
William D. Russell, PhD
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EDUCATION:

- PhD University of Missouri-Columbia, December, 1996 – Columbia, MO
Major Area: Health and Exercise Sciences
Supporting Area: Sport Psychology
Doctoral Thesis Advisor: Richard H. Cox, PhD
- MS Ball State University, June 1992 – Muncie, IN
Major: Physical Education
Major Emphasis Area: Sport Psychology
Masters Thesis Advisor: Douglas Weeks, PhD
- BA Cleveland State University, June 1990 – Cleveland, OH
Major: Psychology
Minor: Sport Management
Advisor: Susan Ziegler, PhD
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PROFESSIONAL EXPERIENCE:

August 2005 – Present:

Missouri Western State University – Professor, Department of Health, Physical Education, and Recreation. Teach undergraduate major courses within the general physical education and exercise science areas; graduate faculty member – teach within graduate program in Sport & Fitness Management; perform professional development and service duties within the department; advisement of undergraduate majors.

January 2005 – June 2005:

University of Akron – Senior Lecturer, Department of Sport Science and Wellness Education. Taught courses at the undergraduate and graduate level and served as a member of the graduate faculty.

August 1998- 2004:

Eastern Illinois University – Assistant Professor, Department of Physical Education. Taught courses at the undergraduate and graduate level, performed research and service duties within the department, served as a graduate faculty member and advisement of graduate students, and advisement of graduate student theses.

August 1997-August 1998:

Kansas State University - Assistant Professor, Dept. of Kinesiology. Taught at the undergraduate and graduate level, contributed to research in exercise psychology laboratory, responsible for advising of undergraduate students.

January 1997 – May 1997:

Stephens College - (Columbia, MO) – Interim Director of Student Leadership and Campus Programming, administered and prepared budget, provided campus-wide programming, shared responsibility with dean of students for new school organizations, advised student organizations, served on college committees as appointed.

August 1996 – December 1996:

University of Missouri-Columbia – Teaching assistant for educational statistics course (Analysis of Variance); assisted with grading, tutoring, and carrying out responsibilities for course.

August 1995-May 1996:

University of Missouri-Columbia - Lifeskills Coordinator, established and supervised NCAA CHAMPS Lifeskills program at UMC with student-athletes; organized and facilitated workshops important to athletes; coordinated UMC Sports Sciences newsletter.

August 1994 – May 1997:

Stephens College (Columbia, MO) – Head Tennis Coach, responsible for oversight and coaching of Women’s NCAA DIII tennis team and teaching on-campus classes.

1992-1995:

University of Missouri-Columbia - Instructor, responsible for teaching undergraduate sport psychology course; Research and teaching assistant, responsible for carrying out experimental protocol, assisting in data collection and analysis, compiling manuscripts, and assisting faculty with research interests. Instructor: undergraduate activity class.

TEACHING EXPERIENCE:

August 2005- Present:

Missouri Western State University - Fitness and Wellness – general studies course on wellness concepts; Psychosocial Aspects of Sport – introductory course in application of psychological foundations to sport and exercise; Measurement and Evaluation in Physical Education – Teacher education course on assessment principles; Research Methods – upper level undergraduate exposure course to variety of research and analysis principles; Sociology of Sport- survey course of critical social theory application to contemporary sport issues; Perceptual Motor Development- Introductory course to principles and theories in motor development; supervision of exercise science majors within practica. Honors colloquium on applied sport psychology – covers applied aspects of performance enhancement within sport psychology – taught as part of the Honor’s program colloquia. Graduate course in Research Methods – part of Masters of Applied Science in Sport & Fitness Management.

2005

University of Akron: Concepts of Motor Learning and Development; Introduction to Sport Sociology – a split level undergraduate and graduate credit course; Statistics: Quantitative and Qualitative Methods – Graduate seminar course on research methods for graduate students preparing their thesis work.

1998 – 2004:

Eastern Illinois University: Measurement and Evaluation – teacher education course in assessment across various domains; Fitness for Life – general education course on comprehensive wellness; Social Psychology of Sport – application of psychological principles/theories to sport and exercise; Physical Activity and Mental Wellness – senior capstone course designed to introduce non-majors to the psychological benefits of physical activity and exercise; Stress Management – comprehensive stress management as a wellness component; Technique and Theory of Badminton/Tennis; Exercise and Mental Health; Secondary Methods in Physical Education; Psychology of Athletic Injury; Racquetball, Tennis.

1997-1998:

Kansas State University - Psychology of sport and physical activity – undergraduate course applying psychology principles and theories to sport; exercise and physical activity; Research Methods – graduate course covering research principles within Kinesiology and production of a research protocol; Exercise and Mental Health – undergraduate course covering exercise and related psychological outcomes; Stress and anxiety in sports and exercise – seminar covering topics related to the stress process related to athletics and physical activity.

SPORT PSYCHOLOGY CONSULTING:

2005-Present:

Missouri Western State University:

Women’s tennis, Women’s basketball; Men’s golf; established team-wide programs in arousal adjustment, psychological skills training, and goal-setting; consulted with both players and coach on psychological skills training and developed individual player consultation schedule

1998 –2004:

Eastern Illinois University:

Men's and Women's Tennis, Women's Soccer, Women's Rugby, Men's and Women's Swimming; Women's Volleyball; Lakeland College Women's Volleyball: established stress management and programmatic mental training protocol for team and provided individual consultation.

