Kristina L. Moore, Ph.D.

Applied Sport Psychology

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EDUCATION

Tufts University - Postdoctoral Scholar

2016 - 2017

Institute for Applied Research in Youth Development

PI: Richard M. Lerner, Ph.D.

Project: Evaluating the Positive Coaching Alliance (PCA) Model: Developing Competitors of Character

Grant funded: John Templeton Foundation, 2014-2017, \$1,302,455

University of Northern Colorado - Ph.D. Sport and Exercise Science

2007-2013

Program: Social Psychology of Sport and Physical Activity

Minor: Educational Psychology - Human Development

Dissertation: An Investigation of the Self-handicapping Process in Collegiate Athletes

Advisors: Megan Babkes Stellino, EdD & Robert Brustad, Ph.D.

University of New Hampshire - M.S. Kinesiology

2004-2006

Program: Sport Studies

Thesis: "My Parents Made Me Do It!" Parental Influences on Self-handicapping: Athletes' Perceptions and Goal Orientations

Advisors: Heather Barber, Ph.D. & Karen Collins, Ph.D

Gettysburg College - B.A. Human Social and Psychological Development

1997-2001

Minor: Education Cum Laude; Departmental Honors Special Major Honors Thesis Project: *The Relationship Between Parental Involvement and Student Achievement and Attitude Toward School*

CURRENT PROFESSIONAL APPOINTMENTS

Jan 2022 - Present	Managing Editor, Journal for Advancing Sport Psychology in Research
	(JASPR)
2020 - Present	Faculty (part-time), Sport Administration, Woods College of Advancing
	Arts & Sciences, Boston College
2019 - Present	Lecturer (full-time), Psychology & Neuroscience, Morrissey College of
	Arts and Sciences, Boston College
2017 - Present	Head Field Hockey Coach, Newton North High School
	Field Hockey Youth Summer Camp Director, Newton Community
	Education
2006 - Present	Mental Performance/Educational Sport Psychology Consultant, Various
	Locations, Individual and Group Clients

RELATED EXPERIENCE

Dec 2022- Present	Mental Performance Consultant, Boston College Lacrosse
Nov 2022 - Present	Mental Performance Consultant, Division I female college athlete, cross
	country and track & field
Nov 2022 - Present	Sport Psychology Consultant, collaborating with Sports Counseling staff
	and supervisor to develop resources and a needs assessment
Nov 2022 - Present	Sport Psychology Consultant, assisting in the discovery of resources for
	developing a masters program in Coaching Education or Applied Sport
	Psychology in the Lynch School at Boston College
Oct 2021 - Jan 2022	Mental Performance Consultant, male, senior, Division I-bound ice
	hockey player
Fall 2020 - Present	Principal Investigator, Research advisor and PI for Psychology of Sport
	and Physical Activity Lab
Aug - Nov 2022	Mental Performance Consultant, Semi-pro male swimmer
Winter 2022	Mental Performance Consultant, Northeastern University Women's
	Swimming & Diving
2018 - 2020	Mental Performance Consultant, Division I female field hockey player
Dec 2019/May 2020	Sport Psychology Consultant/Instructor, Coaching Today's Athlete
	Certificate, Continuing Education, Boston College

2013 – 2019	Part-time Faculty, Psychology, Morrissey College of Arts and Sciences,
	Boston College
2019	Sport Psychology Consultant, Newton North High School Athletics
Nov - Dec 2018	Mental Performance Consultant, female Division I track and field runner
2015 – 2018	Part-time Faculty, Applied Developmental & Educational Psychology,
	Lynch School of Education
2016 – 2017	Postdoctoral Scholar, Institute for Applied Research in Youth
	Development, Tufts University
2014 – 2016	Part-time Faculty, Psychology Department, Lasell College
2015	Adjunct Faculty, Department of Kinesiology, University of New Hampshire
2007 – 2011	Graduate Assistant, University of Northern Colorado
	Teaching Assistant/Research Assistant, Sport and Exercise Science
	Research Assistant, Psychology
2008 – 2011	Educational Sport Psychology Specialist, Women's Volleyball, Women's
	Basketball, University of Northern Colorado

