimon Ekkekakis, Iowa State University; Jasmin C. Hutchinson, Springfield College; Leighton Jones, Brunel University, London; Selen Razon, Ball State University; Itay Basevitch, Florida State University; Edson Filho, University of Chieti-Pescara; Gershon Tenenbaum, Florida State University; Rebecca C. Stevens, Brunel University, London; Mark Hamer, University College London; Andrew C. Bruce, Brunel University, London; and Suzanne T. Pottratz, Brunel University, London).

I would like to give a recap of the keynote speakers and senior lecturers I listed in the fall newsletter. The keynote speaker for sport and exercise psychology will be Dr. Panteleimon Ekkekakis (Iowa State University, USA). The title of his presentation is *The Reemergence of Hedonism in Post-Cognitivist Exercise Psychology: Preparing*

[Continue to page 10](#)

Why Stay at the Conference Hotel?

In the after-conference survey some people said they did not stay at the conference hotel because it was too expensive. Here are some reasons why it is important to stay at the conference hotel:

- NASPSPA books the hotel years in advance of the conference and guarantees a certain number of rooms. Based on that, NASPSPA rarely pays any fees for the meeting rooms (smaller, less expensive hotels cannot offer meeting room space).
- AV and food and beverage costs are based on how many sleeping rooms we contract.
- If we do not fill the rooms we contract, NASPSPA will have to pay for empty rooms and pay for meeting room space.
- Some organizations charge higher registration rates or they do not provide tickets for receptions and banquets or other events for those who do not stay at the conference hotel (NASPSPA executive discussed this but decided against these policies).

NASPSPA works very hard to keep the conference cost low for students. In fact, the fee paid by students does not actually cover per-person costs.

The bottom line is that if we do not fill our room block, registration fees in the future will need to be increased.

Besides, it is a really nice hotel!

The NASPSPA executive committee encourages you to stay at the conference hotel in Minneapolis. If you are looking for other students to share a room with, contact student representative Alyson Crozier at alyson.crozier@usask.ca.

To book a room at the hotel click [here](#)

Please see the NASPSPA website for additional information regarding conference registration, hotel fees, etc. <http://www.naspspa.org/about-the-conference/about-the-conference>



SATURDAY NIGHT PARTY – PLANS FOR TARGET FIELD BASEBALL STADIUM

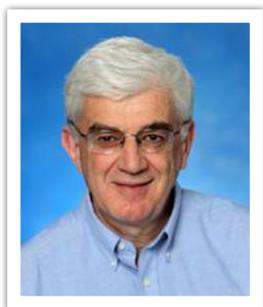
We are planning to have our Saturday night party at Target Field. It will be exciting since there will be a high school baseball tournament going on and we can sit in the stands and watch them play while eating traditional ball field food before doing our usual exercise – dancing!

We are arranging to take a behind-the-scenes tour of the ballpark where you will see such things as the visitor's clubhouse, dugouts, press box; as well as be able to go up on the warning track (weather & field conditions permitting) and take photos. Cost \$10. You must register by May 1 to reserve a space (If we have any spaces left we will sell at on-site registration.)



2014 LECTURER AND SCHOLAR

Human Kinetics Lecturer



Mark Latash

Dr. Mark Latash (Penn State University) is the 2014 Human Kinetics Lecturer and the title for his presentation is "Towards Physics of Human Movement"

Mark Latash is a distinguished professor of kinesiology and

director of the Motor Control Laboratory at Penn State. He received equivalents of BS in physics and MS in physics of living systems from the Moscow Institute of Physics and Technology and a PhD in physiology from Rush University in Chicago. His research interests are focused on the neural control and coordination of human voluntary movements. He is the author of *Control of Human Movement* (1993) *The Neurophysiological Basis of Movement* (1998, 2008), *Synergy*

(2008), and *Fundamentals of Motor Control* (2012). In addition, he edited eight books and published over 300 papers in refereed journals. Mark Latash served as the founding editor of the journal *Motor Control* (1996-2007) and as president of the International Society of Motor Control (2001-2005). He is a recipient of the Bernstein Prize in motor control.

Early Career Distinguished Scholar



Nick Meyers

Dr. Nicholas Myers was the Early Career Distinguished Scholar recipient in 2013. He will present his talk in Minnesota titled, "The Reemergence of Exploratory Factor Analysis in Sport, Exercise and Performance Psychology"

Nicholas Myers is an associate professor in the department of educational and psychological

studies at the University of Miami (UM). Nick completed a dual doctoral degree at Michigan State University, majoring in both measurement and quantitative methods and psychosocial aspects of sport and physical activity. Nick's first- or second-authored publications have appeared in journals such as *Structural Equation Modeling*, *Behavior Research Methods*, *Psychosomatic Medicine*, *Educational and Psychological Measurement*, *Journal of Sport and Exercise Psychology (JSEP)*, and *Psychology of Sport and Exercise (PSE)*. Nick served as section editor (2010-2012) for the Measurement

and Evaluation section of *Research Quarterly for Exercise and Sport* and also served on the editorial board of several other journals (i.e., *JSEP*, *PSE*, and *Sport, Exercise, and Performance Psychology*). Nick serves as director of the research, measurement, and evaluation (RME) doctoral program at UM. The RME doctoral program has consistently been rated a 20 program nationally by Academic Analytics since 2006.

