

**CURRICULUM VITAE**  
**Barbara B. Meyer, Ph.D., CMPC**

**GENERAL INFORMATION**

University of Wisconsin-Milwaukee  
Department of Kinesiology – Integrative Health Care & Performance Unit  
PO Box 413, Pavilion – Room 369  
Milwaukee, WI 53201-0413

Email: [bbmeyer@uwm.edu](mailto:bbmeyer@uwm.edu)

**Formal Education**

1991 Ph.D., Health Education, Counseling Psychology, and Human Performance, Concentration: Psychosocial Aspects of Sport, Cognate: Counseling Psychology, Michigan State University

1988 M.A., Health Education, Counseling Psychology, and Human Performance, Concentration: Psychology of Sport, Michigan State University

1986 B.S., Psychology, University of Wisconsin-Eau Claire.

**Professional Experience**

Academe (1992 – present)

- Professor & Director – Laboratory for Sport Psychology & Performance Excellence, Department of Kinesiology (formerly Department of Human Movement Sciences), University of Wisconsin-Milwaukee, 2012 - present
- Professor & Associate Chairperson, Department of Human Movement Sciences, University of Wisconsin-Milwaukee, 2011 - 2012
- Professor & Chairperson, Department of Human Movement Sciences, University of Wisconsin-Milwaukee 2008 - 2011
- Associate Professor & Director - Psychosocial Laboratory, Department of Human Movement Sciences, University of Wisconsin-Milwaukee 2001 - 2008
- Assistant Professor, Department of Human Movement Sciences, University of Wisconsin-Milwaukee 1994 – 2001
- Adjunct Assistant Professor, Department of Human Movement Sciences, University of Wisconsin-Milwaukee 1992 - 1994

Sport Psychology Consultant (1988 – present)

- Design, deliver, and coordinate mental skills training & psychosocial skill development programs for high functioning individuals and organizations in a variety of disciplines (e.g., sport, business, emergency service sector, performing arts, medicine)
  - Sport Psychology consultation includes, but is not limited to:
    - Hockey Western New York
    - Arizona Coyotes
    - Various professional individual & team sport athletes
    - Australian Olympic Committee & Olympic Winter Institute of Australia
    - Canadian Olympic Committee & Canadian Freestyle Ski Association
    - Various athletes representing the United States at the Olympic Summer Games & the Olympic Winter Games
    - NCAA Division I soccer, hockey, & basketball teams as well as individual sport athletes
  - Certified Mental Performance Consultant (#187), Association for Applied Sport Psychology (2003 – present)

## RESEARCH AND SCHOLARSHIP

### Research Publications (refereed)

1. Hess, C. W., Gnacinski, S. L., **Meyer, B. B.** (2019). A review of the sport injury and rehabilitation literature: From abstraction to application. *The Sport Psychologist*, 33, 232-243.
2. Gnacinski, S. L., Nai, M. M., Brady, M., **Meyer, B. B.**, Newman, N. (in press). An examination of athletic trainers' occupational recovery experience during time after work.
3. Wahl, C. A., Harris, B. S., Langdon, J. L., Riggs, A. J., **Meyer, B. B.** (in press). Goal orientation, motivational climate, and exercise as predictors of eating disorder risk factors among college students. *Journal of American College Health*.
4. Wahl, C. A., Gnacinski, S. L., Nai, M. M., **Meyer, B. B.** (in press). Psychological predictors of perceived stress and recovery in sport. *Sport, Exercise, and Performance Psychology*.
5. Gnacinski, S. L., Massey, W. V., Hess, C. W., Nai, M., Arvinen-Barrow, M., **Meyer, B. B.** (2017). A multivariate analysis of stage of change differences in NCAA student-athletes. *The Sport Psychologist*, 31, 356-368.
6. Cornell, D. J., Gnacinski, S. L., **Meyer, B. B.**, Ebersole, K. T. (2017). Changes in measures of health and fitness in firefighter recruits: An observational cohort study. *Medicine & Science in Sports & Exercise*.
7. Gnacinski, S. L., Arvinen-Barrow, M., Brewer, B., **Meyer, B. B.** (2017). Factorial validity and measurement invariance of the perceived susceptibility to sport injury scale. *Scandinavian Journal of Medicine and Science in Sports*, 27, 754-761.
8. **Meyer, B. B.**, Markgraf, K., Gnacinski, S. L. (2017). Examining the merit of grit in women's soccer: Questions of theory, measurement, and application. *Journal of Applied Sport Psychology*, 29, 353-366.
9. Gnacinski, S.L., Cornell, D.J., **Meyer, B.B.**, Arvinen-Barrow, M., & Earl-Boehm, J. (2016). Functional Movement Screen™ factorial validity and measurement invariance across sex in among collegiate athletes. *Journal of Strength and Conditioning Research*, 30, 3388-3395.
10. Gnacinski, S.L., Ebersole, K.T., Cornell, D.J., Mims, J., Zamzow, A., & **Meyer, B.B.** (2016). Firefighters' cardiovascular health and fitness: An observation of adaptations that occur during firefighter training academies. *Work: A Journal of Prevention, Assessment, and Rehabilitation*, 54, 43-50.
11. Gnacinski, S.L., **Meyer, B.B.**, Hess, C.W., Cornell, D.J., Mims, J., & Ebersole, K.T. (2016). The psychology of firefighting: An examination of psychological skills use among firefighters. *Journal of Performance Psychology*, 9, 1-24.
12. Massey, W.V., Gnacinski, S.L., & **Meyer, B.B.** (2015). Psychological skills training in NCAA Division I athletics: Are athletes ready for change? *Journal of Clinical Sport Psychology*, 3-17-344.
13. Karnes, S.L., **Meyer, B.B.**, Berger, L.M., & Brondino, M.J. (2015). Changes in physical activity and psychological variables following a web-based motivational interviewing intervention: Pilot study. *Journal of Medical Internet Research*, 4(4):e129.
14. Gnacinski, S.L., **Meyer, B.B.**, Cornell, D.J., Mims, J., Zalewski, K.R., & Ebersole, K.T. (2015). Tactical athletes: An integrated approach to understanding and enhancing firefighter health and performance. *International Journal of Exercise Science*, 8(4), 341-357.
15. Massey, W.V., **Meyer, B.B.**, & Naylor, A. (2015). Self-regulation strategies in mixed martial arts. *Journal of Sport Behavior*, 38, 192-211.
16. Cornell, D.J., Ebersole, K.T., **Meyer, B.B.**, & Zalewski, K.R. (2015). Relationships between extraversion and measures of counter movement jump performance. *International Journal of Sports Science*, 5(3), 73-79.
17. Massey, W.V., **Meyer, B.B.**, & Mullen, S.P. (2015). Initial development and validity evidence for the processes of change in psychological skills training questionnaire. *Psychology of Sport and Exercise*, 16, 79-87.
18. Massey, W.V., **Meyer, B.B.**, & Naylor, A.H. (2013). Towards a grounded theory of self-regulation in mixed martial arts. *Psychology of Sport & Exercise*, 14, 12-20.
19. Gnacinski, S.L., **Meyer, B.B.**, & Ebersole, K.T. (2012). Backdraft: The use of applied sport psychology to characterize firefighter performance. *Performance Excellence Movement Newsletter*, 2-4.
20. **Meyer, B.B.**, Killam, G., Hatch, S.J., Massey, W.V., & LeMonnier, W. (2012). Psych up: The 4 C's of officiating college football. *Referee Magazine*, August.

