

**Nick Galli, Ph.D.,  
Certified Mental Performance Consultant® (CMPC)**

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## EDUCATION

Ph.D., 2009	University of Utah Field of Study: Exercise and Sport Science Area of Concentration: Psychosocial Aspects of Sport Advisor: Justine J. Reel, Ph.D. Dissertation: <i>Stress-related Growth in Division I Athletes: A Mixed Methods Investigation</i>
M.S., 2005	Miami University (Ohio) Field of Study: Sport Studies Area of Concentration: Sport Behavior and Performance Advisor: Robin S. Vealey, Ph.D. Thesis: <i>Bouncing Back From Adversity: An Investigation of Resilience in Sport</i>
B.A., 2002	Sacramento State University Field of Study: Psychology

## PROFESSIONAL EXPERIENCE

September 2016 to Present	Mental Performance Consultant, U.S. Speedskating; Kearns, UT
July 2016 to Present	Assistant Professor (Lecturer), Department of Health, Kinesiology, and Recreation; University of Utah; Salt Lake City, UT
July 2014 to Present	Mental Performance Coach; Headstrong Consulting; South Jordan, UT
August 2013 to July 2016	Assistant Professor (Visiting), Department of Health Promotion and Education; University of Utah; Salt Lake City, UT
August 2011 to August 2013	Assistant Professor (Tenure Track), Department of Kinesiology; California State University, Northridge; Northridge, CA
August 2010 to August 2011	Assistant Professor (Visiting), Department of Exercise and Sport Science; University of Utah; Salt Lake City, UT

June 2009 to May 2010	Adjunct Assistant Professor, Department of Exercise and Sport Science; University of Utah; Salt Lake City, UT
June 2009 to May 2011	Assistant Professor (Lecturer), Department of Health Promotion and Education; University of Utah; Salt Lake City, UT
June 2009 to May 2010	Academic Advisor, Department of Health Promotion and Education; University of Utah; Salt Lake City, UT

## TEACHING

### COURSES TAUGHT

#### **University of Utah (Undergraduate; 2006-present)**

ESS 2500: Exploration of the Movement Sciences  
 ESS 2600: Perspectives on Sports & American Society  
 ESS 2600OL: Perspectives on Sports & American Society  
 ESS 3340: Sport Psychology  
 ESS 4780: Psychology of Injury  
 ESS 4900: Promoting Physical Activity in the Community

H EDU 1010: Healthy Lifestyles  
 H EDU 2200: Health Assessment with Anatomy & Physiology (Lab)  
 H EDU 3050OL: Community Health Issues  
 H EDU 3160: Stress Management  
 H EDU 3350: Eating Disorders and Body Image  
 H EDU 4180: Community-Based Prevention Practices in Health Promotion and Education  
 H EDU 4250: Facilitating Healthy Behavior  
 H EDU 4251: Facilitating Physical Activity and other Healthy Behavior  
 H EDU 4300: Introduction to Research and Assessment  
 H EDU 4350: Personal Resiliency

#### **University of Utah (Graduate; 2010-present)**

ESS 6760: Sociology of Sport  
 ESS 6780: Psychology of Injury  
 KINES 6700: Sport Psychology  
 KINES 6730: Applied Sport Psychology

H EDU 6020: Body Image and Eating Disorders in Special Populations  
 H EDU 6180: Community-Based Prevention Practices in Health Promotion and Education  
 H EDU 6250: Health Theories in Individual Behavior Change  
 H EDU 6260: Health Theories in Group Behavior Change  
 H EDU 6500: Grant Writing for Health-Related Disciplines

### California State University, Northridge (Undergraduate; 2011-2013)

KIN 200: Foundations of Kinesiology  
 KIN 306: Socio-Psychological Aspects of Physical Activity  
 KIN 306OL: Socio-Psychological Aspects of Physical Activity  
 KIN 310: Visualization in Sport  
 KIN 310OL: Visualization in Sport  
 KIN 407: Sport, Culture, and Society  
 KIN 409OL: Advanced Sport Psychology

### California State University, Northridge (Graduate; 2013)

KIN 606: Social Psychology of Sport

### Miami University (2003-2005)

PHS 188L: Exercise and Health Lab

### TEACHING CERTIFICATIONS

Higher Education Teaching Specialist (Since 2008)

### TEACHING PRESENTATIONS

1. Galli, N. (2018, September). Points are for games: Specifications grading as an alternative to traditional points-based evaluation in the college classroom. Lecture presented at the University of Utah College of Health Teaching Café, Salt Lake City, UT.
2. Galli, N., & Lehmbeck, J. (2016, September). *Points are for games: Specifications grading as an alternative to traditional points-based evaluation in the college classroom*. Workshop presented at the annual meeting of the Academy for Health Science Education, Salt Lake City, UT.
3. Solomon, G., **Galli, N.**, Madeson, M., & Moore, T. (2013, October). *Best of the Best: Teaching activities in exercise psychology*. Workshop presented at the annual meeting of the Association for Applied Sport Psychology, New Orleans, LA.
4. Galli, N. (2016, August; 2010, August; 2008, August). *Grading to promote learning*. Presentation at the University of Utah Annual Teaching Assistant Teaching Symposium, University of Utah, Salt Lake City, UT.
5. Galli, N. (2012, February). *Know thyself: Promoting and assessing self-learning in students*. Poster presented at the 15<sup>th</sup> annual CSU teaching symposium. Pomona, CA.
6. Mowdood, A., **Galli, N.**, & McBride, B. (2008, June). *How do a graduate student and undergraduate student create a mash-up that meets their learning objectives?* Project presented at the annual meeting of the New Media Consortium, Princeton, NJ.
7. Odahlen, B., Mowdood, A., Shaw, J., Destani, F., & **Galli, N.** (2008, April). *Strategies for a student-based introductory exercise and sport science course*. Poster presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Fort Worth, TX.