2014 NASPSPA KEYNOTE SPEAKERS

Conference Keynote Speakers

“The Reemergence of Hedonism in Post-Cognitivist Exercise Psychology”Panteleimon
Ekkekakis

Panteleimon (“Paddy”) Ekkekakis is an associate professor in the department of kinesiology at Iowa State University. He started publishing research on affective responses to exercise in 1998. Since then, the number of articles in scientific databases combining

the keywords “exercise” or “physical activity” with “affect,” “mood,” or “emotion” grew from approximately 100 to over 600 per year. Nearly three quarters of these contain citations to his work. The methodological platform, assessment tools, and dual-mode theoretical framework that he has proposed have become literature standards. The growth of this area of research has resulted, since 2010, in the incorporation of pleasure in the exercise prescription guidelines issued by the American College of Sports Medicine. His current research focuses on the development of a neurophysiological theory of the sense of fatigue and the elaboration of the hedonic theory of exercise behavior. Ekkekakis is the author of *The Measurement of Affect, Mood, and Emotion: A Guide for Health-Behavioral Research* (Cambridge, 2013), editor in chief

of the *Handbook of Physical Activity and Mental Health* (Routledge, 2013), and coeditor of the *Psychobiology of Physical Activity* (Human Kinetics, 2006).

“Understanding Motor Control: Insights From Virtual Reality and Parkinson’s Disease”Simon J.G.
Lewis

Dr. Simon J.G. Lewis of the University of Sydney and Royal Prince Alfred Hospital, Australia, recently developed the hypothesis that freezing of gait in Parkinson’s disease is the result of a breakdown in basal ganglia networks that coordinate activities across

differing functional (motor, cognitive, and limbic) domains. Dr. Lewis’ presentation is *Understanding Motor Control: Insights From Virtual Reality and Parkinson’s Disease*.

“The Development of the Use of Visual Information for Actions”Geert J.P.
Savelsbergh

Dr. Geert J.P. Savelsbergh is the Desmond Tutu chair for youth, sport and reconciliation; head of the motor control group; and visiting professor in perceptual-motor development and learning at Manchester Metropolitan University, UK. From 1991 to 1996, he was a research fellow of the Royal Neth-

erland Academy of Arts and Sciences. In 2008 he received an honor doctorate of the faculty of medicine and health sciences, University of Ghent, Belgium. Dr. Savelsbergh’s main research interest is the visual regulation of movement. He has published over 160 papers in international peer-reviewed scientific journals. He has served as editor of *Infant Behavior and Development*, associate editor of *International Journal of Sport Psychology*, and board member of *International Journal of Sports Science and Coaching* and *Journal of Motor Learning and Development*.

2014 NASPSPA SENIOR LECTURERS

Conference Senior Lecturers

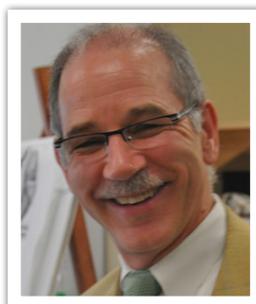


Jennifer Etnier

Dr. Jennifer Etnier (University of North Carolina at Greensboro) is the senior lecturer for the Sport and Exercise Psychology area. The title of Dr. Etnier's presentation is "Research...How Fun is That! Interesting Questions Relative to the

Effects of Exercise on Cognitive Performance."

Dr. Etnier received her BS degree from the University of Tennessee in computer science and math with a minor in psychology. She then received an MA degree from the University of North Carolina in sport and exercise psychology followed by a PhD from Arizona State University in sport and exercise psychology. Dr. Etnier's research interests focus on the effects of physical activity on cognitive performance across the life span and understanding physiological mechanisms of the effects of acute and chronic exercise on cognitive performance. She is conducting an NIH-funded study exploring the cognitive benefits of exercise in older adults relative to their genetic risk for Alzheimer's disease. Dr. Etnier is the director of graduate studies for the department of kinesiology. She provides coach and parent education sessions as a member of the coaching education staff for U.S. Soccer and is the author of *Bring Your 'A' Game*, a book that makes sport psychology techniques accessible to young athletes.



Jürgen Konzak

Dr. Jürgen Konzak (University of Minnesota) is the senior lecturer for the Developmental Perspectives area, and the title of his presentation is "Proprioception and Motor Control Across the Life Span".