1995-1997:

Stephen's College:

Women's tennis, established team-wide programs in stress management and mental imagery. Consulted with both team and individuals on confidence building and intervention techniques along with role as head coach.

1994-1995:

University of Missouri:

Women's golf, established mental training program and handbook for team, spoke with team and coach on intervention areas, consulted individually with athletes on intervention/performance enhancement.

1991-1992:

Ball State University:

Women's volleyball, gymnastics, established mental training program for athletes, led guided relaxation/imagery sessions, and consulted on an individual basis.

THESIS AND DISSERTATION:

Russell, W.D. (1992). *The effects of a dissociative strategy of attention on ratings of perceived exertion during physical exercise*. MS, Ball State University.

Russell, W.D. (1996). *A comparison of individuals' zone of optimal functioning across two different tasks: A laboratory examination of ZOF theory*. PhD, University of Missouri-Columbia.

PEER-REVIEWED JOURNAL PUBLICATIONS:

Russell, W.D., Dodd, R., & Lee, M. (2017). Youth athletes' sport motivation and physical activity enjoyment across specialization status. *Journal of Contemporary Athletics*, 11(2), 83-95.

Russell, W.D., & Symonds, M. (2015). A retrospective examination of athletes' sport motivation and motivational climate across specialization status. *Athletic Insight*, 7 (1), 33-46.

Kraft, J.A., **Russell, W.D.**, Clark, N., Helm, J., & Jackson, A. (2015). Influence of experience level on physical activity during interactive video gaming. *Journal of Physical Activity & Health*, 12(7), 794 - 800.

Russell, W.D. (2014). The Relationship between youth sport specialization, reasons for participation, and youth sport participation motivations: A retrospective study. *Journal of Sport Behavior*, 37 (3), 286-305.

Russell, W.D. & Reynolds, M. (2013). Examination of the relationship between athletic aggression, drive for muscularity, masculinity, and injury in collegiate football players. *Missouri AHPERD Journal*, 23, 23-35.

Russell, W.D., Kraft, J.A., Bergman, R., Spellman, J., & Barnes, N. (2013). Experience level and social condition influences on heart rate, perceived exertion, and mood from interactive video game boxing. *Journal of Sport Behavior*, 36 (3), 276-290.

Russell, W.D., & Limle, A. (2013). The relationship between youth sport specialization and involvement in sport and physical activity in young adulthood. *Journal of Sport Behavior*, 36 (1), 82-98.

- Block, B., & **Russell, W.D.** (2012). Teaching students to think critically about fitness and wellness choices. *Journal of Physical Education, Recreation, and Dance*, 83(7), 46-52.
- Kraft, J.A., **Russell, W.D.**, Bowman, T., Selsor, C., & Foster, G. (2011). Heart rate and perceived exertion during self-selected intensities for exergaming compared to traditional exercise in college-age participants. *Journal of Strength and Conditioning Research*, 25(6), 1736-1742.
- Russell, W.D.**, Block, B., Kraft, J., & Kiscock, S. (2011). A critical thinking-based approach to teaching university wellness courses. *Missouri AHPERD Journal*, 21, 107-122.
- Russell, W.D.**, Kraft, J.A., & Corder, S. (2011). Outcomes of a mentor-led youth wellness program: GAME (Goal Accomplishment through Mentoring and Exercise) On GRIFFS! *Missouri AHPERD Journal*, 21, 74-87.
- Russell, W.D.**, Kraft, J.A., Selsor, C., Foster, G., & Bowman, T. (2010). Comparison of acute psychological effects from “Exergames” vs. traditional exercise. *Athletic Insight*, 12 (3), athleticinsight.com
- Russell, W.D.** (2009). A comparison of exergaming to traditional video games on children’s mood, attention, and short-term memory. *Missouri AHPERD Journal*, 19, 77-88.
- Russell, W.D.** (2008). Teaching youth athletes about flow in sport. *Kansas AHPERD Journal*.80, 56-66.
- Russell, W.D.** (2008). Effects of a general studies wellness course on college students’ health related physical fitness. *The Iowa AHPERD Journal*, 41, 27-29.
- Russell, W.D.** & Newton, M. (2008). Short-term psychological effects of interactive video game technology exercise on mood and attention. *Journal of Educational Technology and Society*, 11 (2), 294-308.
- Russell, W.D.** (2007). Physical educators’ perceptions and attitudes toward interactive video game technology within the physical education curriculum. *Missouri AHPERD Journal*.
- Russell, W.D.** (2006). The argument for promoting authentic assessment in physical education. *Iowa AHPERD Journal*, 38 (2),17-27.
- Cox, R.H., Martens, M., & **Russell, W.D.** (2004). Measuring anxiety in athletes: The revised Competitive State Anxiety Inventory-2. *Journal of Sport and Exercise Psychology*, 25, 519-533.
- Russell, W.D.**, & Cox, R.H. (2003). Social physique anxiety, body dissatisfaction, and self-esteem in college females of differing exercise frequency, perceived weight discrepancy, and racial background. *Journal of Sport Behavior*, 26, 298-318.
- Russell, W.D.**, Pritschet, B., Frost, B., Emmett, J., Pelley, T.J., Black, J., & Owen, J. (2003). A comparison of post-exercise mood enhancement across common exercise distraction activities. *Journal of Sport Behavior*, 26, 368-383.
- Russell, W.D.** (2002). Children’s goal orientations and enhancement of motivational climate in physical education settings. *Illinois AHPERD Journal*, Fall, 1-6.
- Russell, W.D.** (2002). Comparison of self-esteem, body satisfaction, and social physique anxiety across males of different weight training frequency and racial background. *Journal of Sport Behavior*, 25, 74-90.
- Russell, W.D.** & Cox, R.H. (2002). Construct validity of the Anxiety Rating Scale-2 with youth wrestlers. *Athletic Insight*, 4, (www.athleticinsight.com)
- Cox, R.H., Robb, M., & **Russell, W.D.** (2001). Construct validity of the revised anxiety rating scale. *Journal of Sport Behavior*, 24, 10-18.

