

# CURRICULUM VITA: VICKI EBBECK

## Address Information

College of Public Health and Human Sciences  
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Oregon State University  
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## Educational History

University of Oregon; Eugene, OR  
Doctor of Philosophy degree; August, 1990  
Physical Education and Human Movement Studies (social psychology of sport and exercise)

University of Oregon; Eugene, OR  
Master of Science degree; December, 1986  
Physical Education and Human Movement Studies (social psychology of sport and exercise)

Catholic College of Education; Sydney, Australia  
Bachelor of Education degree; November, 1984  
Physical Education

Catholic College of Education; Sydney, Australia  
Diploma in Teaching degree; November, 1981  
Physical Education and History

## Professional History

- 1996-present Associate Professor; Department of Kinesiology (formerly Exercise and Sport Science), Oregon State University  
(sport and exercise psychology)
- 1990-1996 Assistant Professor; Department of Exercise and Sport Science, Oregon State University  
(sport and exercise psychology)
- 1985-1990 Graduate Teaching and Research Assistant; Department of Physical Education and Human Movement Studies and Department of School and Community Health, University of Oregon  
(sport and exercise psychology, computer statistics, physical activities)
- 1982-1985 Secondary School Teacher; Loreto College, Australia  
(physical education, history)

## Administrative Experience

Interim Associate Dean for Student Success; College of Public Health and Human Sciences; Oregon State University, Corvallis, OR; 2015-present  
Graduate Coordinator, Exercise and Sport Science Program; Oregon State University, Corvallis, OR; 1998-2003, 2011-2015  
Associate Director, Children's Summer Sports Program; University of Oregon, Eugene, OR; 1988-1992  
Activity Coordinator, Service Physical Education Program; University of Oregon, Eugene, OR; 1987-1990

ScholarshipResearch Publications (refereed)

- Rogers, K.A., & Ebbeck, V. (in press). Experiences among women with shame and self-compassion in cardio-based exercise classes. *Qualitative Research in Sport, Exercise and Health*.
- Waldron, A., & Ebbeck, V. (2015). The relationship of mindfulness and self-compassion to desired wildland fire leadership. *International Journal of Wildland Fire*, 24, 201-211.
- Waldron, A.L. & Ebbeck, V. (2015). "Developing wildland firefighters' performance capacity through awareness-based processes: A qualitative investigation," *Journal of Human Performance in Extreme Environments*, 12(1), Article 3. <http://dx.doi.org/10.7771/2327-2937.1059>
- Rodriguez, M. & Ebbeck, V. (2015). Implementing self-compassion strategies with female college gymnasts. *Journal of Sport Psychology in Action*, 6(1), 44-53. doi: 10.1080/21520704.2014.991052
- Watkins, P.L., Ebbeck, V., & Levy, S.S. (2014). Overcoming weight bias: promoting physical activity and psychosocial health. *Ethnicity and Inequalities in Health and Social Care*, 7(4), 187-197.
- Lewis, A., & Ebbeck, V. (2014). Mindful and self-compassionate leadership training: Preliminary discussions with wildland fire managers. *Journal of Forestry*, 112(2), 230-236. <http://dx.doi.org/10.5849/jof12.107>
- Ebbeck, V. & Fitzgerald, K.E. (2014). Bodhisattva in motion: A path to compassion through physical activity for larger women. *Women in Sport and Physical Activity Journal*, 22, 10-17. <http://dx.doi.org/10.1123/wspaj.2014-0004>
- Woekel, E., Ebbeck, V., Concepcion, R.Y., Readdy, T., Li, K-K., Lee, H., & Cardinal, B.J. (2013). Physical activity, nutrition, and self-perception changes related to university "Lifetime Fitness for Health" curricula. *The Physical Educator*, 70 (4), 374-393.
- Bathey, G.J.L., & Ebbeck, V. (2013). A qualitative exploration of an experiential education bully prevention curriculum. *Journal of Experiential Education*, 36, 203-217. doi: 10.1177/1053825913489102
- Woekel, E., & Ebbeck, V. (2013). Transitional Bodies: A Qualitative Investigation of Postpartum Body Self-Compassion. *Qualitative Research in Sport, Exercise and Health*, 5, 245-266.
- Readdy, T., & Ebbeck, V. (2013). Obsessive-compulsive disorder symptoms and their correlates: A quantitative and qualitative investigation in community-based exercisers. *Psychology of Sport & Exercise*, 14(3), 316-322.
- Readdy, T., & Ebbeck, V. (2012). Weighing in on NBC's "The Biggest Loser": Governmentality and self-concept on the scale. *Research Quarterly for Exercise and Sport*, 83, 579-586.
- Li, K.-K., Concepcion, R. Y., Lee, H., Cardinal, B. J., Ebbeck, V., Woekel, E., & Readdy, R. T. (2012). An examination of gender differences in relation to eating habits and nutrient intake of university students. *Journal of Nutrition Education and Behavior*, 44, 246-250.
- Gibbons, S.L., & Ebbeck, V. (2011). Team building through physical challenges in gender-segregated classes and student self-conceptions. *Journal of Experiential Education*, 34, 71-86.
- Gibbons, S., Ebbeck, V., Concepcion, R.Y., & Li, K-K. (2010). The impact of an experiential education program on the self-perceptions and perceived social regard of physical education students. *Journal of Sport & Exercise Psychology*, 32, 786-804.

