

CURRICULUM VITAE
Vance Virgil Tammen, Ph.D.

Office: Associate Professor and Chair
Division of Exercise and Sport Science
Concordia University
1530 Concordia Way
Irvine, CA 92612
(949) 854-8002 ext 1337
vance.tammen@cui.edu

Personal Information

Date of Birth: November 24, 1962
Place of Birth: LeMars, Iowa

Education

2002-2003 Concordia University, Irvine
Lutheran Teaching Colloquy
Commissioned and Rostered with the Lutheran Church-Missouri Synod
Called to Concordia University Irvine: January 2004

1986-1994 University of Illinois, Urbana-Champaign, Illinois
Ph.D. Kinesiology
Specializing in Sport and Exercise Psychology
Degree Awarded: October 1996

1985-1986 Kansas State University, Manhattan, Kansas
Masters of Science, Physical Education and Health
Specializing in Sport Psychology
Degree Awarded: August 1986

1980-1984 University of Illinois, Urbana-Champaign, Illinois
Bachelor of Science, Physical Education
Area of Concentration, Psychology
Degree Awarded: January 1985

Professional Experience

2001-present Associate Professor, Chair of Exercise and Sport Science, Concordia University, Irvine, CA
1998-2001 Assistant Professor, Ball State University, Muncie, Indiana
1996-1998 Tenured Lecturer, Victoria University of Technology, Melbourne, Australia
1994-1995 Lecturer Level B, Victoria University of Technology, Melbourne, Australia
1994 Lecturer Level A, Victoria University of Technology, Melbourne, Australia
1989-1992 Instructor: University of Illinois, Department of Kinesiology, Urbana, IL
1986-1988 Instructor and Research Assistant: University of Illinois, Department of Kinesiology, Urbana, IL
1985-1986 Instructor: Kansas State University, Department of Physical Education, Manhattan, KS

PUBLICATIONS

Dissertation

Tammen, V. V. (1996). Coach and athlete goal orientations: Congruence of orientations and affects on athlete's satisfaction and commitment. Unpublished Doctoral Dissertation, University of Illinois, Urbana, IL.

Masters Thesis

Tammen, V. V. (1986). Perceptions of success: Effects on causal attributions and intrinsic motivation. Unpublished Master's Thesis, Kansas State University, Manhattan, KS.

Book Chapters

Tammen, V. V. (2000). First internship experiences, Or what I did on holiday. In M. Andersen (Ed.) Doing Sport Psychology (pp. 181-192). Champaign, IL: Human Kinetics Publishing.

Murphy, S. M., and Tammen, V. V. (1998). In search of psychological skills. In J. Duda (Ed.) Advances in sport and exercise psychology measurement (pp. 195-209). Morgantown, WV: Fitness Information Technology.

Wrigley, T., Fortunato, V., Andersen, M., and Tammen, V. V. (1996). Authorship issues in relation to the publication of academic work. In Guide to research degrees: Advice to students and supervisors. Appendix 15. Melbourne, Australia: Victoria University of Technology.

Original Research Publications

Tammen, V. V., Welsh, K., and Williams, A. (2000). Aerobic instructor characteristics most likely to affect class participant satisfaction. Indiana AHPERD Journal, 29, 11-15.

Tammen, V. V. (1996). Elite middle and long distance runners associative/dissociative coping. Journal of Applied Sport Psychology, 8, 1-8.

Gould, D., Murphy, S., Tammen, V. V., and May, J. (1991). An evaluation of U.S. Olympic sport psychology consultant effectiveness. The Sport Psychologist, 5, 111-127.

McAuley, E., Duncan, T., and Tammen, V. V. (1989). Psychometric properties of the Intrinsic Motivation Inventory in a competitive sport setting: A confirmatory factor analysis. Research Quarterly for Exercise and Sport, 60, 48-57.

McAuley, E., and Tammen, V. V. (1989). The effects of subjective and objective competitive outcomes on intrinsic motivation. Journal of Sport and Exercise Psychology, 11, 84-93.

Gould, D., Tammen, V. V., Murphy, S., and May, J. (1989). An examination of U.S. Olympic sport psychology consultants and the services they provide. The Sport Psychologist, 3, 300-312.