- Russell, W.D.** (2001). Flow occurrence in college athletes. *Journal of Sport Behavior*, 24, 83-107.
- Russell, W.D.** (2001). Point-of-decision prompts as lifestyle physical activity interventions. *Illinois AHPERD Journal*, Spring, 4-7.
- Cox, R.H., Robb, M., & **Russell, W.D.** (2000). Concurrent validity of the Revised Anxiety Rating Scale. *Journal of Sport Behavior*, 23, 327-334.
- Russell, W.D.** (2000). Coping with injuries in scholastic athletics. *The Journal of Physical Education, Recreation, and Dance*, 71(7), 41-46.
- Russell, W.D.** & Cox, R.H. (2000). A laboratory investigation of optimal positive and negative affect within individual zones of optimal functioning theory. *Journal of Sport Behavior*, 23, 164-180.
- Russell, W.D.**, & Cox, R.H. (2000). Construct validity of the Anxiety Rating Scale-2 with individual sport athletes. *Journal of Sport Behavior*, 23, 379-389.
- Russell, W.D.** & Hutchinson, J. (2000). Comparison of health promotion and sedentary deterrent prompts in increasing physically active behavior. *Perceptual and Motor Skills*, 30, 59-65.
- Cox, R.H., Robb, M., & **Russell, W.D.** (1999). Order of scale administration and concurrent validity of the anxiety rating scale. *Perceptual and Motor Skills*, 88, 271-272.
- Cox, R.H., **Russell, W.D.**, & Robb, (1999). Comparative concurrent validity of the MRF-L and ARS competitive state anxiety rating scales for volleyball and basketball. *Journal of Sport Behavior*, 22, 310-320.
- Russell, W.D.** (1999). Stress management in performance situations. *Illinois AHPERD Journal*, Fall, 7.
- Russell, W.D.**, Ryan, G., & Dzewaltowski, D.A. (1999). The effects of a point-of-decision prompt for deterring sedentary behavior. *American Journal of Health Promotion*, 13, 505-507.
- Cox, R.H., **Russell, W.D.** & Robb, M (1998). Development of a CSAI-2 short form for assessing competitive state anxiety during and immediately prior to competition. *Journal of Sport Behavior*, 21, 30-40.
- Russell, W.D.**, Cox, R.H., & Robb, M. (1998). Sex, sport, situation and competitive state anxiety. *Perceptual and Motor Skills*, 86, 816-818.
- Russell, W.D.** (1997). On the current status of rated perceived exertion. *Perceptual and Motor Skills*, 84, 799-808.
- Russell, W.D.** (1996). The utility of family therapy in the field of sport psychology. *Family Therapy*, 23, 37-42.
- Russell, W.D.** & Weeks, D.L. (1994). Attentional style and ratings of perceived exertion during physical exercise. *Perceptual and Motor Skills*, 78, 779-783.

BOOK CHAPTERS:

- Russell, W.D.** (Expected 2016). Single sport specialization versus sampling in youth sports. In S. Arthur-Banning, M.S. Wells, & B. Greenwood (Eds.), *Youth Sports in America: The 50 Most Important Issues in Youth Sports Today*. ABC-CLIO.

PUBLISHED ABSTRACTS:

- Russell, W., Dodd, R., & Lee, M.** (2015). Youth athletes' sport motivation and physical activity enjoyment across specialization status. *Journal of Applied Sport Psychology*, Supplement.
- Russell, W., & Symonds, M.** (2014). A retrospective examination of youth athletes' sport motivation and motivational climates across specialization status. *Journal of Applied Sport Psychology*, Supplement.
- Udelf, D., Zito, M., & **Russell, W.** (2013). Early sport specialization: Considerations for consultants in youth sports. *Journal of Applied Sport Psychology*, Supplement.
- Russell, W.** (2013). Examination of the relationship between youth sport specialization and motivations for youth sport participation. *Journal of Applied Sport Psychology*, Supplement.
- Russell, W., & Limle, A.** (2012). Youth Sport Experiences and Physical Activity Patterns in Young Adults. *Research Quarterly for Exercise and Sport*, Supplement.
- Kraft, J., & **Russell, W.** (2011). Experience and social influences on heart rate and perceived exertion during interactive video gaming. *Medicine and Science in Sports and Exercise*, Abstract
- Russell, W.** (2010). Examination of the relationship between athletic aggression, drive for muscularity, masculinity and injury in collegiate football players. *Journal of Applied Sport Psychology*, Supplement.
- Zito, M., Udelf, D., & **Russell, W.** (2010). Managing the challenges of youth sports: Empowering young athletes and families to promote initiative. *Journal of Applied Sport Psychology*, Supplement.
- Kraft, J., **Russell, W.**, Bowman, T., Selsor, C., & Foster, G. (2010). Heart rate and perceived exertion responses during self-selected intensities for "exergaming" in college-age participants. *Medicine and Science in Sports and Exercise*, Abstract
- Russell, W., Block, B., Kissock, S., & Kraft, J.** (2010). A critical thinking-based approach to teaching university wellness courses. *Research Quarterly for Exercise and Sport*, Supplement.
- Russell, W., Corder, S., & Kraft, J.** (2010). G.A.M.E. On Griffs!: Effects of a community wellness program. *Research Quarterly for Exercise and Sport*, Supplement.
- Russell, W., & Kraft, J.A.** (2009). Comparison of short-term psychological effects from exergames to traditional exercise. *Journal of Applied Sport Psychology*, Supplement.
- Russell, W.** (2008). Motivational and cognitive aspects of athletes' self-talk by sport levels and ethnic identity. *Journal of Applied Sport Psychology*, Supplement.
- Russell, W., & Newton, M.** (2007). Short-term psychological effects of interactive video game exercise. *Journal of Applied Sport Psychology*, Supplement.
- Cox, R.H., Shade, C.D., & **Russell, W.** (2002). Confirmatory factor analysis of the CSAI-2 with a competition sample. *Journal of Applied Sport Psychology*, Supplement.
- Russell, W.** (2002). Relationship between motivational climate, physical self-esteem, and social physique anxiety. *Journal of Applied Sport Psychology*, Abstract.

