

CURRICULUM VITAE

ROBERT STEPHEN WEINBERG

PRESENT ADDRESS:

Department of Kinesiology and Health
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CURRENT POSITION: Professor , Department of Physical Education, Health and Sport Studies, Miami University, Oxford, Ohio. The PHS Department consists of 27 full-time faculty, 5-10 part-time , 25-30 graduate assistants, approximately 1,000 undergraduate and 50 masters students.

EDUCATIONAL BACKGROUND:

1977-1978 University of California, Los Angeles
Postdoctoral Scholar, Sport Psychology

1974-1977 University of California, Los Angeles
Ph.D. Psychology, 1977
M.A. Psychology, 1975
Major Field: Sport/Social Psychology
Minor Field: Kinesiology

1970-1972 University of California, Los Angeles
M.S. Kinesiology, 1972
Major Field: Motor Learning and Performance
Minor Field: Psychology

1965-1970 Brooklyn College of the City of New York
1965-1971 B.S. Physical Education, 1970
Major Field: Physical Education
Minor Field: Biological Science

HONORS AND AWARDS:

Past-President –two major applied and scholarly sport psychology professional organizations in North America
Distinguished Scholar, Miami University, 2005
Outstanding Faculty Member –College of Education and Allied Professions, 2004
Fellow, American Academy of Kinesiology and Physical Education 1995
Voted one of the top 10 sport psychologists in North America by peers.
Certified Consultant, Association for the Advancement of Applied Sport Psychology, 1991.

United States Olympic Committee Sport Psychology Registry. 1985-present
 Regents' Faculty Lecturer, (one per year based on research productivity) UNT, 1990.
 Toulouse Scholar, UNT, 1989.
 Regents' Professor, UNT, (awarded to top10% of full professors) 1988-1992.
 Fellow, Association for Advancement of Applied Sport Psychology. 1989
 Who's Who in Sport Psychology: World Sport Psychology Source book.
 Sport Psychologist - United States Olympic Weightlifting Federation.
 Who's Who Among Human Services Professionals, 1986.
 Men of Achievement, 1986.
 Scholar of the Month - NTSU, 1986.
 Who's Who in the South and Southwest, .
 Marquis' Who's Who in the Southwest, .
 Marquis' Who's Who in Frontier Science and Industry,
 Research Consortium Fellow, American Alliance for Health, Physical Education,
 Recreation and Dance, 1983.
 Research Scientist, Texas College of Osteopathic Medicine and Institute for Human
 Fitness, 1978-Present.
 Postdoctoral Scholar, University of California, Los Angeles, 1977-1978.
 Dean's List, Cum Laude, Brooklyn College, 1969-1970.
 New York State Regent's Scholarship, 1965-1970.

ADMINISTRATIVE EXPERIENCE:

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| 2000-2008 | Chair, Personnel Committee – presided over numerous tenure and promotion cases as well as other personnel and departmental issues. |
| 1992-1997 | Chair, Miami University, Department of Physical Education, Health, and Sport Studies. The PHS Department consists of 27 full-time faculty, 10 half-time coaches, 30 graduate assistants, 620 undergraduate and 70 masters students. Responsibilities include budget and facilities management, faculty recruitment, curriculum development, professional development and mentoring of faculty, scheduling of classes, evaluation of faculty and staff and program integration. |
| 1987-1992 | Coordinator of Graduate Studies - Department of Kinesiology, Health Promotion, and Recreation, University of North Texas. Responsibilities included curriculum development, class scheduling, research and development, Chair, Graduate Committee, Graduate Admissions And Graduate Teaching Assistant selections, graduate recruitment. |
| 1994-1995 | President - North American Society for the Psychology of Sport and Physical Activity. |
| 1989-1990 | President - Association for the Advancement of Applied Sport Psychology, 1988-1989 |
| 1987-1988 | President - Sport Psychology Academy - American Alliance for Health, Physical Education, Recreation & Dance, 1987-88 |

TEACHING EXPERIENCE:

- 1992-PRESENT Professor - Miami University - Department of Physical Education, Health and Sport Studies
Teaching graduate and undergraduate sport psychology classes including the following:
Foundations of sport and exercise psychology,
Psychology of coaching,
Applied sport psychology,
Social psychology of sport
Contemporary issues in sport psychology,
Mental skills for sport and life (honors class).
Psychological perspectives in sport and exercise
Psychology of Excellence (Honors class)
- 1988-1992 Regents Professor, Kinesiology Department, (jointly appointed with the Psychology Department - University of North Texas
Teaching responsibilities at graduate and undergraduate levels including courses in motor learning, psychology of coaching, sport psychology, social psychology of sport and ethics and practice of applied sport psychology. Advisement of graduate and undergraduate students including direction of thesis and dissertations.
- 1985-1992 Research Coordinator – facilitating research activities in the Division of Physical Education. Director of the Psychomotor Learning Laboratory.
- 1984-1988 Associate Professor, Department of Kinesiology, University of North Texas
- 1978-1983 Assistant Professor, Department of Kinesiology – University of North Texas
- 1976-1977 Lecturer, Psychology Department
University of California, Los Angeles
- 1972-1973 Lecturer, Physical Education Department
Brooklyn College City University of New York
Developed and taught classes entitled “Movement Perspectives” which addressed various factors relating to movement and motor skills. Taught classes in movement education, Varsity assistant tennis coach.
- 1969-1970 Physical Education Teacher
Whitelaw Reid Junior High School, Brooklyn, New York

CURRICULUM DEVELOPMENT/TEACHING

Developed the following new courses at Miami University:

Psychological Interventions in Competitive Sport (PHS 633)

Social Psychology of Sport and Physical Activity (PHS 634)
Mental Skills for Sport and Life (Honors –PHS 380.E))
Psychology of Excellence (Honors PHS 180)
Contemporary Topics in Sport and Exercise Psychology (PHS 4/553)
Psychological Foundations of Sport and Exercise (PHS 375)

Teaching/Curriculum Development Awards

Core Curriculum Departmental Provost Grant- Miami University (\$10,,000)
Toulouse Scholar – one per year –University of North Texas (\$2,500)
Undergraduate Summer Scholar Awards (N=3)
Outstanding Faculty Member (Richard Delp Award) College of Education, Health, and Society –
involves excellence in both teaching and research

Internship Supervision/Independent Research

I routinely work with several undergraduate and graduate students every semester on internships and independent research projects. In fact I have published over 50 refereed articles with students and presented over 75 joint papers with students at regional and national scholarly meetings. Furthermore, I have taught in the honors program for five years developing courses to enrich the learning experiences of our honors students.

THESIS AND DISSERTATION SUPERVISOR (CHAIR)

1. Randle, Sherilee M , The Anxiety Performance Relationship: An Exploratory Examination of the Zone of Optimal Functioning Hypothesis.
2. Evans, Melissa, Psychological Factors Related To Drug Use In College Athletes
3. Frierman, Steven H., The Relationship Between Cohesion and Performance in Competitive Bowling Teams.
4. Lerner, J. Dana, Manipulation of Efficacy Information to Enhance Muscular Endurance Performance.
5. Seabourne, Thomas G., The Effects of Individualized, Non-Individualized, and Package Cognitive Intervention Strategies on Karate Performance.

6. Pistacchio, Theresa M., The Development of a Psychobiologic profile of Individuals Who Experience and Those Who Do Not Experience Exercise-related Mood-enhancement.
7. Weigand, Daniel A., Validity of the Health Belief Model as a Predictor of Activity in Younger and Older Adults.
8. Genuchi, Marvin C The Effects of Anxiety on the Performance of Collegiate Golfers in Competitive and Non-competitive Situations.
9. Seabourne, Thomas G. , The Effects of Relaxation and Imagery on Karate Performance.
10. Adler, William P., Effect of Task Appropriateness, Social Comparison, and Feedback on Female Goals, Performance, and Self-Confidence With a Motor Task.
11. Bagnall, James P., A Field Study of Garland's Cognitive Mediation Theory of Goal Setting.
12. Stitcher, Thomas, The Effects of Goal Setting on Performance Enhancement in a Competitive Athletic Setting.
13. Chan, Roy C.M., The Effects of Single and Combined Psyching-up Strategies on Basketball Free-throws and Leg Strength.
14. Hall, Howard, The Effects of Goal Difficulty and Information Feedback on the Performance of an Endurance Task.
15. Edwards, Tara , The Relationships Between Perceived Competence, Competitive Trait Anxiety, Social Support and Behavioral Intentions in Competitive Youth Sport.
16. Miller, Stephen P., Perceptions of Psychological Momentum and Their Effect on Performance.
17. Litke, Lonnie D., Relationship Between Mood State and Cognitive Strategies on Endurance Performance.
18. Chan, Roy C., A Profile of Job Satisfaction for Graduate Physical Education Members.
19. Yukelson, David P., Group Cohesion in Sport: A Multidimensional Approach.
20. Dale, Judith A., Relationship Between Coaches' Leadership Style and Burnout.
21. Giannini, John, The Effects of Mastery, Competitive and Cooperative Goals of Performance in Simple and Complex Sport Skills.
22. Green, Scott The relationships among athletic identity, coping skills, and social support in recovery from athletic injury

23. Butt, Joanne, The relationship of confidence, cognitive and somatic anxiety: Effects on performance across a competitive event
24. Giacobbi, Peter, Coping in sport: Individual differences and situation specificity.
25. Butt, Joanne Fluctuations in anxiety throughout competition
26. Forlenza, Sam. Imagery speed and self-efficacy: How fast (or slow) to go
27. Craig Brinkman The relationship between personality and intrinsic motivation in sport
28. Hallur Hallsson The effects of imagery on relaxation

Note: Of the above 25=8 theses/dissertations, 20=3 have been published in refereed scholarly journals and all were presented at professional scholarly meeting

RESEARCH INTERESTS:

Goal Setting
Anxiety and Performance
Mental Preparation Strategies
Self-efficacy
Intrinsic Motivation and External Rewards
Exercise in Mental Health

TEACHING INTERESTS:

Psychological Foundations of Sport
Social Psychology of Sport and Motor Behavior
Psychology of Coaching
Psychological Interventions in Sport and Exercise
Mental Skills for Sport and Life
Motor Learning
Research Methods

PROFESSIONAL MEMBERSHIPS:

National Association for Physical Education in Higher Education
North American Society for the Psychology of Sport and Physical Activity 1992-93
American Alliance of Health, Physical Education, Recreation and Dance
North American Society for the Psychology of Sport and Physical Activity
American Psychological Association
Canadian Society for Psychomotor Learning and Sport Psychology
Association for Advancement of Applied Sport Psychology

JOURNAL SERVICES

Editor-in-Chief - Journal of Applied Sport Psychology - 1998- 2005
 Associate Editor - Journal of Applied Sport Psychology, 1989-1994
 Editorial Board - Journal of Sport and Exercise Psychology 1984 - Present
 Editorial Board - The Sport Psychologist 1988-1993, 2006-present
 Editorial Board - Journal of Applied Sport Psychology 1995-1998; 2007-present
 Editorial Board - International Journal of Sport Psychology, 1996-present
 Editorial Board – Sport and Exercise Psychology Journal (1999-present)
 Section Editor - Journal of Leisure Research 1989-1993
 Reviewer - Anxiety Research: An International Journal
 Reviewer - Journal of Motor Behavior
 Reviewer - Behavior Therapy
 Reviewer - Research Quarterly for Exercise and Science
 Reviewer - Cognitive Therapy and Research
 Reviewer - Journal of Leisure Research
 Reviewer - Journal of Sport Psychology
 Reviewer - NASPSPA Proceedings
 Reviewer - Psychological Bulletin
 Reviewer - Journal of Sport Behavior
 Reviewer - Psychological Reports
 Reviewer - Perceptual and Motor Skills
 Reviewer - Journal of Sport Science
 Reviewer - Journal of Motor Behavior
 Reviewer - Australian Journal for Medicine and Science in Sport

PROFESSIONAL SERVICE/OFFICER STATUS:

Past-President - North American Society for the Psychology of Sport and Physical Activity.
 Past-President - Association for the Advancement of Applied Sport Psychology,
 Past-President - Sport Psychology Academy - American Alliance for Health, Physical
 Education, Recreation & Dance,
 Chair, Sport Psychology Program Committee, North American Society for Sport Psychology
 and Physical Activity,
 Past-President's Council –Interdisciplinary meetings among different professional
 organizations.
 Chair, Membership Committee: American Academy for Kinesiology and Physical
 Education,
 Future Directions Committee - North American Society for the Psychology of Sport and
 Physical Activity,
 Membership Committee: American Academy for Kinesiology and Physical Education,
 Budget and Planning Committee - Association for the Advancement of Applied Sport
 Psychology
 Scientific Committee- Sport Science in Higher Education- Division 47-American
 Psychological Association,

Committee on the Recognition of Kinesiology in Higher Education: American Academy of
 Kinesiology and Physical Education,
 Intervention Committee - Association for Advancement of Applied Sport Psychology,
 Dissertation Reviewer - Sport Psychology Academy,
 Chair, Research Section, Texas Association for HPERD,
 Certification Committee - Association for Advancement of Applied Sport Psychology,
 Program Committee - North American Society for Sport Psychology and Physical Activity,
 Presider, over 30 programs at national and regional conventions
 Medical Committee - Triathlon USA
 Youth Committee - triathlon USA
 Executive Committee - Association for the Advancement of Applied Sport Psychology,
 Advisory Board - The Sport Psychologist
 Past-President's Council - Association for the Advancement of Applied Sport Psychology, .
 External Evaluator - Chinese University of Hong Kong, Sport Science Department
 External Reviewer - Shawnee State University,
 External Reviewer - Youngstown State University,
 External Reviewer - Gradutae Program-Grant -Greece
 External Reviewer for 27 promotion and tenure candidates.

