

# Nicholas M. Elliott

Visiting Instructor, Department of Sport Leadership & Management  
Miami University  
586-690-3326  
elliotnm@miamioh.edu

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## EDUCATION

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### **Master of Science** – May 2025

University of North Carolina Greensboro – Department of Kinesiology  
Applied Sport and Exercise Psychology

### **Bachelor of Science** – 2023

Michigan State University – Department of Kinesiology  
Kinesiology with minors in Coaching and Cognitive Sciences

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## PROFESSIONAL EXPERIENCE

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August 2025

**Visiting Instructor**  
Miami University  
Oxford, Ohio

July 2024 – May 2025

**Graduate Mental Performance Consultant**  
University of North Carolina Greensboro  
Greensboro, North Carolina

2022-2022

**Learning Assistant,**  
Introduction to Physiology` (PSL 250)  
Department of Physiology, Michigan State University

2022-2022

**Teaching Assistant,**  
Principles of Coaching (Kin 400)  
Department of Kinesiology, Michigan State University

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## TEACHING EXPERIENCE

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Miami University

SLM 375 Psychological Perspectives in Sport & Exercise Management

- In person Fall 2025 (3 sections)

SLM 634 Social Psychology of Sport and Exercise

- In person Fall 2025 (1 section)

Guest Lecturer – University of North Carolina Greensboro

- Kin 445 Psychology of Coaching

## RESEARCH EXPERIENCE

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*Michigan State University*

2022-2023 **Undergraduate Research Assistant**, Institute for the Study of Youth Sports (ISYS), Lauren Secaras, Ph.D., and Alysha Matthews, Ph.D.

Responsible for collaborating on multiple steps in phase one and phase two of a program evaluation of Michigan State University's Summer Coaches' School. This included work on collecting and coding data, creating a logic model for interpretation of the data, and writing two manuscripts. Utilizing the conclusions from phase one, active changes were made for the implementation of the next year's Summer Coaches' School, which was phase two.

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## PUBLICATIONS

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*Manuscripts in Progress*

1. Secaras, L., Matthews, A., Eno, P., & **Elliott, N.** (2022). Developing Summer Coaches' School: A needs assessment.
  2. Matthews, A., Secaras, L., **Elliott, N.**, & Eno, P. (2023). MSU Summer Coaches' School 2022: Phase two, evaluating the outcomes of high school sport coaches.
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## SCHOLARLY PRESENTATIONS

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### *Regional Presentation*

1. **Elliott, N., & Powell, C.** (2024). Two skills for the price of one activity: An exploratory workshop, presented at the AASP Southeast Regional Conference, Tallahassee, Florida

### *Poster Presentations:*

2. **Elliott, N., Eno, P., Matthews, A., & Secaras, S.** (2022). MSU Summer Coaches' School 2022: Phase two evaluating the outcomes of high school sport coaches, presented at the Midwest Sport and Exercise Psychology Symposium, Muncie, Indiana.
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## Academic Activities

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### *University of North Carolina Greensboro*

2025      **Conference Coordinator for the AASP Diversity in Sport Conference**

### *Michigan State University*

2023      **Planning Committee Student Aid for the 2022 MSU Summer Coaches' School**

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## APPLIED EXPERIENCE

Experiences include working with each team on a multitude of mental skills like imagery, team cohesion, self-talk, mindfulness, leadership, and performance anxiety. These experiences were in the form of team sessions and individual sessions where athletes learned and practiced these skills through unique activities to reach peak performance. Development of skills pertinent to the Certified Mental Performance Consultant (CMPC) was also achieved, including documentation, ethics, and consulting philosophy.

2024-2025	<b>University of North Carolina Greensboro Men's Soccer</b> – Greensboro, NC Supervisor: Jen Farrell
2024-2025	<b>Greensboro College Women's Softball</b> – Greensboro, NC Supervisor: Jen Farrell
2024-2025	<b>NC Fusion 14u Girls Soccer</b> – Greensboro, NC Supervisor: Jen Farrell
2024-2025	<b>Clarion University Wrestling</b> –Virtual - Greensboro, NC

2024-2025      Supervisor: Jen Farrell  
**High Point Gymnastics Academy** – High Point, NC  
Supervisor: Jen Farrell

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## PROFESSIONAL DEVELOPMENT

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### *Professional Memberships*

2023-present      Association for Applied Sport Psychology (AASP)

### *Certifications*

*In progress*      Certified Mental Performance Consultant (CMPC)

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