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## SCHOLARSHIP

### PEER-REVIEWED PUBLICATIONS AND INVITED BOOK CHAPTERS (\* = publication with students)

1. Voelker, D., & **Galli, N.** Eating disorders in competitive sport and dance. (2019). In Anshel, M. (Ed.), *APA Handbook of Sport and Exercise Psychology*. Washington: American Psychological Association.
2. \*McKown, H. Brusseau, T., Burns, R., & **Galli, N.** (2019). The effect of physical education teacher appearance on student physical activity. *The Physical Educator*, 76, 524-546. <https://js.sagamorepub.com/pe>
3. Galli, N., & Pagano, K. (2018). Furthering the discussion on the use of dynamical systems theory for investigating resilience in sport. *Sport, Exercise, and Performance Psychology*, 7, 351-354. doi: 10.1037/spy0000128
4. \*Hammer, C., Podlog, L., Wadey, R., **Galli, N.**, Forber-Pratt, A., & Newton, M. (2018). From core belief challenge to posttraumatic growth in para sport athletes: Moderated mediation by needs satisfaction and deliberate rumination. *Disability and Rehabilitation*, 40, 1-9. doi: 10.1080/09638288.1466203
5. \*Galli, N., Petrie, T. A., & Chatterton, J. (2017). Team weigh-ins and self-weighing: Relations to body-related perceptions, and disordered eating in collegiate male athletes. *Psychology of Sport and Exercise*, 29, 51-55. doi: 10.1016/j.psychsport.2016.12.004
6. \*Hammer, C. Podlog, L., Wadey, R., **Galli, N.**, Forber-Pratt, A., Newton, M., Hall, M., & Greviskes, L. (2017). Understanding posttraumatic growth of paratriathletes with acquired disability. *Disability and Rehabilitation*, 37, 1-9. doi: 10.1080/09638288.2017.1402961
7. \*Timm, K., Kamphoff, C., **Galli, N.**, & Gonzalez, S. P. Resilience in the aftermath of the 2013 Boston Marathon bombings. (2017). *The Sport Psychologist*, 31, 42-55. doi: 10.1123/tsp.2015-0053
8. Galli, N., Reel, J., Henderson, H., & Detling, N. (2016). An investigation of body image in athletes with physical disabilities. *The Journal of Clinical Sport Psychology*, 10, 1-18. doi: 10.1123/JCSP.2015-0018
9. Galli, N. Team resilience. (2016). In B. Smith, R. Schinke, & K. McGannon (Eds.). *International Handbook in Sport Psychology*. Routledge.
10. Gonzalez, S. P., Newton, M., Moore, E. W. G., & **Galli, N. A.** (2016). Validity and reliability of the Connor-Davidson Resilience Scale (CD-RISC) in competitive sport). *Psychology of Sport and Exercise*, 23, 31-39. doi: 10.1016/j.psychsport.2016.06.005
11. Gonzalez, S. P., Detling, N., & **Galli, N.** (2016). A scientist-practitioner's guide on resilience in sport: Theoretical background and applied targeted techniques. *Journal of Sport Psychology in Action*.
12. Reel, J. J., **Galli, N.**, Miyairi, M., Voelker, D., & Greenleaf, C. (2016). Development and validation of the Intuitive Exercise Scale. *Eating Behaviors*, 22, 129-132. doi: 10.1016/j.eatbeh.2016.06.013
13. Wadey, R. Podlog, L., **Galli, N.**, & Mellalieu, S. (2016). Stress-related growth

following sport injury: Examining the applicability of the Organismic Valuing Theory. *Scandinavian Journal of Medicine and Science in Sports*, 10, 1132-1139. doi: 10.1111/sms.12579

14. Galli, N., Petrie, T. A., Greenleaf, C., Reel, J., & Carter, J. (2015). Psychosocial predictors of drive for muscularity in male collegiate athletes. *Body Image*, 14, 2-66. doi: 10.1016/j.bodyim.2015.03.009
15. Galli, N., & Gonzalez, S. P. Psychological resilience in sport: A review of the literature and implications for practice. (2015). *International Journal of Sport and Exercise Psychology*, 13, 243-257. doi: 10.1080/1612197X.2014.946947
16. Baghurst, T., Mwavita, M., Volberding, J., Brown, T. C., Murray, S., **Galli, N.**, Parish, A., & Griffiths, S. (2014). Reevaluation of physique protection as a characteristic of muscle dysmorphia. *North American Journal of Psychology*, 16, 575-586. <http://najp.8m.com/>
17. Galli, N., Petrie, T., Greenleaf, C., Reel, J., & Carter, J. (2014). Personality and psychological predictors of eating disorder symptoms in male collegiate athletes. *Eating Behaviors*, 15, 615-618. doi: <http://dx.doi.org.ezproxy.lib.utah.edu/10.1016/j.eatbeh.2014.08.007>
18. \*Galli, N., Petrie, T. A., Reel, J. J., Chatterton, J. M., & Baghurst, T. M. (2014). Assessing the validity of the weight pressures in sport scale for male athletes. *Psychology of Men & Masculinity*, 15, 170-180. doi: <http://dx.doi.org.ezproxy.lib.utah.edu/10.1037/a0031762>
19. Petrie, T., **Galli, N.**, Greenleaf, C., Reel, J., & Carter, J. (2014). Psychosocial correlates of bulimic symptomatology among male athletes. *Psychology of Sport and Exercise*, 15, 680-687. doi: <http://dx.doi.org.ezproxy.lib.utah.edu/10.1016/j.psychsport.2013.09.002>
20. \*Reel, J. J., Harding, K., Sacra, B., Richards, D., Richardson, G., & **Galli, N.** (2013). Implementing an obesity and eating disorder prevention program among mothers and daughters in Utah. *Utah's Health: An Annual Review*.
21. \*Nielsen, H. E., Reel, J. J., **Galli, N. A.**, Crookston, B. T., & Miyairi, M. (2013). Body image and westernization trends among Japanese adolescents. *The Health Educator*, 45, 4-10.
22. Galli, N., & Reel, J.J. (2012a). Can good really come from bad? A descriptive study of adversarial growth in Division I NCAA athletes. *Journal of Intercollegiate Sport*.
23. Galli, N., & Reel, J.J. (2012b). "It was hard, but it was good": Exploring stress-related growth in Division I athletes. *Qualitative Research in Sport, Exercise, and Health*, 4, 1-23.
24. Reel, J. J., & **Galli, N.** (2012). Eating disorders in athletes. In D. Tod & D. Lavallee (Eds.), *The Psychology of Strength Training and Conditioning: International Perspectives* (pp. 173- 193). Routledge.
25. Galli, N., Reel, J. J., Petrie, T. P., Greenleaf, C., & Carter, J. (2011). Preliminary development and validation of the weight pressures in sport scale for male athletes. *Journal of Sport Behavior*, 34.