BOOK REVIEWS:

Self-Efficacy in Sport . Deb Feltz, Human Kinetics Press, 2006

Applied Sport Psychology: Personal Growth and Peak Performance. AAASP Newsletter, 1986.

Butt, Susan. Sport Psychology: The Behavior, Motivation, Personality and Performance of Athletes: The Behavior Therapist, 1986.

McKenzie, Marlin. Mental Techniques to Regulate Athletic Performance, Human Kinetics Press.

Pargman, David. Sport Psychology. MacMillan Publishers.

The Miracle of Sport Psychology. Sports Medicine Bulletin, 1983.

How to Relax: A Holistic Approach to Stress Management by Curtis and Detect. Sports Medicine Bulletin, 1981.

Sport Psychology: Methods and Applications edited by Richard Suinn. Sport Medicine Bulletin, 1980.

Social Psychology of Sport by Albert Carron. Journal of Sport Psychology.

Observing Behavior Volume II: Data Collection and Analysis Methods. Sports Medicine Bulletin, 1979.

Applied Sport Psychology: Personal Growth and Peak Performance. AAASP Newsletter, 1986.

- . Competitive anxiety in sport. Research Quarterly for Exercise and Sport, 1990.
- Sport psychology: The winning edge in sport. Journal of Sport and Exercise Psychology, 192-194, 1990.

BOOKS

- Silva and Weinberg, Psychological Foundations of Sport and Exercise. (2984) Human Kinetics,
- Weinberg, Health Related Fitness: Theory and Practice. Jostens Publications, 1982.
- Weinberg, Caldwell, Cornelius, Jackson and Smith (1984). Health and Fitness: Scientific Principles and Practical Applications. Sky Blue Publications,
- Weinberg, R. (1988) The Mental Advantage: Developing your psychological skills in tennis. Human Kinetics Press,
- Weinberg, R., & Richardson, P.(1990) Psychology of Officiating. Human Kinetics Press,
- Weinberg, R., & Gould, D.(1995, 1999, 2003, 2007, 2011. 2014) Psychological Foundations in Sport and Exercise, Champaign, IL. Human Kinetics Press. (best selling text in sport psychology in the world)
- Weinberg, R (2002). Tennis: Winning the mental game. Zimman Publications, Lynn, MA
- Berger. B., Pargman, D., & Weinberg, R. (2002. 2006, 2014). Foundations of sport and exercise psychology. Fitness Information Technologies. Morgantown, WV.
- Weinberg, R. (2012). Mental toughness in Sport, Business, and Life. Authorhouse , Indianapolis, IN

CHAPTERS IN BOOKS:

1. Weinberg, R.S. and Gennchi, M. (1982). Effect of competitive anxiety on golf performance. In G. Roberts and S. Greendorger (Eds.), Social Science of Play Games and Sport, Lexington, MA; Ginn Custom Publishing.
2. Weinberg, R.S. (1984). Intrinsic motivation and extrinsic rewards. In J. Silva and R.S. Weinberg (Eds.), Psychological Foundations in Sport, Human Kinetics Press.
3. Weinberg, R.S. (1984). Mental preparation strategies. In J. Silva and R.S. Weinberg (Eds.), Psychological Foundations in Sport, Human Kinetics Press.
4. Weinberg, R. (1987). Mental preparation strategies and skilled performance: Research and practice. In L.E. Unesthal (Ed.) Applications of Sport Psychology.

5. Weinberg, R.S. (1989). "Anxiety Arousal and motor performance." Theory, research and applications. In D. Hachfort and J. Schilling (Eds.), Anxiety in Sports. Washington: Hemisphere Publishing.
6. Weinberg, R. & Williams, J. (1992). Implementation and integration of psychological skills training. In J. Williams (Ed.). Applied Sport Psychology: Peak Performance to Personal Growth. Mayfield Publishers.
7. Weinberg, R. (1992). Goal setting and motor performance: A review and critique. In G. Roberts (Ed.). Motivation in Sport and Exercise. (pp. 177-198). Champaign, IL: Human Kinetics.
8. Weinberg, R. (1995). Psychological measurements in sport and exercise. In D. Morrow, A. Jackson, & D. Disch (Eds.). Measurement and Evaluation of Human Performance, p. 303-336. Champaign, IL. Human Kinetics Publishing.
9. Weinberg, R. (1996) Goal setting in sport and exercise. "Research to practice in B. Brewer & J. Van Raalte (Eds). Exploring Sport and Exercise Psychology. (pp. 3-23) American Psychological Association.
10. Weinberg, R. & Williams, J. (1997). Integrating and implementing a psychological skills training program. In J. Williams (Ed.). Applied sport psychology: Personal growth to peak performance (pp.329-358). Mountain View, CA: Mayfield
11. Weinberg, R. (1997) Psychological qualities of successful officials. In Sports officiating: Career goals and networking almanac (pp. 101-121). Cleveland: L.R. Publishers
12. Weinberg, R. (2001) Psychology of tennis: Gaining the mental advantage. In P.A. Renstrom (Ed.) International Committee Olympic Handbook of Sports Medicine: Tennis. Oxford, England: Blackwell Science
13. Weinberg (1999). Sport psychology interventions for performance enhancement. In R. Kazdin (Ed.), Encyclopedia of Psychology, (pp 578-586) Washington, D.C. American Psychological Association
14. Weinberg (1999). Contemporary issues in sport psychology. In R. Kazdin (Ed.), Encyclopedia of Psychology, (pp. 592-607) Washington, D.C. American Psychological Association
15. Weinberg, R. (1999) Goal setting in sport and exercise: Theory, research and applications. In J. Cruz (Ed) Psychology applied to sport and exercise. Braga, Portugal, University. of Minho Press
16. Weinberg, R. (2002) Goal setting. In Van Raalte & Brewer (Eds.) Exploring Sport and Exercise Psychology. (pp. 25-48) American Psychological Association
17. Weinberg, R. & Butt, J.. (2005) Goal setting in sport and exercise: research to practice. In D. Hasckfort, J.Duda & R. Lidor (Eds.) Handbook of research in applied sport psychology 129-146.. Morgantown, WV: Fitness Information Technology.

18. Weinberg, R. (2004). Goal setting practices for coaches and athletes. In T. Morris a& J. Summers (Eds.) Sport psychology: Theory, applications, and issues (2nd ed, pp. 278-293), New York: Wiley
19. Harmison, R., & Weinberg, R. (2005). Goal setting. In Taylor, J., & Wilson, G. (Eds.), Comprehensive perspectives in applied sport psychology. Champaign, IL; Human Kinetics
20. Weinberg, R. (2006). Sport psychology in tennis: In J. Dosil (Ed.), The sport psychologist's handbook: A guide for sport specific performance enhancement (pp. 285-300), London: John Wiley
21. Weinberg, R., & Williams, J. (2006). Integrating and implementing psychological skills. In J. Williams (Ed.). Applied sport psychology: personal growth to peak performance (5th ed. pp.425-457), New York: McGaw Hill.
22. Weinberg, R. (2005) Psychological assessment in sport. In J. Morrow, A. Jackson, & J. Disch (Eds.) Measurement and evaluation in human performance (end ed., pp. 338-370). Champaign: Human Kinetics
23. Weinberg, R. (2006). Goal setting in sport and exercise domains: The theory and practice of effective goal setting. In J. Duda., D. Hackfort, & R. Lidor (Eds.). Handbook of research in applied sport psychology.
24. Weinberg, R. (2008). Mental toughness: What is it and how can it be built. In J. Cruz (Ed.). Sport psychology: Excellence and psychological well-being. Braga, Portugal: University of Minho Press
25. Weinberg, R. (2008) Goal setting: Research to practice. In J. Cruz (Ed.) Sport psychology: Excellence and psychological well-being. Braga, Portugal University of Minho Press:
26. Weinberg, R. (). Motivation. In B. Brewer (Ed.). The Olympic handbook of sports medicine and science: Sport psychology. Pp.7-18 Oxford, England: Blackwell
27. Weinberg, R. (2009). Art and science: Leadership in business teams In K. Hays (Ed.). Performance psychology in action. (pp. 269-288) Washington, DC: American Psychological Association
28. Weinberg, R., & Williams, J. (2009). Integrating and implementing a psychological skills training program. In J. Williams (Ed.), Applied sport psychology: personal growth to peak performance (6th ed. pp.361-391)) . New York: McGraw Hill
29. Weinberg, R., & Butt, J. (2009). Goal setting in sport and exercise: Research to practice. In T. Morris & P. Terry (Eds.), Sport psychology: Theory, applications and issues. Wiley

30. Weinberg, R. (2010) Psychological assessment in sport. In J. Morrow, A. Jackson, & J. Disch (Eds.) *Measurement and evaluation in human performance* (3rd ed., pp. 316-352). Champaign: Human Kinetics
31. Weinberg, R. (2010). Activation and arousal control. In S. Hanrahan & M. Andersen (Eds.) *Handbook of applied sport psychology* pp. 471-480 London: Routledge
32. Weinberg, R., & Butt, J. (2010). Developing mental toughness. In S. Gordon & D. Gucciardi (Eds.) *Mental toughness in sport*. (pp 212-230) London: Routledge
33. Weinberg, R., & Forlenza, S. (2012). Measurement of psychological skills. In Tenenbaum, R. Eklund, & (Eds.). *Measurement in sport and exercise psychology*. Champaign, IL: Human Kinetic
34. Weinberg, R. (in press). Goal setting. In *Successful sport officiating*. American (Ed.) Sport Education Program. Champaign, IL: Human Kinetics
35. Weinberg, R., & Williams, J (2013). Integrating and implementing a psychological skills training program. In J. Williams & V. Krane (Eds.) *Sport psychology: From personal growth to peak performance*. (7th ed. 329-358) New York: McGraw Hill
36. Weinberg, R. (2013). Becoming a sport psychologist: What a long strange trip it's been. In P. McCarthy & M. Jones (Ed.) *Becoming a Sport Psychologist* (pp. 21 London: Routledge
37. Weinberg, R. (2013). Goal setting in sport and exercise. In J. Van Raalte & B. Brewer (Eds.). *Exploring sport and exercise psychology* (3rd ed. pp. 33-54). American Psychological Association: Washington DC.
38. Weinberg, R & Butt, J.. (2014). Goal setting and sport and performance: Research findings and practical applications. In A. Papaioannou & D. Hackfort (Eds.). *Fundamental Concepts in Sport and Exercise Psychology* (pp. 342-356). Philadelphia, Taylor & Francis.
39. Weinberg, R. (2014). Mental training for elite athletes Research and implications for practice In R. Gomes & P Resende, & A. Albuquerque (Eds.). *Positive human functioning from a multidisciplinary perspective* (pp.59-80). Nova Science Publishers
40. Weinberg, R. (in press, 2014). Sport psychology: Gaining the mental edge. In M. Massik, M. Conroy, M. Cannella, & B. Newton (Eds.) *USA weightlifting national coach course manual*. USA Wrestling: Colorado Springs, CO.

Note: over 50 publications and 75 scholarly presentations were co-authored with students

1. Weinberg, R. S., & Hunt, V. V. The interrelationships between anxiety, motor performance and electromyography. Journal of Motor Behavior, 1976, 8, (3), 219-224.
2. Weinberg, R. S. Anxiety and motor behavior: A new direction. In D.M. Landers (Ed.), Psychology of Motor Behavior and Sport. Champaign, IL: Human Kinetics Press, 1977.
3. Weinberg, R. S. & Ragan, J. Motor performance under three levels of stress and trait anxiety. Journal of Motor Behavior, 1978, 10, 169-176.
4. Weinberg, R. S. The relationship between extrinsic rewards and intrinsic motivations. Psychological Reports, 1978, 42, 125-128.
5. Weinberg, R. S. The effects of success and failure on the patterning of neuromuscular energy. Journal of Motor Behavior, 1978, 9, 5, 53-61.
6. Jackson, A., Gardner, D., & Weinberg, R. S. Interrelationships of maximal, relative and isotonic endurance of young boys. TAHPER Journal, 1979, Spring, 8, 44.
7. Weinberg, R. S., Gould, D., & Jackson, A. Expectations and performance: An empirical test of Bandura's self-efficacy theory. Journal of Sport Psychology, 1979, 1, 320-331.
8. Weinberg, R. S., & Ragan, J. Effects of competition, success-failure and sex on intrinsic motivation. Research Quarterly, 1979, 50, 494-503.
9. Weinberg, R. S., & Jackson, A. Competition and extrinsic rewards: Effect on intrinsic motivation and attribution. Research Quarterly, 1979, 50, 482-493.
10. Weinberg, R. S., & Hunt, V. V. The effects of structural integration on state anxiety. Journal of Clinical Psychology, 1979, 35, 319-322.
11. Weinberg, R. S. Intrinsic motivation in a competitive setting. Medicine and Science in Sports, 1979, 11, 146-149.
12. Weinberg, R. S. Anxiety and motor performance: Drive theory vs. cognitive theory. International Journal of Sport Psychology, 1979, 10, 112-120.
13. Weinberg, R. S. Extrinsic rewards and intrinsic motivations: Implication for physical activity programs. TAHPER Journal, 1979, 8-9.
14. Weinberg, R. S., Gould, D., & Jackson, A. Cognitive and motor performance: Effect of psyching-up strategies on three motor tasks. Cognitive Therapy and Research, 1980, 2, 239-245.
15. Poteet, D., & Weinberg, R. S. Relationship between competition trait anxiety, state anxiety and performance. Perceptual and Motor Skills, 1980, 50, 651-654.