- Russell, W., Pritschet, B., Frost, B., Emmett, E., Black, J., & Owen, J. (2002).** A comparison of post-exercise mood enhancement across common exercise distraction activities. *Medicine and Science in Sports and Exercise*, 34, Abstract 160.
- Russell, W. (2001).** Comparison of self-esteem, body satisfaction, and social physique anxiety across males of different weight training intensity and racial background. *Journal of Sport and Exercise Psychology*, 23, S15.
- Russell, W. & Cox, R.H. (2001).** The relationship between competitiveness and paratelic dominance on intensity and direction dimensions of precompetition state anxiety. *Journal of Sport and Exercise Psychology*, 23, S37, Abstract.
- Croissant, P., Pritschet, B., **Russell, W.**, & Owen, J. (2000). Comparison of three bioelectrical impedance analyzers for field assessment of body composition. *Medicine and Science in Sports and Exercise*, 32, Abstract 292.
- Pritschet, B., **Russell, W.**, Croissant, P., Pettinger, K., & Owen, J. (2000). The effect of state anxiety on the measurement of body composition by bioelectrical impedance analysis. *Medicine and Science in Sports and Exercise*, 32, Abstract 409.
- Russell, W. & Cox, R.H. (2000).** Construct validity of the ARS-2 with individual sport athletes. *Research Quarterly for Exercise and Sport*, 71, Supplement, Abstract A94.
- Russell, W. & Cox, R.H. (2000).** Construct validity of the ARS-2 with youth wrestlers. *Journal of Applied Sport Psychology*, 12, Supplement.
- Russell, W. & Hutchinson, J. (2000).** Comparison of health promotion and sedentary deterrent prompts in increasing physically active behavior. *Medicine and Science in Sports and Exercise*, 32, Abstract 524.
- Russell, W., Dzewaltowski, D.A., & Ryan, G.J. (1999).** The effects of a point-of-decision prompt for deterring sedentary behavior. *Medicine and Science in Sports and Exercise*, 34, Abstract 160.
- Cox, R.H. & **Russell, W.** (1997). A comparison of individuals' zones of optimal functioning across two different tasks, *Journal of Sport and Exercise Psychology*, 19, S44.
- Russell, W., & Cox, R.H. (1997).** A laboratory comparison of actual positive/negative affect and its retrospective recall within ZOF theory. *Journal of Sport and Exercise Psychology*, 19, Abstract.
- Russell, W., & Cox, R.H. (1997).** Comparison of individual's zone of optimal functioning across two sport tasks: A laboratory examination of ZOF theory. *Journal of Applied Sport Psychology*, 9, S149.
- Cox, R.H., **Russell, W.**, & Robb, M. (1996). Validity of the MRF and ARS competitive anxiety rating scales for volleyball and basketball. *Research Quarterly for Exercise and Sport*, 67, A-98.
- Cox, R.H., **Russell, W.**, & Robb, M. (1995). Comparative validity of the MRF and ARS competitive anxiety rating scales. *Journal of Applied Sport Psychology*, 7, Supplement S52
- Cox, R.H., **Russell, W.**, & Robb, M. (1995). Development of an instrument for assessing competitive state anxiety during and prior to competition. *Research Quarterly for Exercise and Sport*, 66, Supplement, A75.
- Cox, R.H., **Russell, W.**, & Robb, M. (1994). Phase one in the development of an instrument for assessing competitive state anxiety during and prior to competition. *Proceedings of the Annual Conference for the Advancement of Applied Sport Psychology*. (Lake Tahoe, NV).
- Cox, R.H., **Russell, W.**, & Robb, M. (1994). Field-testing an instrument designed to assess competitive state anxiety during or prior to competition. *Proceedings of the Annual Conference of the Association for the Advancement of Applied Sport Psychology* (Lake Tahoe, NV).

Russell, W., Cox, R.H., Thomas, T., Ziogas, G., Smith, T., Zhang, Q., & Londeree, B. (1994). Mood responses to six modes of submaximal exercise. *Medicine and Science in Sports and Exercise*, 26, S139

Russell, W., Robb, M., & Cox, R.H. (1994). Gender, sport, and situational effects on competitive anxiety. *Journal of Sport and Exercise Psychology*, 16, S101.