COLLEGIATE TEACHING EXPERIENCE

Boston College

- ADSA8008: Sport Psychology Designed a new graduate course in sport psychology for sport administration students. (Summer 2020, online hybrid; Summer 2022, hybrid))
- **PSYC4441: Research Practicum in Sport and Exercise Psychology** Designed a new research practicum for psychology majors focusing on sport and exercise psychology research topics and methods. (Fall 2013, 2019, 2020; Spring 2015, 2016, 2017, 2018, 2019, 2020- hybrid, 2021, 2022)
- **PSYC3342: Sport and Exercise Psychology** Designed a new undergraduate survey course in Sport and Exercise Psychology to serve as a prerequisite for PSYC4441. (Fall 2019, 2021, 2022; Fall 2020- hybrid)
- PSYC1111: Self, Mind, & Society (formerly titled "Introduction to Psychology as a Social Science") -Adapted this core course for undergraduate, psychology-major, and non-major students. (Spring 2020- hybrid; Spring 2021- asynchronous; Fall 2021, 2022; Spring 2022)
- **PSYC2245: Psychology of Motivation** Designed and offered a new undergraduate course on psychological theories and approaches to motivation with applications to self-growth, sport & exercise, academics, and work. (Spring 2020, 2022; Spring 2021, hybrid)
- **PSYC2281: Sport Psychology** Reintroduced an undergraduate summer course for the Woods College in a survey of sport psychology as a science and a practice. (Summer 2017, 2018, 2019)

APSY7530: Sport Psychology - Designed a new graduate course for the Lynch School of Education in applied sport and exercise psychology with a focus on positive youth development and sport for social justice. (Summer 2015, 2016, 2017, 2018)

Lasell College

PSYC 240: Sport Psychology - Fall 2014- 2 sections, Spring 2015, Fall 2015, Spring 2016 PSYC 101: Psychological Perspectives - Fall 2014, Spring 2015, Fall 2015

University of New Hampshire

KIN 741/841: Social Issues in Contemporary Sport - Fall 2015, hybrid

University of Northern Colorado

SES 323: Motor Learning and Development - Fall 2009

SES 333: Psychological Analysis of Sports, Exercise, and Physical Activity - Fall 2010

SES 436: Social Influences on Sport and Exercise Behavior - Spring 2011

SES 323: Motor Learning and Development Labs - Fall 2007, Spring 2008, Fall 2009, Spring 2010

SES 145: Activity for Stress Management - Fall 2007, Spring 2008

INVITED LECTURES & SPEAKING ENGAGEMENTS

- May 1, 2023LeadHERship Conference, Invited Speaker- Current trends and best practices in
mental health and mental performance for student-athletes and coaches (United
States Coast Guard Athletics)
- Nov 2022 Positive Youth Development and Sport, Invited Lecturer Boston College- Lynch School of Education, Dr. Jackie Lerner's Graduate class on PYD (Also delivered in November 2017, 2018, 2019, 2020)
- Nov 8, 2022 Body Image and Student-Athletes, Invited Speaker Love Your Body Week, Women's Center, Boston College
- Apr 27, 2022 Avenues in STEM, Invited Panelist Stem & Health Outreach Club for AHANA+ students, Boston College
- Apr 5, 2022 Psi Chi Guest Speaker, University of Colorado Boulder
- Mar 31, 2022 Eagles for Equality- Women in Sport Panelist Boston College Athletics
- Apr 11, 2016 Women in Science Panelist, Department of Psychology, Boston College
- Oct 15, 2015 Parents: Promoting Positive Competitive Environments, Co-presented with Dr. E. Whitney Moore, AASP Community Outreach Committee, Indianapolis, IN
- 2010 Motivating Athletes, Invited Lecturer, University of Northern Colorado
- 2008, 2009 Gender and Sport, Invited Lecturer, University of Denver
- 2004 Principles of Coaching, Invited Lecturer, University of New Hampshire

Coaching Mental Skills, Invited Lecturer, University of New Hampshire

The Games Approach to Coaching, **Invited Lecturer**, University of New Hampshire

ARTICLES AND BOOK CHAPTERS

- Vest Ettekal, A., Burkhard, B., Ferris, K.A., Moore, K.L., & Lerner, R.M. (2018). Character Education in High School Athletics: Perspectives From Athletics Directors on a Curriculum to Promote Character Development Through Sport. Journal of Character Education, 14, 29-43.
- Babkes Stellino, M., Partridge, J. A. & **Moore, K.L.** (2012). Social influence on emotion in sport. In J. Thatcher & M. Jones (Eds.) Coping and Emotion in Sport. Nova Science Publishers, Inc.
- Collins, K.C., Barber, H., **Moore, K.L.**, & Laws, A.E. (2011). The first step: Assessing the coaching philosophies of pre-service coaches. ICHPER-SD Journal of Research, 6, 21-29.