6. Weinberg, R. S., Gould, D., & Jackson, A. Effect of cognitive strategies on tennis serving performance of high and low ability players. Perceptual and Motor Skills, 1980, 50, 663-666.
17. Weinberg, R. S., & Genuchi, M. Relationship between competition trait anxiety, state anxiety and golf performance: A field study. Journal of Sport Psychology, 1980, 2, 148-154.
18. Weinberg, R. S. Psyching-up or psyching out: Understanding motivation of young athletes. Proceedings Developmental Motor Patterns of Young Children, 1980.
19. Gould, D., Weinberg, R. S., & Jackson, A. Effect of psyching-up strategies on performance and state anxiety. Journal of Sport Psychology, 1980, 2, 329-339.
20. Weinberg, R. S., Yukelson, D., & Jackson, A. Effect of public and private efficacy expectations on competitive performance. Journal of Sport Psychology, 1980, 2, 340-349..
21. Richardson, P., & Weinberg, R. S. Physical and psychological characteristics of field test endurance performance. Proceedings American College of Sports Medicine, 1980.
22. Jackson, A., Patton, R., Dishman, R., & Weinberg, R. S. Characteristics of field test endurance performance. Proceedings American College of Sports Medicine, 1980.
23. Weinberg, R. S. Why kids play or do not play young sports? Physical Educator, 1981, May, 71-75.j
24. Gould, D., Weiss, M., & Weinberg, R. S. Characteristics of successful and non-successful elite wrestlers. Journal of Sport Psychology, 1981, 3, 69-81.
25. Yukelson, D., Weinberg, R. S., West, S., & Jackson, A. Attributions and performance: An empirical test of Kukla's attributional theory of performance. Journal of Sport Psychology, 1981, 3, 46-57.
26. Weinberg, R. S. & Jackson, A. Effect of psyching-up on motor performance. TAHPER, Spring, 1981, 16-17.
27. Weinberg, R. S. Intrinsic motivation in sport competition. Swimming Technique, 1981.
28. Weinberg, R. S., Gould, D., & Jackson, A. Relationship between the duration of the psych-up interval and strength performance. Journal of Sport Psychology, 1981, 3, 166-170.
29. Weinberg, R. S., Seabourne, T., & Jackson, A. Effect of visuomotor behavior rehearsal, relaxation and imagery on karate performance. Journal of Sport Psychology, 1981, 3, 228-238.
30. Weinberg, R. S. Effect of mental preparation strategies on skilled performance. The Running Psychologist, 1981.

31. Weinberg, R. S., Richardson, P., & Jackson, A. Effect of situation criticality on tennis performance of males and females. International Journal of Sport Psychology, 1981, 12, 253-259.
32. Weinberg, R. S., Yukelson, D., & Seabourne, T. Psychological skills and athletic performance: A guide for coaches and athletes. Manual for Teaching Psychological Skills to Athletes, 1981.
33. Jackson, A., Dishman, R., LaCroix, S., Patton, R., & Weinberg, R. S. The heart rate, perceived exertion and pace of the 1.5 mile run. Medicine and Science in Sport and Exercise, 1981, 13, 224-228.
34. Weinberg, R. S., Kasper, D., & Jackson, A. Effect of success-failure on level of aspiration in a complex motor task. TAPER Journal, 1982, 16, 54-55.
35. Weinberg, R. S., Sinardi, M., & Jackson, A. Effect of bar height and modeling on anxiety, self-confidence and gymnastic performance. International Gymnast, 1982, 2, TS, 11-13.
36. Weinberg, R. S., Gould, D., Yukelson, D., & Jackson, A. Effect of pre-existing and manipulating self-efficacy in a competitive motor performance. Journal of Sport Psychology, 1981, 4, 345-354.
37. Jackson, A., Bruya, L., Weinberg, R. S., & Richardson, P. Baumgartner's modified pull-up test for male and female elementary aged children. Research Quarterly for Exercise and Sport, 1982, 53, 163-165.
38. Weinberg, R. S. Effect of mental preparation strategies on motor performance: A review and critique. Quest, 1982, 33, 195-213.
39. Weinberg, R. S., Seabourne, T., & Jackson, A. Effect of visuo-motor behavior rehearsal on state-trait anxiety and performance: Is practice important. Journal of Sport Behavior, 1982, 5, 209-220.
40. Weinberg, R. S. Motivating athletes through goal setting. Journal of Health, Physical Education, Recreation and Dance, 1982, December, 46-47.
41. Weinberg, R. S., Richardson, P., & Jackson, A. Effect of situation criticality on males and females performing a motor task. Journal of Sport Behavior, 1982, 5, 124-131.
42. Weinberg, R. S., Poteet, D., Morrow, J., & Jackson, A. Effect of evaluation on casual and trait attributions of males and females. International Journal of Sport Psychology, 1983, 6, 28-36.
43. Yukelson, D., Weinberg, R. S., Richardson, P., & Jackson, A. Interpersonal attraction and leadership within collegiate sport teams. Journal of Sport Behavior, 1983, 6, 124-131.
44. Seabourne, T., Weinberg, R., & Jackson, A. Track athletes: A preliminary investigation. Journal of Sport Psychology, 1983, 5, 231-235.

45. Caudill, D., & Weinberg, R. S. Effect of varying the length of the psych-up interval on motor performance. Journal of Sport Behavior, 1983, 6, 86-91.
46. Seabourne, T., & Weinberg, R. S. Mental practice: Research shows it can improve physical performance. Kick Illustrated, 1983, 47-50.
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NON-REFEREED PUBLICATIONS

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3. Weinberg, R. S., (1985). Parents can help prevent burnout. *Inside Tennis*. March.

4. Weinberg, R. S. (1987). Goal Setting: Performance versus outcome goals. Advantage.
5. Weinberg, R. S. (1987). Psychological considerations in youth triathlons. Triathlete.
6. Weinberg, R. S. (1986). Confidence: The key to success: Advantage.
7. Weinberg, R. S. (1987). Enhancing motivation in young triathletes. Triathlon news.
8. Weinberg, R. S. (1987-October). Sport psychology: Peak performance to personal growth. Sport Futures, 1, 5-6.
9. Weinberg, R. S. (1987). Credentialing sport psychologists: merging physical education and psychology. Association for Advancement of Applied Sport Psychology Newsletters.
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REFEREED PRESENTATIONS

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2. Weinberg, R. S. Some methodological problems in anxiety-motor research. Paper presented at the University of California Symposium on Teaching and Research Methods in Physical Education: Berkeley, California, 1976.
3. Weinberg, R. S. The effects of success and failure on the patterning of neuromuscular energy. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity: Ithaca, New York, 1977.

4. Weinberg, R. S. Coping with failure in a competitive situation. Paper presented at the 4th World Congress of the International Society of Sport Psychology: Prague, Czechoslovakia, 1977.
5. Weinberg, R. S. In search of the inverted U: The relationship between arousal and motor performance. Paper presented at the annual meeting of the American Alliance for Health, Physical Education, and Recreation: Kansas City, Missouri, 1978.
6. Weinberg, R. S. Competitive and external rewards: Effect on intrinsic motivation and attribution. Canadian Society for Sport Psychology and Psychomotor Learning: Toronto, Canada, 1978.
7. Weinberg, R. S. Extrinsic reward and intrinsic motivation: Implications for teaching, coaching and research. Michigan State University, 1978.
8. Weinberg, R. S. Intrinsic motivation, extrinsic rewards and competition. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity: Tallahassee, Florida, 1978.
9. Weinberg, R. S., and Jackson, A. Competition and external rewards: Effect on intrinsic motivation and attributions. Paper presented at the annual meeting of the American Alliance for Health, Physical Education and Recreation: New Orleans, Louisiana, 1979.
10. Weinberg, R. S. The effect of psyching-up strategies on motor performance. Paper presented at the annual meeting of the Texas Association for Health, Physical Education, and Recreation: Fort Worth, Texas, 1979.
11. Poteet, D., & Weinberg, R. S. Social facilitation and competition: Effect on competition trait anxiety, state anxiety and performance. Paper presented at the annual meeting of Texas Association for Health, Physical Education and Recreation: Fort Worth, Texas, 1979.
12. Seabourne, T., & Weinberg, R. S. Effect of psychohypnotic suggestion on motor performance. Paper presented at the annual meeting of the Texas Association for Health, Physical Education and Recreation: Fort Worth, Texas, 1979.
13. Kasper, D., Weinberg, R. S., & Jackson, A. Effect of sex and success-failure on level of aspiration in a gross motor task. Paper presented at the annual meeting of the Texas Association for Health, Physical Education and Recreation: Fort Worth, Texas, 1979.
14. Weinberg, R. S., Gould D., & Jackson, A. Relationship between self-efficacy and performance in a competitive setting. Paper presented at the annual meeting of the Canadian Applied Sport Sciences: Vancouver, B.S., January, 1980.
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16. Weinberg, R. S. Psyching-up or psyching-out: Understanding motivation of young athletes. Paper presented at the 3rd Annual Conference on Early Development of Motor Patterns in Young Children: North Texas State University, March, 1980.
17. Weinberg, R. S., Gould, D., & Jackson, A. Effect of mental preparation and cognitions on strength performance. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: Vancouver, B.C., October, 1980.
18. Weinberg, R. S., & Genuchi, M. Relationship between CIA, state anxiety and gold performance. Paper presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation and Dance: New Orleans, Louisiana, April, 1980.
19. Gould, D., Weinberg, R. S., & Weiss, M. Psychological characteristics of successful and unsuccessful wrestlers. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: Vancouver, B.C., October, 1980.
20. Hughes, H., Weinberg, R. S., & Critelli, J. Effect of pre-existing and manipulated self-efficacy on weight loss in a self-control program. Paper presented at the annual meeting of the American Psychological Association: Montreal, Canada, September, 1980.
21. Weinberg, R. S. Effect and content of psyching-up strategies on skilled performance. North Texas State University, College of Education Conference, July, 1980.
22. Gould, D., Weinberg, R. S., & Jackson, A. Psyching-up strategies, state anxiety and strength performance. Paper presented at the annual meeting of the American Alliance for Health, Physical Education, Education, Recreation and Dance: New Orleans, Louisiana, April, 1980.
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24. Yukelson, D., & Weinberg, R. S. Effect of attributional instruction and situation criticality on attributions and performance. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance: San Antonio, Texas, December, 1980.
25. Caudill, D. & Weinberg, R. S. Effect of length of psych-up interval on motor performance. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance: San Antonio, Texas, December, 1980.
26. Harris, V., Richardson, P. & Weinberg, R. S. Heart rate as a predictor of competitive motor performance. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance: San Antonio, Texas, December, 1980.

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39. Weinberg, R. S. How sport psychology can help coaches. Paper presented at the annual meeting of the Missouri Association for Health, Physical Education and Recreation: St. Louis, Missouri, 1981.
40. Caudill, D. & Weinberg, R. S. The effect of psyching-up strategies on college sprinters and hurdlers. Paper presented at the annual meeting of the Texas Association for Health, Physical Education, Recreation and Dance: Houston, Texas, 1981.
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45. Weinberg, R. S., Chan, R., & Jackson, A. Mental preparation strategies and performance: Is a combination of techniques better than a single technique? Paper presented at the North American Society for the Psychology of Sport and Physical Activity: College Park, Maryland, May, 1982.
46. Weinberg, R. S., Richardson, P., & Jackson, A. Coming from behind to win: Sex differences in interacting sport teams. North American Society for Sport Psychology and Physical Activity: College Park, Maryland, May, 1982.
47. Seabourne, T., Weinberg, R. S., & Jackson, A. Effect of practice and training of visuo-motor behavior rehearsal in enhancing karate performance. North American Society for Sport Psychology and Physical Activity: College Park, Maryland, May, 1982.
48. Yukelson, D., Weinberg, R. S., & Jackson, A. Development of a multi-dimensional group cohesion instrument: A progress report. North American Society for Sport Psychology and Physical Activity: College Park, Maryland, May, 1982.

49. Hall, H., Weinberg, R. S., & Jackson, A. Effect of psyching-up strategies on soccer performance of varsity and novice players. Paper presented at TAHPER meeting: Dallas, Texas, December 1982.
50. Reveles, M., Weinberg, R. S., & Jackson, A. Attitudes of collegiate football players toward male and female coaches. Paper presented at TAHPER meeting: Dallas, Texas, December, 1982.
51. Porter, D., Weinberg, R. S., & Jackson, A. Anxiety, attentional focus and self efficacy as predictions of game free throw shooting performance. Paper presented at TAHPER meeting: Dallas, Texas, December 1982.
52. Weinberg, R. S. How sport psychologists can help athletes develop psychological skills. Paper presented at Women's Sports Foundation Conference: Denton, Texas, November, 1982.
53. Weinberg, R. S. Motivating male and female athletes: Similarities and differences. paper presented at Women's Sports Foundation Conference: Denton, Texas, November, 1982.
54. Smith, J., Patton, R., Dishman, R., Jackson, A., & Weinberg, R. S. The utilization of physiological and perceptual feedback in aerobic exercise prescription. Paper presented at SDAHPERD: Tulsa, Oklahoma, February, 1983.
55. Weinberg, R. S. Pros and cons of competitive sports for young children. Paper presented at the annual Israeli Physical Education Convention: Jerusalem, March, 1983.
56. Weinberg, R. S. Sport Psychology in the United States: Trends, issues and problems. Paper presented at the Israeli Society for Sport Psychology: Tel Aviv, March, 1983.
57. Gould, D., & Weinberg, R. S. Sources of worry in successful and unsuccessful intercollegiate wrestling competitors. Paper presented at NASPSPA: East Lansing, Michigan, May, 1983.
58. Gould, D., & Weinberg, R. S. Antecedents of and relationships between CASI-2 subscales in intercollegiate wrestlers. Paper presented at NASPSPA, East Lansing, Michigan, May, 1983.
59. Yukelson, D., Weinberg, R. S., & Jackson, A. Group Cohesion in sport: A Multidimensional approach. Paper presented at NASPSPA, East Lansing, Michigan, May, 1983.
60. Weinberg, R. S., Smith, J., Gould, D., & Jackson, A. Effect of association, dissociation and positive self-talk strategies on endurance performance. Paper presented at NASPSPA, East Lansing, Michigan, May, 1983.
61. Weinberg, R. S., & Segal, J. Relationship between sex, sex roles and competitive trait anxiety. Paper presented at NASPSPA, East Lansing, Michigan, May, 1983.