Published Proceedings and Abstracts Published in Refereed Journals

Tammen, V. V., Kagan, R., Halleckson, K., Hutchings, A. (2001). Athletic scholarships and intrinsic motivation revisited. 2001 Conference Proceedings, Association for the Advancement of Applied Sport Psychology. 44.

Cleland, S., Tammen, V. V., & Check, H. (2000). Relationship of physical self-efficacy to older adult exercisers quality of life. 2000 Conference Proceedings, Association for the Advancement of Applied Sport Psychology. 75.

Johnson, J., Tammen, V. V., & Check, H. (2000). Effect of achievement goals and motivational climate on older adult exercisers. 2000 Conference Proceedings, Association for the Advancement of Applied Sport Psychology. 77.

Kagan, R., Tammen, V. V., & Check, H. (2000). Exercise adherence with an older adult population. 2000 Conference Proceedings, Association for the Advancement of Applied Sport Psychology. 75.

Olachnovitch, V., Tammen, V. V., & Check, H. (2000). Effect of self-determination and intrinsic motivation on older adult exercisers' quality of life. 2000 Conference Proceedings, Association for the Advancement of Applied Sport Psychology. 74.

Stambush, M., & Tammen, V. V. (2000). Factors associated with burnout susceptibility in college athletes. 2000 Conference Proceedings, Association for the Advancement of Applied Sport Psychology. 89.

Rodgers, H., Tammen, V. V., & Morris, T. (1999). Motivation in recreational exercise participants. 5th International Olympic Committee Congress. 172.

Rodgers, H., Tammen, V. V., & Morris, T. (1999). Goals of recreational exercise participants: An interview based study. Proceedings for the 3rd International Congress Asian-South Pacific Association of Sport Psychology. 258-260.

Tammen, V. V. and Wayda, V. (1999). Life skills program intervention with under privileged children: Promoting positive changes to academic attainment. Journal of Sport and Exercise Psychology, 21 Supplement, S110.

Tammen, V. V., Check, H., and Wayda, V. (1999). A new look at an old topic: Gender differences in sport anxiety research. Association for the Advancement of Applied Sport Psychology Conference Abstracts, Banff, Canada, 42.

Tammen, V. V., and Wayda, V. (1999). Providing life skills at an underprivileged elementary school. Association for the Advancement of Applied Sport Psychology Conference Abstracts, Banff, Canada, 62.

Wayda, V., Tammen, V. V., and Robbins, G. (1999). Use of a formal physical education, fitness, and wellness course to facilitate exercise behavior change. Journal of Sport and Exercise Psychology, 21 Supplement, S118.

Wayda, V., Tammen, V. V., and Robbins, G. (1999). Can we really change exercise behavior through education? Association for the Advancement of Applied Sport Psychology Conference Abstracts, Banff, Canada, 75.

Moodie, A., Cooley, D., and Tammen, V. V. (1998). Hypercompetitiveness in Australian netball players. Journal of Sport and Exercise Psychology, 1998 NASPSPA Abstracts, 20, Supplement, 89.

Tammen, V. V. (1998). Changes in task and ego goal orientations in relation to training or competitive situations. Journal of Sport and Exercise Psychology, 1998 NASPSPA Abstracts, 20, Supplement, 120.

Tammen, V. V., and Youren, C. (1998). Validation of the sport motivation scale with an Australian population. Journal of Sport and Exercise Psychology, 1998 NASPSPA Abstracts, 20, Supplement, 89.

Tammen, V. V., Andersen, M., and Walsh, J. (1997). Disseminating research: Compliance with requests for poster papers. Australian Journal of Psychology, Combined Abstracts of 1997 Australian Psychology Conference, 49, 26.

Tammen, V. V., and Davies, C. (1997). The home advantage in the Australian Football League. Journal of Applied Sport Psychology, 1997 AAASP Abstracts, 162.

Tammen, V. V., and Davies, C. (1997). The home advantage in the Australian Football League. Australian Journal of Psychology, Combined Abstracts of 1997 Australian Psychology Conference, 49, 26.

Youren, C., and Tammen, V. V. (1997). Self-determination and perceived competence as antecedents for sport dropouts. Journal of Applied Sport Psychology, 1997 AAASP Abstracts, 179.

Tammen, V. V. (1996). The affects of coach and football player goal orientations and perceived motivational climate on player satisfaction and commitment. Journal of Sport and Exercise Psychology, Supplement, 83.

