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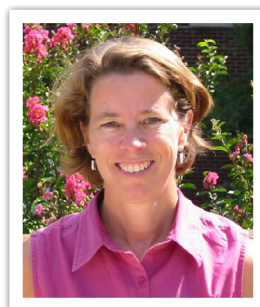
2015 Fall Executive Committee Meeting Minutes

The fall executive committee minutes are on the NASPSPA [website](#).

PRESIDENT'S MESSAGE

Thinking of Spring

By Jennifer Etnier, NASPSPA President



Jennifer Etnier

Happy Valentine's Day. I hope that you enjoyed a restful winter break and are getting back into the swing of things with a new academic session. I also hope you are getting excited about our upcoming conference in Montreal from June

15 to 18, 2016! Although it's 12 °F (-11 °C) in Montreal at this writing, the average temperature in June is 64° F (18° C), which sounds lovely! As you may know, Montreal is the second-largest French-speaking city in the world and has the second-highest number of restaurants per capita of any city in North America (after New York). I'm very excited about our visit to Montreal this summer and, as a U.S. citizen, I know I've checked and rechecked the expiration date on my passport to try to minimize any unwelcome surprises going into Canada or returning to the USA.

As you know, Gaby and her team have already organized an exciting slate of speakers and events for us to enjoy. Be sure to read further in the newsletter to learn more about the exciting

presentations and preconference workshops that are already scheduled. In the upcoming weeks, Gaby and her area program committees will be hard at work reviewing abstracts submitted for

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Executive Committee

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Gabriele Wulf, University of Nevada, Las Vegas

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Communication Director

Quincy Almeida, Wilfrid Laurier University

Student Representative

Kara Palmer, University of Michigan

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President's Message

presentation and organizing papers into poster and oral communication sessions that will provide us with the latest and most interesting research findings. I am excited every year to learn more about the great work being conducted by our members.

Students should also remember that there are some upcoming key dates regarding student awards. In particular, be aware that deadlines for submission for consideration for the Graduate Student Award for International Conference Travel, and Graduate Student Research Grants are all in the near future. Please read student representative Kara Palmer's column to learn more about due dates and to find links to the details.

I want to thank those of you who have taken the time to nominate our members as officers and for distinguished awards. I recognize that this is time consuming and requires a commitment on your part, so I just want to acknowledge your efforts. I also want to announce our exceptional colleagues who have agreed to be considered for the upcoming vacancies on the Executive Committee. Candidates for president-elect are Steve Bray from McMaster University and Meghan McDonough from Purdue University. Candidates for secretary-treasurer are Chris Rhea from the University of North Carolina at Greensboro and Leah Robinson from the University of Michigan. My thanks to our candidates for their willingness to serve the NASPSPA membership. Candidates' information will appear in the spring newsletter. Once that newsletter has been published, online voting will be available for 10 business days, so stay alert to be sure you have the opportunity to

participate in this important democratic process.

Our Executive Committee meeting in October was quite productive. At this meeting, we used the postconference feedback from Portland to inform our planning for future NASPSPA conferences. Another topic of conversation was a continuation of work started by Al Smith during his tenure as president. Al was interested in exploring ways to continue to attract our midcareer professionals to NASPSPA. After gathering some data, he instituted several steps to meet this goal. As one example, he hosted a preconference workshop focused on grant writing that was very well received in Portland. These types of preconference events are something the Executive Committee will continue to encourage as a way to serve the needs of all of our members. Related to Al's previous efforts, I have asked Larry Brawley and Matt Pontifex to look at our membership and conference data and to consider other sources of information to help us consider ways we can maintain our active membership. As you know, our data show that we are a vibrant organization with almost equal membership of students and professionals. However, one thing that I am interested in is better understanding how to encourage our student members to maintain their involvement with NASPSPA into their professional careers. Clearly, this is a competitive market with the increasing number of scholarly organizations offering multiple outlets for our scholarship and with rising travel costs putting limits on the number of conferences people are able to attend. Hence, I think it is valuable for us to remain proactive

in ensuring that NASPSPA continues to be an attractive professional organization.