Dr. Jürgen Konzak is director of the Human

Sensorimotor Control Laboratory at the University of Minnesota. He is coauthor of a systematic review that estimated the worldwide prevalence of childhood ataxia. The prevalence of genetic and acquired childhood ataxias in Europe, the continent with the most reports, was estimated to be 26 in 100,000 children and likely reflects a minimum prevalence worldwide. The report resulted from a collaboration of colleagues at Johns Hopkins University, the University of Iowa, and Canada; it will be published in the journal *Neurology*.



Gabriele Wulf

Dr. Gabriele Wulf (University of Nevada, Las Vegas) is the senior lecturer for Motor Learning and Control, and the title of Dr. Wulf's presentation is "Changing our View of Motor Learners: From Information Processor to Human Beings".

Dr. Wulf received doctoral degrees from the German Sport University in Cologne and the University in Munich, Germany. Her research interest is the learning of motor skills. In her more recent studies, Dr. Wulf has examined effects of the performer's focus of attention, learner-controlled practice, conceptions of ability, and performance expectancies. Aside from her book ***Attention and Motor Skill Learning***, Dr. Wulf has authored more than 150 journal articles and book chapters. She served as founding editor of *Frontiers in Movement Science and Sport Psychology* and is currently the founding editor of the *Journal of Motor Learning and Development*.

[Continue to page 10](#)

STUDENTS' COLUMN

Activities and Awards Abound for NASPSPA Student Members

By Alyson Crozier, NASPSPA student representative



Alyson Crozier

Welcome to 2014! I hope this year brings many happy memories *and* that there is a trip to Minneapolis in your spring travel plans!

The NASPSPA abstract deadline has just passed and I hope you were able to submit your research for presentation at the annual conference in Minneapolis June 12-14, 2014. As well, I recommend that you sign up *early* for the student events that will be held this year. We have updated the registration process to enable you to register online for both the **student social** and the **student-faculty event** (only \$10 per event).

Student Social

We have reserved the Choir Room at *The Local*, an Irish Pub within walking distance to the hotel, for Friday, June 13, after the conference sessions are completed. It's an event you won't want to miss. Your \$10 registration provides you with one drink ticket and appetizers. This is an amazing opportunity to meet other student attendees from all over the world. Check out the venue at www.the-local.com and then sign up when registering for the conference.

Student-Faculty Event

This is your chance to meet faculty and professionals at an informal luncheon. We have structured the event this year like a spin-off to speed dating. We will be having mix-and-mingle sessions to allow small groups to ask the experts anything from research interests to work-life balance. Your \$10 registration includes a snack lunch and the opportunity to interact with faculty and professionals! *A limited number of spots are available* for this function, so register early. The list of faculty and professionals attending is still being finalized. If you have any specific requests, contact me directly at alyson.crozier@usask.ca and we will look into it.

Student Awards

The following awards are exclusive to NASPSPA student members (please visit the NASPSPA website for more details on each award):

Up to three **Outstanding Student Paper Awards** are available, one for each NASPSPA research area (i.e., developmental perspectives, motor learning and control, and sport and exercise psychology). After you submit your abstract by January 15, applications for this award are due January 29 (which includes submission of a five-page abstract and a letter of recommendation from your advisor). Recipients of this

award will be awarded **up to \$1000** to travel to London, Ontario, in October 2014 to present at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) conference.

The NASPSPA **Graduate Student Award for International Conference Travel** is a **\$700 award** that can be used toward presenting at a conference outside of North America. The application package includes a short abstract, a five-page abstract, a letter of information regarding the conference location and research significant, and a letter of recommendation from your advisor. Applications for this award are due January 31, May 31, and September 30.

The **Graduate Student Research Grants** provide **up to \$2,000** that can be used toward research costs (e.g., travel for data collection, equipment). To apply for this award, submit the following to NASPSPA president Alan Smith before April 1: a five-page outline of the proposed study, verification of ethics approval, an estimated budget, a two-page CV, and a letter of support and approval of the budget from your advisor.

Facebook

To keep up to date with NASPSPA events, please consider joining the NASPSPA Facebook group. This group provides a forum for discussion surrounding NASPSPA events and can help you to find other students looking to share hotel

[Continue to page 10](#)

[Continued from page 1](#)

President's Message

- Developmental Perspectives: Dr. Thomas Korff (Thomas.Korff@brunel.ac.uk)
- Motor Learning and Control: Dr. Quincy Almeida (qalmeida@wlu.ca)
- Sport and Exercise Psychology: Dr. Diane Mack (dmack@brocku.ca)

We are eager to recognize your outstanding work and hope that you will consider applying. For more information, go to www.naspspa.org/about-the-awards. Also make note of the Graduate Student Award for International Conference Travel (next deadline is January 31) and the Graduate Student Research Grant. These are great opportunities for you to build on your early professional and research experiences.