PROFESSIONAL AND RESEARCH PRESENTATIONS:

“Intrinsic and extrinsic motivations of small college sports officials.” Presentation (poster) at the 2017 conference of the Society for Health and Physical Education (SHAPE), March 2017, Boston, MA (Presented by M. Symonds with **W. Russell**)

“Through the looking glass: How to raise youth sport parents’ awareness of their counterproductive actions and develop their positive behavior.” Presentation (workshop) at the 2016 conference for the Association of Applied Sport Psychology, October, 2016, New Orleans, LA (Presented by **W. Russell** with M. Zito and D. Udelf).

“2015 MOAHPERD Scholar Address – Youth Sport Specialization: Concerns and Considerations”. Presentation (slide) presented at the 2015 MOAHPERD convention, November, 2015, Lake of the Ozarks, MO. (Presented by **W. Russell**).

“Youth athletes’ sport motivation and physical activity enjoyment across sport specialization status.” Presentation (poster) at the 2015 conference for the Association of Applied Sport Psychology, October 2015, Indianapolis, IN. (Presented by **W. Russell** with R. Dodd & M. Lee)

“A retrospective examination of youth athletes’ sport motivation and motivational climates across specialization status.” Presentation (poster) at the 2014 conference for the Association of Applied Sport Psychology, October, 2014, Las Vegas, NV. (Presented by **W. Russell** with M. Symonds).

“Influence of Experience Level on Physical Activity during Interactive Video Gaming.” Presentation (poster) at the 2014 conference for American College of Sports Medicine, May 2014, Orlando, FL (Presented by J. Kraft with **W. Russell**, A. Jackson, N. Clark, & J. Helm).

“Early sport specialization: Considerations for consultants in youth sports.” Presentation (workshop) at the 2013 conference for the Association of Applied Sport Psychology, October, 2013, New Orleans, LA (Presented by **W. Russell** with D. Udelf and M. Zito).

“Examination of the relationship between youth sport specialization and motivations for youth sport participation.” Presentation (poster) at the 2013 conference for the Association of Applied Sport Psychology, October, 2013, New Orleans, LA. (Presented by **W. Russell**).

“Say What? Ways to promote involvement and enhance student learning.” Presentation (Slide) presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance National Convention, April 2013, Charlotte, NC (Presented by **W. Russell** with R. Bergman).

“Doing research methods: Applied learning in an undergraduate research methods course.” Presentation (slide) at the 2013 Conference on Applied Learning in Higher Education, MWSU Campus, March 2013 (Presented by **W. Russell**).

“Youth Sport Experiences and Physical Activity Patterns in Young Adults.” Presentation (poster) at the 2012 American Alliance for Health, Physical Education, Recreation, and Dance, March, 2012, Boston, MA (Presented by **W. Russell** with A. Limle).

- “Youth sport crisis: Perils and pitfalls of youth sport specialization” Presentation (slide) at the 2012 Central District meeting of the American Alliance of Health, Physical Education and Recreation, February, 2012, Colorado Springs, CO (Presented by **W. Russell**).
- “Experience and social influences on heart rate and perceived exertion during interactive video gaming.” Presentation (poster) at the 2011 American College of Sports Medicine Convention, June, 2011, Denver, CO (Presented by J. Kraft with **W. Russell**, and R. Bergman).
- “Need a lift? Opportunities from lift-a-thons for HPER student organizations.” Presentation (slide) presented at the 2010 MOAHPERD convention, November, 2010, Lake of the Ozarks, MO (Presented by **W. Russell** with G. Kriewitz).
- “You did what in class? Creative ways to enhance student learning in health/wellness classes.” Presentation (slide) presented at the 2010 MOAHPERD convention, November, 2010, Lake of the Ozarks, MO (Presented by **W. Russell** with R. Bergman).
- “Examination of the relationship between athletic aggression, drive for muscularity, masculinity and injury in collegiate football players.” Presentation (poster) at the 2010 conference for the Association of Applied Sport Psychology, October, 2010, Providence, RI (Presented by **W. Russell** with M. Reynolds)
- “Managing the challenges of youth sports: Empowering young athletes and families to promote initiative.” Presentation (workshop) at the 2010 conference for the Association of Applied Sport Psychology, October, 2010, Providence, RI (Presented by **W. Russell** with M. Zito and D. Udelf).
- “Assessment and accreditation in kinesiology: How can we influence others to engage in the process of review? Presentation at the 2010 Summer Leader Workshop for the National Association for Kinesiology and Physical Education in Higher Education, July, 2010, Atlanta, GA (Presented by G. Reeve with **W. Russell**).
- “Heart rate and perceived exertion responses during self-selected intensities for ‘exergaming’ in college-age participants.” Presentation (poster) at the 2010 American College of Sports Medicine Convention, June, 2010, Baltimore, MD (Presented by J. Kraft with **W. Russell**).
- “A Critical Thinking-Based Approach to Teaching University Wellness Courses”. Presentation (poster) at the 2010 conference of the American Alliance for Health, Physical Education, Recreation, and Dance, March, 2010, Indianapolis, IN (Presented by **W. Russell** with S. Kissock, J. Kraft, and B. Block).
- “G.A.M.E. on Griffs!: Effects of a Community Youth Wellness Program”. Poster presented at the 2010 conference of the American Alliance for Health, Physical Education, Recreation, and Dance, March, 2010, Indianapolis, IN (Presented by **W. Russell** with J. Kraft and S. Corder).
- “GAME ON Griffs: Creating a youth-based community wellness program on a shoe-string budget”. Presentation (slide) presented at the 2010 Central District meeting of the American Alliance of Health, Physical Education and Recreation, February, 2010, Fargo, ND (Presented by **W. Russell** with J. Kraft).
- “Comparison of Short-Term Psychological Effects from Exergames to Traditional Exercise” Poster presentation presented at 2009 conference for the Association of Applied Sport Psychology, September, 2009, Salt Lake City, UT. (Presented by **W. Russell** with J. Kraft).
- “Overview of G.A.M.E. On Griffs as an interdisciplinary applied learning experience.” Poster presentation at the 2009 Conference for Applied Learning in Higher Education, MWSU campus, February, 2008 (Presented by **W. Russell** with S. Corder, and J. Kraft).
- “Team-building grab bag: Easy and effective team-building strategies.” Presentation (slide) presented at the 2008 MOAHPERD convention, November, 2008, Lake of the Ozarks, MO (Presented by **W. Russell** with M. Robb).