- Ebbeck, V., Watkins, P.L., Concepcion, R.Y., Cardinal, B., & Hammermeister, J. (2009). Muscle dysmorphia and its relationship to self-concept and negative affect among college recreational athletes. *Journal of Applied Sport Psychology, 21*, 262-275.
- John, D.H., & Ebbeck, V. (2008). Gender-differentiated associations among objectified body consciousness, self-conceptions and physical activity. *Sex Roles, 59*, 623-632.
- Levy, S.S., & Ebbeck, V. (2005). The exercise and self-esteem model in adult women: The inclusion of physical acceptance. *Psychology of Sport and Exercise, 6*, 571-584.
- Concepcion, R.Y., & Ebbeck, V. (2005). Examining the physical activity experiences of survivors of domestic violence in relation to self-views. *Journal of Sport and Exercise Psychology, 27*, 197-211.
- Watkins, P.L., Ebbeck, V., & Levy, S.S. (2005). Feel Wonderful Fitness: A tailored exercise program for larger women. *Health at Every Size, 19*, 101-120.
- Ebbeck, V., Watkins, P.L., & Levy, S.S. (2004). The self-conceptions and health behaviors of larger women: Examining the mediating role of affect. *Women in Sport and Physical Activity Journal, 2*, 27-38.
- Ebbeck, V., & Gibbons, S. (2003). Predictors of domain-specific self-conceptions: Explaining the behavioral conduct of physical education students. *Research Quarterly for Exercise and Sport, 74*, 284-291.
- Whaley, D.E., & Ebbeck, V. (2002). Self-schemata and exercise identity in older adults. *Journal of Aging and Physical Activity, 10*, 245-259.
- Shaw, J.M., Ebbeck, V., & Snow, C.M. (2000). Body composition and physical self-concept in older women. *Journal of Women and Aging, 12*, 59-75.
- Ebbeck, V., & Gibbons, S.L. (1998). The effect of a team building program on the self-conceptions of Grade 6 and 7 physical education students. *Journal of Sport and Exercise Psychology, 20*, 300-310.
- Ebbeck, V., & Weiss, M.R. (1998). Determinants of children's self-esteem: An examination of perceived competence and affect in sport. *Pediatric Exercise Science, 10*, 285-298.
- Gibbons, S.L., & Ebbeck, V. (1997). The effects of different teaching strategies on the moral development of physical education students. *Journal of Teaching in Physical Education, 17*, 86-99.
- Whaley, D., & Ebbeck, V. (1997). Older adults' constraints to participation in structured exercise classes. *Journal of Aging and Physical Activity, 5*, 190-212.
- Weiss, M.R., Ebbeck, V., & Horn, T.S. (1997). Children's self-perceptions and sources of physical competence information: A cluster analysis. *Journal of Sport and Exercise Psychology, 19*, 52-70.
- Ebbeck, V., & Stuart, M.E. (1996). Predictors of self-esteem with youth basketball players. *Pediatric Exercise Science, 8*, 368-378.
- Gibbons, S.L., Ebbeck, V., & Weiss, M.R. (1995). Fair Play for Kids: Effects on the moral development of children in physical education. *Research Quarterly for Exercise and Sport, 66*, 247-255.
- Ebbeck, V., Gibbons, S.L., & Loken-Dahle, L.J. (1995). Reasons for adult participation in physical activity: An interactional approach. *International Journal of Sport Psychology, 26*, 262-275.
- Stuart, M.E., & Ebbeck, V. (1995). The influence of perceived social approval on moral development in youth sports. *Pediatric Exercise Science, 7*, 270-280.

- Ebbeck, V., & Becker, S.L. (1994). Psychosocial predictors of goal orientations in youth soccer. *Research Quarterly for Exercise and Sport*, 65, 355-362.
- Ebbeck, V. (1994). Self-perception and motivational characteristics of tennis participants: The influence of age and skill. *Journal of Applied Sport Psychology*, 6, 71-86.
- Weiss, M.R., Ebbeck, V., & Wiese-Bjornstal, D.M. (1993). Developmental and psychological factors related to children's observational learning of physical skills. *Pediatric Exercise Science*, 5, 301-317.
- Ebbeck, V., & Stuart, M.E. (1993). Who determines what's important?: Perceived competence, individual importance, and group importance as determinants of self-esteem. *Pediatric Exercise Science*, 5, 253-262.
- Weiss, M.R., Ebbeck, V., & Rose, D.J. (1992). "Show and Tell" in the gymnasium revisited: Developmental differences in modeling and verbal rehearsal effects on motor skill learning and performance. *Research Quarterly for Exercise and Sport*, 63, 292-301.
- Weiss, M.R., Barber, H., Sisley, B.L., & Ebbeck, V. (1991). Developing competence and confidence in novice women coaches: II. Perceptions of ability and affective experiences following a season-long coaching internship. *Journal of Sport and Exercise Psychology*, 13, 336-363.
- Ebbeck, V. (1990). Sources of performance information in the exercise setting. *Journal of Sport and Exercise Psychology*, 12, 56-65.
- Weiss, M.R., McAuley, E., Ebbeck, V., & Wiese, D.M. (1990). Self-esteem and causal attributions for children's physical and social competence in sport. *Journal of Sport and Exercise Psychology*, 12, 21-36.
- Sisley, B.L., Weiss, M.R., Barber, H., & Ebbeck, V. (1990). Developing competence and confidence in novice women coaches: I. Attitudes, motives, and perceptions of ability prior to and following an in-depth workshop. *Journal of Health, Physical Education, Recreation and Dance*, 61, 60-64.
- Ebbeck, V., & Weiss, M.R. (1988). The arousal performance relationship: Task characteristics and performance measures in track and field athletics. *The Sport Psychologist*, 2, 13-27.

### Book Chapters

- Timken, G, van der Mars, H., Jimenez-Silva, M., Watson, D., & Ebbeck, V. (2014). Teresa: Eleven year old female - immigrant - English language learner - multicultural competence - sport and exercise psychology - pedagogy. In K. Armour (Ed.), *Pedagogical Cases in Physical Education and Youth Sport* (Chapter 6). Oxford, England: Routledge.
- Weiss, M.R., & Ebbeck, V. (1996). Perceptions of competence and self-esteem in youth sport: Theory, research, and enhancement strategies. In O. Bar-Or (Ed.), *The encyclopedia of sports medicine, Volume V: The child and adolescent athlete*, 364-382.

### Research Presentations (refereed)

- Ebbeck, V., Souza, B., Mitchell, E., & Rogers, K. (2015, June). *Testing the relationships among self-compassion, quality of life, and physical activity for women diagnosed with breast cancer*. Poster presentation delivered at the North American Society for the Psychology of Sport and Physical Activity; Portland, OR.