Finally, I know it's still some time away, but I want to remind everyone that NASPSPA 2017 will be our 50th anniversary of the conference. I hope you are making plans to join us at the Catamaran Resort Hotel in San Diego for this celebratory meeting. Thanks to Penny McCullagh and the 50th Anniversary Committee (Glyn Roberts, Jill Whittall, Tim Lee, Maureen Weiss, Mary Carlton, Chris Rhea, and Kara Palmer) who have been meeting virtually and making plans to make 2017 a truly memorable meeting.

I hope the winter months are good to you and look forward to speaking with you again in the spring!

PAST-PRESIDENT'S COLUMN

Preview of the Montreal Conference

By Gabriele Wulf, NASPSPA Past-President



Gabriele Wulf

Thank you for submitting your abstracts for the 2016 conference in Montreal. We have received approximately 650 abstracts—a new record! Thus, we are anticipating a record turnout in Montreal. Area program chairs Priscila Caçola, Bernd Strauss,

David Wright, and their committees are currently reviewing the abstracts, and they will be working with me on putting together the final program.

Thanks to their previous efforts, we have an attractive slate of keynote speakers (John Cairney, Richard Koestner, Stephan Swinnen) and senior lecturers (Nicola Hodges, Deborah Feltz, Mary Rudisill). In addition, we have an early career distinguished scholar (Lisa Barnett). You will find more information about their presentations elsewhere in this newsletter (and in my column in the previous newsletter).

The 2016 Human Kinetics lecturer is **Julien Doyon**. Dr. Doyon is a professor in the department of psychology at the University of Montreal. He is also the scientific director of the Functional Neuroimaging Unit and codirector of the Laboratoire International de Neuroimagerie et Modélisation. His research aims at investigating the nature and contribution of neural substrates mediating various phases of learning (fast, slow, consolidation,

automatization, retention, reconsolidation). He uses imaging techniques such as functional magnetic resonance imaging (fMRI), electroencephalography (EEG), and magnetic resonance spectroscopy (MRS). He also conducts psychophysical and lesion studies in humans. Dr. Doyon has received many awards for his research. We are excited to welcome him as HK lecturer and are looking forward to his presentation, titled Neural and Physiological Substrates Mediating Motor Learning and Consolidation.

I would also like to highlight **two preconference workshops** that will be held Wednesday, June 15. Workshop 1 is titled *Seeing the Forest and the Trees: Theoretical and Practical Issues in Sport Expertise*. It is organized by Nicola Hodges and Joe Baker and includes a keynote presentation by Jocelyn Faubert, who will be presenting his much-publicized work on perceptual-cognitive skills training in sport. The workshop will be held at the Institut National du Sport (INS) du Québec in Montréal from 9:30 a.m. to 3:30 p.m. Workshop 2, with Panteleimon Ekkekakis, is titled *Exercise Is Medicine Meets Evidence-Based Medicine: Learning to Critically Appraise Randomized Controlled Trials (RCTs) in the Time of Bias*. This workshop aims to help participants develop an appreciation for bias in current clinical research and sharpen their skills in evaluating research conclusions. This workshop will be held at the conference hotel from 1 to 5 p.m. For each workshop there is a charge of \$25.

For more information and to register, go to our website: <http://naspspa.com/2016-conference>.



Richard A. Schmidt

among them his service as president from 1977 to 1978. Dick Schmidt received NASPSPA's most prestigious awards, the Distinguished Scholar Award and the President's Award. In this symposium, we will reflect on some of Schmidt's theoretical and empirical contributions to motor control and learning and the broad application of his work in several related fields. Speakers include Tim Lee, Stephan Swinnen, Carolee Winstein, Doug Young, Howard Zelaznik, and myself.