Tammen, V. V., Walsh, J., and Clayton, H. (1996). Method and measurement of achievement goals and motivational climate. Australian Journal of Psychology, Combined Abstracts of 1996 Australian Psychology Conferences, 48, Supplement, 146.

Tammen, V. V., Welsh, K., and Williams, A. (1996). Aerobic class situations and aerobic instructor characteristics most likely to influence class participant satisfaction. Journal of Applied Sport Psychology, 1996 AAASP Abstracts, 150.

Tammen, V. V., Welsh, K., and Williams, A. (1996). Aerobic instructor characteristics most likely to affect class participant satisfaction. Australian Journal of Psychology, Combined Abstracts of 1996 Australian Psychology Conferences, 48, Supplement, 146.

Shen, C. J., and Tammen, V. V. (1996). Ethical beliefs and behaviors of Australian practicing applied sport psychologists. Australian Journal of Psychology, Combined Abstracts of 1996 Australian Psychology Conferences, 48, Supplement, 141.

Youren, C., and Tammen, V. V. (1996). Self-determination and perceived competence as a predictive tool of potential sport dropouts. Australian Journal of Psychology, Combined Abstracts of 1996 Australian Psychology Conferences, 48, Supplement, 153-154.

Clayton, H., and Tammen, V. V. (1995). Why do people participate in exercise and recreational sport? Australian Journal of Psychology, 47, Supplement, 64-65.

Tammen, V. V. (1995). The effects of four competitive outcomes on athlete's intrinsic motivation. Australian Journal of Psychology, 47, Supplement, 119.

Tammen, V. V., Treasure, D., and Power, K. (1993). The relationship between competitive and mastery achievement goals and dimensions of intrinsic motivation. British Journal of Sport Sciences, 10, 6, 630.

Tammen, V. V. (1993). The relationship between competitive and mastery achievement goals and intrinsic motivation. Research Quarterly for Sport and Exercise, 64, 104.

Original Research Reports

Gould, D., Murphy, S., Tammen, V. V., and May, J. (1989). An assessment of psychological programs and personnel in U.S. amateur sports (1984-1988). A report made to the U.S. Olympic Committee, Colorado Springs, CO.

Murphy, S., Tammen, V. V., and Jowdy, D. (1989). Survey of resident athletes at the Colorado Springs Olympic Training Center. A report made to the U.S. Olympic Committee, Colorado Springs, CO.

Original Service Publications

Kagan, R., & Tammen, V. V. (September, 2000). Reviews of the "Four W's of imagery use: Where, when, why and what." Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (September, 2000). Review of “sport physiotherapists” perceptions of psychological strategies in sport injury. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (September, 2000). Sport psychology in the news – Articles from National Publications. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (March, 2000). Keynote speaker Dr. Brenda Light Bredemeier presents at ninth annual Midwest sport and exercise psychology symposium. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (March, 2000). Sport psychology practice in the news. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (December, 1999). The sport psychologist-athlete relationship: Implications for training. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (December, 1999). A two-stage evaluation of a sport psychology internship. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (December, 1999). Manipulating self-efficacy in the exercise environment in women: Influences on affective responses. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Kagan, R., & Tammen, V. V. (November, 1999). Critical issues confronting the advancement of applied sport psychology. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. & Uhlig, R. (1999, November). Fans waste their breath cheering. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, November). Overview of “Coaching the World’s Greatest Athlete” by Rick Sloan and Dan O’Brien. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, September). Division 47 holds 1999 conference, issues call for papers for 2000. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, September). NASPSPA conference held June 9-13. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, September). AAASP Conference Update. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, September). Exercise possible alternative therapy for people with psychiatric disorders. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, September). US Olympic Committee hires two new sport psychologists. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, June). Welcome message from the North American Editor. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, June). 32nd NASPSPA Annual Conference. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, June). Counseling Athletes Annual Conference. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, June). Twenty years of the institute for the study of youth sports. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, June). Upcoming exercise and sport psychology conferences in North America. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Tammen, V. V. (1999, June). Life skills and mental management in PE curriculums. Psychology of Sport and Exercise Gateway. Human Kinetics Publishing Website.