- Rogers, K., & Ebbeck, V. (2015, June). *Experiences among women with shame and self-compassion in cardio-based exercise classes*. Oral presentation delivered at the North American Society for the Psychology of Sport and Physical Activity; Portland, OR.
- Souza, B. J., & Ebbeck, V. (2014, October). *Utility of concept mapping for public health professionals*. Poster session presented at the Oregon Public Health Association annual conference, Corvallis, OR.
- Waldron, A. L., & Ebbeck, V. (2014, May). *Developing wildland firefighters' leadership qualities through awareness-based processes: A qualitative investigation*. Presentation at the International Association of Wildland Fire Conference, Missoula, MT.
- Souza, B. & Ebbeck, V. (2013, October). *Weighing the evidence and ethics of obesity prevention*. Presentation delivered at the Oregon Public Health Association annual conference; Corvallis, OR.
- Mitchell, E. & Ebbeck, V. (2013, October). *Self-compassion: An application to public health*. Presentation delivered at the Oregon Public Health Association annual conference; Corvallis, OR.
- Ebbeck, V., Souza, B., & Woekel, E. (2013, October). *Examining self-compassion tailored to the context of physical activity*. Presentation delivered at the Association for the Advancement of Applied Sport Psychology annual conference; New Orleans, LA.
- Lewis, A., & Ebbeck, V. (2012, October). *Validating ideal qualities of U.S. wildland fire leaders*. Presentation delivered at the 12<sup>th</sup> International Wildland Safety Summit; Sydney, Australia.
- Lewis, A., & Ebbeck, V. (2012, October). *Exploring the relevance of mindfulness and self-compassion in wildland firefighting: Implications for the decision-making and performance of leaders*. Presentation delivered at the Association for the Advancement of Applied Sport Psychology annual conference; Atlanta, GA.
- Woekel, E., & Ebbeck, V. (2012, October). *Transitional bodies: A qualitative investigation of postpartum body self-compassion*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Atlanta, GA.
- Woekel, E., & Ebbeck, V. (2011, September). *Self-compassion in postpartum women: Affect, cognitions, and physical activity*. Presentation delivered at the Association for the Advancement of Applied Sport Psychology annual conference; Honolulu, HI.
- Ebbeck, V., Woekel, E., & Concepcion, R.Y. (2010, October). *Nurturing a self-compassionate attitude toward physical activity: A lesson from women in transition*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Providence, RI.
- Woekel, E., & Ebbeck, V. (2010, October). *Examining self-compassion in relation to physical self-worth, social physique anxiety, and exercise behavior*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Providence, RI.
- Readdy, R.T., & Ebbeck, V. (2010, October). *Weighing in on NBC's "The Biggest Loser": Surveillance medicine, self-concept, and gender on the scale*. Free communication (oral) presented at the Association for the Advancement of Applied Sport Psychology annual conference; Providence, RI.
- Watkins, P.L., Ebbeck, V., Levy, S., & Concepcion, R. (2010, February). *Health at every size: Psychosocial outcomes of a tailored exercise program for larger women*. Paper presented at the Association for Women in Psychology; Portland, OR.
- Ebbeck, V., & Fitzgerald, K. (2009, September). *Learning from overweight women about enacting self-compassion through the physical domain*. Paper presented at the Association for the Advancement of

Applied Sport Psychology annual conference; Salt Lake City, UT.

- Readdy, R. T., Woekel, E., Lee, H., Li, K-K., Concepcion, R. Y., Ebbeck, V., & Cardinal, B. J. (September, 2009). *Awareness and behavior change: A qualitative inquiry into the short-term and long-term benefits of a lifetime curricula*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Salt Lake City, UT.
- Readdy, R.T., Ebbeck, V., & Rushing, C. (2009, September). Making easy adjustments: Giving voice to community-based exercisers with elevated obsessive-compulsive disorder symptoms. Poster presented at the 24th annual conference of the Association of Applied Sport Psychology, Salt Lake City, Utah.
- Li, K-K., Concepcion, R. Y., Lee, H., Cardinal, B. J., Ebbeck, V., Readdy, R. T. & Woekel, E. (April, 2009). *Nutrition components and eating behaviors among college students*. Free communication (oral) presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Tampa, FL.
- Concepcion, R.Y., Ebbeck, V., & Li, K-K. (2008, September). *Perceived physical appearance and weight stigma consciousness: Their key precursors and relationships to health behaviors with overweight adults*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; St. Louis, MO.
- Readdy, R.T., Ebbeck, V., & Rushing, C. (2008, September). Obsessive-compulsive disorder symptoms and their correlates in community-based exercisers. Poster presented at the 23rd annual conference of the Association of Applied Sport Psychology, St. Louis, Missouri.
- Lundstedt, G.J., & Ebbeck, V. (2008, September). *Improving the psychological wellness of obese youth with experiential education*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; St. Louis, MO.
- Gibbons, S., Ebbeck, V. , & Lundstedt G.L. (2007, October). *Comparing the effectiveness of Team Building through Physical Challenges and Adventure Curriculum for Physical Education programs on the self-conceptions of middle school students*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Louisville, KY.
- John, D., & Ebbeck, V. (2006, September). *Effects of strength training exercise on psychological factors with perimenopausal women*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Miami, FL.
- Watkins, P.L., Ebbeck, V., & Levy, S.S. (2005, November). *Qualitative reports from Feel WonderFull Fitness: A tailored exercise program for larger women*. Paper presented at the Association for Behavioral and Cognitive Therapy; Chicago, IL.
- Ebbeck, V., Gibbons, S.L., Concepcion, R.Y., & Lundstedt, G.J. (2005, October). *Self-concept and social support profiles of middle school physical education students*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Vancouver, BC.
- Watkins, P.L., Ebbeck, V., Concepcion, R.Y., Cardinal, B.J., & Hammermeister, J. (2005, August). *Muscle dysmorphia among male and female recreational exercisers*. Paper presented at the International Society of Sport Psychology conference; Sydney, Australia.
- Gibbons, S.L., Ebbeck, V., & Concepcion, R.Y. (2004, October). *The impact of a team building program on self-conceptions and perceived social support with physical education students*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Minneapolis, MN.