ARTICLES IN PREPARATION

- **Moore, K.L.** & Bernier, L.A. Do Anxiety and Depression Explain Self-Handicapping in Collegiate Athletes?
- **Moore, K.L.**, Ettekal, A.V, & Lerner, R.M. Adolescent athletes' perspectives on becoming a competitor of character: Evaluation of a youth sport development program's theory of change.
- **Moore, K.L.**, Ettekal, A.V., & Lerner, R.M. Character in and out of sport: adolescent athletes' perspectives on the outcomes of building sport character.
- **Moore, K.L.** & Babkes Stellino, M. Performance "insurance": An exploration of the self-handicapping process in Division I collegiate athletes.
- **Moore, K.L.**, & Babkes Stellino, M. Basic needs satisfaction and implicit self-theories of ability help explain self-handicapping in Division I collegiate athletes.
- Babkes Stellino, M. & **Moore, K.L.** Perceived Parental Influence on Youth Sport Stress: A Qualitative Test of the Literature.
- Babkes Stellino, M. & **Moore, K.L.** Perceived Parental Influence on Youth Sport Enjoyment: A Qualitative Test of the Literature.

PRESENTATIONS & PUBLISHED ABSTRACTS

Bernier, L. & **Moore, K.L.** (2022, March). Do Anxiety and Depression Explain Self-Handicapping in Collegiate Athletes? Presented at AASP Northeast Regional Conference.

- Moore, K.L., Vest Ettekal, A., & Lerner, R.M. (2020). High School Athletes' Perspectives on a Sport-Based Youth Development Program Theory of Change. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Orlando, FL (virtual).
- Vest Ettekal, A., Moore, K.L., Gansert, P., Ferris, K., & Syer, T. (2016, September). Character Development in Youth Sport: Can a Character-Based Curriculum Promote Athletes' Beliefs and Behaviors About Respect? Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Phoenix, AZ.
- Samson, A., Gonzalez, S., Simpson, D., Moore, K., Moore, E.W., Coakley, S., & Thorne, J. (2016, September). The Development and Execution of a Multifaceted Sport Psychology Community Outreach Initiative: Process Reflections and Lessons Learned. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Phoenix, AZ.
- Moore, K.L. & Babkes Stellino, M. (2015, October). Performance "Insurance": The Self-handicapping Process in Collegiate Athletes. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Indianapolis, IN.
- Moore, K.L., & Babkes Stellino, M. (2013, June). Self-handicapping in Collegiate Athletes: Testing the Explanatory Value of Basic Psychological Needs Satisfaction and Self-Theory of Ability. Presented at North American Society for the Psychology of Sport and Physical Activity, Annual Conference, New Orleans, LA.
- Moore, K.L., Pierotti, C.P., Babkes Stellino, M., & Beilman, J. (2013, June). Self-handicapping in Collegiate Dance Teams. Presented at North American Society for the Psychology of Sport and Physical Activity, Annual Conference, New Orleans, LA.
- Pierotti, C. P., Moore, K.L., & Babkes Stellino, M. (2012, March). Initial Exploration of Self-handicapping in Professional Dance Team Performance. Presented at American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD) Annual Convention, Boston, MA.
- Moore, K.L. (2011, September). A Phenomenological Study of Self-handicapping in Collegiate Athletes: Findings from Collaborative Interviews and Practical Implications for Athletes & Coaches. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Waikiki, HI.
- Babkes Stellino, M. & Moore, K.L. (2010, October). Confirmation, Clarification and Expansion of the Perceived Parental Influence on Youth Sport Stress Literature. Presented at the Association for Applied Sport Psychology (AASP) Annual Conference, Providence, RI.
- Moore, K. L. & Babkes Stellino, M. (2010, October). Confirmation, Clarification and Expansion of the Perceived Parental Influence on Youth Sport Enjoyment Literature. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Providence, RI.
- LaVoi, N.M., Babkes Stellino, M. & **Moore, K.L.** (2009, April). The Relation Between Perceived Parent Created Sport Climate and Competitive Youth Hockey Players' Good and Poor

Sport Behaviors. Presented at the Society for Research in Child Development (SRCD) Biennial Meeting, Denver, CO.