62. Seabourne, T., U Weinberg, R. S. Effect of individualized vs. guided VMBR on karate performance. Paper presented at NASPSPA, East Lansing, Michigan, May, 1983.
63. Stitcher, T., & Weinberg, R. S. Effect of participative versus assigned goal setting on strength performance.
64. Perez, J. & Weinberg, R. S. Effects of rewards on young boys and girls in competitive and non-competitive settings. Paper presented at TAHPERD: December, 1983.
65. Hall, H., & Weinberg, R. S. Specificity of goals in enhancing endurance performance. Paper presented at TAHPERD: December, 1983.
66. Weinberg, R. S. How sport psychologists can help coaches and athletes. Symposium presented at TAHPERD: December, 1983.
67. Weinberg, R. S. & Jackson, A. Relationship of self-efficacy and cognitive strategies on enhancing endurance performance. Paper presented at the Olympic Scientific Congress: Eugene, Oregon: July 11-26, 1984.
68. Weinberg, R. S., Seabourne, T., :& Jackson, A. The effect of individualized, nonindividualized and package intervention strategies on karate. Paper presented at the Olympic Scientific Congress, Eugene, Oregon: Olympic Scientific Congress, Eugene, Oregon: July 19-26, 1984.
69. Weinberg, R. S. Effect of cognitive-behavioral intervention strategies on skilled motor performance. Paper presented at the American Psychological Association Convention: Toronto, Canada, August 24-28, 1984.
70. Weinberg, R. S. An overview of sport psychology: Past, present and future. Invited paper. Midwestern University, November, 1984.
71. Seabourne, T., & Weinberg, R. S. Effect of specific vs. non-specified mental preparation strategies on strength and endurance performance. Paper presented at Texas Association for Health, Physical Education & Recreation, November, 1984.
72. Weinberg, R. S., Ransom, K. Effect of situation criticality on the performance of elite male and female tennis players. Paper presented at the Texas Association for Health, Physical Education, & Recreation, November, 1984.
73. Pistacchio, T., Weinberg, R. S., & Jackson, A. Effect of aerobic activities on the reduction of anxiety, depression and hostility. Paper presented at the Texas Association for Health, Physical Education & Recreation, November, 1984.
74. Weinberg, R. S., Bruya, L., & Jackson, A. Effect of goal proximity and goal specificity on endurance performance. Paper presented at NASPSPA: Long Beach, California, May, 1985.
75. Weinberg, R. S. Psychological momentum: Gender and ability differences. Paper presented at NASPSPA: Long Beach, California, May 1985.

76. Seabourne, T., Weinberg, R. S., & Jackson, A. Effect of arousal vs. relaxation instructions prior to imaginal rehearsal. Paper presented at NASPSPA: Long Beach, California, May, 1985.
77. Pistacchio, T., & Weinberg, R. S. Chronic and acute effects of aerobic activity on anxiety, depression and hostility. Paper presented at NASPSPA: Long Beach, California, May 1985.
78. Hill, H., & Weinberg, R. S. Effects of goal difficulty and information feedback on endurance performance. Presented at NASPSPA: Long Beach, California, May, 1985.
79. Weinberg, R. S. Effect of mental preparation strategies on skilled performance. Paper presented at VI World Congress in Sport Psychology, Copenhagen, Denmark, June, 1985.
80. Weinberg, R. S. The effects of mental preparation on skilled motor performance: A review and critique. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy. Houston, Texas, November, 1985.
81. Weinberg, R. S. The effects of mental preparation on skilled motor performance: A review and critique. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy. Houston, Texas, November, 1985.
82. Weinberg, R. S. Sport Psychology: Professional and research issues. Paper presented at Texas Association for Health, Physical Education, Recreation and Dance. Dallas, Texas, December, 1985.
83. Weinberg, R. S. Imagery as a technique for performance enhancement. Keynote presentation - Sport psychology Academy, American Alliance for Health, Physical Education, Recreation and Dance. April, 1986.
84. Weinberg, R. S., Bruya, L., Garland, H., & Jackson, A. Goal difficulty and endurance performance: A challenge to the goal attainability assumption. Paper presented at the North American Society for Sport Psychology and Physical Activity. Scottsdale, Arizona, June, 1986.
85. Pistacchio, T., & Weinberg, R. S. The development of a psychobiologic profile of individuals who experience and those who do not experience exercise-related mood-enhancement. Paper presented at the North American Society for Sport Psychology and Physical Activity. Vancouver, B.C.
86. Hanks, D., & Weinberg, R. S. The relationship of task goals and expectations in a three mile treadmill test: A test of cognitive evaluation theory. Paper presented at the North American Society for Sport Psychology and Physical Activity. Vancouver, B.C., 1987.
87. Adler, W., & Weinberg, R. S. Type A behavior in sport: Generalizability or specificity. Paper presented at the North American Society for Sport Psychology and Physical Activity. Vancouver, B.C., 1987.

88. Weinberg, R. S., & Jackson, A. Psychological momentum and performance of male and female tennis players revisited. Paper presented at the North American Society for Sport Psychology and Physical Activity. Vancouver, B.C., 1987.
89. Bagnall, J., Weinberg, R. S., & Jackson, A. The home court advantage in high school male and female basketball teams. Paper presented at the North American Society for Sport Psychology and Physical Activity. Vancouver, B.C., 1987.
90. Giannini, J., Weinberg, R. S., & Jackson, A. The effect of master, competitive, and cooperative goals on the performance of simple and complex sport skills. Paper presented at the North American Society for Sport Psychology and Physical Activity. Vancouver, B.C., 1987.
91. Jackson, A., Weinberg, R. S., & Bruya, L. Reliability estimates of motor performance measures in an elderly population. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance. Las Vegas, Nevada, 1987.
92. Weinberg, R. S. A psychological skills approach to intervention in applied settings. Paper presented at the Association for the Advancement of Applied Sport Psychology. Newport Beach, California, September, 1987.
93. Dale, J. & Weinberg, R. S. Relationship between leadership style and burnout. Paper presented at the Association for the Advancement of Applied Sport Psychology. Newport Beach, California, September, 1987.
94. Weinberg, R. S., Bruya, L., Perez, J. & Jackson, A. Effect of goal specificity and goal proximity on endurance performance of elementary school children. Paper presented at the Association for the Advancement of Applied Sport Psychology. Newport Beach, California, September, 1987.
95. Weinberg, R. S., Bruya, & Jackson, A. Age and gender differences on psychomotor skills of the elderly. Paper presented at American Alliance for Health, Physical Education, Recreation and Dance. Kansas City, Kansas, April, 1988.
96. Frierman, S. & Weinberg, R. S. Relationship between goal proximity and specificity and performance in bowling: A field study. Paper presented at the North American Society for Sport Psychology and Physical Activity. Knoxville, Kentucky, June, 1988.
97. Finch, S., Weinberg, R. S., & Jackson, A. Relationship between trait anxiety, state anxiety and basketball performance: Intraindividual differences. Paper presented at the North American Society for Sport Psychology and Physical Activity. Knoxville, Kentucky, June, 1988.
98. Weinberg, R. S. Sport Psychology: Challenges and Issues. Presidential Address. Association for the Advancement of Applied Sport Psychology. Nashua, New Hampshire, October, 1988.
99. Meyers, A., Mahoney, M. & Weinberg, R. S. Packaged vs. individualized interventions for performance enhancement: Strengths, weaknesses and compatability.

Paper presented at the Association for Advancement of Applied Sport Psychology. Nashua, New Hampshire, October, 1988.

100. Weinberg, R. S. Enhancing motivation through goal setting. Paper presented at the United States Tennis Association National Teachers Conference. Nevada, September, 1988.
101. Weinberg, R. S. AAASP certification: Criteria and grandparenting. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Seattle, Washington, September, 1989.
102. Hanks, D., Schilder, R., Weinberg, R. S., & Jackson, A. Competition and mastery goals: The effects of situation criticality on a 12-minute treadmill run. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Seattle, Washington, September, 1989.
103. Miller, S., Weinberg, R. S. & Jackson, A. The effects of perception of success and failure on post-competition anxiety and attributions. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Seattle, Washington, September, 1989.
104. Winkelmann, A. & Weinberg, R. S. Psychological momentum in collegiate football: A preliminary investigation. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Seattle, Washington, September, 1989.
105. Frierman, S. & Weinberg, R. S. Is positive cohesion a determinant of success in competitive bowling? Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Seattle, Washington, September 1989.
106. Nickerson, K. & Weinberg, R. S. Stereotyped beliefs and their effect on causal attributions for success and failure in sport. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. San Antonio, Texas, September, 1990.
107. Miller, S. & Weinberg, R. S. Perception of momentum and their effect on performance. Paper presented at the annual meeting of the Association for the Advancement of Applied Spot Psychology. San Antonio, Texas, September, 1990.
108. Adler, W. & Weinberg, R. S. Effect of task appropriateness, social comparison and feedback on female goals, self-confidence and performance with a motor task. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. San Antonio, Texas, September, 1990.
109. Evans, M. & Weinberg, R. S. Psychological profiles related to drug use in college athletes. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. San Antonio, Texas, September, 1990.
110. Weinberg, R. S., Richardson, P., & Jackson, A. Effect of model cueing on tennis serving performance. Paper presented at the annual meeting of the North American Society for Sport Psychology and Physical Activity. Houston, Texas, May, 1990.

111. Weinberg, R. S. Goal setting and motor performance: Developing a line of research. Paper presented at the annual meeting of the North American Society for Sport Psychology and Physical Activity. Houston, Texas, May, 1990.
112. Weinberg, R. S. Effect of goal proximity and goal specificity on endurance performance: A replication and extension. Paper presented at the North American Society for Sport Psychology and Physical Activity. Monterey, June, 1991.
113. Anshel, M., Jackson, A., & Weinberg, R. S. Effect of goal difficulty and task complexity on intrinsic motivation and performance. Paper presented at the North American Society for Sport Psychology and Physical Activity. Monterey, June, 1991.
114. Hanks, D., & Weinberg, R. S. Postmarathon affect in first time and experienced marathon participants. Paper presented at the annual meeting for the Association for the Advancement for Applied Sport Psychology. Savannah, Georgia, October, 1991.
115. Stichter, T., Richardson, P., & Weinberg, R. S. Effects of goal setting on performance enhancement in competition. Paper presented at the annual meeting for the Association for the Advancement for Applied Sport Psychology. Savannah, Georgia, October, 1991.
116. Weinberg, R. S., Gordon, S., & Jackson, A. Effect of internal and external imagery training on cricket performance. Paper presented at the annual meeting for the Association for the Advancement for Applied Sport Psychology. Savannah, Georgia, October, 1991.
117. Weinberg, R. S., Grove, R., & Jackson, A. Building self-efficacy in tennis players: A comparative analysis of Australian and American coaches. Paper presented at the annual meeting for the Association for the Advancement for Applied Sport Psychology. Savannah, Georgia, October, 1991.
118. Weinberg, R. S., Burton, D., Yukelson, D., & Weinberg, R. S. Goal setting in competitive sport: An athletic perspective. Paper presented at the annual meeting for the Association for the Advancement for Applied Sport Psychology. Savannah, Georgia, October, 1991.
119. Weinberg, R. Goal setting in sport and exercise: Integrating divergent results. Paper presented at the annual meeting of the American College of Sports Medicine, Dallas, TX, May, 1992.
120. Burke, K., Weinberg, R., & Weigand, D. Perceptual agreement on the origin, end, and causes of psychological momentum in basketball. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, October, 1992.
121. Weigand, D., & Weinberg, R. Evaluating a sport psychology consultation with a collegiate women's basketball team. Paper presented at the annual of the Association for the Advancement of Applied Sport Psychology, Colorado Spring, October, 1992.

122. Yukelson, D., Weigand, D., Burton, D., & Weinberg, R. Goal setting in competitive sport: Interviews with collegiate athletes. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, October, 1992.
123. Edwards, T., & Weinberg, R. Psychological momentum in sport: Does it really exist? Paper presented at the annual meeting of the Association for the Advancement of Applied Spot Psychology, Colorado Springs, October, 1992.
124. Anshel, M., & Weinberg, R. Sources of and response to acute stress in Australian and American basketball referees. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Monterrey, CA, October, 1992.
125. Randle, S., & Weinberg, R. Competitive anxiety and sources of stress experienced by high school athletes. Paper presented at the annual meeting of the Association for the Advancement of Applied Spot Psychology, Colorado Springs, October, 1992.
126. Edwards, T., & Weinberg, R. Antecedents and incidence of psychological momentum among male and female junior tennis players. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Monterrey, CA, October, 1992.
127. Weinberg, R., Weigand, D., Hanks, D., Litke, L., & Jackson, A. The effect of specific versus global learning strategies on a self-paced athletic skill. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Monterrey, CA, June, 1992.
128. Weinberg, R.S. (October 1993). Psychological momentum: An elusive concept that continues to remain elusive. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Montreal, Canada.
129. Weigand, D., & Weinberg, R.S. (October, 1993). The development of a reliable instrument for the assessment of the Health Belief Model in younger and older adults. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Montreal, Canada.
130. Burton, D., & Weinberg, R.S. Yukelson, D., Weigand, D., (October, 1993). Back to the basics: Surveying collegiate athletes to identify effective goal setting practices in sport. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Montreal, Canada.
131. Weinberg, R. (October, 1993). Goal setting and performance in sport and exercise settings: Findings, uses and applications. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Montreal, Canada.