Murphy, S., and Tammen, V. V. (1991). Motivation vs. intimidation. Olympic coach, Vol. 1, 4, October, 8-9.

Tammen, V. V. (1990). It's not whether you win or lose, but how you play the game. Sportsmediscope. United States Olympic Training Center. Colorado Springs, CO.

Tammen, V. V. (1989). Increasing self-motivation for swimmers. Lanelines, July/August, 7.

Tammen, V. V. (1989). Increasing swimming skills with positive reinforcement. Lanelines, May/June, 5.

Tammen, V. V. (1989). Goal Setting. Training Agenda Series. United States Swimming Sports Medicine and Science. Colorado Springs, CO.

Tammen, V. V. (1989). Arousal Management. Training Agenda Series. United States Swimming Sports Medicine and Sciences. Colorado Springs, CO.

Tammen, V. V. (1989). Mental Logbooks. Training Agenda Series. United States Swimming Sports Medicine and Science. Colorado Springs, CO.

Gould, D., Giannini, J., and Tammen, V. V. (1988). Coaching athletes for peak performance. American Coach, Sept./Oct., 7.

PRESENTATIONS

Research Scholarly

Tammen, V. V., Kagan, R., Halleckson, K., Hutchings, A. (2001). Athletics scholarships and intrinsic motivation revisited. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology

Tammen, V. V., Kagan, R. J., Johnson, J. E., Olachnovich, V., Cleland, S., and Check, H. (2001). Exercise adherence for older adult exercisers. Presentation made at the annual Kirkpatrick Conference on Aging. Muncie, IN.

Tammen, V. V. (2001). Ten Years of MSEPS. Keynote Address, Midwest Sport and Exercise Psychology Symposium. West Lafayette, IN.

Cleland, S., Tammen, V. V., & Check, H. (2000). Relationship of physical self-efficacy to older adult exercisers quality of life. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Nashville, TN.

Johnson, J. & Tammen, V. V. (2000). Achievement goals and motivational climate relationships to quality of life in an older adult exercise program. Presentation made at the annual Midwest Sport and Exercise Psychology Symposium. East Lansing, MI.

Johnson, J., Tammen, V. V., & Check, H. (2000). Effect of achievement goals and motivational climate on older adult exercisers. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Nashville, TN.

Kagan, R., Tammen, V. V., & Check, H. (2000). Exercise adherence with an older adult population. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Nashville, TN.

Olachnovitch, V. & Tammen, V. V. (2000). Relation between self-determination and quality of life for older adults. Presentation made at the annual Midwest Sport and Exercise Psychology Symposium. East Lansing, MI.

Olachnovitch, V., Tammen, V. V., & Check, H. (2000). Effect of self-determination and intrinsic motivation on older adult exercisers' quality of life. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Nashville, TN.

Stambush, M., & Tammen, V. V. (2000). Factors associated with burnout susceptibility in college athletes. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Nashville, TN.

Tammen, V. V. (2000). Incorporating life skills into your gymnasium or classroom. Presentation made at the annual meeting of the Indiana Association of Health, Physical Education, Recreation, and Dance. Indianapolis, IN.

Tammen, V. V. (2000). Life skills program education with underprivileged elementary school children. Presentation made at the annual meeting of the Midwest Association of Health, Physical Education, Recreation, and Dance. Chicago, IL.

Tammen, V. V., Robbins, G., & Wayda, V. (2000). New approaches in the assessment of exercise behavior change. Presentation made at the annual meeting of the American Association of Health, Physical Education, Recreation, and Dance. Orlando, FL.

Tammen, V. V. & Wayda, V. (2000). Understanding reasons for achievement: Ways to get the best out of your athletes. Presentation made at the annual meeting of the Midwest Association of Health, Physical Education, Recreation, and Dance. Chicago, IL.

Wayda, V., Robbins, G., & Tammen, V. V. (2000). Assessing short-term and long-term exercise behavior change. Presentation made at the annual meeting of National Association for Physical Education in Higher Education. Austin, TX.

Rogers, H., Tammen, V. V., & Morris, A. (1999). Goals of recreational exercise participants. Presentation made at the Third Asian South Pacific Association of Sport Psychology International Congress, Wuhan, China

Rogers, H., Tammen, V. V., & Morris, A. (1999). Motivation in recreational exercise participants. Presentation made at the Fifth IOC World Congress of Sport Sciences, Sydney, Australia.