21. Massey, W.V., **Meyer, B.B.**, & Hatch, S.J. (2011). The Transtheoretical Model: Examining readiness for psychological skills training. *Journal of Performance Psychology*, 2, 3-22.
22. Hatch, S.J., MacKenzie, J.L., Massey, W.V., & **Meyer, B.B.** (2010, September). The unique demands of famous athletes: Implications for novice sport psychology professionals. *Performance Excellence Movement Newsletter*, 2-4. Retrieved from <http://appliedsportpsych.org/files/file/pem/PEM2010.pdf>.
23. Fletcher, T.B., & **Meyer, B.B.** (2009). Cohesion and women's collegiate volleyball: A study of adventure based counseling. *Journal of Humanistic Education & Development*, 48, 173-194.
24. Lane, A.M., **Meyer, B.B.**, Devonport, T.J., Davies, K., Thelwell, R., Gill, G.S., Diehl, C., Wilson, M., Weston, N. (2009). Validity of the Emotional Intelligence Scale for use in Sport. *Journal of Sports Science & Medicine*, 8, 289-295.
25. Davis, N.W., & **Meyer, B.B.** (2009). A comparison of computer assisted and manual methods of qualitative data analysis. *Journal of Applied Sport Psychology*, 21, 116-124.
26. Kania, M.A., **Meyer, B.B.**, & Ebersole, K.T. (2009). Personal and environmental characteristics predicting burnout among certified athletic trainers employed at NCAA institutions. *Journal of Athletic Training*.
27. Davis, N.W., & **Meyer, B.B.** (2008). When sibling becomes competitor: A qualitative analysis of same-sex sibling competition in elite sport. *Journal of Applied Sport Psychology*, 20, 220-235.
28. **Meyer, B.B.**, & Fletcher, T.B. (2007). Emotional intelligence: A theoretical overview and implications for research and professional practice. *Journal of Applied Sport Psychology*, 19, 1-15.
29. **Meyer, B.B.**, Fletcher, T.B., & Parker, S.J. (2004). Emotional intelligence in the small business environment: The efficacy of an adventure-based intervention. *The Health Care Manager*, 23, 225-234.
30. **Meyer, B.B.**, & Lemley, K.J. (2001). The role of exercise in treating Fibromyalgia: A case study of a 24 week walking program. *International SportMed Journal*, 2, 1-9.
31. **Meyer, B.B.**, & Lemley, K.J. (2000). Utilizing high and low intensity exercise to affect the symptomology of fibromyalgia: A pilot study. *Medicine and Science in Sports and Exercise*, 32, 1691-1697.
32. **Meyer, B.B.** (2000). The ropes and challenge course: A quasi-experimental examination. *Perceptual and Motor Skills*, 90, 1249-1257.
33. **Meyer, B.B.** (1999). A reconceptualization of student-athlete education: Utilizing critical theory to eliminate perceived conflict. *Academic Athletic Journal*, 13, 35-57.
34. **Meyer, B.B.**, & Wenger, M.S. (1998). Athletes and adventure education: An empirical investigation. *International Journal of Sport Psychology* 29, 243-266.
35. **Meyer, B.B.** (1993). Support services and the Division I student-athlete. Experiences, needs, and perceptions. *Academic Athletic Journal*, Spring, 40-52.
36. Knoppers, A., **Meyer, B.B.**, Ewing, M.E., & Forrest, L. (1993). Gender ratio and social interaction among college coaches. *Sociology of Sport Journal*, 10, 256-269.
37. Knoppers, A., **Meyer, B.B.**, Ewing, M.E., & Forrest, L. (1991). Opportunity and work behavior in a male dominated occupation. *Journal of Sport and Social Issues*, 15, 1-20.
38. **Meyer, B.B.** (1990). From idealism to actualization: The academic performance of female collegiate athletes. *Sociology of Sport Journal*, 7, 44-57.
39. Knoppers, A., **Meyer, B.B.**, Ewing, M.E., & Forrest, L. (1990) Dimensions of power: A question of sport or gender? *Sociology of Sport Journal*, 7, 369-377.
40. Knoppers, A., Zuidema, M., & **Meyer, B.B.** (1989). Playing to win or playing to play? *Sociology of Sport Journal*, 6, 70-76.
41. Knoppers, A., **Meyer, B.B.**, Ewing, M.E., & Forrest, L. (1989). Gender and the salaries of coaches. *Sociology of Sport Journal*, 4, 348-361.