26. Galli, N., & Reel, J. J. (2009). Adonis or Hephaestus? Exploring body image in male athletes. *Psychology of Men and Masculinity*, 10, 95-108.
27. Galli, N., & Vealey, R. S. (2008). "Bouncing back" from adversity: Athletes' resilience experiences. *The Sport Psychologist*, 22, 316-335.
28. Reel, J.J. & **Galli, N.** (2006). Should coaches serve as the "weight police" for athletes? *Journal of Physical Education, Recreation, and Dance*, 77, 6-7, 55.

## IN PRESS

29. Hammer, C., Podlog, L., Wadey, R., Newton, M., **Galli, N.**, & Forber-Pratt, A. Cognitive processing following acquired disability for para sport athletes: a serial mediation model. *Disability and Rehabilitation*.

## SUBMITTED/UNDER REVIEW

1. \*Hall, M. S., Podlog, L., Newton, M., **Galli, N.**, Butner, J., Greviskes, L., & Hammer, C. Patient and practitioner perspectives of psychological need support in physical therapy. Submitted to *Rehabilitation Psychology*.

## OTHER PUBLICATIONS

1. Brandt, T., Doerr, C., **Galli, N.**, & Bonura, K. (2015). *Emotion management training for athletes*. An informational document on behalf of Division 47 of the American Psychological Association.
2. Galli, N. *Sport does not build character*. (2015). In J. J. Reel (Ed.), *Working out: The psychology of sport and exercise*. Broomfield, CO: ABC-CLIO/Greenwood Press.
3. Hall, M., Newland, A., **Galli, N.**, & Visek, A. J. (2015). *Moral and character development*. An informational document on behalf of Division 47 of the American Psychological Association. <http://www.apadivisions.org/division-47/publications/goal-setting.pdf>
4. Maaranen-Hicks, A., Foss, J., **Galli, N.**, & Visek, A. (2015). *Eating disorders in sport*. An informational document on behalf of Division 47 of the American Psychological Association. <http://www.apadivisions.org/division-47/publications/eating-disorders.pdf>
5. Galli, N., Visek, A. J., Durham, W., & Zeplin, S. (2014). *Goal setting*. An informational document on behalf of Division 47 of the American Psychological Association. <http://www.apadivisions.org/division-47/publications/goal-setting.pdf>
6. Zeplin, S., **Galli, N.**, Visek, A., Durham, W., & Staples, J. (2014). *Concentration and attention in sport*. An informational document on behalf of Division 47 of the American Psychological Association. <http://www.apadivisions.org/division-47/publications/concentration-and-attention.pdf>
7. Galli, N. *Bigorexia*. (2013). Encyclopedia for Causes, Treatment and Prevention of Eating Disorders. Broomfield, CO: ABC-CLIO/Greenwood Press.
8. Galli, N. *Body alienation*. (2013). Encyclopedia for Causes, Treatment and Prevention of Eating Disorders. Broomfield, CO: ABC-CLIO/Greenwood Press.
9. Galli, N. *Body image in males*. (2013). Encyclopedia for Causes, Treatment and Prevention of Eating Disorders. Broomfield, CO: ABC-CLIO/Greenwood Press.

10. Galli, N. *Drive for muscularity*. (2013). Encyclopedia for Causes, Treatment and Prevention of Eating Disorders. Broomfield, CO: ABC-CLIO/Greenwood Press.
11. Galli, N. *Resiliency and body image*. (2013). Encyclopedia for Causes, Treatment and Prevention of Eating Disorders. Broomfield, CO: ABC-CLIO/Greenwood Press.
12. Galli, N., Visek, A. J., Hamson-Utley, J., Durham, W., Staples, J., & Zeplin, S. (2013). An informational document on behalf of Division 47 of the American Psychological Association. <http://www.apadivisions.org/division-47/publications/injury-and-rehabilitation.pdf>
13. Galli, N. *Improved Coaching Through Emotional Intelligence*. (2008). Informational article for the Association for Applied Sport Psychology website.
14. Galli, N. *Signs of Body Image Disturbance, Disordered Eating, and Eating Disorders in Physically Active Adolescents*. (2008). Informational article for the Association for Applied Sport Psychology website.
15. Galli, N. *Thriving Through Sport Injury*. (2008). Informational article for the Association for Applied Sport Psychology website.
16. Galli, N. *Tips for Undergraduate Students Interested in a Career in Sport and Exercise Psychology*. (2008). Informational article for the Association for Applied Sport Psychology website. <http://www.appliedsportpsych.org/resource-center/professional-resources-for-sport-and-exercise-psychology/tips-for-undergraduate-students/>
17. Galli, N. (2003). Review of the book *Creative coaching: New ways to maximize athlete and team potential in all sports*. *The Sport Psychologist*, 17, 120-121.

## PUBLISHED CONFERENCE ABSTRACTS

1. Galli, N., Podlog, L., Wadey, R., Mellalieu, S., & Hall, M. (2013). Need satisfaction, affect, and stress- related growth following sport injury: A mediation analysis. *Proceedings of the North American Society for the Psychology of Sport and Physical Activity*, 35, S86.
2. Parise, C., **Galli, N.**, & Trager, I. (2010). Do older adults need past experience with exercise to have exercise self-efficacy? *Proceedings of the North American Society for the Psychology of Sport and Physical Activity*, 32, S205.
3. Galli, N., & Vealey, R.S. (2007). Thriving through adversity: Applying the resiliency model to high-level athletes. *Proceedings of the North American Society for the Psychology of Sport and Physical Activity*, 29, S162-S163.