Finally, a quick reminder for non-Canadians traveling to Montreal: Please make sure you have a valid passport! I look forward to seeing you in June and learning about your latest research endeavors.

STUDENT REPRESENTATIVE'S COLUMN

Awards and Conference Activities for Students

By Kara Palmer, Student Representative



Kara Palmer

Hello, NASPSPA student members! Hope everyone had an enjoyable holiday season and is back in the lab with a zeal and gusto that only a new year can provide. As you begin to plan (or panic) about the upcoming semester, please

take a few minutes to read through the award opportunities for NASPSPA student members and the arrangements for the upcoming conference in Montreal. If you are short on time, check out the details [here](#).

Student Awards

NASPSPA offers two awards for student members that have upcoming deadlines. Following is an overview of each award. More details about each award can be found [here](#).

NASPSPA offers **Graduate Student Awards for International Travel**. This **\$700** award helps students present their work at conferences outside of North America. The application package includes a short abstract, long abstract, and letter or recommendation from your advisor. Three competitions are hosted each a year, and applications are due before September 30, January 31, and May 31.

The **Graduate Student Research Grant** assists NASPSPA students' scholarly activity. Awards of up to **\$2,000** aid with research costs. Application packages include the following: an outline of the proposed study, verification of Institutional Review Board approval, estimated budget, and current CV. Your advisor must also submit a letter of recommendation and a statement of evaluation and approval for the proposed budget. Application materials should be sent to [Dr. Jennifer Etnier](#) before April 1, 2016.

Conference Activities

The conference in Montreal is approaching quickly! Registration for the conference includes an opportunity to sign up for both the **student social** as well as the **student-faculty lunch**. The cost to register is \$10 for each event. Because of the popularity of both events, I encourage you all to sign up early and reserve your spot.

Details for the **student social** are still being finalized. Montreal is a wonderful city with a rich history and many pubs. We will most likely be in the downtown or Old Montreal districts. Feedback from last year overwhelmingly supported the inclusion of the physical activity into the student social, so it will be incorporated again this year. Your \$10 ticket provides you with a drink voucher as well as finger foods at the pub.

We will also be hosting a **student-faculty lunch** on Thursday June, 16. This event is

an opportunity for students to meet a diverse group of faculty and ask a variety of questions including the academic interview process and their hobbies (outside of writing, of course). The format of this event will be slightly rearranged from previous years in that students and faculty will have a chance to interact before lunch and then continue to engage during lunch. *Limited spots are available* for this function, so register early. The list of faculty who are attending is being finalized but will include a diverse group from each research area as well as a variety of career stages.

Communication

A new Facebook group for NASPSPA student members has been created. The group is a platform for NASPSPA student members to communicate among one another. It can be used to find roommates for the conference, facilitate discussions among graduate students, and post NASPSPA student announcements. I will be adding details about the student social, student-faculty luncheon, and other informal student social opportunities at the conference to this [page](#). [Check it out!](#)

Looking forward to seeing everyone in June!

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The Hotel Is Filling Up Fast and We Have Great Rates for Downtown Montreal in June!

Why Stay at the Conference Hotel?

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 sleeping 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 sleeping 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 or banquets or other events for those who do not stay at the conference hotel (NASPSPA Executive Committee 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, and getting a room at the hotel helps.