#### Book Chapters

1. **Meyer, B.B.**, Gnacinski, S.L., & Fletcher, T.B. (2017). Talent identification. In J. Taylor (Ed.), *Handbook for assessment in sport psychology consulting* (pp. 169-182). Champaign, IL: Human Kinetics.
2. **Meyer, B.B.**, Merkur, A., Ebersole, K.T., & Massey, W.V. (2014). The realities of working in elite sport. What they didn't teach you in graduate school. In A.M. Lane, R.J. Godfrey, M. Loosemore, & G.P. Whyte (Eds.), *Case studies in sport science and medicine*. CreateSpace.

3. **Meyer, B.B.**, Cashin, S.E., & Massey, W.V. (2012). The equivalence of online and paper-pencil measures of emotional intelligence. In A. DiFabio (Ed.), *Emotional intelligence: New perspectives and applications* (pp. 183-194) Rijeka, Croatia: InTech.
4. Lemley, K., & **Meyer, B.B.** (2009). Fibromyalgia. In G.E. Moore & L.E. Durstine (Eds.), *ACSM's Exercise management for persons with chronic diseases and disabilities* (pp. 239-245). Champaign, IL: Human Kinetics.
5. Fletcher, T., Cole, M.E., **Meyer, B.B.** (2008). Disordered eating. In Mensch, J. & Miller, G.M. (Eds.), *The athletic trainer's guide to psychosocial intervention and referral*. Thorofare, NJ:Slack.
6. **Meyer, B.B.**, & Ebersole, K.T. (2007). The role of intra-individual responses to injury rehabilitation: The case of a repeat ACL injury. In D. Pargman (Ed.), *Psychological bases of sport injuries* (3rd edition, pp. 351-365). Morgantown, WV: Fitness Information Technology, Inc.
7. **Meyer, B.B.**, & Zizzi, S. (2007). Emotional intelligence in sport: Conceptual, methodological, and applied issues. In A.M. Lane (Ed.), *Mood and human performance: Conceptual, measurement, and applied issues* (pp. 131-154). London: Nova Science Publishers.
8. Janski, R. & **Meyer, B.B.** (2004). Perceptions of equipment on on-ice attitudes and performance of ice hockey players. In A.B. Ashare, & D.J. Pearsall (Eds.), *Safety in ice hockey: Fourth volume* (pp. 117-134). West Conshohocken: American Society for Testing & Materials.
9. **Meyer, B.B.**, & Lemley, K.J. (2003). Fibromyalgia. In G.E. Moore & L.E. Durstine (Eds.), *ACSM's Exercise management for persons with chronic diseases and disabilities* (pp. 192-197). Champaign, IL: Human Kinetics.
10. **Meyer, B.B.** (2001). Academic achievement. In K. Christensen, A. Guttman, & G. Pfister (Eds.), *International encyclopedia of women and sport* (pp. 974-977). Great Barrington, MA: Berkshire Reference Works.