Tammen, V. V. (1999). Psychological climate and effect on coaches' approval of athlete behavior. Presentation made at the annual meeting of the Indiana Association for Health, Physical Education, Recreation, and Dance. Fort Wayne, IN.

Tammen, V. V., Check, H., and Wayda, V. (1999). A new look at an old topic: Gender differences in sport anxiety research. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Banff, Canada

Tammen, V. V., and Wayda, V. (1999). Providing life skills at an underprivileged elementary school. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Banff, Canada.

Tammen, V. V. and Wayda, V. (1999). Life skills program intervention with under privileged children: Promoting positive changes to academic attainment. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, FL.

Tammen, V. V., and Wayda, V. (1999). Doing teaching, research, and service: The case of Longfellow Elementary School. Presentation made at the Conference on the Scholarship of Teaching and Learning. Muncie, IN.

Tammen, V. V., and Wayda, V. (1999). Incorporating mental skills into your gymnasium or classroom: Using imagery/visualization. Presentation made at the annual meeting of the Midwest District of the American Alliance for Health, Physical Education, Recreation, and Dance. Huntington, WV.

Wayda, V., and Tammen, V. V. (1999). Incorporating mental skills into your gymnasium or classroom: Using goal setting. Presentation made at the annual meeting of the Midwest District of the American Alliance for Health, Physical Education, Recreation, and Dance. Huntington, WV.

Wayda, V., Tammen, V. V., and Robbins, G. (1999). Can we really change exercise behavior through education? Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. Banff, Canada.

Wayda, V., Tammen, V. V., and Robbins, G. (1999). Use of a formal physical education, fitness, and wellness course to facilitate exercise behavior change. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, FL.

Wayda, V., Tammen, V. V., Robbins, G., and Fortried, D. (1999). Using InQsit to assess both short-term and long-term behavior change. Presentation made at the Conference on the Scholarship of Teaching and Learning. Muncie, IN.

Moodie, A., Cooley, D., and Tammen, V. V. (1998). Hypercompetitiveness in Australian netball players. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, IL.

Tammen, V. V. (1998). Changes in task and ego goal orientations in relation to training or competitive situations. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, IL.

Tammen, V. V., and Youren, C. (1998). Validation of the sport motivation scale with an Australian population. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, IL.

Tammen, V. V., Andersen, M., and Walsh, J. (1997). Disseminating research: Compliance with requests for poster papers. Presentation made at the annual Australian Psychological Society conference. Cairns, Australia.

Tammen, V. V., and Davies, C. (1997). The home advantage in the Australian Football League. Presentation to be made at the annual Australian Psychological Society Victorian Branch conference. Toorak, Victoria, Australia.

Tammen, V. V., and Davies, C. (1997). The home advantage in the Australian Football League. Presentation made at the annual Australian Psychological Society conference. Cairns, Australia.

Tammen, V. V., and Davies, C. (1997). The home advantage in the Australian Football League. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. San Diego, CA.

Youren, C., and Tammen, V. V. (1997). Self-determination and perceived competence as antecedents for sport dropouts. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology. San Diego, CA.

Shen, C., and Tammen, V. V. (1996). Ethical beliefs and behaviors of Australian practicing applied sport psychologist. Presentation made at the annual meeting of the Australian Psychological Society. Sydney, Australia.

Tammen, V. V. (1996). The affects of coach and football player goal orientations and perceived motivational climate on player satisfaction and commitment. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Muskoka, Canada.

Tammen, V. V. (1996). The crisis of competence concept in sport. Presentation made at the annual meeting of the American Psychological Association. Toronto, Canada.

Tammen, V. V. (1996). Psychosocial factors and athletic injuries: Models, mechanisms, and rehabilitation. Convenor of symposium. Presentation made at the annual meeting of the Australian Psychological Society. Sydney, Australia.

Tammen, V. V., Clayton, H., and Walsh, J. (1996). Method and measurement of achievement goals and motivational climate for one Melbourne based basketball club. Presentation made at the annual meeting of the Australian Council for Health, Physical Education, and Recreation, Melbourne, Australia.

Tammen, V. V., Walsh, J., and Clayton, H. (1996). Achievement goals and motivational climate across one teams' basketball season. Presentation made at the annual meeting of the American Psychological Association. Toronto, Canada.