- Concepcion, R.Y., & Ebbeck, V. (2004, October). *People journeying through transition: Examining the direction provided by the physical self*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Minneapolis, MN.
- John, D. & Ebbeck, V. (2004, June). *Objectified body consciousness: Generality and gender-differentiated associations with physical self-conceptions and physical activity behavior*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Vancouver, BC.
- John, D. & Ebbeck, V. (2004, June). *Objectified body consciousness: Effectiveness of a body consciousness-raising curriculum*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Vancouver, BC.
- Ebbeck, V., Gibbons, S.L., & Concepcion, R.Y. (2003, October). *Cluster profiles of self-conceptions and social support for physical education students*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Philadelphia, PA.
- Concepcion, R.Y., & Ebbeck, V. (2003, October). *The influence of exercise on the self-perceptions of survivors of domestic violence*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Philadelphia, PA.
- John, D., Ebbeck, V., Maddalozzo, G., & Snow, C. (2003, October). *Relationships among appraisals of control, self-conceptions, and depression with peri- and postmenopausal women*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Philadelphia, PA.
- Levy, S.S., & Ebbeck, V. (2003, April). *The influence of exercise on self-perceptions in adult women*. Paper presented at the American Alliance for Health, Physical Education, and Recreation, and Dance annual conference; Philadelphia, PA.
- Ebbeck, V., Watkins, P.L., Cardinal, B.J., & Concepcion, R.Y. (2003, March). *Muscle dysmorphia reported by recreational exercisers: Examining the role of gender and self-esteem*. Paper presented at the Society of Behavioral Medicine annual conference; Salt Lake City, UT.
- Levy, S.S., & Ebbeck, V. (2002, July). *The influence of self-perceptions on exercise behavior*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity annual conference; Seattle, WA.
- John, D., Ebbeck, V., Maddalozzo, G., & Snow, C. (2002, April). *Relationship between appraisal of control and self-conceptions with menopausal women*. Paper presented at the Society of Behavioral Medicine annual conference; Washington, DC.
- Ebbeck, V., & Rose, D.J. (2001, October). *The effect of a fall risk reduction program on the self-concept of older adults*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Orlando, FL.
- Levy, S.S., Ebbeck, V., & Watkins, P.L. (2001, March). *Effects of a tailored exercise program for larger women on self-perceptions and affect*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance annual convention; Cincinnati, OH.
- Ebbeck, V., Watkins, P.L., & Levy, S.S. (2001, March). *The self-conceptions and health behaviors of larger women: Examining the mediating role of affect*. Paper presented at the Society of Behavioral Medicine annual conference; Seattle, WA.
- Watkins, P.L., Ebbeck, V., & Levy, S.S. (2000, November). *Results of a tailored exercise program for larger women: Clinical psychological variables*. Paper presented at the Sixth International Congress of Behavioral Medicine sponsored by the International Society of Behavioral Medicine; Queensland, Australia.

- Ebbeck, V., & Levy, S.S. (2000, October). *An examination of the relationships among self-worth, affect, and exercise behavior*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Nashville, TN.
- Gibbons, S.L., & Ebbeck, V. (2000, October). *Enhancing self-conceptions with a team building program in gender segregated physical education classes*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Nashville, TN.
- Ebbeck, V., & Levy, S.S. (2000, June). *A test of the self-worth mediator model with adult exercisers*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; San Diego, CA.
- Campbell, M.L., & Ebbeck, V. (1997, September). *The effect of an imagery program on coach psychological variables*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; San Diego, CA.
- Ebbeck, V., & Whaley, D.E. (1996, October). *Self-schemata and older adult exercisers*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Williamsburg, VA.
- Whaley, D.E., & Ebbeck, V. (1996, June). *Constraints to exercise in a select group of older adults*. Paper presented at the Joint Conference of the North American Society for the Psychology of Sport and Physical Activity and the Canadian Society for Psychomotor Learning and Sport Psychology; Ontario, Canada.
- Campbell, M.L., & Ebbeck, V. (1996, May). *The effect of an imagery program on coach psychological variables*. Paper presented at the Northwest Student Sport and Exercise Psychology Symposium; Eugene, OR.
- Whaley, D.E., & Ebbeck, V. (1996, March). *The relationship between physical self-perceptions and activity participation*. Paper presented at the International Congress of Behavioral Medicine conference; Washington, D.C.
- Stuart, M.E., & Ebbeck, V. (1995, September). *Issues of right and wrong in youth sport: The player's perspective*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; New Orleans, LA.
- Ebbeck, V., & Gibbons, S.L. (1995, June). *Enhancing children's self-conceptions*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Monterey, CA.
- Ebbeck, V. (1994, October). *Perceived attractiveness and social physique anxiety as determinants of self-esteem*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Lake Tahoe, NV.
- Ebbeck, V., & Gibbons, S.L. (1994, August). *The influence of moral functioning in physical education on perceived behavioral conduct*. Paper presented at the American Psychological Association annual convention; Los Angeles, CA.
- Gibbons, S.L., & Ebbeck, V. (1994, June). *The effect of an intervention program on the moral development of physical education students*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Clearwater Beach, FL.
- Stuart, M.E., & Ebbeck, V. (1994, June). *The influence of perceived social approval on moral functioning in youth sports*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Clearwater Beach, FL.