## GRANTS

**Source:** National Collegiate Athletics Association (\$49,958.93)

**Submitted:** December, 2014

**Title:** *Assessing a Health Body Transition Pilot Program for NCAA Athletes*

**Role:** Principal Investigator (20% effort); **Collaboration** with Dr.'s Leslie Podlog and Justine Reel

**Outcome:** Not funded

**Source:** Craig Nielsen Foundation (\$100,000)

**Submitted:** June, 2013

**Title:** *A Comparison of Psychosocial Benefits of Kayaking and Individualized Adapted Aquatic Therapeutic Exercise for Individuals with Spinal Cord Injury*

**Role:** Co-Investigator (20% effort); **Collaboration** with Dr.'s Teri Todd, Taeyou Jung, and Ms. Jennifer O Connor

**Outcome:** Not Funded

**Source:** Association for Applied Sport Psychology Grant Competition (\$5,000)

**Submitted:** April, 2012

**Title:** *A Qualitative Examination of Body Image Disturbances among Athletes with Disabilities*

**Role:** Principal Investigator (20% effort); **Collaboration** with Dr.'s Justine Reel, Hester Henderson, and Nicole Detling of the University of Utah

**Outcome:** Funded (\$1,760)

**Source:** American Alliance for Health, Physical Education, Recreation and Dance Early Career Investigator Award (\$7,500)

**Pre-Proposal submitted:** October, 2011

**Title:** *The Development of Teacher Efficacy in Student-Instructors in a Community-Based Therapeutic Exercise Program: A Longitudinal Investigation*

**Role:** Co-Investigator (10% effort); **Collaboration** with Dr. Ashley Samson (PI)

**Outcome:** Not funded

**Source:** University of Utah College of Nursing Grant Competition (\$5,000)

**Submitted:** December, 2010; Re-submitted: April, 2011

**Role:** Co-Investigator (10% effort); **Collaboration** with Dr.'s Donna Richards and Justine Reel (Co-PIs)

**Title:** *Full of Ourselves PLUS for Families: Promoting Physical Activity, Nutrition and Body Esteem*

**Outcome:** Funded (\$5,000)

**Source:** University of Utah College of Health Research and Creative Grant Competition (\$5,000)

**Submitted:** February, 2011

**Title:** *An Exploration of Body Image in Athletes with Physical Disabilities.*

**Role:** Principal Investigator (20% effort); **Collaboration** with Dr.'s Justine Reel, Hester Henderson, and Nicole Detling

**Outcome:** Grant was scored as fundable, but not funded due to PI leaving the university.

## REFEREED RESEARCH PRESENTATIONS

1. Gonzalez, S., & Galli, N. (2018, October). Beyond the "X's and O's." How NCAA collegiate coaches define, identify, and cultivate resilience in athletes. Lecture presented at the annual meeting of the Association for Applied Sport Psychology, Toronto.
2. Pagano, K., Galli, N., Otten, M., Gonzalez, S., & Miller, J. (2018, October). Validity of the 10-item Connor-Davidson Resilience Scale for predicting performance following failure in competitive weightlifting. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Toronto.
3. Reifsteck, E., Sarkar, M., Fasczewski, K., Olusoga, P., Galli, N., Machida-Kosuga, M., & Gill, D. (2018, October). Smocks and jocks: Incorporating the scientist-practitioner model in applied sport psychology research and practice. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Toronto.
4. Tomlinson, V., Galli, N., Clement, D., & Harmison, R. (2018, October). *Applying to become a CMPC*. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Toronto.
5. McKown, H., Brusseau, T., Galli, N., & Burns, R. (2018, March). Relationship between



physical educator appearance and elementary student physical activity. Lecture presented at the annual meeting of SHAPE America, Nashville, TN.

6. Gonzalez, S. P., Detling, N., & **Galli, N.** (2017, October). *It takes a village: The role of environmental and social protective factors in developing athlete resilience*. In Fletcher, D., Sarkar, M., Haberl, P., Gould, D., Gonzalez, S., Detling, N., Galli, N., Mugford, A., & Steinfort, P. *Developing resilience: Theory to practice*. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Orlando, FL.
7. Tomlinson, V., **Galli, N.**, Clement, D., & Harmison, R. (2017, October). *Applying to become a CMPC*. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Orlando, FL.
8. Galli, N. (2016, September). *One size does NOT fit all: The influence of body weight and shape pressures on eating disorders in male and female athletes*. In Petrie, T. A., Voelker, D., Galli, N., & Nickols, R. *From prevalence to prevention: Understanding eating disorders and body image concerns among athletes*. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ.
9. Galli, N., Reel, J., Henderson, H., & Detling, N. (2016, September). *An investigation of body image in athletes with physical disabilities*. Lecture presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ.
10. Galli, N., Voelker, D., Reel, J., Miyairi, M., & Greenleaf, C. (2016, September). *Development and validation of a scale to measure intuitive exercise*. Lecture presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ.
11. Hall, M., Podlog, L., Newton, M., Greviskes, L., Hammer, C., & **Galli, N.** (2016, September). *Motivation and injury rehabilitation: Are patients' psychological needs being met?* Poster presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ.
12. Hammer, C., Podlog, L., **Galli, N.**, Wadey, R., Forber-Pratt, A., Newton, M., Greviskes, L., & Hall, H. (2016, September). *Understanding posttraumatic growth of para sport athletes with acquired disability*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ.
13. Miyairi, M., Reel, J., **Galli, N.**, Voelker, D., & Greenleaf, C. (2016, March). *What is an intuitive exercise? A new intuitive exercise scale to promote healthy exercise behavior among individuals with a variety of body types*. Poster presented at the annual meeting of the Society for Public Health Education, Charlotte, NC.
14. Nielson, H., Reel, J., **Galli, N.**, Miyairi, M., & Crookston, B. (2016, March). *Body image and westernization trends among Japanese adolescents*. Poster presented at the annual meeting of the Society for Public Health Education, Charlotte, NC.
15. Timm, K., Kamphoff, C., **Galli, N.**, & Gonzalez, S. P. *Resilience in the aftermath of the 2013 Boston Marathon bombings*. (2015, October). Poster presented at the annual meeting of the Association for Applied Sport Psychology, Indianapolis, IN.
16. Kelly, C., Samson, A., & **Galli, N.** (2015, February). *Self-efficacy in collegiate athletes during a maximum strength test*. Lecture presented at the annual Performance Psychology Conference, San Diego, CA.
17. Baxter, J., **Galli, N.**, Samson, A., & Otten, M. (2014, October). *Anxiety contagion in a collegiate volleyball team*. Lecture presented at the annual meeting of the Association for Applied Sport Psychology, Las Vegas, NV.
18. Madeson, M., Solomon, G., **Galli, N.**, & Reel, J. (2014, October). *Mindfulness techniques:*

*Health and performance benefits in exercise and sport.* Workshop presented at the annual meeting of the Association for Applied Sport Psychology, Las Vegas, NV.