#### **Papers and Presentations at National / International Academic & Professional Meetings**

1. Gnacinski, S. L., **Meyer, B. B.**, Wahl, C. A., Nai, M. M., Brenner, V. (2019). *A systems-based approach to recovery intervention in elite sport environments*. Symposium presented at the annual meeting of the Association for Applied Sport Psychology, Portland, OR, October.
2. **Meyer, B. B.** (2019). *Evidence-based methods of recovery for performance team staff*. Presentation at the annual meeting of the Association for Applied Sport Psychology, Portland, OR, October 2019.
3. Wahl, C. A., Gnacinski, S. L., **Meyer, B. B.** (2019). *Examining differences in athletes' perceptions of perceived stress and recovery between NCAA divisions*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Portland, OR, October.
4. Nai, M. M., Gnacinski, S. L., Newman, N., **Meyer, B. B.** (2019). *Examining the occupational recovery experience among NCAA coaches*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Portland, OR, October.
5. Gnacinski, S. L., Nai, M. M., **Meyer, B. B.**, Brady, M., Newman, N. (2019). *Examining recovery experience predictors of National Collegiate Athletic Association athletic trainers' stress*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Portland, OR, October.
6. Hess, C. W., Gnacinski, S. L., **Meyer, B. B.** (2019). *Translating theories of injury rehabilitation into practice: The need for team-based work in sport*. 15th European Congress for Sport & Exercise Psychology, European Federation for Sport Psychology, Munster, Germany, July.
7. **Meyer, B. B.**, Gnacinski, S. L. (2019). *Supporting your superstar*. Olympic Winter Institute of Australia H3 Summit Annual Conference, Melbourne, Australia. May 1.
8. Gnacinski, S. L., **Meyer, B. B.** (2019). *The role of sport psychology within support services*. Olympic Winter Institute of Australia H3 Summit Annual Conference, Melbourne, Australia, May 1.
9. Wahl, C., Gnacinski, S., Nai, M., & **Meyer, B.B.** (2018). *Development and preliminary validation of a new measure of stress and recovery*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Toronto, Ontario, Canada, October 5.
10. Gnacinski, S., & **Meyer, B.B.** (2018). *Evaluating item performance in a novel measure of perceived recovery: Applications of item response theory*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Toronto, Ontario, Canada, October 4.

11. Hess, C., Gnacinski, S., & **Meyer, B.B** (2018). *A novel measure for assessment of recovery in athletes: An exploratory factor analysis (EFA)*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Toronto, Ontario, Canada, October 4.
12. Nai, M., Gnacinski, S., Wahl, C., & **Meyer, B.B.** (2018). *Development and preliminary validation of a new recovery measure: Coach input*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Toronto, Ontario, Canada, October 4.
13. Hess, C. W., Gnacinski, S. L., **Meyer, B. B.** (2017). Association for Applied Sport Psychology Annual Conference, "Injury rehabilitation in sport: From abstraction to application," Association for Applied Sport Psychology, Orlando, FL, USA, October 13.
14. **Meyer, B. B.**, Fletcher, T. B. (2017). Association for Counselor Education & Supervision Annual Conference, "Going the distance: Forging the future of counseling in partnership with exercise science," Association for Counselor Education & Supervision, Chicago, IL, USA, October 6.
15. Gnacinski, S.L., Ebersole, K.T., Cornell, D.J., & **Meyer, B.B.** (2017). *An integrated perspective on firefighter recruit academies: Examining the sustainability of fitness gains*. Poster presented at the annual meeting for the American College of Sports Medicine, Denver, CO, USA, June 2.
16. Nai, M.M., **Meyer, B.B.**, Gnacinski, S.L., Arvinen-Barrow, M. (2017). *Association between two factors of grit and conscientiousness in student-athletes*. Poster presented at the annual meeting for the Midwestern Psychological Association, Chicago, IL, USA, April 20.
17. Hess, C.W., **Meyer, B.B.**, Arvinen-Barrow, M., & Pack, S. (2016). The lived experiences of an injured athlete and members of a performance management team during injury rehabilitation: An interpretative phenomenological analysis. Presentation at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ, USA, October 1.
18. Gnacinski, S., Massey, W., Fisher-Hess, C., & **Meyer, B.B.** (2016). *The transtheoretical model of behavior change: Evidence-based translation of theory to practice with NCAA student-athletes*. Presentation at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ, USA, September 30.
19. Nai, M., **Meyer, B.B.**, Gnacinski, S., & Arvinen-Barrow, M. (2016). An examination of the association between grit and the Big Five personality traits *in NCAA student-athletes*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ, USA, September 29.
20. Gnacinski, S.L., **Meyer, B.B.**, Diener, K., & Litzau, K. (2015). *An examination of mental health intervention effects among NCAA student-athletes*. Presentation at the annual meeting of the Association of Applied Sport Psychology, Indianapolis, IN, USA, October 8.
21. Hess, C.W., **Meyer, B.B.**, & Gnacinski, S.L. (2015). *Are NCAA athletes ready to engage in mental health interventions? A case comparison for social validity*. Poster presented at the annual meeting of the Association of Applied Sport Psychology, Indianapolis, IN, USA, October 9.
22. Markgraf, K.M., **Meyer, B.B.**, & Gnacinski, S.L. (2015). *Grit in sport: A comparison across performance tiers*. Poster presented at the annual meeting of the Association of Applied Sport Psychology, Indianapolis, IN, USA, October 9.
23. Gnacinski, S.L., **Meyer, B.B.**, Cornell, D.J., Zamzow, A., Ebersole, K.T. (2014). *Examining the effect of a training program on the perceptions of stress and recovery among firefighter recruits*. Presentation at the annual meeting of the Association of Applied Sport Psychology, Las Vegas, NV, USA, October 17.
24. Karnes, S.L., **Meyer, B.B.**, Berger, L.K., Brondino, M.J. (2014). *Changes in cognition and physical activity following web-based program participation*. Presentation at the annual meeting of the Midwest Psychological Association, Chicago, IL, USA, May 1.
25. Gnacinski, S.L., Ebersole, K.T., Cornell, D.C., & **Meyer, B.B.**, & Cornell, D.C. (2013). *Occupational athletes: Moving toward an integrated approach to enhancing firefighting performance*. Poster presented at the annual meeting of the Association of Applied Sport Psychology, New Orleans, LA, USA, October 3.
26. Massey, W.V., **Meyer, B.B.**, & Mullen S.P. (2013). *Development of a processes of change measure for use in applied sport psychology settings*. Paper presented at the annual meeting of the Association of Applied Sport Psychology, New Orleans, LA, USA, October 3.