- Ebbeck, V., & Becker, S.L. (1994, April). *Antecedents of goal orientations in youth soccer*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance annual convention; Denver, CO.
- Ebbeck, V., & Stuart, M.E. (1993, October). *Strategies for increasing motivation in physical education*. Paper presented at the Oregon Alliance of Health, Physical Education, Recreation, and Dance annual conference; Salem, OR.
- Gibbons, S.L., Ebbeck, V., & Weiss, M.R. (1993, July). *Fair Play for Kids: Effects on the moral development of children in physical education*. Paper presented at the International University Sports Federation conference; Buffalo, NY.
- Ebbeck, V. (1993, June). *Sources of information used to judge physical self-worth among college students: A comparison of high and low self-esteem groups*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Brainerd, MN.
- Ebbeck, V., & Stuart, M.E. (1993, March). *Antecedents of self-worth and youth basketball players: Perceived competence and perceptions of individual and significant other importance*. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance annual conference; Washington, DC.
- Ebbeck, V., Petlichkoff, L.M., & Stuart, M.E. (1993, February). *Lessons from psychological principles: Practical strategies for high school coaches*. Symposium presented at the Northwest-Southwest District American Alliance for Health, Physical Education, Recreation, and Dance convention; Reno, NV.
- Ebbeck, V., & Weiss, M.R. (1992, October). *Antecedents of children's self-esteem: An examination of perceived competence and affect in sport*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Colorado Springs, CO.
- Ebbeck, V. (1992, October). *The mediating role of perceived importance, certainty, and ideal comparison variables in the perceived competence/physical self-worth relationship*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Colorado Springs, CO.
- Ebbeck, V., & Stuart, M.E. (1992, June). *The relative contribution of perceived individual and team importance in predicting the self-esteem of youth football players*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Pittsburgh, PA.
- Weiss, M.R., Ebbeck, V., Horn, T.S., & Hayashi, C.T. (1992, June). *Children's psychological characteristics and preferences for information sources regarding physical competence*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Pittsburgh, PA.
- Ebbeck, V. (1992, April). *The structure of self-esteem in relation to the physical domain: An examination of hierarchical organization and directionality*. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance annual conference; Indianapolis, IN.
- Barber, H., Weiss, M.R., Sisley, B.L., & Ebbeck, V. (1992, April). *Factors influencing novice women coaches' decision to enter the coaching profession*. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance annual conference; Indianapolis, IN.
- Ebbeck, V. (1991, October). *Reasons for adult participation in physical activity: A confirmatory factor analysis*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Savannah, GA.

- Ebbeck, V., & Weiss, M.R. (1991, June). *Self-perception and motivational characteristics of tennis participants: The influence of age and skill*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Asilomar, CA.
- Ebbeck, V., Wood, T.M., & Horn, T.S. (1991, June). *Questionnaire development in sport psychology research: Rejuvenating the psychometric process*. Symposium presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Asilomar, CA.
- Gibbons, S.L., & Ebbeck, V. (1991, June). *The relationship between Special Olympics participation and perceptions of physical competence and social acceptance*. Paper presented at the Canadian Association for Health, Physical Education, and Recreation annual conference; Kingston, Ontario.
- Weiss, M.R., Ebbeck, V., & Wiese, D.M. (1991, April). *Show and tell in the gymnasium: Teaching sport skills to children through effective demonstrations*. Symposium presented at the American Alliance for Health, Physical Education, Recreation and Dance annual conference; San Francisco, CA.
- Barber, H., Weiss, M.R., Sisley, B.L., & Ebbeck, V. (1991, April). *Perceived coaching strengths and weaknesses of novice women coaches*. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance annual conference; San Francisco, CA.
- Weiss, M.R., Ebbeck, V., & Rose, D.J. (1990, May). *"Show and tell" in the gymnasium revisited: Developmental differences in modeling and verbal rehearsal effects on motor skill learning and performance*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Houston, TX.
- Weiss, M.R., Sisley, B., Barber, H., & Ebbeck, V. (1990, March). *Developing competence and confidence in novice women coaches: Educational and research perspectives*. Symposium presented at the American Alliance for Health, Physical Education, Recreation, and Dance annual conference; New Orleans, LA.
- Rose, D.J., Weiss, M.R., Ebbeck, V., & Hobbel, S. (1990, March). *An integrated approach to the study of cognitive-psychological variables which influence actual and perceived performance outcomes among adolescent rifle shooters*. Symposium presented at the American Alliance for Health, Physical Education, Recreation, and Dance annual conference; New Orleans, LA.
- Ebbeck, V., Loken-Dahle, L., & Gibbons, S. (1989, September). *Exploring adult participation motives across physical activities*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Seattle, WA.
- Rose, D.J., Weiss, M.R., Ebbeck, V., & Hobbel, S. (1989, June). *An 'on-target' approach to applied research in motor learning and sport psychology: The two disciplines combine to study adolescent rifle-shooters*. Symposium presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Kent, OH.
- Ebbeck, V. (1989, June). *Information sources used by adult exercisers to judge performance*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Kent, OH.
- Weiss, M.R., McAuley, E., Wiese, D.M. & Ebbeck, V. (1988, June). *Self-esteem and causal attributions for children's physical and social competence in sport*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference; Knoxville, TN.
- Klint, K.A., Weiss, M.R., Ebbeck, V., Rowney, T.R., Bushakra, F.S., & Wiese, D.M. (1987, June). *Children's gymnastic participation and the family: Reverse effects of the sport socialization process*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual meeting; Vancouver, B.C.