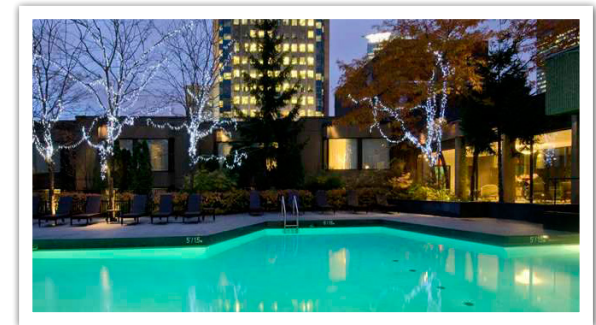
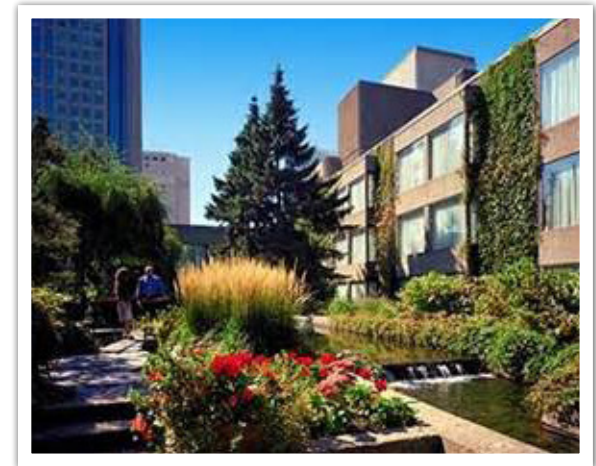
The bottom line is that if we do not fill our room block, registration fees in the future will need to be increased. Besides, it is a really nice hotel! The NASPSPA Executive Committee encourages you to stay at the conference hotel.

Go to this website to do the following:

- Become a member (which you must be to register for conference).
- Register for conference.
- Get a room at the hotel.

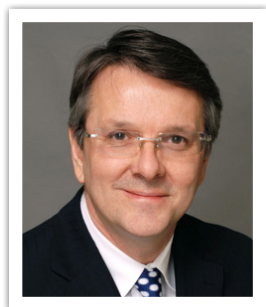
<http://naspspa.com>

Students looking for other students to share a room with, please contact student representative, Kara Palmer (palmerka@umich.edu), or contact other students directly through the NASPSPA student Facebook page (www.facebook.com/groups/1188371097842929).



2016 NASPSA Lecturers

Human Kinetics Lecturer



Julien Doyon

Dr. Julien Doyon is professor at the Department of Psychology at the University of Montreal (<http://en.psy.umontreal.ca/repertoire-departement/vue/doyon-julien/>). He investigates the nature and contribution of the neural substrates mediating motor learning, and the role of sleep for memory consolidation.

His research interests also include the development of new approaches to studying functional and effective connectivity of brain networks, and examining effects of exercise in people with Parkinson's disease. Dr. Doyon received the Richard C. Tess Distinguished Leadership Award of the Canadian Society for Brain, Behaviour and Cognitive Science in 2011. This award recognizes an outstanding contribution to the advancement of knowledge and leadership in the field of cognitive neuroscience research. In 2012, he received the ACFAS - Léo Pariseau Award highlighting scientific excellence, leadership and the international impact of a researcher working in biological and health sciences. His work is funded through grants from the CIHR, NSERC, FRQS, NIH, EraNet-Neuron and Par-

kinson Society Canada. Dr. Doyon will deliver the Human Kinetics Lecture, entitled Neural and physiological substrates mediating motor learning and consolidation.

Early Career Distinguished Scholar Presentation

Dr. Lisa Barnett is the 2015 recipient of the Early Career Distinguished Scholar award. She will be giving her presentation at the 2016 conference. This award recognizes outstanding achievement of scholars who are in the early stages of their scientific careers. Please see the Fall 2015 newsletter for her academic bio. Dr. Barnett's presentation is entitled The motor competence path to health behaviours and outcomes.

Keynote speakers



John Cairney

Dr. John Cairney will give the keynote lecture for Motor Development (http://fhs.mcmaster.ca/ceb/faculty_member_cairney.htm). Dr. Cairney is the inaugural holder of the McMaster Family Medicine Professorship in Child Health

Research, and a Professor in the Departments of Family Medicine, Psychiatry and Behavioural Neurosciences and Kinesiology at McMaster University. He has a multidisciplinary program of research, involving epidemiology, population health, kinesiology, psychiatry, social psychology, and pediatric exercise medicine. Broadly, he is interested in the association between physical activity and health (physical and mental), with a specific interest in the role that physical activity plays in the health and quality of life of children with chronic disease. Dr. Cairney has held numerous funded grants, totaling more than \$10 million in research grants and contracts in the past five years. He has published over 175 articles in peer-reviewed journals since 1996, and has received numerous awards for his scholarly achievements, including two nominations for the prestigious Canada's Top 40 under 40 Award. Dr. Cairney's keynote presentation is entitled Motor coordination and child health: Understanding the connections.