Our executive committee meeting in October afforded the opportunity to review the health of our scholarly society. We are a robust organization with consistent and strong participation in our annual conference, steady membership numbers, and considerable student involvement. We have received postconference feedback from you and are using that feedback in our planning for the Minneapolis conference and beyond. We have willing and talented participation in our committees and organizational leadership. All are very encouraging signs for us moving forward. In the interest of being proactive, other areas will require attention. For example, costs

tied to running the organization have increased considerably over recent years. The executive committee is considering the need for a modest increase in annual dues, which have not been raised in several years. As this discussion unfolds, you will be presented with a proposal for your review and action.

Another consideration tied to the health of our scholarly society is the degree to which the substantial involvement of student and early career members evolves into long-term commitment to NASPSPA. Framed another way, do we meet the needs of midcareer scholars in a manner that fosters continued, strong identification with us? The number of scholarly organizations and opportunities has proliferated since the beginnings of our organization in the late 1960s. This is exciting and speaks well to the value of what we do, but also obligates us to evaluate our relevance to maturing scholars. Midcareer scholars face unique issues. Upon achieving tenure, professors face increased demands while often receiving less support and attention in the home academic unit. There can be a reassessment of goals, concerns about keeping up with rapid changes in one's area of scholarship, and uncertainty about where one's attention is best directed. There are opportunities as well. Freedom has been earned to take larger scholarly risks and to explore new collaborations and

professional opportunities. These challenges and opportunities lead midcareer scholars to look closely at their commitments. In looking at our scholarly society, do they see a good place to invest their time and energy? I believe this is a question worth answering as we look toward ways to secure the future health of NASPSPA.

As a new initiative for 2014, I will ask some of you to serve this winter on an ad hoc committee to investigate this question. Shannon Ringenbach has agreed to chair the committee, which will examine both the needs of our midcareer members as well as ways in which we can meet these needs and encourage sustained commitment in our scholarly society. This will include attention to the types of recognitions we offer, our conference activities, and how we can leverage member networks to good effect. I welcome you to contact Shannon (Shannon.Ringenbach@asu.edu) or me (alsmith@msu.edu) if you wish to serve on the committee or to share ideas for this midcareer initiative. We are eager to meet our members in the middle.

I look forward to seeing you in Minneapolis and wish you a happy and healthy new year!

Continued from page 2

2014 Annual Conference Update

for the Field's First Veritable Paradigmatic Transition. The keynote speaker for motor learning and control will be Dr. Simon J.G. Lewis (University of Sydney and Royal Prince Alfred Hospital, Australia), and the title of his presentation is Understanding Motor Control: Insights From Virtual Reality and Parkinson's Disease. The keynote speaker for Developmental Perspectives will be Dr. Geert J.P. Savelsbergh (University of Amsterdam, Netherlands). The title of his presentation is The Development of the Use of Visual Information for Actions. Dr. Gabriele Wulf (University of Nevada, Las Vegas, USA) is the senior lecturer for Motor Learning and Control, and the title of Dr. Wulf's presentation is Changing Our View of Motor Learners: From Information Processors to Human Beings. Dr. Juergen Konzak (University of Minnesota, USA) is the senior lecturer for the Developmental Perspectives area, and the title of his presentation is Proprioception and Motor Control Across the Life Span. In addition, Dr. Jennifer Etnier (University of North Carolina at Greensboro) is the senior lecturer for the Sport and Exercise Psychology area. The title of Dr. Etnier's presentation is Research . . . How Fun Is That! Interesting Questions Relative to the Effects of Exercise on Cognitive Performance.

I think you will find the program for this year's conference to be a strong and varied one with an emphasis on cross-disciplinary research. I'm looking forward to seeing you in Minneapolis!

Continued from page 7

Activities and Awards Abound for NASPSPA Student Members

accommodations. You can also use Facebook to share suggestions or comments with me.

Student Representative

I would like to remind all students about the call for nominees for the NASPSPA student representative for the 2014-2015 term (beginning August 2014 for one year). The student rep is an active member of the NASPSPA executive committee and acts as a liaison for the student members. If you would like more information about responsibilities and how to apply or are interested in running for the position, e-mail me at alyson.crozier@usask.ca by **February 1, 2014**.

I am excited by the programs that have been organized for this year's conference and urge you to register online early for both the student social and the student-faculty lunch. They will enhance your experience at the NASPSPA Minneapolis conference. If you have any questions or concerns, feel free to contact me. All the best this coming year, and I look forward to seeing you in Minneapolis in June!

The Unofficial NASPSPA 2014 Fall Executive Committee Meeting Minutes can be accessed via the NASPSPA web-site.

<http://www.naspspa.org/naspspa-executive-committee-minutes>

NASPSPA Newsletter

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