Tammen, V. V., Walsh, J., and Clayton, H. (1996). Measurement of achievement goals and motivational climate. Presentation made at the annual meeting of the Australian Psychological Society. Sydney, Australia.

Tammen, V. V., Welsh, K., and Williams, A. (1996). Aerobic class situations and aerobic instructor characteristics most likely to influence class participant satisfaction. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Williamsburg, Virginia.

Tammen, V. V., Welsh, K., and Williams, A. (1996). Situations and characteristics most likely to influence aerobic class satisfaction. Presentation made at the annual meeting of the Australian Council for Health, Physical Education, and Recreation, Melbourne, Australia.

Tammen, V. V., Welsh, K., and Williams, A. (1996). Instructor characteristics most likely to affect aerobic class participant satisfaction. Presentation made at the annual meeting of the Australian Psychological Society, Sydney, Australia.

Youren, C., and Tammen, V. V. (1996). Self-determination and perceived competence as predictive tools of potential sports dropouts. Presentation made at the annual meeting of the Australian Psychological Society, Sydney, Australia.

Clayton, H., and Tammen, V. V. (1995). Why do people participate in exercise and recreational sport? Presentation made at the annual meeting of the Australian Psychological Society, Perth, Australia.

Tammen, V. V. (1995). The effects of four competitive outcomes on athlete's intrinsic motivation. Presentation made at the annual meeting of the Australian Psychological Society, Perth, Australia.

Tammen, V. V. (1994). The crisis of competence concept. Presentation made at the annual meeting of the Australian Psychological Society, Wollongong, New South Wales, Australia.

Tammen, V. V. (1994). Coach and athlete goal orientations: Congruence of orientations and affects on athlete's satisfaction and commitment. Presentation made at the annual meeting of the Australian Psychological Society, Wollongong, Australia.

Tammen, V. V. (1993). The relationship between athlete's goal orientation and intrinsic motivation. Presentation made at the annual meeting of American Alliance of Health Physical Education, Recreation and Dance, Washington, D.C.

Tammen, V. V. (1993). Football player's perception of the motivational climate and the relationship with satisfaction and commitment to the team. Presentation made at the annual meeting of Association for the Advancement of Applied Sport Psychology, Montreal, Canada.

Tammen, V. V. (1992). Congruence of coach and athlete goal orientations. Influence on athlete's motivation and behavior. Presentation made at the Midwest Sport and Exercise Psychology Symposium, West Lafayette, IN.

Tammen, V. V. (1992). Elite middle and long distance runners associative/dissociative mental coping strategies: Pace versus purpose. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Pittsburgh, PA.

Tammen, V. V. (1992). The influence of athletes' competitive level on mental skills and anxiety. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO.

Tammen, V. V., Treasure, D., and Power, K. (1992). The relationship between athlete's goal orientation and dimensions of intrinsic motivation. Presentation made at the annual meeting of the British Association of Sport Sciences, Edinburgh, Scotland.

Tammen, V. V. (1991). Effects of sport administrator's organizational goals and coaches' goal orientations on coaches' approval or disapproval of athlete behavior. Presentation made at the Midwest Sport and Exercise Psychology Symposium, Champaign, IL.

Tammen, V. V., and Murphy, S. (1991). Reevaluating the Psychological Skills Inventory for Sports: Factor analysis and implications. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Asilomar, CA.

Tammen, V. V. and Murphy, S. (1991). Establishing validity for the Sport Anxiety Scale. Presentation made at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Asilomar, CA.

Tammen, V. V., and Murphy, S. (1990). Effects of four competitive outcomes on elite athletes' intrinsic motivation. Presentation made at the annual meeting of the Association for the Advancement of Applied Sport Psychology, San Antonio, TX.

Murphy, S., Greenspan, M., Jowdy, D., and Tammen, V. V. (1989). Development of a brief rating instrument of competitive anxiety: Comparison with the Competitive State Anxiety Inventory-2. Presentation made at the annual meeting of Association for the Advancement of Applied Sport Psychology, Seattle, WA.

Greenspan, M., Murphy, S., Tammen, V. V., and Jowdy, D. (1989). Effects of athlete achievement level and test administration instructions on the Psychological Skills Inventory for Sports (PSIS). Presentation made at the annual meeting of Association for the Advancement of Applied Sport Psychology, Seattle, WA.