19. Sachs, M., Van Raalte, J., Kerulis, M., Butcher-Poffley, L., **Galli, N.**, Kamphoff, C., & Poczwadowski, A. (2014, October). *Coalition for the Advancement of graduate training in the practice of sport psychology phase II: CC-AASP pathway.* In Silva, J, Poczwadowski, A., Carr, B., Castillo, S., Cohen, A., Sachs, M. . . & Vosloo, J. Coalition for the advancement of graduate training in the practice of sport psychology: A report and discussion. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Las Vegas, NV.
20. Galli, N. (2014, May). *Gaining strength through adversity: The science and practice of stress-related growth.* Lecture presented at the annual Integrative Health Conference, Salt Lake City, UT.
21. Galli, N., Petrie, T., Reel, J., Greenleaf, C., & Carter, J. (2013, October). *Personality and psychological correlates of disordered eating in male collegiate athletes.* Poster presented at the annual meeting of the Association for Applied Sport Psychology, New Orleans, LA.
22. Galli, N., Podlog, L., Wadey, R., Mellalieu, & Hall, M. (2013, June). *Need satisfaction, affect, and stress-related growth following sport injury: A mediation analysis.* Lecture presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, New Orleans, LA.
23. Gonzalez, S., Galli, N., Detling, N., & Barbagaleta, G. (2013, October). *A scientist-practitioner's workshop on psychological resilience: Theoretical background and targeted applied techniques.* Workshop presented at the annual meeting of the Association for Applied Sport Psychology, New Orleans, LA.
24. Sachs, M., Butcher-Poffley, L., **Galli, N.**, & Vosloo, J. (2013, October). *Coalition for the Advancement of graduate training in the practice of sport psychology: CC-AASP pathway.* In Silva, J., Poczwadowski, A., Carr, B., Castillo, S., Cohen, A., Sachs, M. . . & Vosloo, J. *Coalition for the advancement of graduate training in the practice of sport psychology: A report and discussion.* Symposium presented at the annual meeting of the Association for Applied Sport Psychology, New Orleans, LA.
25. Forster-Scott, L., Butcher-Poffley, L., Withycombe, J., **Galli, N.**, & Johnson, A. (2012, October). *Issues of identity, "privilege" and fostering cultural competence in sport settings.* Workshop presented at the annual meeting of the Association for Applied Sport Psychology, Atlanta, GA.
26. Galli, N., Reel, J. J., Petrie, T., Chatterton, J., & Baghurst, T. (2012, October). *Further examination of the psychometric properties of the Weight Pressures in Sport Scale for Male Athletes.* Poster presented at the annual meeting of the Association for Applied Sport Psychology, Atlanta, GA.
27. Goh, T. L., Hannon, J. C., Webster, C. A., Newton, M., & **Galli, N.** (2012, March). *Preservice classroom teachers as agents of change in schools.* Paper presented at the annual meeting of the Association of the American Alliance for Health, Physical Education, Recreation and Dance, Boston, MA.
28. Summerhays, J. F., Richardson, G., Stewart, A., & **Galli, N.** (2012, March). *Preventing overweight and obesity: Blue ocean community strategy part IV.* Paper presented at the annual meeting of the Association of the American Alliance for Health, Physical Education, Recreation and Dance, Boston, MA.
29. Galli, N. (2010, October). *"It was hard, but it was good." Stress-related growth in Division I athletes.* In Machida, M., Galli, N., Irwin, B., & Danish, S. *Resilience in sport psychology:*

*Research to practice.* Symposium conducted at the annual meeting of the Association for Applied Sport Psychology, Providence, RI.

30. Parise, C., **Galli, N.**, & Trager, I. (2010, July). Do older adults need past experience with exercise to have exercise self-efficacy? Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
31. Galli, N., & Reel, J.J. (2009, September). *Bigger, stronger, faster: A qualitative exploration of body image in high-level male athletes.* Paper presented at the annual meeting of the Association for Applied Sport Psychology, Salt Lake City, UT.
32. Galli, N. (2009, April). *Sexism and heterosexism of body image.* In Reel, J.J., Rhea, D., Galli, N., Bucciare, R., & SooHoo, S. *Breaking body image and eating disorder stereotypes: Educate diverse groups.* Workshop presented at the annual meeting of the Association of the American Alliance for Health, Physical Education, Recreation and Dance. Tampa, FL.
33. Galli, N. (2007, October). *"Bouncing back from adversity: Athletes' experiences of resilience.* In Galli, N., Vealey, R.S. & Machida, M. *Struggling well, bouncing back, gaining strength: What theory and research tell us about resilience in sport.* Symposium conducted at the annual meeting of the Association for Applied Sport Psychology, Louisville, KY.
34. Galli, N., & Vealey, R.S. (2007, June). *Thriving through adversity: Applying the resiliency model to high-level athletes.* Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
35. Chase, M.A., **Galli, N.**, & Mellus, K., Marker, A., Pappas, G., Ronayne, R. (2004, October). *Coaching efficacy and the acquired or innate ability to coach at the collegiate level.* Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN.
36. Chase, M.A., Vealey, R., Evers, J., **Galli, N.** Klug, J., Reichert, K., Reinknecht, P., & DeCello, M. (2006, April). *What's in it for me? An intervention to increase physical activity levels among adolescents in physical education.* Poster presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Salt Lake City, UT.
37. Newton, M., Destani, F., Odahlen, B., **Galli, N.**, & Watson, D. (2006, April). *Caring about physical activity: Why caring matters and how to integrate caring into physical activity and physical education settings.* Symposium conducted at the annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Salt Lake City, UT.
38. Vealey, R.S., Chase, M.A., Magyar, M., Balague, I., & **Galli, N.** (2004, October). *Sources of self-confidence in female athletes: A social developmental perspective.* Symposium presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN.
39. Galli, N. (2003, October). *The process of instrument construction.* In Solomon, G.B., Becker, A.J., Galli, N., Smith, M.S. & Rhea, D.J. *The assessment of athletic ability in intercollegiate sport.* Symposium conducted at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Philadelphia.
40. Vealey, R. S., & **Galli, N.** (2003, October). *Developing and using measurement tools in applied sport psychology: The How, what, and why rules.* In Gardner, F.L., Anshel, M.H., Vealey, R.S., Tenenbaum, G., & Galli, N. *Assessment in applied sport psychology: A guide for practice and research.* Symposium conducted at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Philadelphia.