“Tech-fit: Impact of interactive video game technology on personal fitness in children.” Presentation (slide) presented at the 2008 MOAHPERD convention, November, 2008, Lake of the Ozarks, MO (Presented by **W. Russell**).

“Comparison of “exergaming” to traditional video games on mood, attention, and short-term memory.” Poster presented at the American College of Sports Medicine-Central States meeting, October, 2008, Kansas City, MO (Presented by **W. Russell**).

“Motivational and cognitive aspects of athletes’ self-talk by sport level and ethnic identity.” Presented (poster) at the annual conference for the Association of Applied Sport Psychology, September, 2008, St. Louis, MO (Presented by **W. Russell**).

“G.A.M.E. On Griffs (Goal Achievement through Mentoring and Exercise).” Poster presented at the 2008 10th annual conference for the Prevention and Treatment of Overweight and Obesity (sponsored by the KU Medical Center), September, 2008, Kansas City, MO.(Presented by **W. Russell** with S. Corder, D. King, and J. Kraft).

“Effective feedback in sport and classroom settings: The good, the bad, and the ugly.” Presentation (slide) presented at the 2008 Central District Meeting of the American Association of Health, Physical Education, Recreation, and Dance conference, March, 2008, Omaha, NE (Presented by **W. Russell**).

“Applied learning opportunities for students in a university wellness screening program.” Presentation (poster) presented at the 2008 Conference for Applied Learning in Higher Education, MWSU campus, February, 2008 (Presented by **W. Russell** with C. Campbell, R. Phillips, C. Hardwick, and D. Ellis).

“Effective teambuilding strategies for the gym and the field.” Presentation (slide) presented at the 2007 MOAHPERD convention, November, 2007, Lake of the Ozarks, MO (Presented by **W. Russell** with M. Robb)

“Teaching flow to youth athletes.” Presentation (slide) presented at the 2007 MOAHPERD convention, November, 2007, Lake of the Ozarks, MO (Presented by **W. Russell**).

“Short-term psychological effects of interactive video game exercise.” Presentation (poster) presented at the 2007 Annual Conference of the Association of Applied Sport Psychology, October, 2007, Louisville, KY (Presented by **W. Russell**).

“Whether you think you can or think you can’t, you’re right: Enhancing motivation in the classroom.” Presentation (slide) presented at the 2007 Central District AAHPERD conference, April 2007, Overland Park, KS (Presented by **W. Russell**).

“Applied learning opportunities within a general studies wellness course – Fitness and Wellness.” Presentation (poster) presented at the 2007 Conference for Applied Learning in Higher Education, MWSU Campus, February, 2007 (Presented by **W. Russell** with G. Kriewitz)

“Youth sport coach-parent relationships: Increasing the Union and Decreasing problems.” Presentation (Slide) at the annual Missouri Association for Health, Physical Education, Recreation, and Dance State convention, Nov. 2005, Lake of the Ozarks, MO. (Presented by **W. Russell**).

“The influence of race on the relationship among perceived exercise behavior and various exercise-associated psychological factors.” Paper (poster) presented at the 2004 Annual convention of The American College of Sports Medicine, May, 2004, Indianapolis, IN (R.A. Buza, C.D. Lantz, D.J. Rhea, **W.D. Russell**, & J.L. Mayhew).

“Whether you think you can or you can’t, you’re right: Motivation in the Physical Education Classroom.” Presentation (Slide) at the annual Illinois Association for Health, Physical Education, Recreation, and Dance State convention, Nov. 2003, St. Charles, IL (Presented by **W. Russell** and B. Butki)

“The effects of goal orientation and motivational climate on social physique anxiety and physical self-efficacy in female athletes across uniform type.” Paper (poster) presented at the annual conference for the Association for the Advancement of Applied Sport Psychology, October 2003, Philadelphia, PA (Presented by **W. Russell**)

“Implementing mental training techniques for use with your high school athletes.” Presentation (slide) made to the Annual Illinois Association for Health, Physical Education, Recreation, and Dance State Convention, Nov. 2002, St. Charles, IL (Presented by **W. Russell**).

“Confirmatory factor analysis of the CSAI-2 with a competition sample.” Paper (poster) presented at the Annual Conference for the Association for the Advancement of Applied Sport Psychology, October 2002, Tucson, AZ (Presented by C. Shade with R. Cox and **W. Russell**)

“Relationship between motivational climate, physical self-esteem, and social physique anxiety.” Paper (poster) presented at the annual conference for the Association for the Advancement of Applied Sport Psychology, October 2002, Tucson, AZ (Presented by **W. Russell**).