132. Weigand, D., Richardson, P., & Weinberg, R. (October, 1993). A two-stage evaluation of a sport psychology internship. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Montreal, Canada.
133. Weinberg, R. (July, 1993). Goal setting in sport and exercise: A review and critique. Paper presented at the Maccabiah Sport Science Congress, Tel Aviv, Israel.
134. Hayslip, R., Weinberg, R., & Weigand, D. (November, 1993). Validity of the health belief model as a predictor of activity in younger and older adults. Paper presented at the annual meeting of the Gerontological Society of America.
135. Weinberg, R.S. (October, 1994). Psychological momentum: myth or reality. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Lake Tahoe, Nevada.
136. Weinberg, R.S. & Burke, K. (October, 1994). Goal setting practices of elite junior tennis players. Paper presented at the annual meeting of the Association for the advancement of Applied Sport Psychology, Lake Tahoe, Nevada.
137. Hayslip, B., & Weigand, D. & Weinberg, R. (November, 1994). Validity of the health belief model as a predictor of activity in younger and older adults. Paper presented at the annual meeting of the Gerontological Society of America, Washington D.C.
138. Grove, R. Biddle, S., & Weinberg, R. (1995, September) Perceptions of controversial sport stars: A cross-cultural analysis. Paper presented at the International Olympic Congress, Atlanta, GA.
139. Paccagnella, M. Grove, R., & Weinberg, R. (1995, September). Perceptions of controversial sport stars: Differences between males and females. Paper presented at the International Olympic Congress, Atlanta, GA.
140. Weinberg, R. Tenenbaum, G., McKenzie, A., Anshel, M., Grove, R., Jackson, S., 1996, October). Factors affecting youth participation in competitive sport and physical activity: A cross cultural perspective. Paper presented at the Association for the Advancement of Applied Sport Psychology annual meeting, Williamsburg, VA
141. Weinberg, R., Giacobbi, P., Szabo, C. (1996, March) Physical activity versus competitive sport involvement: Psychological and cultural influences. Midwest Sport Psychology Conference, Bowling Green
142. Weinberg, R. (Sept, 1997). Successful job search strategies. Paper presented at the Association for the Advancement of Applied Sport Psychology, San Diego, CA
143. Weinberg, R (Sept, 1997). Goal setting in sport and exercise settings: A review and critique. Paper presented at the Association for the Advancement of Applied Sport Psychology, San Diego, CA
144. Weinberg, R., & Giacobbi, P. (Sept, 1997). An examination of coping in sport: Individual differences and situational responses. Paper presented at the Association for the

Advancement of Applied Sport Psychology, San Diego, CA.

145. Weinberg, R., Yukelson, D., Finch, L. & Burton), (Sept, 1997). Goal setting practices of collegiate athletes: A qualitative investigation. Paper presented at the Association for the Advancement of Applied Sport Psychology, San Diego, CA.
146. Weinberg, R., Hall, C., & Munroe, K. (Sept, 1997). Motivational and cognitive use of imagery early in the season. Paper presented at the Association for the Advancement of Applied Sport Psychology, San Diego, CA.
147. Weinberg, R. (May, 1997). Factors affecting youth participation in competitive sports and physical activity: A cross cultural perspective. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, Colorado
148. Theodorakis, Y., Weinberg, R., & Natsis, P. (Sept, 1998). Effets of mtivational versus instructional self-talk on improving perofrmance accuracy. Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA
149. Martin, S., Weinberg, R., Jackson, A., & Webb, D. (Sept, 1998). The effects of goal setting and personality types on endurance performance. Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA
150. Weinberg, R., Mckenzie, A., Tennenbaum, G., Grove, R., Jackson, S., & Anshel, M. (Sept, 1997). A cross-cultural annalysis of motivation for youth participation in sport and physical activity. Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA.
151. Weinberg, R., Yukelson,, & Burton, D. (Sept, 1998). Goalsetting practices of Olympic athletes: An exploratory investigation. Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA.
152. Green, S. & Weinberg (Sept, 1998) The relationship between athletic identity, social support, coping skills, and the psychological impact on injury recovery. Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA
153. Weinberg, R. (Sept, 1998). The editorial process: Nuts and bolts of publishing in academic journals Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA
154. Grove, R., Weinberg, R., & Paccagalla, M. (1998). Mike Tyson in cultural perspective. Paper presented at the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA
155. Hall, C., Munroe, K., Weinberg, R., & Giacjobbi, P. (Oct.1998). Athletes' use of imagery early and late in a competitive season. Paper presented at the Canadian Society for Sport Science. Halifax, Nova Scotia

156. Karteroliotis, C., Georgiadis, G., & Weinberg, R. (July, 1998). Relationship between children's beliefs and their perceptions of their parents' beliefs on fitness activities. Paper presented at the Second International Conference on Sport Psychology, Braga, Portugal
157. Weinberg, R., Vealey, R., Knight, B., & Butt, J. (1999, Sep't). The effectiveness and frequency of the use of imagery in competitive sport. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Banff, Canada
158. Stout, J., Martin, S., Weinberg, R., & Jackson, A. (1999, Sep't). Goal setting strategies, personality characteristics and locus of control beliefs of NCAA Division I swimmers from successful programs Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Banff, Canada
159. Munro, K., Hall, C., Giacobbi, P., & Weinberg, R. (1999, Sep't). Why do athletes image? The function of athletes' images. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Banff, Canada
160. Burton, D., Weinberg, R., Yukelson, D., & Weigand, D. (1999 Sep't). The goal effectiveness paradox revisited: Examining the goal practices of Olympic athletes. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Banff, Canada
161. Weinberg, R. (1999, July). Certification in applied sport psychology in North America: History, current status, and future possibilities. Paper presented at the Federation of European Sport Psychology, Prague, Czech Republic
162. Hall, C., Munro, K., Weinberg, R., & Giacobbi, P. (1999, June). What do athletes image? The content of athletes' images. Paper presented at the North American Society for the Psychology of Sport and Physical Activity.
163. Butt, J., & Weinberg, R.S. (2000, Feb.) Self-confidence as a buffer for precompetitive anxiety. Paper presented at the Midwest Sport Psychology Symposium, Oxford, OH.
164. Weinberg, R. S., Butt, J., & Knight, B. (2000, Oct.). High school coaches' perceptions of the process of goal setting: A qualitative investigation. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
165. Weinberg, R. (2000), Oct.). Understanding the review and publication process in sport and exercise psychology. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
166. Munroe, K., Hall, C., Giacobbi, P., & Weinberg, R. (2000, Oct) Goal setting and motivational imagery: A qualitative investigation. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
167. Burke, K., Weinberg, R., & Joyner, B. (2000, Oct.). College athletes' perceptions of positive and negative momentum within 48 hours after completing competition. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.

168. Butt, J., & Weinberg, R. (2000, Oct.). The relationship between self-confidence intensity and directional interpretation of anxiety and performance across competition. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
169. Weinberg, R. S., Butt, J., Knight, B., & Perritt (2001, Oct.). Collegiate coaches' perceptions of the process of goal setting: A qualitative investigation. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
170. Butt, J., Weinberg, R. (2001, Oct) Factors affecting the physical activity of adolescents: Gender and race considerations. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
171. Giacobbi, P. Foore, B., & Weinberg, R (2001, Oct) Broken clubs and expletives: Sources of stress and ways of coping for recreational golfers. Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN
172. Weinberg, R. . (2001, April.). Motivational determinants of physical activity. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Cincinnati, OH
173. Siompopoulos, S.,, & Weinberg, R. (2001, Feb.). Self-talk in women collegiate tennis players: A qualitative investigation. Paper presented at the Midwest Applied Sport Psychology Conference, East Lansing, MI
174. Weinberg, R. (2002). The scope, history, and special niche of the Journal of Applied Sport Psychology. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Tucson, Arizona
175. Weinberg, R. (2003, Sep't). Consulting with elite athletes: A personal perspective. Paper presented at the British Association for Sport and Exercise Sciences, Sheffield, UK
176. Weinberg, R. (20-03, Oct). Building a sport psychology profession. Paper presented at the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA
177. Butt, J., Weinberg, R., & Claytor, R. (2004, June). Patterns of physical activity and the relationship between physical activity and home environment. Paper presented at the American College of Sports Medicine, Indianapolis,
178. Butt, J., & Weinberg, R. (2004, Feb). Anxiety-performance relationship: Temporal patterning of anxiety throughout competition and its relationship to performance. Midwest Sport Psychology Symposium, Ball State University
179. Weinberg, R., Culp, B., & Butt, J. (2005, Oct). Mental toughness: Definition, attributes, and development. Paper presented at the Association for the Advancement of Applied Sport Psychology, Vancouver, B.C.

180. Weinberg, R. S., Butt, J. & Culp, B. (2006-Sep't) *Mental toughness and coaches: How do perceptions compare to athletes*. Paper presented at the Association for the Advancement of Applied Sport Psychology, Miami , FL
181. Weinberg, R. & Miller A. (2006, Sep't)): *The influence of type and selection of mental preparation strategies on collegiate cross-country runners performance and satisfaction levels* Paper presented at the Association for the Advancement of Applied Sport Psychology, Miami FL
183. Walker, B., & Weinberg, R. (2006, Sep't). *Intrinsic and extrinsic motives for participation of master's athletes*. Paper presented at the Association for the Advancement of Applied Sport Psychology, Miami , FL
184. Vidic, Z., Burton, D., Pickering, T., Weinberg, R., Yukelson, D., & Weigand, D. (2006, Sep't). *Goal setting effectiveness: Relationships between goal practice profiles and the competitive cognitions and background variables of Olympic athletes*. Paper presented at the Association for the Advancement of Applied Sport Psychology, Miami , FL
- 185 Teske, E., & Weinberg, R. (2006, Feb). *Sources of stress and coping strategies of competitive young athletes and their parents and coaches*. Paper presented at the Midwest Sport Psychology Symposium, Oxford, OH.

Over 20 refereed presentations from 2007

INVITED PRESENTATIONS

1. Weinberg, R. S. Relationship between arousal, cognitive strategies and motor performance. University of Washington, January, 1980.
2. Weinberg, R. S. New directions in sport psychology research. Texas A & M, April, 1980.
3. Weinberg, R. S. Psychological skills for coaches and athletes. Workshop for Houston Independent School System, May, 1980.
4. Weinberg, R. S. An information-processing model for the acquisition of motor skills. Loyola Marymount College, Los Angeles, July, 1981.
5. Weinberg, R. S. The arousal-performance relationship: New direction for research and practice. University of Houston, 1981.
6. Weinberg, R. S. How to make physical activity and competition a worthwhile and enjoyable experience for children. Paper presented for Community Schools In-Service Training. Ft. Worth, Texas, 1982.
7. Weinberg, R. S. Emotional arousal and sport: Effect of psyching-up strategies on competitive motor performance. Paper presented for Community Schools In-Service Training. Ft. Worth, Texas, 1982.

8. Weinberg, R. S. How Sport Psychology can help the coach. University of North Carolina, Chapel Hill, May, 1982.
9. Weinberg, R. S. Motivation for female athletes. Texas High School Girls Coaching Association. Houston, Texas, July, 1982.
10. Weinberg, R. S. Does mental preparation really make a difference in enhancing motor performance: Facts and fiction. Texas A & M University, November, 1982.
11. Weinberg, R. S. Maximizing athletic performance through psychological skills training. University of Houston, November, 1982.
12. Weinberg, R. S. Mental preparation strategies and competitive sport performance. University of Oklahoma, April, 1983.
13. Weinberg, R. S. Arousal regulation for elite athletes. Olympic Development Camp for Junior Elite Distance Runners, Colorado Springs, July 24-28, 1983.
14. Weinberg, R. S. Goal setting as a motivational technique. Olympic Development Camp for Junior Elite Distance Runners, Colorado Runners, Colorado Springs, July 24-28, 1983.
15. Weinberg, R. S. Imagery rehearsal: mind and body integration. Olympic Development Camp for Junior Elite Distance Runners, Colorado Springs, July 24-28, 1983.
16. Weinberg, R. S. Strategies to build confidence. Olympic Development Camp for Junior Elite Distance Runners, Colorado Springs, July 24-28, 1983.
17. Weinberg, R. S. Psychology and the elite athlete. Olympic Development Camp for Junior Elite Distance Runners, Colorado Springs, July 24-28, 1983.
18. Weinberg, R. S. Arousal regulation for performance enhancement. Kansas State University, September 2, 1983.
19. Weinberg, R. S. Motivational strategies for the physical educator and coach. University of Texas at Arlington, October 17, 1983.
20. Weinberg, R. S. Sport Psychology for performance enhancement. Midwestern University, November, 1984.
21. Weinberg, R. S. Psychological skills for coaches and athletes. St. Joseph's Hospital, Ft. worth, Texas, December, 1984.
22. Weinberg, R. S. How sport psychology can help competitive ice skaters. Dallas Ice Skating Association, December, 1984.