27. Cornell, D.J., Ebersole, K.T., **Meyer, B.B.**, & Zalewski, K.R. (2013). *Relationship between personality and counter movement jump performance*. Poster presented at the American College of Sports Medicine's Annual Meeting, Indianapolis, IN, USA, May 31.
28. Ebersole, K.T., Conlon, J.K., Cornell, D.J., Bartz, M., & **Meyer, B.B.** (2013). *The influence of skeletal muscle massage on heart rate variability*. Poster presented at the American College of Sports Medicine's Annual Meeting, Indianapolis, IN, USA, May 29.
29. **Meyer, B.B.**, Massey, W.V., & Gnacinski, S.L. (2012). *Operationalizing the symbiotic relationship between talent identification and talent development in elite sport*. Workshop presented at the annual meeting of the Association of Applied Sport Psychology, Atlanta, GA, USA, October 6.
30. Massey, W.V., & **Meyer, B.B.** (2011). *A grounded theory to performance excellence in mixed martial arts*. Paper presented at the annual meeting of the Association of Applied Sport Psychology, Honolulu, HI, USA, September 23.
31. Hatch, S.J., Massey, W.V., & **Meyer, B.B.** (2011). *The psychological requirements of American Football officials: A descriptive study*. Poster presented at the annual meeting of the Association of Applied Sport Psychology, Honolulu, HI, USA, September 23.
32. Massey, W.V., Hatch, S.J., Mackenzie, J.L., & **Meyer, B.B.** (2010). *The transtheoretical model and psychological skills training in high school athletes*. Annual meeting of the Association of Applied Sport Psychology, Providence, RI, USA, October 27-30.
33. **Meyer, B.B.** & Fletcher, T.B. (2009). *A systems approach to applied sport psychology*. Annual meeting of the Association for Applied Sport Psychology, Salt Lake City, Utah, September 17.
34. **Meyer, B.B.** (2008). *A systems approach to athletic training*. Annual meeting of the National Athletic Trainer's Association, St Louis, MO, June 20.
35. Davis, N.W., & **Meyer, B.B.** (2007). *Qualitative data analysis: A procedural comparison*. Annual Conference for Qualitative Research in the Human Sciences, Fordham University, New York, New York, April 13.
36. Kania, M.L., **Meyer, B.B.**, & Ebersole, K.T. (2006). *Burnout among Certified Athletic Trainers employed at NCAA institutions*. Association for the Advancement of Applied Sport Psychology, Miami, FL, October 30.
37. Davis, N.W., & **Meyer, B.B.** (2006). *When sibling becomes competitor: A qualitative investigation of sibling competition in elite sport*. Association for the Advancement of Applied Sport Psychology, Miami, FL, October 29.
38. **Meyer, B.B.**, & Cole, M.E. (2006). *Assessment of emotional intelligence: Implications for sport psychology research*. British Association of Sport and Exercise Science, Walsall, United Kingdom, September 12.
39. Lane, A.M., **Meyer, B.B.**, Thelwell, R., Deveonport, T., & Galloway, S. (2006). *Emotional intelligence in sport and exercise*. British Association of Sport and Exercise Science, Walsall, United Kingdom, September 12.
40. Kania, M.L., **Meyer, B.B.**, & Ebersole, K.T. (2006). *Burnout among Certified Athletic Trainers employed at NCAA institutions*. National Athletic Trainer's Association, Atlanta, GA, June 16.
41. **Meyer, B.B.**, Fletcher, T.B., & Kilty, K.A. (2005). *Emotional intelligence in collegiate sport: Assessment and intervention*. Symposium organized for presentation at the Association for the Advancement of Applied Sport Psychology annual conference, Vancouver, British Columbia, Canada, October 27.
42. **Meyer, B.B.**, Parker, S.J., Davis, N.W., & Cole, M.E. (2005). *Emotional intelligence and collegiate athletes: Evidence-based practice*. Association for the Advancement of Applied Sport Psychology, Vancouver, British Columbia, Canada, October 27.
43. Kilty, K.A., **Meyer, B.B.**, Parker, S.J., Davis, N.W., & Cole, M.E. (2005). *Emotional intelligence and collegiate coaches: Evidence-based practice*. Association for the Advancement of Applied Sport Psychology, Vancouver, British Columbia, Canada, October 27.
44. Davis, N.W., & **Meyer, B.B.** (2005). *Sibling competition in elite sport: A pilot study*. Association for the Advancement of Applied Sport Psychology, Vancouver, British Columbia, Canada, October 28.
45. **Meyer, B.B.**, Fletcher, T.B., Kilty, K.A., Parker, S.J., Cole, M.E., Davis, N.W. (2005). *Emotional intelligence in sport: An exploratory study of college athletes and coaches*. Symposium organized and presented at the International Society of Sport Psychology 11<sup>th</sup> World Congress of Sport Psychology, Sydney, Australia, August 17.