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2016 NASPSA Lecturers



Stephan Swinnen

Dr. Stephan Swinnen will give the Motor Learning and Control keynote lecture (<http://www.kuleuven.be/wieiswie/en/person/u0015707>). Dr. Swinnen directs the Movement Control & Neuroplasticity Research Group at KU Leuven, consisting of a multidisciplinary team of scientists. His current

research interests are focused on mechanisms underlying movement control and neuroplasticity, using a multidisciplinary approach spanning the behavioral sciences and the (cognitive) neurosciences. This multimodal approach includes the study of brain function, structure, and connectivity, using medical imaging technologies. During the past years, his team has devoted increasing attention to the study of lifespan changes in brain functional and structural connectivity and how these can account for age-related deficits in motor performance. His team has also developed a research program on movement and cognitive control deficits in patients with traumatic brain injury during the past years. Dr. Swinnen is has (co)authored more than 250 publications in refereed scientific journals. He has received numerous awards, such as the NASPSA Early Career Distinguished Scholar Award in 1993, the Belgian Chair Award at University College London (UCL) 2004, and more recently, the

Francqui Research Professor award in 2014. Dr. Swinnen's keynote lecture is titled Neural basis of bimanual coordination: Brain structure, function and connectivity.



Richard Koestner

Dr. Richard Koestner is the keynote speaker for Sport and Exercise Psychology (<https://www.mcgill.ca/psychology/richard-koestner>). Dr. Koestner is a professor of psychology at McGill University where he has conducted research on human motivation for 25 years. He has contributed extensively to

the development of self-determination theory, a macro theory of motivation and personality which highlights the importance of the basic psychological needs of competence, relatedness, and autonomy. Dr. Koestner has published over 125 scientific articles and his recent work focuses on how to effectively set and pursue personal goals. He received the 2007 Canadian Psychological Association award for excellence in teaching and training. He subsequently won the Principal's Prize for excellence in teaching from McGill University (2008). He has supervised 25 students who earned their PhD in motivation research. Dr. Koestner's keynote presentation is titled A recipe for success? The role of autonomy

and interpersonal support in the pursuit of personal goals

Senior Lecturers



Mary Rudisill

Dr. Mary Rudisill is the senior lecturer for Motor Development (http://www.auburn.edu/~rudisme/rudisill_webpage.htm). Dr. Rudisill is the Director and a Wayne T. Smith Distinguished Professor of Motor Development in the School of Kinesiology at Auburn University. She is the chair of the American Kinesiology

Association (AKA) Diversity Taskforce and the AKA member representative for the development of the National Collegiate Fitness Index (NCFI) Survey.

Dr. Rudisill collaborates with early childhood motor specialists around the world. She is co-director and researcher in the Pediatric Movement and Physical Activity Laboratory at Auburn University and is the director of a research program designed to create and investigate model physical play programs for young children. Her primary research objectives have been to learn more about what motivates children to learn to move and engage in physical activity.

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2016 NASPSA Lecturers

Dr. Rudisill has published 6 books, 18 book chapters, and over 60 papers related to this research topic, and internationally recognized for her work in early childhood motor development. Dr. Rudisill will give a presentation titled *Autonomy-supportive climates: Motivating children to move and learn*.



