

Past Sport and Exercise Psychology M.S. Student Thesis Projects at Western Washington University

- Exploration of Dancers' Post-Injury Psychological Experiences (Fernandez, 2021)
- Qualitative Analysis of the Career Transition Experiences of Intercollegiate Athletes with High Athletic Identity: A Comparison of Athletes with High or Low Religiosity (Willis, 2021)
- Exploring Social Physique Anxiety, Ethnic Identity, and Gender Identity in Exercisers (Zwicker, 2021)
- Exploring the Relationship Between Stress-Related Growth and Self-Determination Theory in Athletic Injury (MacDonald, 2019)
- The Effect of a Brief Mindfulness Intervention on Free-Throw Shooting Performance Under Pressure (Wolch, 2019)
- Comparing Aggressive and Impulsive Behavior in Concussed and Non-Concussed Athletes (Haddix, 2017)
- A Qualitative Investigation of the Peer Mentor Experience in a Physical Activity Intervention for Mental Health (Leenstra, 2017)
- An Exploration of the Relationship between Burnout and Depression in Intercollegiate Athletes (Martignetti, 2017)
- Effects of a Single Diaphragmatic Breath on Anxiety, Gaze, and Performance (Nichols, 2017)
- A Qualitative Analysis of Superstitious Behavior and Performance: How it Starts, Why it Works, and How it Works (Farley, 2015)
- The "Squat-N-Swap": A Pilot Exercise Intervention to Promote Increased Physical Activity Among Mothers of Young Children (Skidmore, 2015)
- Hardiness: An Examination of Psychological Characteristics of Participating in High Intensity Interval Training (Vezzani, 2015)
- The Effects of a Goal Setting Program on the Exercise Commitment and Fitness Levels of University Students (Buckman, 2011)
- Hazing in Sport: Evaluation of an Educational Workshop (Capretto, 2011)
- The Influence of Mental Toughness on the Performance of Elite Intercollegiate Athletes (Jones, 2011)

- The Effects of a Life Skills Program on the Social and Academic Performance of Freshman Student Athletes (Rasnack, 2011)
- Leadership Characteristics of Successful NCAA Division I Track and Field Head Coaches (Zuleger, 2011)
- The Effects of Imagery and Positive Self-Review of the Performance of Intercollegiate Basketball Players (Rylaarsdam, 2010)
- Psychological and Emotional Aspects of Injury: Rehabilitation Among Female Intercollegiate Basketball Players (Wierzba, 2009)
- Motherhood and Coaching Burnout (Sweeney, 2009)
- The Effects of a Mental Skills Training Program on the Physical Activity Levels of University Employees (Huang, 2007)
- The Relationship of Age, Anxiety, and Experience to Effective Basketball Officiating (Hanson, 2005)
- The Effects of a Mental Skills Training Program on Confidence and Race Performances of High School Cross-Country Runners (Leita, 2003)
- The Effects of a Peak Performance Seminar on the Adjustment Outcomes of University Student-Athletes (Kingston, 2003)
- Spirituality and the Athletic Experiences of Elite Track Athletes (Veit-Hartley, 2002)
- The Influence of Mental Skills Training on High Jump Performance (Vann, 2002)
- The Effects of Life Stress Management Techniques on the Occurrence of Injuries in Baseball Players (Torgerson, 2001)
- Excessive Exercise: Psychological Characteristics and Behavioral Components (Rohlana, 2001)
- The Effects of a Mental Training Program on the Performance of Offensive Soccer Skills (Perry, 2001)
- The Effect of a Task-Goal Oriented Exercise Environment on Intrinsic Motivation (Pearson, 2001)
- The Effect of Relaxation Training, Video-Observation, and Mental Imagery Upon the Reduction of Freestyle Swimming Errors of Youth Competitive Female Swimmers (Nagel, 2001)
- The Effect of Mental Skills Training on Performance of a Basketball Skill (Malroy, 2000)

- The Effect of Mental Practice on Pistol Shooting Performance (Jones, 2000)
- The Influence of Mental Training and Self-Initiated Verbal Cues on Competitive Free-Throw Shooting Performance (Swagerty, 1999)
- The Influence of Heights on Body Image, Self-Confidence, and Performance of Female Basketball Players (Aardahl, 1999)
- The Effect of Stress Management, Biofeedback, and Mental Skills Training on the Composure and Performance of Intercollegiate Track and Field Athletes (Courage, 1998)
- Using Cueing Strategies in Golf to Induce Trust of a Motor Program (Long, 1997)
- The Effect of Forearm Position on Electromyography of the Elbow Flexors during Rowing (Bosworth, 1997)
- A Retrospective Study of Psychological and Emotional Responses During Athletic Injury Rehabilitation (Wagner, 1996)
- The Effect of a Mental Skills Training Program on the Confidence and Performance of Intercollegiate Volleyball Players (Snider, 1996)
- The Effect of Three Different Intervention Programs on the Fitness Scores of Fourth and Fifth Grade Students (Blair, 1996)
- The Effect of Two Methods of Teaching Tennis on the Achievement of Novice Players (Reimer, 1996)
- A Study of the Relationships Among Self-Concept, Attitudes Toward Physical Activity, and Physical Fitness Levels of Fourth and Fifth Grade Students (Nelsen, 1994)
- Cognitive Practice and Motor Skill Performance: The Use and Effects of Guided Mastery Audio Rehearsal Tapes in an Applied Sport Setting (Neubauer, 1992)
- The Effect of a Goal-Setting Program on the Performance of High-School High-Jumpers (Grambo, 1992)
- Competitive Anxiety Level Differences Among Male and Female Athletes and Non-Athletes (Lewis, 1986)
- The Effect of Mental Practice on the Competitive Free Throw Performance of Intercollegiate Basketball Players (Grisham, 1986)
- The Role of Self-Motivation in Exercise Adherence (Clark, 1986)
- The Effect of Mental Practice on the Retention of a Gross Motor Skill (McGill, 1982)