“A comparison of post-exercise mood enhancement across common exercise distraction activities.” Paper (poster) presented at the 2002 Convention for the American College of Sports Medicine, May 2002, St. Louis, MO (Presented by **W. Russell**).

“Mental training techniques for enhancing high school athlete performance.” Presentation (Slide) made at the annual Illinois Association for Health, Physical Education, Recreation, and Dance State Convention, Nov. 2001, St. Charles, IL (Presented by **W. Russell**).

“The relationship between competitiveness and paratelic dominance on intensity and direction dimensions of precompetitive state anxiety.” Paper (poster) presented at the North American Association for the Psychology of Sport and Physical Activity conference. June 2001, St. Louis, MO (Presented by **W. Russell**).

“Comparison of self-esteem, body satisfaction, and social physique anxiety across males of different weight training frequency and racial background” Paper (slide) presented at the North American Association for the Psychology of Sport and Physical Activity conference, June 2001, St. Louis MO (Presented by **W. Russell** with R. Cox).

“Construct validity of the Anxiety Rating Scale-2 with youth wrestlers.” Paper (poster) presented at the 2000 conference for the Association for the Advancement of Applied Sport Psychology, October 2000, Nashville, TN (Presented by **W. Russell** with R. Cox).

“Comparison of three bioelectric impedance analyzers for field assessment of body composition.” Paper (poster) presented at the 2000 convention of The American College of Sports Medicine, June 2000, Indianapolis, IN (Presented by P. Croissant with B. Pritschet, **W. Russell**, & J. Owen).

“The effect of state anxiety on the measurement of body composition by bioelectric impedance analysis.” Paper (poster) presented at the 2000 Convention of The American College of Sports Medicine, June 2000, Indianapolis, IN (Presented by B. Pritschet with **W. Russell**, P. Croissant, K. Pettinger, and J. Owen).

“Comparison of health promotion and sedentary deterrent prompts in increasing physically active behavior.” Paper (poster) presented at the 2000 convention of the American College of Sports Medicine, June 2000, Indianapolis, IN (presented by **W. Russell** with J. Hutchinson)

“Construct validity of the ARS-2 with individual sports athletes” Paper (poster) presented at the 2000 convention for the American Alliance of Health, Physical Education, Recreation, and Dance, March, 2000, Orlando, Florida (presented by **W. Russell** with R. Cox)

“Motivation principles within measurement settings in physical education. Presentation (Slide) made at the Illinois State AHPERD convention, November 1999, Arlington Heights, IL (Presented by **W. Russell**)

“The effects of a point-of-decision prompt for deterring sedentary behavior.” Paper (slide presentation) presented at the American College of Sports Medicine Meeting, June 1999, Seattle Washington (Presented by **W. Russell** with D. Dziewaltowski and G. Ryan)

“Comparison of individual’s zone of optimal functioning across two sport tasks: A laboratory examination of ZOF theory.” Presented at the Association for the Advancement of Applied Sport Psychology Convention, September 1997, San Diego, California (Presented by **W. Russell** with R. Cox)

“A laboratory comparison of actual positive/negative affect and its retrospective recall within zone of optimal functioning theory”. Paper (Poster) presented at the North American Society for the Psychology of Sport and Physical Activity national convention, May, 1997, Denver Colorado (Presented by **W. Russell** with R. Cox)

“ A comparison of individuals’ zones of optimal functioning across two different tasks.” Paper presented at the North American Society for the Psychology of Sport and Physical Activity national convention, May, 1997, Denver Colorado. (Presented by **W. Russell** with R. Cox).

GRANTS:

Kraft, J.A., & Russell, W.D. (2013). MWSU PORTAL grant recipient for summer research funds to examine physiological and affective differences from interactive video gaming across experience levels. (\$3,500).

Russell, W.D., Bergman, R., Hardwick, C., & Kraft, J. (2011). Messick Trust (US Bank of St. Joseph, MO), grant proposal submitted for VIVA (Valuing Increased Volume of Physical Activity) UCP to fund physical activity programs for adult consumers of UCP or Northwest Missouri. (submitted for \$6,935.00 – not funded).

Cross, B., Cartledge, M., & Russell, W. (2009). YMCA of the USA, grant recipient of YMCA “Pioneering Healthier Communities” Sponsored by the Saint Joseph YMCA. (\$60,000).

Corder, S., Russell, W.D., & Kraft, J.A. (2009). Heartland Foundation, Healthy Partnerships program: grant proposal submitted for Mission F.I.T (Families in Training): a partnered program with MWSU, Hy-Vee, and East Hills Mall to educate and encourage healthier lifestyles in area families. (submitted for \$7,500.00 – not funded).