23. Weinberg, R. S. Building confidence in racquet sports. Sport Psychology Academy, AAHPERD pre-convention workshop, April, 1985.
24. Weinberg, R. S. Motivational strategies for exercise adherence. Holistic Health Workshop, University of Texas at Dallas, March, 1985.
25. Weinberg, R. S. The mental side of sport: Fact vs. fiction. Parkside JHS, Athletic Department, April 1985.
26. Weinberg, R. S. Confidence, concentration and emotional control: winning the mental game. Duncanville High School, Athletic Department, February, 1985.
27. Weinberg, R. S. Motivation for elite athletes. Danish Sport Federation, Copenhagen, Denmark, June, 1985.
28. Weinberg, R. S. Group Cohesion and motivation for team sports. Danish Sport Federation, Copenhagen, Denmark, June, 1985.
29. Weinberg, R. S. Anxiety and performance: To choke or not to choke. Paper presented at Texas Tennis Coaches Association Meeting. New Braunfels, Texas, December 7, 1985.
30. Weinberg, R. S. Increasing commitment and motivation through goal setting. Paper presented at the Texas Tennis Coaches Association Meeting. New Braunfels, Texas, December 8, 1985.
31. Weinberg, R. S. How important are mental skills: Fact vs. Fiction. Paper presented at Texas Coaches Association Meeting. New Braunfels, Texas, December 9, 1985.
32. Weinberg, R. S. Psychological skills for tennis excellence. Paper presented at the Northwest All Sports Coaches Clinic. Bellevue, Washington, February 15, 1986.
33. Weinberg, R. S. Dealing with pressure in competitive tennis. Paper presented at the Northwest All Sports Coaches Clinic. Bellevue, Washington, February 15, 1986.
34. Weinberg, R. S. Goal-setting: A motivational strategy that works. Paper presented at the USTA Chicago Tennis Workshop. Chicago, Illinois, February 28, 1986.
35. Weinberg, R. S. Imagery as a technique for performance enhancement. Keynote presentation, Sport Psychology Academy, American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, Ohio, April 8, 1986.
36. Weinberg, R. S. Psychological skills for tennis excellence. Paper presented at John Newcombe's Tennis Ranch. New Braunfels, Texas, October 12, 1985.
37. Weinberg, R. S. Anxiety and performance: To choke or not to choke. Paper presented at Texas Tennis Coaches Association Meeting. New Braunfels, Texas, December 7, 1985.

38. Weinberg, R. S. Increasing commitment and motivation through goal setting. Paper presented at the Texas Tennis Coaches Association meeting. New Braunfels, Texas, December 8, 1985.
39. Weinberg, R. S. How important are mental skills: Fact vs. Fiction. Paper presented at Texas Tennis Coaches Association Meeting. New Braunfels, Texas, December 9, 1985.
40. Weinberg, R. S. Psychological skills for tennis excellence. Paper presented at the Northwest All Sports Coaches Clinic. Bellevue, Washington, February 15, 1986.
41. Weinberg, R. S. Dealing with pressure in competitive tennis. Paper presented at the Northwest All Sports Coaches Clinic. Bellevue, Washington, February 15, 1986.
42. Weinberg, R. S. Building psychological skills in young tennis players. Paper presented at Northern California All Sports Coaches Clinic, San Jose, California, February 22, 1986.
43. Weinberg, R. S. Coping with competitive stress in tennis. Paper presented at Northern California All Sports Coaches Clinic. San Jose, California, February 22, 1986.
44. Weinberg, R. S. Psychological skills for tennis excellence. Paper presented at the USTA Chicago Tennis Workshop. Chicago, Illinois, February 28, 1986.
45. Weinberg, R. S. Goal-setting: A motivational strategy that works. Paper presented at the USTA Chicago Tennis Workshop. Chicago, Illinois, February 28, 1986.
46. Weinberg, R. S. Methodological problems and future directions for goal setting research: A reaction to Edwin Locke. Paper presented at the North American Society for Sport Psychology and Physical Activity. Scottsdale, Arizona, June 5-8, 1986.
47. Weinberg, R. S. Coping with pressure and anxiety. Paper presented at the USTA National Tennis Teachers Conference. New York, August, 1986.
48. Weinberg, R. S. Psychological momentum and confidence. Paper presented at the USTA National Tennis Teachers Conference. New York, August, 1986.
49. Weinberg, R. S. Coping with stress and performance anxiety. Paper presented to Pearce High School Decathlon Team. Dallas, Texas, February 16, 1987.
50. Weinberg, R. S. Dealing with pressure in competitive tennis. Paper presented at Midwest Tennis Association. Detroit, Michigan, February 20, 1987.
51. Weinberg, R. S. Psychological momentum through confidence. Paper presented at Midwest Tennis Association. Detroit, Michigan, February 21, 1987.
52. Weinberg, R. S. Children and triathlons: Psychological considerations. Paper presented at the Tri-Fed USA Triathlon Race Management Conference. Dallas, Texas, February 22, 1987.

53. Weinberg, R. S. Motivational strategies for exercise adherence. Paper presented at Nautilus First Annual Fitness Symposium. Dallas, Texas, March 27, 1987.
54. Weinberg, R. S. Imagery and mental rehearsal for performance enhancement. University of Southern California. Los Angeles, March, 1987.
55. Weinberg, R. S. Imagery as a technique for performance enhancement and physical fitness. Mind over Body. Dallas, Texas, May, 1987.
56. Weinberg, R. S. Goal setting as a motivational task. Paper presented at U.S. Olympic Committee Sport Psychology Conference. Arlington, Virginia, October, 1987.
57. Weinberg, R. S. Mental aspects of endurance training. Paper presented to Marathon Training Clinic. Dallas, Texas, October, 1987.
58. Weinberg, R. S. Goal Setting: The Do's and Don'ts. Israeli Coaching Association. July 18, 1988.
59. Weinberg, R. S. The Status of North American Sport Psychology. Israeli Society for Sport Psychology, July 15, 1988.
60. Weinberg, R. S. The Relationship Between Competitive Trait Anxiety, State Anxiety and Bowling Performance: Intra-individual Differences. (with Scot Finch).
61. Weinberg, R. S. Goal setting in sport and physical activity. University of Georgia, Athens, Georgia, April 14, 1988.
62. Weinberg, R. S. The status of North American sport psychology. Paper presented to the Israeli Society for Sport Psychology. July 15, 1988.
63. Weinberg, R. S. Goal setting: The do's and don'ts. Paper presented to the Israeli Coaching Association. July 18, 1988.
64. Weinberg, R. S. Individualized psychological skills training programs panel discussion. Association for the Advancement of Applied Sport Psychology. Nashua, New Hampshire, October 12-16, 1988.
65. Weinberg, R. S. Sport psychology in the 1980's. Paper presented to the Dallas Psychological Association. Dallas, Texas, November 10, 1988.
66. Weinberg, R. S. Psychological skills for young tennis players. Paper presented at the Dallas Junior Excellence Tennis Association. August 17, 1988.
69. Weinberg, R. S. Motivation for exercise adherence. Paper presented for United States Air Force Recreation Leaders. Texas A & M, April 22, 1988.
70. Weinberg, R. S. Building confidence and concentration for junior elite tennis players. Paper presented to the Dallas Junior Excellence Tennis Program. November 13, 1988.

71. Weinberg, R. S. Goal setting and Skilled Performance: A Review and A Review and Critique. Paper presented at the University of Western Australia. Perth, Australia, 1989.
72. Weinberg, R. Psychological skills training for elite athletes. Paper presented at the University of Western Australia, Perth, Australia, 1989
73. Weinberg, R. S. Psychological Skills and Optimal Performance. Paper presented at the Western Australia Coaching Association. Perth, Australia, 1989.
74. Weinberg, R. S. Motivational Approaches to Athletic Performance: Theory to Practice. Paper presented at the Ballarat College of Advanced Education. Melbourne, Australia, 1989.
75. Weinberg, R. S. Effects of Goal Specificity, Goal Difficulty, and Goal Proximity on Strength and Endurance Activities. Paper presented at the University of Queensland, Brisbane, Australia.
76. Weinberg, R. S. Applied Sport Psychology in the United States: Issues and Challenges. Paper presented at the University of Wollongong.
77. Weinberg, R. S. Anxiety and Motor Performance: Where to from here? Paper presented at the University of Melbourne, 1989.
78. Weinberg, R. S. Sport psychology in the United States. Paper presented at the Free University of Berlin.
79. Weinberg, R. S. Sport psychology: Advanced in research and professional services. Paper presented at the University of Heidelberg, Germany.
80. Weinberg, R. S. Sport psychology in North America. Paper presented at the Free University, West Berlin, Germany, July 27, 1990.
81. Weinberg, R. S. Applied sport psychology and the Olympic Games: A United States perspective. Paper presented at the Free University, West Berlin, August 4, 1990.
82. Weinberg, R. S. The mental side of tennis: From research to practice. Paper presented at United State Tennis Association Regional Workshop. Dallas, Texas, March, 1991.
83. Weinberg, R. S. Goal setting and sport performance: Research to practice. Paper presented at the University of Southern Maine Sport Psychology Summer Institute. Portland, Maine, June 28-29, 1991.
84. Weinberg, R. S. Sport Psychology: Peak performance to personal growth. Paper presented at the University of Southern Maine Sport Psychology Summer Institute. Portland, Maine, June 28-29, 1991.
85. Weinberg, R. Sport psychology and athletic injury: Research to practice. Paper presented at the annual meeting of the Texas Sports Medicine and Orthopaedic Conference. Nachidoches, TX, February, 1992.

86. Weinberg, R. Goal setting in sport and exercise settings: Research to practice. Invited presentation, Purdue University, November, 1992.
87. Weinberg, R. Methodological issues and future directions for goal setting research in sport and exercise. Invited presentation, University of North Carolina, Greensboro, April, 1992.
88. Weinberg, R. Sport psychology: Peak performance to personal growth. Invited presentation, All Sports Coaching Conference, Dallas, TX, June 1992.
89. Weinberg, R. Sport psychology for youth sport athletes. Invited presentation, All Sports Coaching Conference, Dallas, TX, June 1992.
90. Weinberg, R. (April, 1993). Goal setting for coaches and athletes. Invited presentation at Northern Illinois University.
91. Weinberg, R. (April, 1993). Exercise adherence and motivation. Invited presentation at Northern Illinois University.
92. Weinberg, R. (March, 1993). Mental preparation strategies and performance enhancement. Invited presentation at Miami University Psychology colloquium series.
93. Weinberg, R. (December, 1994). Goal setting: research to practice. School of Coaches, Wingate Institute for Physical Education and Sport, Netanya, Israel.
94. Weinberg, R. (December, 1994). Mental preparations strategies for peak performance. Zinman College of Physical Education, Wingate Institute for Physical Education and Sport, Netanya, Israel.
95. Weinberg, R. (May, 1994) Goal setting for coaches and athletes. Chinese University of Hong Kong.
96. Weinberg, R. (May, 1994). Imagery and performance enhancement: Fact and fiction. Chinese University of Hong Kong.
97. Weinberg, R. (March, 1994). Mental preparation strategies and performance enhancement: Kent State University.
98. Weinberg, R. (July, 1994). Motivational strategies in sport and exercise, Akron University.
99. Weinberg, R. (1994). Psychology of coaching: Leadership and group dynamics. Akron University
101. Weinberg, R. (1995) Sport Psychology: Research to practice. University of Valencia, Valencia, Spain, March 21.
102. Weinberg, R. (1995) Psychological skills training for performance enhancement: Facts and Myths. Jaume University of Castellon, Spain, March 16.

103. Weinberg, R. (1995, May). Goal-setting and performance: research to practice. Paper presented at the University of Wollongong, Sydney, Australia.
104. Weinberg, R. (1995, May). Imagery and performance: Fact and fiction. Paper presented at the University of Queensland, Toowoomba, Queensland.
105. Weinberg, R. (May, 1995). The confidence-performance relationship: A critical analysis. Paper presented at the University of Queensland, Brisbane, Australia.
106. Weinberg, R. (1995, May). Applied sport psychology in North America: Where to from here. Paper presented at the university of Otago, Dunedin, New Zealand.
107. Weinberg, R. (1995, May). Psychological skills training for performance enhancement. Paper presented at the University of Akron, Akron, OH.
108. Weinberg, R. (1995, October). Mental skills for personal growth and performance enhancement.
109. Weinberg, R. (1995, October). Motivational strategies in sport and exercise. Paper presented at the University of Akron, Akron, OH.
110. Weinberg, R. (1995, November). Goal setting and performance: Research to practice. Invited presentation, University of Thrace, Komotini, Greece.
111. Weinberg, R. (1995, November). Imagery as a tool to enhance sport performance. Invited presentation, University of Thrace, Komotini, Greece.
112. Weinberg, R. (1995, November). Expectations and performance: The confidence-performance relationship. Invited presentation, Thessaloniki University, Thessaloniki, Greece.
113. Weinberg, R. (1995, November). The psychology of officiating. Invited presentation, University of Athens, Athens, Greece.
114. Weinberg, R. (1995, November). Psychological skills for performance enhancement in sport and exercise. Invited presentation, University of Athens, Athens, Greece.
115. Weinberg, R. (1996, March). Mental preparation for coaches and players. High Performance Coaching Workshop. USA Hockey.
116. Weinberg, R. (1996, March). Goal setting and performance: A review, critique and future directions for research. University of Western Ontario, London, Canada.
117. Weinberg, R. (1996, March). Goals and performance: Implications for practitioners. Georgia Southern University.
118. Weinberg, R. (April, 1996). Mental skills for personal growth and performance enhancement. Paper presented at the USA HockeyNCAA Coaches Workshop