46. Fletcher, T.B., **Meyer, B.B.**, Parker, S.J., & Kilty, K.A., (2005). *Emotional intelligence in college sport: A theoretical overview*. International Society of Sport Psychology 11<sup>th</sup> World Congress of Sport Psychology, Sydney, Australia, August 17.
47. **Meyer, B.B.**, Parker, S.J., Fletcher, T.B., Davis, N.W., & Cole, M.E. (2005). *The emotional intelligence of college athletes: An exploratory study*. International Society of Sport Psychology 11<sup>th</sup> World Congress of Sport Psychology, Sydney, Australia, August 17.
48. **Meyer, B.B.**, Kilty, K.A., Parker, S.J., Fletcher, T.B., Cole, M.E., & Davis, N.W. (2005). *The emotional intelligence of college coaches: An exploratory study*. International Society of Sport Psychology 11<sup>th</sup> World Congress of Sport Psychology, Sydney, Australia, August 17.
49. Parker, S.J. & **Meyer, B.B.** (2004). *The effect of long-term exercise on psychiatric outpatients: Consequences of adherence and discontinuation*. Association for the Advancement of Applied Sport Psychology, Minneapolis, MN, October 2.
50. Parker, S.J., Reddy, D., & **Meyer, B.B.** (2004). *The biopsychosocial impact of exercise on an outpatient psychiatric population*. Midwest Psychological Association: Annual regional conference of the American Psychological Association. PSI CHI regional award lecture, Chicago, IL, April 30.
51. **Meyer, B.B.**, Fletcher, T.B., Kilty, K.A., & Richburg, M.J. (2003). *Emotional intelligence: Theoretical and applied implications for AAASP constituents*. Symposium organized for the Association for the Advancement of Applied Sport Psychology annual conference, Philadelphia, PA, October 9.
52. **Meyer, B.B.**, & Fletcher, T.B. (2003). *The effect of a day-long intervention on the emotional intelligence of a corporate group*. Association for the Advancement of Applied Sport Psychology, Philadelphia, PA, October 9.
53. Fletcher, T.B., **Meyer, B.B.**, & Richburg, M.R. (2002). *The emotionally intelligent athlete: Enhancing positive emotion in sport*. Association for the Advancement of Applied Sport Psychology, Tucson, AZ, November 2.
54. **Meyer, B.B.** (2002). *Measuring emotional intelligence*. Association for the Advancement of Applied Sport Psychology, Tucson, AZ, November 2.
55. Kilty, K.A., & **Meyer, B.B.** (2002). *Making meaning of adventure: That was fun, now what?* Association for the Advancement of Applied Sport Psychology, Tucson, AZ, November 1.
56. Janski, R., & **Meyer, B.B.** (2002). *Perceptions of equipment on on-ice attitudes and performance of ice hockey players*. International Symposium on Safety in Ice Hockey, Pittsburgh, PA, May 6.
57. **Meyer, B.B.**, & Hanna, J.M. (2001). *Back for more: Repeated exposure to a ropes and challenge course intervention*. Association for the Advancement of Applied Sport Psychology, Orlando, FL, October 5.
58. Kilty, K.M., **Meyer, B.B.**, & Fletcher, T.B. (2001). *Creating high performance teams using adventure interventions*. International Society of Sport Psychology 10<sup>th</sup> World Congress of Sport Psychology, Skiathos, Greece, May 31.
59. **Meyer, B.B.**, Marcotte, S.M., Matt, M., Hasbrook, C.A., McCole, S., Hart, B.A., & Cieslik, L. (2001). *The impact of an exercise program on the psychosocial function of older adult women. A pilot study*. International Society of Sport Psychology 10<sup>th</sup> World Congress of Sport Psychology, Skiathos, Greece, May 29.
60. **Meyer, B.B.**, & Kilty, K.A. (2000). *Sports 101: Theoretical and empirical insights into adventure interventions with athletic teams*. Association for Experiential Education, Tucson, AZ, November 2.
61. **Meyer, B.B.**, Kilty, K.A., Fletcher, T.B., McNilis-Kline, C., & Miller, P.A. (2000). *Over the river and through the woods: The use of adventure programming to enhance psychosocial development and function*. Symposium organized for presentation at Association for the Advancement of Applied Sport Psychology annual conference, Nashville, TN, October 19. (Verbal presentations based on original research, peer reviewed, academic & professional audience).
62. **Meyer, B.B.**, Tice, A., Hanna, J., & Parker, S. (2000). *Expanding our horizons: The effect of an adventure-based curriculum on the self-esteem and coping strategies of at-risk urban youth*. Association for the Advancement of Applied Sport Psychology, Nashville, TN, October 19.
63. **Meyer, B.B.**, & Hasbrook, C.A. (2000). *The effect of physical activity on the academic self-esteem of 5th-8th grade girls in an urban school district*. Urban Girls conference, Buffalo, NY, April, 14.
64. **Meyer, B.B.**, & Kilty, K.A. (1999). *Maximizing the use of adventure interventions with athletic teams*. Association for Experiential Education, Rochester, NY, October, 29.