Russell, W.D. & Corder, S. (2008). Heartland Foundation, Outcomes for Kids program: recipient of external grant to fund G.A.M.E. On Griffs community program designed to engage St. Joseph area families in healthier lifestyles (\$5,590.80)

Russell, W.D. (2007). Missouri Western State University, (College of Professional Studies) recipient of professional development funds. Money used to fund additional interactive video game bicycle ergometer of pilot project examining effects of IVGT on elementary-age school children in St. Joseph (\$1,000)

Russell, W.D. (2005). Missouri Western State University Division of Academic and Student Affairs AY 2005-2006 grant recipient for professional development. Money used to fund research project “The Physiological and Psychological Short-Term Effects of Interactive Video Game Technology-Based Activity compared to Regular Exercise.” (\$2,650)

Russell, W.D. (2002). Council of Faculty Research AY 2001-2002 grant recipient for the research project “Social physique anxiety and post-exercise mood enhancement” (\$3,000)

Russell, W.D. (2002). EIU Faculty Development award for presentation of research at the 2002 ACSM conference in St. Louis, MO (\$200)

- Russell, W.D. (2002). Mini-grant awarded from the EIU Telefund Grant Committee for the research project “Social physique anxiety and post-exercise mood enhancement.” (\$315)
- Russell, W.D. (2002). IAHPERD Jump Rope for Heart Grant for the project “Social physique anxiety and post-exercise mood enhancement” (\$450)
- Russell, W.D. (2002). Mini-grant awarded for travel by the EIU Faculty Development for the travel and presentation of research at the 2002 AAASP convention (\$260)
- Russell, W.D. (2000). Council of Faculty Research Summer Grant awarded by the Council for Faculty Research at Eastern Illinois University for research project, “Comparison of self-esteem, body satisfaction, and social physique anxiety in exercising and non-exercising males of different racial background.” (\$2,500)
- Russell, W.D. (2000). Mini-grant awarded by Faculty Development at Eastern Illinois University for the presentation of research at 2000 AAHPERD convention (\$250)
- Russell, W.D. (1999). Redden Grant awarded by the College of Educational and Professional Studies at Eastern Illinois University for improvement of undergraduate instruction (\$292)
- Russell, W.D. (1999). Mini-grant for travel awarded by Faculty Development at Eastern Illinois University for presentation of research at 1999 American College of Sports Medicine conference. (\$250)
- Russell, W.D. (1999). Telefund Research grant awarded by the College of Educational and Professional Studies from Eastern Illinois University for research project “Comparison of health promotion and sedentary deterrent point-of-decision prompts on physical activity.” (\$500)
- Russell, W.D. (1998). Research grant awarded by the Office of Grants and Research from Eastern Illinois University for research project “Construct Validity of the Anxiety Rating Scale-2”, (\$928)

PROFESSIONAL AFFILIATIONS:

Society for Health and Physical Educators (SHAPE)
 Research Fellow, SHAPE Research Consortium
 Missouri AHPERD
 Association of Applied Sport Psychology (AASP)
 National Association for Sport and Physical Education (NASPE)

HONORS AND AWARDS:

2015 – MOAHPERD McSwegin Student Research Award (Donald Austin, Blake Lockmiller), William Russell (Advisor)

2014 - MOAHPERD Lynn Imergoot Scholar Award

2013 MWSU Foundation Award for Teaching Excellence

2013, 2014 – MOAHPERD Presidential Award

2008-2009 recipient of Governors Distinguished Professor Award (MWSU), with distinction in service.

2008 URSI Award for “A comparison of interactive video game technology applications on aerobic heart rate response.” (Tracy Bowman – physical education student).

2008 Mic-O-Say Honorary Warrior – Camping Honor’s Society – Boy Scouts of America

2003 IAHPERD Presidential Citation for 2003 Mid-State IAHPERD conference planning

2003 IAHPERD Student-Mentor Award – Lauren Rippy

2003 Induction to AAHPERD Research Consortium for AAHPERD Research Fellow status

2002 IAHPERD Student-Mentor Award (2) – Michelle Reed, Melanie Krynski

2001 IAHPERD Student-Mentor Award (2) Colleen Vandever, Angie Patzner

2000 IAHPERD Student-Mentor Award – Tim Kliethermes

2002 EIU Achievement and Contribution Award (Research)

2000 EIU Achievement and Contribution Award (Research)

OFFICES AND COMMITTEES:

2017-Present – MWSU Faculty Senator

2016 – Present – MWSU Institutional Review Board Committee

2015-2017 – MWSU Undergraduate Curriculum Committee (Secretary 2016-2017)

2012-2013 – Past-President, Missouri Association for the Health, Physical Education, Recreation, and Dance

2011-2012 – President, Missouri Association for Health, Physical Education, Recreation, and Dance

2010-2011 – President-Elect, Missouri Association for Health, Physical Education, Recreation, and Dance

2010-2013 – MWSU Faculty Senator

2013–2014 – MWSU University Promotion & Tenure Committee

2012 –2014– MWSU Graduate Council member

MWSU Conference for Applied Learning in Higher Education Planning Committee (2012-2014)

Emergency Notification System Committee (2012-2013)

MWSU Honor's Program Committee member

2008-2009 – served on 4 separate search committees in the college of PS; Education (outside member), HPER – committee member for 2 searches and Chair of Pedagogy search committee.

2008-2009 – St. Joseph Family YMCA Membership Committee

2007-2009 - Missouri AHPERD – College Division Chair

2008 MWSU Summer Research Institute Steering committee

MWSU James Scanlon Presidential Smoking Committee Chair (2008)

MWSU Wellness Committee Co-Chair (2006-2011)

MWSU General Studies Committee (Chair – 2008; member – 2009-2011)

Saint Joseph YMCA Program Committee

Peer Reviewer for Professional Journals: Journal of Sport and Exercise Psychology, Journal of Applied Sport Psychology, Athletic Insight, the Sport Psychologist

Associate Editor, Journal of Sport Behavior