119. Weinberg, R. (Nov 1996) Mental rehearsal and performance: A review and critique
Invited presentation, University of Thrace,, Komotini, Greece.
120. Weinberg, R (Nov, 1996) Psychological skills for performance enhancement in sport and exercise. Invited presentation, University of Athens,, Greece
121. Weinberg, R, (1997, March) Goal-setting for practitioners: What does the research tell us? Invited presentations. University of North Texas, Denton, T
122. Weinberg, R. (1997, March). Goal setting for sport and exercise: Nuts and Bolts.
Invited presentation, DeMontford University, Bedford, England.
123. Weinberg, R. (1997, March). Imagery as a technique to enhance performance. Invited presentation, Steffordshire University, Stoke-on-Trent, England.
124. Weinberg, R.(1997, March). Sport psychology: Bridging research and practice. Invited presentation, Loughborough University, Loughborough, England.
125. Weinberg, R. (1997, March). Peak performance for elite athletes: What coaches need to know. Invited presentation, Welsh Sports Council, Cardiff, Wales.
126. Weinberg (July, 1997). Psychological Aspects of Coaching. Invited presentation
Kent State University
137. Weinberg (July, 1997). Psychological skills for optimal performance. Invited presentation
University of Akron
128. Weinberg, R. (June, 1997). Arousal and Motor Performance: Research to practice.
University of Southern Maine Sport Psychology Institute, Portland, Maine
129. Weinberg, R. (June, 1997). Confidence and athletic performance University of Southern
Maine Sport Psychology Institute, Portland, Maine
130. Weinberg, R. (Oct 16, 1997). Goal setting in sport and exercise: Research o practice.
Invited presentation, Georgia Southen University, Statsboro, GA
131. Weinberg, R. (Oct, 24, 1997). Imagery rehearsal for improving performance: Fact versus fiction. Invited presentation, University of North Carolina-Chapel Hill.
132. Weinberg, R. (Oct, 31, 1997) Collegiate athletes' goal setting strategies: Frequency, effectiveness, importance and barriers. Invited presentation, University of North Carolina-Greensboro.
133. Weinberg, R (Nov 3, 1997). Expectations and performance: Theory, research, and practice.
Invited presentation, Univesity of Virginia, Charlottesville, VA
134. Weinberg, R. (Dec 15, 1997). Goal setting in sport and exercise settings: A review and critique. Invited presentation, University of North Texas, Denton, TX

135. Weinberg, R. (December, 1998). Current and future directions with applied sport psychology. Invited presentation, University of North Texas, Denton, TX.
136. Weinberg, R. (1998, July) Psychological skills training for performance enhancement. Invited presentation, University of Akron
137. Weinberg, R. (1998 , July). Leadership Styles for Effective Coaching. Invited presentation, Kent State University
138. Weinberg (May, 1998). Dealing with competitive pressure. Invited presentation, United 'States Tennis Association Regional Workshop'
139. Weinberg (May, 1998). Concentration: How to keep your focus Invited presentation, United States Tennis Association Regional Workshop_
140. Weinberg, R. (Nov, 1998). Faculty evaluation in the sport sciences. Invited presentation, University of Thessaloniki, Greece
141. Weinberg, R. (Nov, 1998). Graduate curriculum development in the sport sciences. Invited presentation, University of Thessaloniki, Greece
142. Weinberg, R. (1999, June). Arousal regulation strategies and performance: A review and critique. Paper presented at the Sport Psychology Symposium, University of Virginia, Charlottesville, VA
143. Weinberg, R. (1999 June). Expectations and performance: The critical role of confidence. Paper presented at the Sport Psychology Symposium, University of Virginia, Charlottesville, VA
144. Weinberg, R. (1999, June). Goal setting in sport and exercise: Nuts and bolts for coaches and athletes. Paper presented at the Sport Psychology Symposium, University of Virginia, Charlottesville, VA
145. Weinberg, R. (1999, April). Goal setting in sport and exercise: Implications for practice. Paper presented at the Sport Psychology Symposium, University of Virginia, Charlottesville, VA
146. Weinberg, R. (2000, Jan). Focus on court: Developing concentration skills. Keynote Presentation, Australian Tennis Conference :New Year, New Challenges, New Millennium, Melbourne, Australia
147. Weinberg, R. (2000, Jan). Developing mental toughness. Paper presented at the High Performance Coaching Workshop, Melbourne, Australia.
Weinberg, R. (2000, Jan.). Mental preparation for elite performance: The psychology of excellence. Paper presented at the University of Auckland, Auckland, New Zealand.
148. Weinberg, R. (2000, May) Goal setting in sport and exercise: Research to practice.

Keynote Presentation at the Sport Psychology Conference in the New Millennium, Halmstad, Sweden.

149. Weinberg, R. (2000, June). Sport and exercise psychology: A historical perspective and current concerns. Invited presentation, Norwegian Institute of Sport Science. Oslo, Norway.
150. Weinberg, R. (2000, June). Goal setting in sport and exercise: New perspectives and new directions. Paper presented at the Norwegian Institute of Sport Science
151. Weinberg, R. (2000, Nov.). Motivation for exercise adherence: Determinants and strategies. Paper presented at Georgia Southern University, Statesboro, GA.
152. Weinberg, R. (2000, Nov). Departmental review: Quality, viability, and comparative advantage. Paper presented at Georgia Southern University, Statesboro, GA
153. Weinberg, R. (2001 Apr.). Mental preparation for performance excellence. Paper presented at Murray State University, Murray, KY.
154. Weinberg, R. (2001, April) Goal setting in sport and exercise: Research to practice. Paper presented at Murray State University, Murray, KY.
155. Weinberg, R. (2001, June). Goal setting in sport and exercise: New perspectives and new directions. Invited Keynote Speaker. International Society for Sport Psychology, Skiathos, Greece?
156. Weinberg, R. (2001 May) Goal setting for coaches and athletes. Paper presented at a pre-conference workshop for the International Society for Sport Psychology, Skiathos Greece
157. Weinberg, R. (2001, May). Self-talk: Current directions and future research. Paper presented (as part of a symposium) at the International Society for Sport Psychology, Skiathos, Greece
158. Weinberg, R. (2001, Nov.). Motivation for exercise adherence: Determinants and strategies. Paper presented at the University of West Virginia, Morgantown, WV
159. Weinberg, R. (2001, Nov). Current and future directions on sport psychology . Paper presented at the University of West Virginia, Morgantown, WV
160. Weinberg, R. (2001 Nov) The application of goal setting theory and research to sport and physical activity. Paper presented at the University of West Virginia, Morgantown, WV
161. Weinberg, R. S., (Feb. 2002). Goal setting in sport and exercise: Research to practice. Invited presentation, Bowling Green State University
162. Weinberg, R., (Feb. 2002). The future of sport science departments. Invited presentation, Bowling Green State University.

163. Weinberg, R. (March, 2002). Goal setting for coaches and athletes. Invited presentation, St. Mary's College, Oakland, CA
164. Weinberg, R. (March, 2002) Consulting with elite athletes: A personal perspective. Invited presentation, St. Mary's College, Oakland, CA.
165. Weinberg, R. (March, 2002). Imaginal rehearsal in sport: When, why and where. Invited presentation, St. Mary's College, Oakland, CA
166. Weinberg, R. (April, 2002). Goals and performance: Where to from here. Invited presentation, University of Memphis, Memphis, TN
167. Weinberg, R. (April, 2002). Lessons learned when consulting with athletes. The good, bad, and the ugly Invited presentation, University of Memphis, Memphis, TN
168. Weinberg, R. (September 2002). Why mental skills are important for tennis player. Invited presentation, Queen City Racquet Club, Cincinnati, OH
169. Weinberg, R. (November, 2002). Sportsmanship: What is it? Invited presentation, Regional Training Center, United States Tennis association, Cincinnati, OH
170. Weinberg, R. (2003, Jan). *Goal setting for tennis performance*. Paper presented at the Midwest United States Tennis Association, Chicago, IL
171. Weinberg, R. (2003 March) *Goal setting for tennis coaches and athletes*. Paper presented at the Southern California Tennis Association, Los Angeles, CA
172. Weinberg, R. (2003, February). *A goal setting process for enhancing motivation*. Paper presented at the International Federation of Tennis, Hilton Head, S.C.
173. Weinberg, R. (2003, March.). *Imagery and performance: Implementation strategies*. Paper presented at the University of Florida – Stevens Professorship, Gainesville, FL
174. Weinberg, R. (2003, March) *Consulting with athletes. Lessons learned*. Paper presented at the University of Florida – Stevens Professorship- Gainesville, FL
175. Weinberg, R. (2003 March) *The application of goal setting theory and research to sport and exercise* Paper presented at the University of Florida – Stevens Professorship- Gainesville
176. Weinberg, R. (May, 2003). *Parents of competitive tennis players: Psychological considerations*. Paper presented at regional United States Tennis Association Training Center, Ann Arbor, MI
177. Weinberg, R. (May, 2003). *Why is tennis so difficult from a mental perspective*. Paper presented at regional United States Tennis Association Training Center, Ann Arbor, MI

178. Weinberg, R. (May, 2003). *Mental skills and drills to enhance mental practice*. Paper presented at regional United States Tennis Association Training Center, Ann Arbor, MI
179. Weinberg, R. (2003, June). Goal setting and performance: Research, theory and future directions for research. Paper presented at the University of Southern Maine, Sport/Exercise Psychology Summer Institute
180. Weinberg, R. (2004, Jan). Mental preparation for performance excellence. Paper presented at Xavier University, Cincinnati
181. Weinberg, R. (2004, Feb) Goal setting in sport and exercise:. Paper presented at Michigan State University, East Lansing, MI
182. Weinberg, R. (2004, March). Preparing mentally for sport excellence Paper presented at Ohio Coaches Conference, Columbus.

Weinberg, R. (2001 May) Goal setting for coaches and athletes. Paper presented at a pre-conference workshop for the International Society for Sport Psychology, Skiathos Greece

Weinberg, R. (2001, May). Self-talk: Current directions and future research. Paper presented (as part of a symposium) at the International Society for Sport Psychology, Skiathos, Greece

Weinberg, R. (2001, Nov.). Motivation for exercise adherence: Determinants and strategies. Paper presented at the University of West Virginia, Morgantown, WV

Weinberg, R. (2001, Nov). Current and future directions on sport psychology . Paper presented at the University of West Virginia, Morgantown, WV

Weinberg, R. (2001 Nov) The application of goal setting theory and research to sport and physical activity. Paper presented at the University of West Virginia, Morgantown, WV

Weinberg, R. (2005 Feb). *Mental skills for tennis excellence*. Presentation to tennis professionals at the Beechmont Racquet Club, Cincinnati, OH

Weinberg, R. (2005 April). *The psychology of performance excellence: Developmental considerations*. Invited presentation at the University of North Texas, Denton, TX

Weinberg, R. (2005-Nov). *Mental preparation and officiating performance: The key to success*. Invited Keynote Speaker, Canada Officiating National Conference, Quebec City, CA

Weinberg, R. (2005, Nov). *Parenting your young tennis player: Developmental issues*. Invited presentation to parents of USTA elite training center. Cincinnati, OH

- 180 Weinberg, R. (2006 Feb). *Keys to effective officiating: The mental advantage*. Keynote Invited Presentation to National Rugby Officials, San Francisco, CA.
- 181 Weinberg, R. (2006 Jan) *Supervision for AAASP certification :A model for distance supervision* Invited presentation at the University of North Texas, Denton, TX
- 182 Weinberg, R. (2006, Feb). *Confidence as a critical determinant of performance*. Invited Presentation, St Mary's College, Oakland, CA
- 183 Weinberg, R. (2006, Feb). *Contemporary issues in becoming a certified sport psychology consultant*. Invited Presentation, St Mary's College, Oakland, CA.
184. Weinberg, R. (2006, April) *Achieving excellence in human performance*. Invited Presentation, Murray State University, Murray, KY.
185. Weinberg, R. (2006, April). *Applied sport psychology: Working with elite athletes*. Invited Presentation, Murray State University, Murray, KY.
- 186 Weinberg, R. (2006, June). *Goal setting and performance enhancement: Critical determinants*. Invited Presentation, University of Southern Maine Summer Institute.
- 187 Weinberg, R. (2006, Nov). *Psychology of human performance: Keys to becoming successful*. Invited Presentation, Moeller High School Athletic Department
- 188 Weinberg, R. (2006, Nov). *Parenting your young tennis player: Psychological Consideratio* Invited presentation to parents of USTA elite training center. Cincinnati, OH
189. Weinberg, R. (2006, Nov). *Sport and Exercise Psychology: What is it and how can it help athletes and exercisers?* Invited Presentation, Xavier University, Department of Psychology, Cincinnati, OH
- Weinberg, R. (2007 Jan) *Supervision for AAASP certification: A model for distance supervision* Invited presentation at the University of North Texas, Denton, TX
- Weinberg, R. (2007 Feb). *Mental skills for junior tennis players*. Paper presented at Beechmont Racquet Club, Cincinnati, OH.
- Weinberg, R. (2007, Nov). *Mental toughness training for coaches and athletes*. Invited paper presented at St. Mary's College, Moraga, CA.
- Weinberg, R. (2007, Nov). *Exercise and psychological well-being.: Facts vs. fiction*. Invited paper presented at St. Mary's College, Moraga, CA.
- Weinberg, R. (2007, Nov). *Parenting your young tennis player: Psychological considerations*. Invited presentation to parents of USTA elite training center. Cincinnati, OH
- Weinberg, R. (2007 April). *Mental toughness training for coaches and athletes*. Invited presentation at the University of Dayton, Dayton, OH

Weinberg, R. (2007, July). *Goal setting for coaches and athletes*. Invited presentation, International Sport Psychology Conference, University of Minho, Braga, Portugal.