41. Galli, N., & Parrott, G.L. (2002, August). *Psychological and behavioral factors in predicting endurance performance*. Poster presented at the annual meeting of the American Psychological Association, Chicago.
42. Galli, N., & Parrott, G.L. (2001, May). *Gender differences in attitudes toward competition*. Paper presented at the annual meeting of the Western Psychological Association, Maui, HI.

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## HONORS AND AWARDS

University of Utah College of Health Distinguished Teacher Award, 2017

APA Division 47 Early Career Professional Award, 2016

AASP Dorothy V. Harris Memorial Award, 2015

Most Influential Teacher (as voted by undergraduate students in the Department of Health Promotion and Education), 2013 - 2014

AASP Distinguished Dissertation Award, 2010

University of Utah Bronson Oakes Research Fellowship, 2008 - 2009

AASP Distinguished Master's Thesis Award, 2006

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## SERVICE

### DEPARTMENT-LEVEL SERVICE

#### University of Utah

Department of Health, Kinesiology, and Recreation Career Line Faculty Retention and Promotion Committee, 2017-2018

Department of Health, Kinesiology, and Recreation Faculty Search Committee, 2017

Co-Faculty Advisor, Eta Phi Epsilon (Health Promotion and Education Honor Society), 2016 - present

Department of Health, Kinesiology, and Recreation Research Committee, 2016 - present

Department of Health, Kinesiology, and Recreation Chair Search Committee, 2015 - 2016

Department of Exercise and Sport Science Faculty Search Committee (Spousal Hire), 2015

Department of Health Promotion and Education Undergraduate Curriculum Committee, Fall 2009 – Spring 2010; Fall 2013 – present.

Department of Health Promotion and Education Graduate Committee, Fall 2013 – present.

Department of Exercise and Sport Science Faculty Search Committee (Pedagogy), 2010 – 2011

Department of Exercise and Sport Science Graduate Scholarship  
Committee, Spring 2011

### **California State University, Northridge**

Kinesiology Curriculum Committee, Fall 2012 – Spring 2013

Sport Studies Undergraduate Option Development Committee, Fall 2011 –  
Spring 2013 Graduation Reception Committee, CSUN, Spring 2012 – Spring  
2013

## **COLLEGE-LEVEL SERVICE**

### **University of Utah**

Faculty Advisor, Students Promoting Eating Disorder Awareness and  
Knowledge, Fall 2014 – Spring 2016

College of Health Research Committee, 2014 – 2016

College of Health Realignment Task Force, Fall 2014

College of Health Computer Committee, 2009 – 2010

### **California State University, Northridge**

College of Health and Human Development General Education Committee, Fall  
2012 – Spring 2013

## **UNIVERSITY-LEVEL SERVICE**

### **University of Utah**

Academy of Health Science Educators Small Teaching Grant Committee, 2018 - present

Healthi4U Student Health Video Competition Judge, 2015 - 2018

Service Learning Advisory Committee, 2010 - 2011

### **California State University, Northridge**

Intercollegiate Athletics Advisory Council, Fall 2012 - Spring 2013

Freshman Connection Program, Fall 2012

Online Faculty Discussion Facilitator, Fall 2011

## **GRADUATE STUDENT COMMITTEES**

### **Doctoral**

**Completed**

1. Shae Ashby - *Midlife women recovering from depression: A grounded theory* (committee member; 2012 – Spring 2014)
2. Bradden Blair – *Examining online support groups for extremely rare diseases* (committee member; 2013 – Spring 2015)
3. Mike Ditolla – *A qualitative investigation of resilience in emergency service workers* (committee member; 2013 – Spring 2017)
4. Joaquin Fenollar - *Gratitude and expressive writing: Promoting physical activity and healthy lifestyles from within* (committee member; 2010 - 2011)
5. Allison Godbe – *Children's school commuting practices* (committee member; 2014 – 2018)
6. Morgan Hall – *Creating an observational tool to measure motivational climate in physical therapy service delivery* (committee member; 2013 – present)
7. Chris Hammer – *Stress-related growth in Paralympic athletes* (committee member; 2013 – 2017)
8. Juliann Jepsen – *Resilient body image in veterans with disabilities* (committee member; 2013 – 2016)
9. Elizabeth Koyle – *Using a smart phone exercise application to increase self-efficacy and physical activity in college students* (committee member; 2010 – 2013)
10. Maya Miyairi - *Combating "weightism" and bullying* (committee member; 2010 - 2013)
11. Ryan Sharp – *Resilience training in a worksite setting* (committee member; Spring 2015 – Spring 2017)
12. Ursula Sorenson – *Mindful walking and well-being* (committee member; Spring 2015- Fall 2017)
13. Allison Stewart - *A mixed-methods study comparing two non-diet health education programs* (committee member; 2013 – Spring 2015)

### **In Progress**

1. Jonathan Anderson – *Healthy weight management program* (committee member; 2013 – present)
2. Brittany Badger – *An examination of food deserts in Salt Lake City* (committee member; 2013 – present)
3. Megan Dubois – *Physical activity and nutrition policies in Utah schools* (**committee chair**; Spring 2015 – present)
4. Katherine Leavett – *Performance anxiety in music performance* (committee member; 2017 - present)
5. Geoff Loomis – *Development of a resilience measurement* (committee

member; 2017 – present)