- Klaczynski, P.A., Stewart, J., Moore, K.L., Jones, K.D. & Schwans, B. (2009, April). Contagion,
 Taste Biases, and False Memories: Toward Explaining the Obesity Stigma. Presented at
 the Society for Research in Child Development (SRCD) Biennial Meeting, Denver, CO.
- Moore, K. L. & Barber, H. (2007, October). "My Parents Made Me Do It!" Parental Influences on Self handicapping: Athletes' Perceptions and Goal Orientations. Presented at the Association for Applied Sport Psychology (AASP) Annual Conference, Louisville, KY.
- Collins, K.C., Barber, H., Laws, A.E., & Moore, K.L. (2006, September). The Journey from Opinion to Philosophy: The Influence of Coaching Education on Philosophy Development in Pre-Professional Coaches. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Miami, FL.
- Collins, K.C., Barber, H., **Moore, K.L.**, & Laws, A.E. (2005, October). Coaching Philosophy: An Assessment of Pre-Professional Coaches. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Vancouver, BC.

COACHING, RECREATION, & ATHLETIC EXPERIENCE

2016 – 2022	Head Coach, Newton North High School Field Hockey
2017 – 2021	Camp Director, Newton Community Education Summer Youth Field
	Hockey Camp
2017 – 2019	Coaches Commissioner (2019); President (2017-2018), Garden City
	Kindergarten Soccer
2008 – 2011	Educational Sport Psychology Specialist, University of Northern
	Colorado - Women's Volleyball, Women's Basketball
2005 – 2006	Fitness Assessment Coordinator and Building Supervisor, City of
	Longmont Recreation Center
2005 – 2006	Director of Field Hockey, Seacoast United Indoor Arena
2005 – 2006	Coach, U16 White Team, Seacoast United Field Hockey Club
2005	Assistant Resident Sport Psychology Consultant, U.S. Soccer Olympic
	Development Program Region I Selection Camp
2004 – 2005	Field Hockey Graduate Assistant Coach, University of New Hampshire
2003 – 2004	Assistant Camp Director; Head Coach, UNH Field Hockey Summer
	Camps

2003 – 2004	Coach, U16 Red Team, Seacoast United Field Hockey Club
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PROFESSIONAL DEVELOPMENT & CONFERENCE ATTENDANCE

Mar 2022	Northeast Regional AASP Conference, virtual, Springfield College
Oct 2021	AASP Virtual Conference
Mar 2021	Northeast Regional AASP Conference, virtual, Springfield College
Oct 2020	AASP Virtual Conference
Mar 2019	U.S. Field Hockey Summit, Participant, Baltimore, MD
	U.S. Field Hockey Level 1 Coaching Certification, St. Anselm College
Apr 2017	Developmental Science Teaching Institute, Society for Research in Child
	Development (SRCD), Austin, TX
Apr 2017	Society for Research in Child Development, Austin, TX
Sep 2016	AASP Annual Conference, Phoenix, AZ
Oct 2015	AASP Annual Conference, Indianapolis, IN
May 2015	Changing the Game: Transformative Advances in Youth Sport, Virtual
	AASP Conference
Oct 2014	AASP Annual Conference, Las Vegas, NV
Oct 2013	AASP Annual Conference, New Orleans, LA
Oct 2012	AASP Annual Conference, Atlanta, GA
Mar 2012	AAHPERD National Convention, Boston, MA
2012	Southwest AASP Regional Conference, University of Denver, Denver, CO
Sep 2011	AASP Annual Conference, Honolulu, HI
Oct 2010	Pre-Conference Workshop: An Inside Look at Coaching Education in
	Action, AASP, Providence, RI
Oct 2010	AASP Annual Conference, Executive Board, Providence, RI
Sep 2009	AASP Annual Conference, Executive Board, Salt Lake City, UT
Apr 2009	Society for Research in Child Development Biennial Meeting, Denver,
	CO
Oct 2007	AASP Annual Conference, Louisville KY
Sep 2006	AASP Annual Conference, Miami, FL
Oct 2005	AASP Annual Conference, Vancouver, BC