Weinberg, R. (2007, July). *Mental toughness: What is it and how is it built?* Keynote presentation, International Sport Psychology Conference, University of Minho, Braga, Portugal

Weinberg, R. (2007, May). *Mental toughness training for tennis players*. Invited Presentation at the United States Tennis Association (New England Division), Cape Cod, Massachusetts

Weinberg, R. (2007 Dec.). *Winning the mental game: High performance tennis*. Invited presentation, Midwest Regional Tennis Training Center, Cincinnati, OH

over 50 invited presentations since 2007

INVITED KEYNOTE INTERNATIONAL PRESENTATIONS

Weinberg, R. (July, 1993). Sport psychology: Peak Performance to personal growth. Keynote lecture at the Macabiah Sport Science Congress, Tel Aviv, Israel

Weinberg, R. S. (1989) Mental Preparation Strategies for Elite Athletes. Keynote paper presented at the Australian Institute for Sport, Canberra, Australia, .

Weinberg, R. (1995) Imagery as a technique to enhance performance and personal growth. Keynote presentation, Fifth National Congress in Sport Psychology, Valencia, Spain, March 22,24.

Weinberg, R. (1995). Goal setting and task performance: Findings, issues and applications. Keynote Presentation. Fifth National Congress in Sport Psychology, Valencia, Spain, March 22.24

Weinberg, R. (Nov, 1996). Goal setting and performance: Research to practice. Keynote invited presentation, International Sport Psychology Congress, Komotini, Greece.

Weinberg, R. (Nov, 1996). Imaginal rehearsal as a technique to enhance performance. Keynote invited presentation, International Sport Psychology Congress, Komotini, Greece

Weinberg, R. (1997, March) Goal setting and performance: Findings, issues and applications. Inaugural Psychology Lecture, University College, Dublin, Dublin, Ireland.

Weinberg, R. (July, 1998). Goal setting in sport and exercise: Theory, research, and

Application Keynote presentation, Second International Sport Psychology Congress in Sport Psychology, Braga, Portugal

Weinberg, R. (November, 1998). Arousal regulation in sport Keynote presentation, Third International Congress in Sport Psychology, Trikala, Greece

Weinberg, R. (July, 2000). Certification in the United States: Applications and extensions to Other countries. Keynote presentation. Federation of European Sport Psychology, Prague, Czech Republic

Weinberg, R. (May, 2001). Motivation in sport: Goal setting research, theory and practice. Keynote presentation, International Society for Sport Psychology, Skiathos Greece

Weinberg, R. (September, 2003). Developing the perfect tennis player from a psychological Perspective. Keynote presentation, British association for Sport and Exercise

13 invited keynotes since 2003

FUNDED EXTERNAL GRANTS

1. Psychological and physiological variables relating to motor behavior of children 6-12. Century 21, \$23,000, 1979.
2. Psychological Predictors of Elite and Non-Elite Performance in Olympic Weightlifting. U.S. Olympic Committee Sports Medicine Council, \$9,000, funded, 1987.
3. A multidisciplinary training program for junior elite Olympic Weightlifters. U.S. Olympic Committee Sports Medicine Council, \$18,000, funded, 1988.
4. Confidence: A Coaches Perspective. United States Tennis Association, \$750, funded, 1987.
5. Effects of goal orientation, goal proximity and goal difficulty on athletic performance. Israeli Ministry of Education, \$20,650, funded.
6. Global vs. specific learning strategies on a variety of motor skills. Meadows Grant, \$1,500, funded, 1989.
7. Overtraining and burnout in elite junior tennis players. United States Tennis Association, \$1,100, funded, 1990.
8. Use of the digital therapist to enhance exercise adherence. National Institute for Health, \$3,500, funded, 1991.
9. Goal setting practices for junior elite tennis players and their coaches. United States Tennis Association, \$5,000, funded, 1991.
10. Burton, D., Weinberg, R., & Yukelson, D. Goal setting practices of Olympic coaches and athletes: A quantitative and qualitative approach. Sports Medicine Committee of the United States Olympic Committee, \$27,000, funded, 1992.

11. Weinberg, R., Neff. R. Enhancing performance, self-esteem, and competence through effective goal setting. Winners for Life 2005, 32,000 (funded)

INTERNAL GRANTS

1. Effect of expectancies and cognitive skills on motor performance. North Texas State Faculty Research Fund, \$4,500, 1978-1979.
2. Effect of rewards and feedback on intrinsic motivation. North Texas State Faculty Research Fund, \$1,500, 1978-79.
3. Sex differences and ability: Effects of heart rate and performance. North Texas State Faculty Research Grant, \$1,350, 1979-80.
4. Effect of psyching-up strategies on motor performance. North Texas State Faculty Research Grant, \$1,800, 1979-1980.
5. Effect of self-efficacy and attributions on performance. North Texas State Faculty Research Fund, \$1,170, 1979-1980.
6. Effects of situation criticality on performance of male and female athletes. North Texas State Faculty Research Grant, \$2,200, 1980-81.
7. Psyching-up and performance: How long is optimal. North Texas State Faculty Research Grant, \$3,200, 1980-81.
8. Efficacy of perceived exertion ratings during graded exercise prescription. North Texas State Faculty Research Grant, \$2,500, 1980-81.
9. Effect of self and manipulated self-efficacy on competitive motor performance. North Texas State Faculty Research Grant, \$2,800, 1981-82.
10. Association, dissociation, and positive self-talk cognitive strategies and endurance performance. North Texas State Faculty Research Grant, \$1,800, 1981-82.
11. Relationship between self-confidence and mental preparation strategies in competitive motor performance. North Texas State Faculty Research Grant, \$1,600, 1982-83.
12. Effects of visuo-motor behavior rehearsal on performance: Is practice important. North Texas State Faculty Research Grant, \$3,100, 1982-83.
13. Goal setting and athletic performance. North Texas State Faculty Research Grant, \$4,500, 1983-84.
14. Self confidence and performance: An inverted-U relationship. North Texas State Faculty Research Grant, \$2,800, 1983-84.

15. Effects of short-term and long-term goals on performance. North Texas State Faculty Research Grant, \$4,800, 1983-84.
16. Goal difficulty and endurance performance. North Texas State Faculty Research Grant, \$3,600, 1984-85.
17. A test of cognitive mediation theory of goal setting. North Texas State Faculty Research Grant, \$3,200, 1985-86.
18. A multidisciplinary study of the elderly. North Texas State Faculty Research Grant, \$11,500, 1985-86.
19. Effects of massage and aerobic activities on mental health. North Texas State Faculty Research Grant, \$3,500, 1986-87.
20. Effects of goal difficulty on performance: A challenge to the goal attainability assumption. North Texas State Faculty Research Grant, \$3,500, 1986-87.
21. Effect of temporal positioning of imagery on performance. North Texas State Faculty Research Grant, \$2,500, 1987-88.
22. Effect of goal orientation on complex and simple tasks. North Texas State Faculty Research Grant, \$1,500, 1987-88.
23. Effect of verbal and non-verbal cueing on skill acquisition. Meadows Foundation Grant, \$1,500, 1987-88.
24. Comparing younger vs. older adults concerning components of the health belief model: An elicitation study. University of North Texas Faculty Research Grant, \$3,000, funded, 1991.
25. Reasons for participation and discontinuance in competitive youth sports: A cross-cultural investigation. Hampton Fund for International Initiatives, Miami University. \$3500.00 (1994)
26. Goal Setting Practices n Competitive Sport: Qualitative and Quantitative Assessments” Committe for Faculty Research. Research Graduate Assistantship (1998-999), Summer Researh Appointment (1998) Grant to Promote Research (\$4,429), Miami University
27. The relationship between imagery and social cognitive variables in preicting exercise behavior. EAP Small Reesearch Grant (\$2,285). Miami University (1998)
28. Determinants of particiaption in physical activity in adolescents: Gender and race considerations. Research Challenge Grant (\$9,977), Office of Scholarship and Teaching, Miami University (1999)
29. Freysinger, V., Collier, C., & Weinberg, R. (1996). Uniting liberal, professional and interprofessional education through an innovative core curriculum. Department/Program Grant for the Significant Improvement of Instruction, Committee on the Improvement of Instruction, Miami University (\$8,000)

WORKSHOPS

1. Motivating young athletes: A positive approach. Workshop presented to Robstown School District. November, 1982.
2. Sport psychology: Implications for coaches, athletes, and participants. Symposium presented at the TAHPER meeting,. Dallas, Texas, December, 1982.
3. Motivating athletes: Psyching-up or psyching-out. Workshop presented for Region XI Education Service Center. January, 1983.
4. How to structure physical activity and competition so that it is a worthwhile experience for all children. Workshop presented at Community Schools Cooperative Inservice. Tolar, Texas, February, 1983.
5. Strategies and techniques for motivating students in physical education classes. Workshop presented at Community Schools Cooperative Inservice. Tolar, Texas, February, 1983.
6. Psychological skills for coaches and athletes. Workshop presented to Sweeny I.S.D. July, 1983.
7. Stress management for elite athletes. Workshop presented at the Olympic Training Center. July, 1983.
8. Motivational strategies for exercise adherence. Holistic Health Conference. U.T Dallas, February, 1985.
9. Stress management for athletes. Workshop presented to Dallas Junior Excellence Tennis Program. December, 1986.
10. Motivation for elementary school children. Workshop presented to Hurst-Euleless Bedford ISD. August, 1986.
11. Motivational techniques to increase adherence to regular exercise. Workshop presented to firefighters. Informart, Dallas, 1987.
12. Enhancing participation in fitness programs: Motivational and stress management considerations. Workshop presented to U.S. Navy College Station. Texas, 1986.
13. Sport psychology for coaches and athletes. Workshop presented at the University of Minnesota, 1990.
14. Building psychological skills for college athletes. Workshop presented at the University of North Texas, 1990.
15. Overtraining and burnout. Workshop presented to the Dallas Junior Excellence Tennis Program, 1990
16. In-Service Workshop. Hurst-Euleless Bedford ISD, 1990.

17. In-Service Workshop. Lewisville ISD, 1989.
18. In-service Workshop. University of North Texas Athletic Department, 1990.
19. Psychology Of Coaching. Kent State/University of Akron, 1994.
20. Psychological Skills for Coaches and Athletes. Kent State/Akron University, July 17-18.
21. Youth Sports:Psychological Perspectives. Kent State/University of Akron, 1994, July 19-20.
22. Motivational Strategies in Sport and Exercise. Kent State/U of Akron, 1995, July 17-18.
23. Psychological Skills for Performance Enhancement. Kent State/Akron University, 1995, July 19-20.
24. Youth Sports: Psychological Considerations. Kent State/U of Akron, 1995, July 21-22.\

Over 80 workshops since 1995 mostly dealing with the development of difference psychological skills for performance enhancement and enhanced psychological well-being (e.g., goal setting, arousal reduction, imagery, concentration training).

PROFESSIONAL CONSULTING ACTIVITY

I have consulted with numerous individual athletes on the development of psychological skills for performance enhancement and personal growth. Topics included arousal regulation, imagery, intentional focus, goal setting, mental preparation, thought stopping, self regulation and self-talk.

UNIVERSITY SERVICE (University of North Texas)

University Committees

- 1989-91 - Faculty Awards Committee
- 1986-92 - Human Subjects Institutional Review Board
- 1987-89 - University Review Committee
- 1985-86 - Sports medicine Complex Committee
- 1984-85 - Dissertation Advisory Committee
- 1982-86 - Faculty Research Committee
- 1983-84 - University Self-Study Committee
- 1982-83 - Faculty Salaries Committee

College of Education Committees

- 1989-92 - Graduate Affairs Committee
- 1988-92 - Grants Council
- 1984-86 - Doctoral Advisory Committee
- 1983-85 - Merit Committee
- 1982-83/4 - Faculty Assembly Committee
- 1990-91 - Dean's Search Committee

1991 - Grievance Committee

Department (Kinesiology) Committees

1991 - Grievance Committee (Chair)
 1989-91 - Graduate Committee (Chair)
 1990 - Search Committee
 1989 - Tenure and Promotion
 1985 - Research Coordinator
 1985 - Graduate Coordinator
 1986-89 - Proposition 2 Committee (Chair)
 1985-86 - Faculty Workload Committee (Chair)
 1986 - Graduate Committee (Chair)
 1985-87 - Curriculum Committee
 1984-86 - Student Recruitment Committee
 1983-85 - Executive Committee
 1983-83 - Practicum Guidelines Committee
 1983-885 - Workshop Committee
 1983-85 - Five Year Plan Subcommittee

Services to Students

Faculty advisor to Physical Education Professional Club Faculty advisor to Karate Club
 Advisor to graduate students and undergraduate students Chair (6 doctoral dissertations;
 15 masters theses) Guest lecturer every semester “Foundations of Physical Education”
 Presentations to dormitory residents on stress management]
 Faculty representative in student orientation recruitment programs

UNIVERSITY SERVICE (Miami University)

University-Wide Committees/Service

Urban Leadership Program
 Faculty Senate
 Honors Committee
 Race Matters Colloquium
 Graduate Student Fund Committee
 Honors Search Committee
 Faculty Research Committee
 Budget and Planning Committee
 Faculty Welfare Committee
 Graduate Committee
 Reader, General Scholarship Competition

School of Education and Allied Professions Committees/Service

Renovation Committee
 Health and Social Service Committee
 Institute for Educational Renewal
 Dean’s Advisory Committee for P & T
 Open Houses

Departmental Committees/Service

Graduate Committee of the Whole

Personnel Committee (Chair)

Enrollment Management Committee

Graduate Faculty Committee

Undergraduate Core Reform Committee

Chair Advisory Committee

Program Leader, Sport Studies

Program Review Committee