65. Kilty, K.A., & Meyer, B.B. (1999). *Effective adventure/ropes course interventions*. Association for the Advancement of Applied Sport Psychology, Banff, Alberta, Canada, September 26.
66. Meyer, B.B., Poole, S., & Tice, A. (1999). *Rising to the challenge? Changes in the psychosocial functioning of volleyball players following a ropes course intervention*. Association for the Advancement of Applied Sport Psychology, Banff, Alberta, Canada, September 24.
67. Hart, B.A., Walton, T.M., Schot, P.K., & Meyer, B.B. (1999). *Dynamics of reach and grasp associated with age, vision and tactile sensibility*. North American Society for the Psychology of Sport and Physical Activity, Clearwater Beach, FL, June 8.
68. Walton, T.M., Hart, B.A., Schot, P.K., & Meyer, B.B. (1999). *Visual and tactile contributions to upper extremity movement control*. American Association for Occupational Therapy (AOTA), Indianapolis, IN, April 16.
69. Meyer, B.B., & Grochowski, D.O. (1998). *The ropes course experience: A quasi-experimental examination*. Association for the Advancement of Applied Sport Psychology, Hyannis, MA, September, 24.
70. Meyer, B.B. (1998). *The long-term effects of ropes course participation on a high school tennis team*. North American Society for the Psychology of Sport and Physical Activity, St. Charles, IL, June 12.
71. Meyer, B.B. (1997). *The use of participant observation in research and practice*. Association for the Advancement of Applied Sport Psychology, San Diego, CA, September 28.
72. Meyer, B.B. (1997). *Adventure education revisited: The short-term effects of ropes course participation on a girls high school tennis team*. Association for the Advancement of Applied Sport Psychology, San Diego, CA, September 26.
73. Meyer, B.B. (1996). *Adventure education: A tool for improving psychosocial function in athletes*. Association for the Advancement of Applied Sport Psychology, Williamsburg, VA, October 20.
74. Meyer, B.B., & Wenger, M.S. (1995). *The ropes course experience: A longitudinal examination of the behavior change process*. Association for Experiential Education, Lake Geneva, WI, November 11.
75. Meyer, B.B. (1993). *Evaluating the psychological skills training program: An idiographic approach*. Association for the Advancement of Applied Sport Psychology, Montreal, Canada, October 14.
76. Meyer, B.B. (1991). *Support services and the Division I student-athlete: Experiences, perceived needs, and implications*. North American Society for the Sociology of Sport, Milwaukee, WI, November 7.
77. Ewing, M., George, T., Ludwig, M., Meyer, B.B., Neff, B. (1991). *Implementing a psychological skills training program with youth gymnasts*. Association for the Advancement of Applied Sport Psychology, Savannah, GA, October 26.
78. Meyer, B.B. (1990). *The perceptions and experiences of female student-athletes revisited: A longitudinal approach*. North American Society for the Sociology of Sport, Denver, November 8.
79. Knoppers, A., Meyer, B.B., Ewing, M., & Forrest, L. (1989). *Dimensions of gender and power in the organization of sport*. Canadian Association of Sport Sciences, Montreal, November 4.
80. Knoppers, A., Meyer, B.B., Ewing, M., & Forrest, L. (1989). *The structure of athletics and the decline in the number of women coaches*. National Association of College Women Athletic Administrators, Washington D.C., September 18.
81. Meyer, B.B. (1988). *The college experience: Female athletes and nonathletes*. North American Society for the Sociology of Sport, Cincinnati, OH, November 12.
82. Knoppers, A., Meyer, B.B., Ewing, M., & Forrest, L. (1988). *Dynamics of gender ratio in college coaching*. North American Society for the Sociology of Sport, Cincinnati, OH, November 12.
83. Meyer, B.B. (1988). *The university experience: Perceptions of female student-athletes*. R. Tait McKenzie Symposium, Knoxville, TN, May 6.

#### Funding Received

1. Gnacinski, S.L., & Meyer, B.B. (2016). A psychometric evaluation and revision of the Recovery Stress Questionnaire (RESTQ) for athletes. *University of Wisconsin-Milwaukee College of Health Sciences Student Research Grant Award*. Funded: \$1985.
2. Meyer, B.B., & Blanchard, H. (2015). Rest and recovery in the competitive phase of training in collegiate female volleyball athletes. *University of Wisconsin-Milwaukee Support for Undergraduate Research Fellows*. Funded: \$2000.