Nicola Hodges

Dr. Nicola Hodges is the senior lecturer for Motor Learning and Control (<http://msl.kin.educ.ubc.ca/>). Dr. Hodges works in the area of Motor Behaviour in the School of Kinesiology at the University of British Columbia, Canada. She runs the Motor Skills Lab, where she studies the mechanisms of motor

skill learning, with a particular focus on the roles of instructions and demonstrations on the performance and retention of motor skills. She studies both novices and more skilled individuals, predominantly using sports-based tasks, and athletes to allow conclusions about perceptual-motor skill acquisition and performance. Her work also extends beyond sports to special populations (e.g., people post-stroke and with Down syndrome) and to more basic motor control questions. Her research has been funded by the three tri-council agencies in Canada (SSHRC;

Social Science, NSERC; Natural Sciences and CIHR; Institute for Health Research). Dr. Hodges will give a presentation entitled *(Action)Observations on motor learning and skilled performance*.



Deborah Feltz

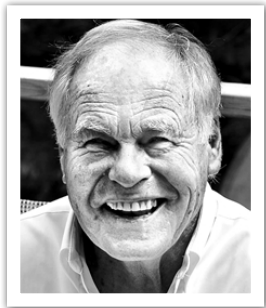
Dr. Deborah Feltz is the senior lecturer for Sport and Exercise Psychology. (<http://education.msu.edu/search/Formview.aspx?email=dfeltz%40msu.edu>) Dr. Feltz is university distinguished professor of kinesiology at Michigan State University. She earned her M.S. and PhD in kinesiology

from The Pennsylvania State University under the direction of Daniel M. Landers. She began her career at Michigan State University in 1980 and chaired the Department at Michigan State University from 1989 to 2012. She has devoted more than 35 years to researching the relationship between efficacy beliefs and physical activity, has written over 250 publications, and the book, *Self-Efficacy and Sport*. Her most recent scholarship has focused on group motivation gains in partnered exercise video games, which has been funded by the Robert Wood Johnson Foundation, the National Space Biomedical Research Institute, and National Institutes of Health. She has received numerous awards for her research.

She is an American Psychological Association Fellow and Fellow of the National Academy of Kinesiology and served as its 61st president. She also served as NASPSPA president in 2008, and received the 2015 NASPSPA Distinguished Scholar Award. Dr. Feltz's presentation is entitled *The Koehler Effect: From Jocks to Smocks to Exergames*.

In Memory of Dr. Neil Widmeyer

Dr. Neil Widmeyer, professor emeritus at University of Waterloo, passed away peacefully, surrounded by his family, on Friday, December 11, 2015. He was a frequent presenter at NASPSPA in the 1980s and 1990s, and many of us remember his wonderful smile, positive attitude, and devotion to his students. Along with his scholarly contributions to the areas of group cohesion and aggression in sport, he served as a sport psychologist for the Guelph Storm ice hockey team and most recently for Mandy Bujold, 2016 Olympic hopeful in women's boxing.



Neil Widmeyer

Neil was an adoring and devoted husband to his wife of 54 years, Elizabeth Roselyn "Lynn" (nee Hipwell). He was a loving and heroic father to his children, Kim Welch, Kelly (Jon), and Greg. He was the remarkably proud and hands-on "Big Guy" of his grandkids, Zachary, Megan, Madeline, and Emily. Neil took immense pride in his family and doted on them all. He was a fun-loving friend with an infectious smile, genuine kindness, and empathy.

Academics and athletes mourn the loss of Dr. Neil Widmeyer, affectionately known as "Doc Wid," who was a pioneer in the field of sport psychology. He taught for more than 30 years at the University of Waterloo and was an inspiring professor and a valued mentor to countless graduate students. His research and teachings brought great insight into topics such as team

cohesion and aggression and violence in sport with both professional and amateur athletes.

As stated by Rainer Martens (Neil's dissertation advisor at the University of Illinois), "It has been a joy to watch his successful career as a sport psychologist and professor at the University of Waterloo." Doc Wid would want you all to remember that attitude is everything.

NASPSPA Newsletter

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