### Grant Proposals

- Ebbeck, V. (PI), MacDonald, M., & Logan, S. *Caring for the caregivers: A self-compassion program for caregivers of individuals with autism*. Organization for Autism Research proposal; August, 2015 (\$30,000, pending).
- Ebbeck, V. (PI), & Lewis, A. *Concept and application of resilience and relationship-building in forest management*. USDA Forest Service (procured by Alexis Lewis to fund her post-doctoral scholar position); August, 2014-August, 2015 (\$62,463, funded).
- Ebbeck, V. (PI), & Souza, B. *Identifying strategies to increase fat acceptance in fitness centers*. Association for Applied Sport Psychology Oglesby-Snyder Grant Program; June, 2014 (\$4,600, not funded).
- Ebbeck, V. (PI), & Lewis, A. *Mindful and self-compassionate leadership in wildland fire*. USDA Forest Service (procured by Alexis Lewis to fund her post-doctoral scholar position); July 2013-August 2014 (\$55,840, funded).
- Ebbeck, V. (PI). *An examination of self-compassion and physical activity with women who have breast cancer*. Celia S. Austin and G. Kenneth Austin Fund for Innovative Research, College of Public Health and Human Performance, Oregon State University; June, 2013-September, 2015 (\$25,000, funded).
- Ebbeck, V. (PI), & Lewis, A. *Mindful and self-compassionate management in wildland fire*. USDA Forest Service (procured by Alexis Lewis to fund her GRA); September 2009-June 2013 (\$120,240, funded).
- Ebbeck, V. (PI), & Mitchell, E. *An examination of self-compassion and physical activity with women who have breast cancer*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; February, 2013 (\$16,483, not funded).
- Ebbeck, V. (PI), & Souza, B. *Exercise imagery and physical activity: Exploring measurement issues, individual differences, and experiential narratives*. Association for Applied Sport Psychology Research Grant Program; April 1, 2013 (\$4,966, not funded).
- Ebbeck, V. (PI), & Levenson, M.R. *Understanding, measuring, and enhancing exercise self-compassion*. John Templeton Foundation; April, 2011 (\$183,211, not funded).
- John, D.H. (PI), Williams, J., Becker, C., Durbin, B., & Ebbeck, V. *engAGE in community – New voices and perspectives*. Outreach Collaborative for a Healthy Oregon (OCHO), College of Health and Human Sciences, Oregon State University; April, 2011 (\$23,082, not funded).
- Ebbeck, V., & Swanger, K. *Camp Compassion: Teaching self-compassion toward physical activity to youth sport instructors*. OSU Women's Giving Circle Grant Program; January, 2010 (\$9,255, not funded).
- Ebbeck, V.(PI), Cusimano, B., Wegis, H., & Blumenthal, J.A. *Taking the Compassion Challenge to teacher candidates*. Research Consortium Grant Program, American Alliance of Health, Physical Education, Recreation, and Dance; February, 2009 (\$14,386, not funded).
- Ebbeck, V.(PI), & Blumenthal, J.A. *Learning from obese women about the feasibility of a Compassion Challenge program*. General Research Fund, Oregon State University Research Office; October, 2008 (\$9,780, not funded).
- Ebbeck, V., Blumenthal, J., & Concepcion, R. *Compassion in transition: Examining an alternative approach to a healthy self-attitude*. Oregon State University, College of Health and Human Sciences Research and Competitive Grants Program; November, 2008 (\$8,675, funded).
- Ebbeck, V.(PI), Blumenthal, J.A.(Co-PI), & MacTavish, K.A. (Co-PI). *An alternative path to a healthy self-attitude for obese women*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human

Performance; February, 2008 (\$11,379, not funded).

Ebbeck, V.(PI), Blumenthal, J.A.(Co-PI), & MacTavish, K.A. (Co-PI). *The feasibility of enacting the Way of the Bodhisattva with obese women*. General Research Fund, Oregon State University Research Office; February, 2008 (\$9,984, not funded).

Cardinal, B. (Co-PI), Ebbeck, V. (Co-PI), Concepcion, R., Lee, H., Li, K., & Readdy, R. *Effectiveness of a lifetime fitness for health program on improving college students' physical activity levels and dietary behaviors*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; May, 2007 (\$13,000, funded).

Concepcion, R.Y. (Co-PI), & Ebbeck, V. (Co-PI). *Weight stigma and perceived physical appearance: Their key precursors and relationship to physical self-worth and health behaviors*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; May, 2007 (\$3,606, funded).

Ebbeck, V. (PI). *Invoking active learning through the use of popular films*. OSU Center for Teaching and Learning Innovation Grant; January, 2007 (\$2,000, not funded).

Cardinal, B. (Co-PI), Ebbeck, V. (Co-PI), Concepcion, R., Readdy, R , Li, K., & Lee, H. *Web-based lifetime fitness for health and its relationship to self-concept and health behaviors*. OSU Distance Education Grant Program; December, 2006 (\$5,000, not funded).

Cardinal, B. (Co-PI), & Ebbeck, V. (Co-PI). *Invoking active learning through the use of popular films*. OSU L.L. Stewart Faculty Development Award; November, 2006 (\$2,200, not funded).

Ebbeck, V. (PI). *Sending parents to camp: The inclusion of parents in an experiential education program for overweight and obese children*. OSU Women's Giving Circle Grant Program; February, 2005 (\$6,028, not funded).

Ebbeck, V. (PI), & Lundstedt, G.J. *Examining psychological and behavioral changes in overweight and obese children using experiential education*. College of Health and Human Sciences Grant Program; February, 2005 (\$14,425, funded).

Ebbeck, V. (Co-PI), & Readdy, R.T. (Co-PI). *Obsessive-compulsive symptoms and their correlates in community-based exercisers*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; September, 2004 (\$12,963, funded).

Ebbeck, V. (PI), & Gibbons, S.L. *Physically active homework for a positive self-concept*. National Institutes of Health R03 Small Research Grant Program; October, 2004 (\$134,229, not funded).

Ebbeck, V. (Co-PI), & Lundstedt, G.J. (Co-PI). *Examining psychological and behavioral changes in overweight and obese children using experiential education*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; September, 2004 (\$12,645, not funded).

Ebbeck, V. *People in transition and at turning points: Assessing how the experience is impacted by a cognitive-based intervention designed to enhance the physical self*. Faculty Release-Time Grant, Oregon State University Research Office; November, 2003 (\$2,500, funded).

Concepcion, R.Y. (Co-PI), & Ebbeck, V. (Co-PI). *People journeying through transition: Examining the direction provided by the physical self*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; November, 2002 (\$3,069, funded).

Concepcion, R.Y. (Co-PI), & Ebbeck, V. (Co-PI). *The role played by exercise in how survivors of domestic violence feel and view themselves*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; November, 2001 (\$7,494, funded).