3. Gnacinski, S.L., & **Meyer, B.B.** (2014). Examining the effect of a heart rate variability biofeedback intervention on symptoms of stress, depression, and burnout among student-athletes. *Association for Applied Sport Psychology Research Grant*. Funded: \$1145.
4. Gnacinski, S. L., **Meyer, B.B.**, Ebersole, K.T., & Zalewski, K.R. (2013). *Occupational athletes: An integrated approach to understanding firefighter performance*. University of Wisconsin-Milwaukee, College of Health Sciences, Student Research Grant Award. Funded: \$500.
5. Cornell, D.J., Ebersole, K.T., **Meyer, B.B.**, & Zalewski, K.R. (2012). *Counter movement jump performance differences between introverts and extraverts*. University of Wisconsin-Milwaukee, College of Health Sciences, Student Research Grant Award. Funded: \$500.
6. **Meyer, B.B.**, & DeGrave, K. (2011). "Like or "unlike": Athlete perceptions of technology. *University of Wisconsin-Milwaukee Support for Undergraduate Research Fellows*. Funded: \$2000.
7. Karnes, S.L., & **Meyer, B.B.** (2010). Investigation of web-based motivational interviewing to enhance physical activity participation. *University of Wisconsin-Milwaukee College of Health Sciences Student Research Grant Program*. Funded: \$2000.
8. Bartz, M., **Meyer, B.B.**, & Ebersole, K.T. (2010). A study of psychological factors: Attitude and anxiety following massage. *University of Wisconsin-Milwaukee College of Health Sciences Student Research Grant Program*. Funded: \$500.
9. Davis, N.W., & **Meyer, B.B.** (2007). Qualitative data analysis: A procedural comparison. *University of Wisconsin-Milwaukee College of Health Sciences Student Research Grant Program*. Funded: \$250.
10. Davis, N.W., & **Meyer, B.B.** (2007). Traditional or technological? A comparison of manual and computer assisted qualitative data analysis methods. *University of Wisconsin-Milwaukee College of Health Sciences Student Research Grant Program*. Funded: \$500.
11. Kania, M.L., & **Meyer, B.B.** (2005). Burnout and related factors among certified athletic trainers employed at NCAA colleges/universities. *Association for the Advancement of Applied Sport Psychology Research Grant Program*. Funded: \$1340.
12. **Meyer, B.B.** (2004). The emotional intelligence of athletes and coaches. *Association for the Advancement of Applied Sport Psychology Research Grant Program*. Funded: \$1250.
13. **Meyer, B.B.** (2003). Exploring the emotional intelligence of athletes. *University of Wisconsin-Milwaukee College of Health Sciences SEED Grant Program*. Funded: \$4435.
14. Hasbrook, C.A., **Meyer, B.B.**, Hart, B. (2002). Community based programs for prevention and risk reduction: Enhancing functional independence and quality of life among Milwaukee County's community-dwelling older adults. An interdisciplinary model for family care resource center pilots. *County Department on Aging and Wisconsin Department of Health and Family Services*. Funded: \$222,400.
15. Hasbrook, C.A., Hart, B.A., McCole, S.D., **Meyer, B.B.**, Schot, P.K., Cieslik, L., & Gleeson, M. (2000). Disability risk assessment and intervention aimed at changing health related behaviors. *State of Wisconsin, Department of Health and Family Services*. Funded: \$473,871.
16. **Meyer, B.B.** (1995). Affecting the symptomology of fibromyalgia through exercise. *University of Wisconsin-Milwaukee Graduate School Research Committee Grant*. Funded: \$8559.
17. **Meyer, B.B.** (1990). Collegiate athletes who made the grade: Reflections of former Division I football and basketball players. *Sage Foundation Grant for Doctoral Dissertations*. Funded: \$500.

## TEACHING

### Select Courses at the Undergraduate & Graduate Level

KIN 270	Statistics in the Health Professions
KIN 350	Psychological Aspects of Sport & Exercise
KIN 365	Mind-Body Relationships in Complementary & Alternative Medicine
KIN 550	Psychological Aspects of Human Movement
KIN 552	Psychology of Personal Excellence
KIN 798	Independent Project
KIN 799	Independent Reading
KIN 850A	Seminar in Psychology of Physical Activity: Applications in Sport & Exercise Psychology
KIN 850B	Seminar in Psychology of Physical Activity: Social Psychology
KIN 850C	Seminar in Psychology of Physical Activity: Emotional Intelligence
KIN 851	Psychosocial Aspects of Preventive & Rehabilitative Exercise
KIN 890	Research Seminar
KIN 990	Master's Thesis
KIN 991	Doctoral Dissertation

## SERVICE

### Select Media Interviews

- Print & on-air (television & radio) interviews with local, national, and international media outlets on various topics in performance psychology. Outlets include but are not limited to:
  - *ESPN: The Magazine*
  - *Runner's World*
  - *The Chicago Tribune*
  - *The Australian*
  - *The Sport & Exercise Scientist* (United Kingdom)
  - *The Milwaukee Journal Sentinel*
  - WUWM Radio, Wisconsin's NPR affiliate
  - CTV (Canadian Television)
  - Local NBC, CBS, & Fox television affiliates

### Editorial Board Member & Manuscript Reviewer

- 15+ journals, including:
  - Journal of Athletic Training
  - Journal of Sport & Exercise Psychology
  - Journal of Sport & Social Issues
  - Journal of Sports Science & Medicine
  - International Journal of Sport & Exercise Psychology
  - Medicine & Science in Sports & Exercise
  - Psychology of Sport & Exercise
  - Sociology of Sport Journal
  - Sport & Exercise Psychology Journal
  - The Sport Psychologist
  - Journal of Aging & Physical Activity