6. Katherine Pagano – *Social comparison and body image in college men* (**committee chair**, 2016 – present)

## Master's (thesis)

### Completed

1. Ashley Crawford – *Perfectionism and mental performance skills and strategies in three day event equestrians* (committee member; 2010 - 2011)
1. Olivia Gerrard – *Body image and resiliency among college students* (**committee chair**; 2017 – 2018)
2. Mariko Iwabuchi – *Flow-state of shy athletes and dancers* (committee member; 2011 - 2012)
3. Chelsea Kelly – *Self-efficacy in athletes during a maximum strength test* (committee member; 2012 – 2014).
4. Casey Mapp - *The affective impact of self-efficacy during and after exercise across racial boundaries* (committee member; 2013)
5. Haley McKown - *The effect of physical education teacher appearance on student physical activity.* (committee member; 2015-2017)
6. Stefanee Maurice - *Playing to win: A look into the motivations of athletes* (committee member; 2012 – 2013)
7. Sehvan Sherikian - *Dribble, bend your knees, shoot: The effect of a pre-shot routine on basketball free throw performance under pressure* (committee member; 2011 - 2012)
8. Andrea Stark – *Body esteem and motivational climate in adolescent dancers* (committee member; 2009 – 2010)
9. Kelsey Timm - *Resilience in the aftermath of the 2013 Boston Marathon bombings* (committee member; 2013 – 2014)

### In Progress

1. Brandon Campbell – *Self-compassion and perfectionism in college musicians* (committee member; 2018 – 2019)
2. Ali Houghten – *Leadership and cohesion in high school soccer* (committee member; 2017 – 2018)
3. Ace Seljaas – *Sport specialization in high school athletes* (committee member; 2017 – 2018)

## Master's (non-thesis projects)

### Completed

1. Sumer Addy – *Mental skills with musicians* (**committee chair**,

2010 - 2011)

2. Shayla Archer – *A social support group for injured collegiate athletes* (**committee chair**; 2017 – 2018)
3. Carlie Ashcraft & Rachel Lacy – *Full of Ourselves PLUS* (committee member; 2009 -2010)
4. Carlos Barbagaleta – *Body image disturbances among university males* (committee member; 2012 – Spring 2014)
5. Gino Barbagaleta – *The effect of self-talk on Crossfit performance* (committee member; Spring 2015 – Spring 2016)
6. Jeff Baxter - *Pre-game anxiety contagion in male volleyball players* (**committee chair**; 2012 – 2014)
7. Bergen Beck – *Spirituality and performance in public and private high school swimming teams* (committee member; 2009 - 2010)
8. Raven Berman – *Athlete health transition* (committee chair; 2017 - 2018)
9. Amanda Bishop – *Diet and exercise in Polynesian adults* (committee member; Spring 2016 – Spring 2017)
10. Tiffany Brinton – *Mindfulness for asthma caregivers* (committee member; 2017-2018)
11. Leah Carroll – *Wellness program for a business services building* (committee member; Spring 2016 – Spring 2017)
12. Rebecca Clyde – *Changes to body image and exercise behavior across a semester in adults enrolled in fitness classes* (committee member; Spring 2015 – Spring 2016)
13. Chelsea Collins – *Emotion regulation in adolescent girls* (committee member; Fall 2015 – Spring 2017)
14. Monica Dolan – *Creating an app to promote mindful exercise* (committee member; 2013 – 2013)
15. Emma Drew – *The effect of a body image enhancement program on body image and dietary supplement attitudes in postpartum women* (**committee chair**; Fall 2015 – Spring 2017)
16. Coryne Farnsworth – *Using exercise as an adjunct for the treatment of OCD* (committee member; 2017 – 2018)
17. Nakana Fletcher – *Effectiveness of a school-based nutrition program for Polynesian high school students* (committee member; 2017 – 2018)
18. Travis Flitton – *A mental skills training program with youth gymnasts* (committee member; 2017 – 2017)
19. Adam Fry – *Examining the relationship between grit and performance in collegiate football players* (committee chair; 2017 – 2018)



20. Cara Grenny - *Creating an app to promote positive body image* (committee member; 2013 – Spring 2014)
21. Jody Hanson – *The effect of a Health at Every Size intervention on body image in young adult women* (committee member; Spring 2015 – Spring 2016)
22. Katie Harker – *Gratitude journaling in a high school basketball team* (committee member; 2017 – 2018)
23. Niloufar Jabbari - *Social support provided by coaches to injured athletes* (**committee chair**; 2013 – Fall 2014)
24. Tiffany Jaeger – *Stress Management for Residence Life Staff* (committee member; Fall 2015 – Fall 2016)
25. Daniel James – *Wellness intervention for the deaf culture* (committee member; Spring 2016 – Spring 2017)
26. Jeremy LaPan – *A mental skills training program for collegiate football kickers* (committee chair; 2017 – 2018)
27. Taylor Lynch – *Exploring perceptions of fear in high-risk sport athletes* (committee member; 2017 – 2018)
28. Stephanie Madrigal – *A resilience-based stress management program for college women* (committee member; 2017 – 2018)
29. Craig Merkley – *A resilience training program for collegiate track athletes* (committee member; 2017 – 2018)
30. Nathan Last – *The influence of a team slogan on cohesion in a high school lacrosse Team* (committee member; 2014 – Spring 2015)
31. Michelle Lodwick – *Developing a leadership summit for Vasa Fitness* (committee member; Fall 2016 – Summer 2017)
32. Jessica McLamb & Clarissa Stebbing – *Effect of a healthy eating intervention on college students' knowledge and self-efficacy* (**committee chair**; 2014 – Spring 2015)
33. Hailey Nielsen - *Body image and western trends among adolescents in Okinawa, Japan: Beyond the "Hattou Shin" ideal* (committee member, 2010 - 2011)
34. Esther Okang – *Parental and peer influences on body image* (**committee chair**; 2014 – present)
35. Cassandra Padgett – *Efficacy of a worksite wellness program for promoting intentions to eat healthy and be physically active* (**committee chair**; Summer 2015 – Fall 2016)
36. Deveree Partridge – *Examining the efficacy of a 6-week pedometer-based walking program* (committee member; 2009 - 2011)
37. Ashley Rencher – *An examination of the reversal theory as an explanation for aggression in rugby players* (committee member; 2014 –

Spring 2015)

38. Joy Stearns – *A resilience enhancing program for firefighters* (committee member; Spring 2015 – Fall 2016)
39. Tawnya Stewart – *Evaluation of an online social support group for bodybuilders* (committee member; Spring 2017 - Summer 2017)