- Ebbeck, V. (Co-PI), & John, D.H. (Co-PI). *Effects of resistance training exercise on psychological factors associated with menopause*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; September, 2001 (\$19,933, not funded).
- Watkins, P.L. (PI), Cardinal, B. (Co-investigator), & Ebbeck, V. (Co-investigator). *Prevalence and antecedents of muscle dysmorphia among recreational exercisers and college athletes*. Oregon State University College of Liberal Arts Research Grant Program; June, 2000 (\$3,845, funded).
- Ebbeck, V. (sport and exercise psychology consultant). *The short- and long-term effectiveness of a multidimensional fall risk reduction program designed for older adults residing in residential care settings*. Grant awarded to Debra J. Rose by the Retirement Research Foundation for \$439,404, 1999-2002.
- Ebbeck, V. (PI), & Levy, S.S. *Effects of instruction on the self-conceptions and exercise behaviors of health club members*. American Alliance for Health, Physical, Recreation, and Dance Research Grant Program; December, 1999 (\$11,338, not funded).
- Ebbeck, V. (PI), & Levy, S.S. *Effects of instruction on the self-conceptions and exercise behaviors of health club members*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; September, 1999 (\$19,130, not funded).
- Cardinal, B. (PI), & Ebbeck, V. *Confidence: The mental modifier for athletes*. National Collegiate Athletic Association (with matching funds provided by the Athletic Department, College of Health and Human Performance, and Department of Exercise and Sport Science at Oregon State University); December, 1998 (\$1,500, funded).
- Ebbeck, V. (Co-PI), & Watkins, P.L. (Co-PI) *The effects of a balance intervention on self-worth, depression, and hopelessness among older adults in long-term care*. OSU Research in Gerontology Grant Proposals; June, 1998 (\$4,864, funded).
- Ebbeck, V. (PI), Watkins, P.L., & Williams, D.P. *Effects on psychosocial and cardiovascular disease risk factors of an exercise intervention specifically tailored to larger women*. American Alliance for Health Physical Education, Recreation, and Dance Research Grant Program; December, 1997 (\$14,223.00, not funded)
- Ebbeck, V. (Co-PI), & Watkins, P.L. (Co-PI) *Women's health: Effects of an organized exercise program*. Good Samaritan Hospital Foundation, J.C. Erkkila Endowment for Health and Human Performance; December, 1997 (\$19,907, funded).
- Ebbeck, V. (sport and exercise psychology consultant). *Effects of resistance exercise on mental health and hip fracture risk in older women*. Grant awarded to Christine Snow-Harter by the American Association of Retired Persons for \$68,002, 1994-1996.
- Ebbeck, V. *Describing, comparing, and changing the exercise identities of older adults*. Faculty Release-Time Grant, Oregon State University Research Office; December, 1994 (\$1,400, funded).
- Ebbeck, V. *Self-schemata and older adult exercisers*. Association for the Advancement of Applied Sport Psychology; February, 1994 (\$1,704, funded).
- Ebbeck, V. *The effect of a physical education intervention program on children's self-conceptions*. Oregon State University Research Council; December, 1993 (\$1,467, funded)
- Ebbeck, V., (Co-PI) & Gibbons, S (Co-PI). *Enhancing self-conceptions in physical education*. National Association of Sport and Physical Education; May, 1993. (\$4,024, not funded).
- Ebbeck, V. *The influence of coaching behaviors on self-esteem in youth sports*. Oregon State University Research Council; March, 1992. (7,935, not funded).

Zemper, E.D. (PI), Becker, B.E., Ebbeck, V., & Pieter, W. *Multi-disciplinary study of injury risk and CHD risk in adult wheelchair users*. National Institute on Disability and Rehabilitation Research; October, 1990. (\$249,335, not funded).

### Teaching Experience

#### Courses Taught at OSU

EXSS 199A	Psychological Skills Training
EXSS 313	Motor Development During Childhood and Adolescence
EXSS 370	Psychology of Sport and Physical Activity
EXSS 507/607	Current Issues Seminar: A Multidisciplinary Approach to Sport Psychology Research
EXSS 507/607	Interdisciplinary Seminar: Professional Ethics
EXSS 560	Motivation in Physical Activity
EXSS 561	Psychosocial Factors in Physical Activity
EXSS 562	Lifespan Sport and Exercise Psychology

#### Advising (Year of graduation in parentheses)

Major Advisor, 14 doctoral students – Austin, Rogers, Mitchell (2015), Souza (2015), Lewis (2012), Woekel (2011), Readdy (2009), Lundstedt (2008), Concepcion (2007), John (2004), Levy (2002), Whaley (1997), Stuart (1997), Li (co-advise, 1996)

Major Advisor, 22 master's students – Kirk (2015), Rodriguez (2014), Rogers (2014), Hutchison (2011), Rice (2011), Gillespie (2009), Hansen (2009), Colon Cortes (2008), Parsons (2007), Abegglen (2006), Vaughn (2005), Concepcion (2004), Dabbelt (2003), Gilson (2003), Gross (2002), Hevel (2002), Moritz (2001), Swanger (2000), Clemons (2000), Murphy (1999), Blais (1997), Smith (1996)

Major Advisor, 3 undergraduate honor's thesis students – Sherman, Eslamizar (2009), Fitzgerald (2008)

Principal Investigator, post-doctoral scholar – Lewis (2013-2015)

### Professional Service

#### Editor-in-Chief

Research Works Column, JOPERD, 2014-present  
Journal of Applied Sport Psychology, 2004-2006

#### Associate Editor

Journal of Aging and Physical Activity, 2003-2006

#### Editorial Board Member

Journal of Applied Sport Psychology 2006-present

The Sport Psychologist, 1994-2000

Abstract Compiler

Sport Psychologist's Digest; Journal of Sport and Exercise Psychology, 1993-1995

Reviewer

Social Science and Humanities Research Council of Canada: Insight Grant

Journal of Sport Psychology in Action

Psychology of Sport & Exercise

Journal of Sport and Exercise Psychology

Research Quarterly for Exercise and Sport

Journal of Applied Sport Psychology

Pediatric Exercise Science

Women in Sport and Physical Activity Journal

Australian Journal of Science and Medicine in Sport

Medicine and Science in Sports and Exercise

The Sport Psychologist

Sport Psychology Section, NASPSPA Annual Conference

Sport Psychology Academy, AAHPERD Annual Conference

Women's Sports Foundation Grants for Girls

Presider

Research Consortium Free Communication Papers in Sport Psychology; American Alliance for Health, Physical Education, Recreation, and Dance annual conference, 1995

Oregon Association of Health, Physical Education, Recreation, and Dance lecture session; American Alliance for Health, Physical Education, Recreation, and Dance annual conference, 1995

Sport and Athletics Session; NW-SW American Alliance for Health, Physical Education, Recreation, and Dance annual conference, 1993

Social Psychology Workshop; Association for the Advancement of Applied Sport Psychology annual conference, 1992

Research Consortium Free Communication Papers in Sport Psychology; American Alliance for Health, Physical Education, Recreation, and Dance annual conference, 1991

Consultant

Nike Camps Curriculum Summit; Beaverton, OR; November, 1995.