PROFESSIONAL INVOLVEMENT & SERVICE

DEPARTMENTAL & UNIVERSITY-WIDE SERVICE

2022 - Present	Faculty Athletic Advisory Board, Boston College
2020 - Present	Faculty Mentor, Gabelli Presidential Scholars Program
2019 - Present	Outreach Committee, Boston College Psychology & Neuroscience
2019 - Present	Assessment of Undergraduate Learning Committee, Boston College Psychology & Neuroscience
2020 - 2021	Diversity, Equity, and Inclusion Climate Working Group, Boston College Psychology & Neuroscience
2020 - 2021	Diversity, Equity, and Inclusion Curriculum Working Group, Boston College Psychology & Neuroscience
AASP LEADERSHIP	
2015 - 2016	Elected Member of Strategic Planning Committee, Association for Applied Sport Psychology (AASP), we created the 2015-2019 Strategic Plan for AASP; Membership & Retention Workgroup- our work resulted in the creation of the new AASP Executive Board Membership Services Chair
2015 - 2016	Community Outreach Committee ; co-presenter for parent outreach program in Indianapolis (October)
2010	Invited Member of Strategic Planning Leadership Team , we created a 2-year and 5-year strategic plan for AASP
2009 - 2010	Executive Board Student Representative
2009 - 2010	Student Development Committee, Member
2009 - 2010	Research Grant Committee, Member
2006 - 2010	Hospitality Committee, Co-Founder and Member
2006 - 2009	Southwest Student Regional Representative
MEMBERSHIP & SERVICE	
2022 - Present	Managing Editor, Journal for Advancing Sport Psychology in Research (JASPR)
2020 - Present, 2005 - 2	017
	Member, Association of Applied Sport Psychology (AASP)
2020 - Present, 2015 - 20	016, 2010 - 2011
	AASP Scientific Program Abstract Reviewer
2020 - Current	Reviewer , Journal of Sport, Exercise, and Performance Psychology - Outstanding Reviewer of the Year (2020)
2020 - Current	Reviewer, Journal of Prevention and Health Promotion
2020 - Current	Reviewer , Journal of Youth Development

2016 - Current	Reviewer, Journal of Character Education
2016 - Current	Reviewer, Applied Developmental Science
2020, 2013, 2010 - 2011	
	Member , North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
2020, 2017, 2008 - 2009	9
	Member, Society for Research in Child Development (SRCD)
2015 - 2017	Member, Community Outreach Committee
2013 - 2016	Member of AASP Coaching Science SIG, Youth Sport SIG, Achievement Motivation SIG, Teaching Sport & Exercise Psychology SIG, Women in Sport SIG
2013	Volunteer, Read Aloud Program, Boston College
2012	Member , American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD)
2008 - 2009	Member, North American Society for the Sociology of Sport (NASSS)
GRANTS	
2021 - 2022	PI, Undergraduate Research Fellowships- awarded \$11,200 in funds to pay undergraduate research fellows to support the research and outreach efforts of my Psychology of Sport and Physical Activity Lab for the 2021-2022 academic year, Morrissey College of Arts and Sciences, Boston College
2020 - 2021	PI, Undergraduate Research Fellowships- awarded \$10,800 in funds to pay undergraduate research fellows to support the research and outreach efforts of my Psychology of Sport and Physical Activity Lab for the 2020-2021 academic year, Morrissey College of Arts and Sciences, Boston College
2016 - 2017	Co-Pl, Evaluating the Positive Coaching Alliance (PCA) Model: Developing Competitors of Character (Co-Pl, Dr. Andrea Vest Ettekal)- I was hired for the 3rd and final year of the project as a Co-Pl to lead the research team at Tufts in the Institute of Applied Research in Youth Development (Pl: Dr. Richard Lerner) and design and conduct qualitative data analysis; this work was supported by a \$1,302,455 grant awarded by John Templeton Foundation.
2012	Graduate Student Association Grant Award, \$250
2011	School of Natural and Health Sciences Student Research Grant Award, \$200

- 2010 Graduate Student Association Grant Award, \$555
 - School of Natural and Health Sciences Student Research Grant Award, \$201

AWARDS, & DISTINCTIONS

2022

2020	Outstanding Reviewer of the Year, Journal of Sport, Exercise, and Performance Psychology
May 4, 2019	Athletic Hall of Fame Inductee, Stuart Country Day School of the Sacred Heart
2010-2011	Favorite Professor, UNC Mortar Board
2003	Massachusetts Teaching Certification Initial (1-6)
Apr 2002	Robert E. Curtis Student Teacher Award "Presented to two qualified, worthy, and promising students, one in elementary and one in secondary education, who have distinguished themselves in student teaching." (Gettysburg College)
Apr 2002	Pennsylvania Teaching Certificate Instructional I (K-6)
Jan 2002	Invited Participant, Snell Coaching Symposium, Ursinus College
2001	Alpha Kappa Delta Inductee – Sociology Honors Society
2001	National All-American Second Team, Gettysburg College Field Hockey
	Regional All-American First Team, Gettysburg College Field Hockey
	Centennial Conference Player of the Year, Gettysburg College Field Hockey
1999-2001	Vice-President and President, Fellowship of Christian Athletes, Gettysburg College
1999-2002	Wilderness First Responder