### **In Progress**

1. Baylie Divino – *Quality of life in seniors* (**committee chair**; Spring 2018 – Spring 2019)
2. Josianne DuBois – *Teaching community members to read food labels* (committee member; 2017 – current)
3. Princesse Desrose – *A yoga-based stress management program for women with cancer* (committee member; 2017 – current)
4. Mariah Johnston – *Development of a web-based wellness coaching program* (**committee chair**; 2017 – current)
5. Alicia Reynolds – *Mindfulness intervention for eating disorder treatment center staff* (committee member; Spring 2018 – Spring 2019)

### **Undergraduate Service and Research Projects**

#### **Completed**

1. Brayden Lundquist - *Patient perceptions of eye disease and treatment in Bihar, India*; Unite for Sight (faculty sponsor; 2010-2011)
2. Morgan Marietti – *Implementation of fitness and nutrition program for girls in Utah 4-H* (committee member, 2010-2011)
3. Mark Shahata – *Increasing the availability of locally grown fresh fruits and vegetables on campus* (faculty sponsor; 2015 – 2016)

### **INVITED SERVICE PRESENTATIONS**

1. Galli, N. (2017, March). *The forgotten half: Body image and disordered eating in boys and men*. Presentation at the Idaho State University Positive Body Image Symposium, Pocatello, ID.
2. Galli, N. (2017, March). *Whatever it takes: Body image, weight pressures, and disordered eating in athletes*. Presentation at the Idaho State University Positive Body Image Symposium, Pocatello, ID.
3. Galli, N. (2017, March). *Psychosocial aspects of Relative Energy Deficiency in Sport*. Presentation at the University of Utah Female Athlete Health Conference, Park City, UT.
4. Galli, N. (2017, February). *Handling failure*. Presentation at the Lehi Girl's Basketball Team Banquet, Lehi, UT.
5. Galli, N. (2015, November). *Introduction to the career of sport psychology*. Presentation at the 2015 Northridge High School Career Fair, Layton, UT.
6. Galli, N. (2015, June). *Introduction to mental skills*. Presentation for a sports medicine

class at Park City Winter Sports School, Park City, UT.

7. Galli, N. (2014, May). *Gaining strength through adversity: The science and practice of stress-related growth*. Presentation at the Annual Integrative Health Conference, Salt Lake City, UT.
8. Galli, N. (2010, May). *Tips for a successful academic job interview*. Panel discussion at the Center for Teaching and Learning Excellence, University of Utah, Salt Lake City, UT.
9. Galli, N. (2009, December). *Promoting growth through athletic injury*. Presentation at the Annual Conference of the Rocky Mountain Athletic Trainer's Association, Brigham Young University, Provo, UT.
10. Galli, N. (2006, October). *Mental Health Issues and Exercise*. Presentation at the Utah Worksite Wellness Conference, Salt Lake Community College, Salt Lake City, UT.

## **CURRENT PROFESSIONAL MEMBERSHIPS**

University of Utah Academy of Health Science Educators, 2014 - present

American Psychological Association (APA) Division 47 Professional Affiliate, 2011 - present

Association for Applied Sport Psychology, 2000 – present

### **Professional Organization Committees**

AASP Certification Council Committee, 2017 - present

AASP Dissertation Award Review Committee, 2016 - present

AASP Research Development Committee (Chair), 2016 – 2018

AASP Dissertation Award Review Committee, 2016 – present

APA Division 47 Cornerstone Committee (Chair), 2016 – 2017

APA Division 47 Science Committee, 2011 – 2015 (Member); 2015 – 2016 (Chair)

AASP Graduate Program Committee. 2015 – 2016

AASP Hospitality Committee (Chair), 2011 – 2014

AASP Diversity Committee, 2010 – 2014

AASP Committee on Student Development, 2009 – 2012

### **Elected Positions**

AASP Certification Council Vice-Chair, 2018 - present

AASP Executive Board Co-Student Representative, 2008-2009

## **EDITORIAL AND REVIEWER RESPONSIBILITIES**

### **Editorial Boards/Leadership Positions**

*Journal of Clinical Sport Psychology* (Editorial Board, 2018 – present)

*APA Division 47 SportPsych Works (Coordinator, 2013 – 2015)*

### **Invited Reviewer (since 2009)**

*AASP Eating Disorder Detection and Referral Guide for Certified Consultants*

*Eating Behaviors*

*International Journal of Men's Health*

*International Journal of Sport and Exercise Psychology*

*International Review of Sport and Exercise Psychology*

*Journal of Applied Sport Psychology*

*Journal of Clinical Sport Psychology*

*Journal of Sport and Exercise Psychology*

*Psychology of Sport and Exercise*

*Qualitative Research in Sport, Exercise, and Health*

*Research Quarterly for Exercise and Sport*

*Scandinavian Journal of Medicine and Science in Sports*

*Small Group Research*

### **Grants**

SPEAK Student Research Grant Award (2010, 2012)

University of Utah College of Health Research and Creative Grant Competition (2010, 2015)

### **Conference Abstracts**

AASP conference (2008 – 2014)

APA Division 47 (2012 – 2017)

## **PROFESSIONAL CERTIFICATIONS**

Certified Mental Performance Consultant (CMPC) – Certification #422

## **MEDIA EXPOSURE**

*Real Sports with Bryant Gumbel* (December 2018). Interviewed for a piece on eating disorders in male athletes.

*KSL 10:00 News*. (February 2018). Interviewed for an on-screen piece on mental coaching at the Olympics.

*The Scope: University of Utah Health Sciences Radio*. (December 2017). Interviewed for a story on managing eating disorders over the holidays.

*Runner's World*. (June 2017). Interviewed for a story on controlling anxiety prior to

performance.

*The Scope: University of Utah Health Sciences Radio.* (January 2017). Interviewed for a story on sticking to health-related New Year's resolutions.

*U.S. News & World Report.* (October 2015). Interviewed for a story on psychological strategies to push through a workout or race.

*Sporting Kid Magazine.* (Fall 2014). Served as an expert respondent for a parent's question regarding coaching youth athletes.

*The Scope: University of Utah Health Sciences Radio.* (May 2014). Interviewed for a story on disordered eating.

*Men's Health.* (Fall 2012). Interviewed for a story on mental skills for exercise.

*On Point.* (March 2012). Panel member for a television segment on stress in college students.

*Runner's World.* (March 2010). Interviewed for a story on the psychology of injury in runners.

KSL.com. (July 2008). Interviewed for story on the impact of fitness magazines on men's body image.