Sport psychology consultant for OSU Women's Swim Team, 1990-1992

Professional Committees

Association of Applied Sport Psychology Foundation Committee, 2014-present

Research Writing Award Ad-Hoc Committee; American Alliance for Health, Physical Education, Recreation, and Dance, 2010-2011

Research Writing Award Committee; American Alliance for Health, Physical Education, Recreation, and Dance, 2009-2010

Division Head of Science and Education; Association for the Advancement of Applied Sport Psychology, 2000-2002

Chair, Social Psychology Section; Association for the Advancement of Applied Sport Psychology, 1999-2000

Chair, Sport Psychology Conference Program Committee; North American Society for the Psychology of Sport and Physical Activity, 1999-2000.

Chair, NASPE Sport Psychology Academy; American Alliance for Health, Physical Education, Recreation, and Dance, 1998-1999 (chair-elect, 1997-1998; past-chair, 1999-2000).

Panel Review Chair, Psychology; American Alliance for Health, Physical Education, Recreation, and Dance, 1994-1995

College Chair; Oregon Association of Physical Education, 1993-1994 (chair-elect, 1992-1993)

Sport Psychology Conference Program Committee; North American Society for the Psychology of Sport and Physical Activity, 1992-1993

University Committees

DPD Director Search Committee, 2012-2013

University Faculty Senate, 1992-1994, 2012-2014

Honor's College Reader, 2008-present

Graduate Council, 1999-2003

Task Force on Graduate Level Learning, 2000-2001

Graduate Admissions Committee, 1994-1996

College Committees

CPHHS Faculty Awards Committee, 2015

Health Promotion Health Behavior Search Committee, 2014-2015

CPHHS Faculty Council for Graduate Studies, 2014-present

MPH Concentrations and Certificates Subcommittee, 2014 (Chair)

MPH Curriculum Integration Task Force, 2013-2014

Communications Advisory Panel, 2013-2014



College Graduate Scholarship Awards Committee, 2011-present  
College Undergraduate Scholarship Awards Committee, 2007-2011, 2013-present  
Advancement Council Retreat Member, 2012  
College Curriculum Committee, 2010-2011  
CEPH Instructional Programs Subcommittee, 2011-2012  
CPHHS Values Subcommittee, 2011-2012 (Co-Chair)  
SBPHS Co-Director Search, 2011 (Chair)  
College Promotion and Tenure Committee, 2006-2009  
Promotion and Tenure Task Force, 1999-2000  
College Awards Committee, 1999  
Salary Equity Study Committee, 1996 (Chair)  
Work-load Report Form Committee, 1993-1994  
Biostatistics Advisory Committee, 1992-1993  
Instructional Risks Ad-hoc Committee, 1991-1992  
Lectures and Seminars Committee, 1991-1992, 1995-1996  
College Graduate Curriculum Committee, 1990-1993

#### School Committees

BPHS Curriculum Committee, 2011-present  
Personnel Committee, 1996-2000, 2002-2005, 2008-2010, 2011-present (Chair, 2014-2015)  
EXSS Implementation Committee, 2012-2013  
EXSS Task Force, Sept.–Dec, 2011  
MPH in Nutrition and Exercise Task Force, May-Nov., 2009 (Co-Chair)  
BPHS Coordinators Council, 2011-2012  
Graduate Committee, 2010-2011  
Athletic Trainer/Physical Therapist Search Committee, 2010-2011  
Awards and Recognition Committee, 2005-2007  
Physical Activity Epidemiologist Search Committee, 2005-2006  
Cabinet, 1998-2003  
Executive Committee, 1996-2006 (Chair, 1999-2000, 2005-2006)  
Sport and Exercise Psychology Faculty Search Committee, 1996-1997  
Undergraduate Curriculum Committee, 1990-1993 (Chair, 1992-1993), 1995-1997  
Graduate Curriculum Committee, 1991-1997 (Chair, 1991-1992)  
Department Sub-area Admissions Committee, 1990-1997 (Chair, 1990-1992, 1994-1995)  
Advisory Committee, 1994-1995  
Department Planning Committee, 1993-1995

Publicity Committee, 1993-1994

Graduate Faculty Degree Requirements Ad-hoc Committee, 1993-1994

International Opportunities Committee, 1991- 1993

Adapted and Motor Development Faculty Search Committee, 1991- 1992

Graduate Faculty Preliminary Examinations Ad-hoc Committee, 1991-1992

### Memberships

Society of Behavioral Medicine (SBM), 2001-2003

International Society for Self and Identity, 2000-present

American College of Sports Medicine (ACSM), 1998-2000

North American Society for the Psychology of Sport and Physical Activity (NASPSPA), 1985-2005

Society of Health and Physical Educators (SHAPE), 1987-present

Association for Applied Sport Psychology (AAASP), 1989-present

Oregon Alliance for Health, Physical Education, Recreation and Dance (OAHPERD), 1990-2000

The Australian Council for Health, Physical Education and Recreation (ACHPER), 1990-1996

### Awards and Recognitions

Excellence in Teaching and Mentoring Award; College of Public Health and Human Sciences, Oregon State University, 2014

Woman of Achievement Award; OSU Women's Center, 2011.

Fellow; Association for the Advancement of Applied Sport Psychology, 2004.

Research Writing Award (with S.L. Gibbons and M.R. Weiss); Research Consortium of the American Alliance of Health, Physical Education, Recreation and Dance, 1996. Article published in *Research Quarterly for Exercise and Sport*, 1995, Vol. 66, 247-255.

Excellence in Teaching Award; College of Health and Human Performance, Oregon State University, 1995.

Dr. G. Arthur Broten Young Scholars Recognition Award; Western College Physical Education Society, 1993.

Research Writing Award (with M.R. Weiss and D.J. Rose); Research Consortium of the American Alliance of Health, Physical Education, Recreation and Dance, 1993. Article published in *Research Quarterly for Exercise and Sport*, 1992, Vol. 63, 292-301.

Courtesy Assistant Professor; Department of Exercise and Movement Science, University of Oregon, 1993-1998.

Fellow, Research Consortium; American Alliance for Health, Physical Education, Recreation and Dance, 1992.