Gould, D., Tammen, V. V., and Murphy, S. (1988). Services offered and problems encountered by United States National Sport Governing Body psychology consultants. Presentation made at the annual meeting of Association for the Advancement of Applied Sport Psychology, Nashua, NH.

Tammen, V. V., and McAuley, E. (1987). Perceptions of success: Effects on intrinsic motivation and causal attributions. Presentation made at the annual meeting of North American Society for the Psychology of Sport and Physical Activity, Vancouver, B.C., Canada.

Service Scholarly Presentations

Tammen, V. V. (2005, April). Lifespan Aging and Wellness Systems. Presentation made to the Emeritus Institute of Saddleback College, Laguna Woods, CA.

Tammen, V. V. (2005). Exercise and Older Adults. Presentation made to the Emeritus Institute of Saddleback College, Laguna Woods, CA.

Tammen, V. V. (2004, December). Incorporating physical activity and wellness into the elementary school curriculum. Presentation made to Capistrano Beach Christian School, Capistrano Beach, CA.

Tammen, V. V. (1999, December). College experiences in Australia. Presentation made to prospective students of the Australian University Exchange program at Ball State University, Muncie, IN.

Tammen, V. V. and Tammen, S. (1999, April). Living in Australia. Presentation made to prospective students of the Australian University Exchange program at Ball State University, Muncie, IN.

Tammen, V. V., and Tammen, S. (1998, December). What to expect during your year in Australia. Presentation made to prospective students of the Australian University Exchange program at Ball State University, Muncie, IN.

Tammen, V. V., Clayton, H., and Walsh, J. (1996). Measurement and assessment of achievement goals with an Australian population. Presentation made at the Victorian College of Sport Psychologists seminar, Melbourne, Victoria.

Murphy, S., Tammen, V. V., and Jowdy, D. (1989). Survey of Resident Athletes at the Colorado Springs Olympic Training Center. Presentation made to the United States Olympic Committee, Colorado Springs, CO.

Gould, D., May, J., Murphy, S., Davis, J., Hodge, K., and Tammen, V. V. (1987). United States Olympic Committee Foundation Grant. Presentation made at the United States Olympic Committee Coaches Meeting, Washington, D.C.

Sport Psychology Service Presentations

Tammen, V. V. (2004, May). Motivation and talent: Issues for athletes and coaches. Presentation made to the Urbana High School. Urbana, IL.

Tammen, V. V. (2004, February). Psychology of athletic injuries. Presentation made to the local Athletic Training professionals. Irvine, CA.

Tammen, V. V. (2004, January.) Is there anything to be worried about? Applied Sport Psychology Intervention, Concordia Women's Basketball Team. Irvine, CA.

Tammen, V. V. (2003, March). Motivation and Goals. Presentation made to the Concordia Women's Basketball Team. Irvine, CA.

Tammen, V. V. (2003, February). Myths and realities for motivation with your athletes. Presentation made to the Capistrano Valley Unified School District Coaching Academy. Mission Viejo, CA.

Tammen, V. V. (2002, August). Conflict and communication. Presentation made to the Capistrano Valley Unified School District Coaching Academy. Mission Viejo, CA.

Tammen, V. V. (2002, August). Understanding motivation in your athletes. Presentation made to the Capistrano Valley Unified School District Coaching Academy. San Clemente, CA.

Tammen, V. V. (2002, August). Principles of communication. Presentation made to the Capistrano Valley Unified School District Coaching Academy. San Clemente, CA.

Tammen, V. V., and Wayda, V. (1999, February). Seeing and feeling is believing: Using imagery to enhance diving performance. Presentation made to the Elite USA Diving Development Program. Indianapolis, IN.

Tammen, V. V., and Wayda, V. (1999, February). Making plans and using them: Using goal setting everyday for diving performance. Presentation made to the Elite USA Diving Development Program. Indianapolis, IN.

Tammen, V. V. (1998, May). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.

Tammen, V. V. (1998, March). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.

Tammen, V. V. (1998, April). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.

- Tammen, V. V. (1997, October). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1997, September). Sport psychology for basketball coaches. Educational presentation made for the Country Basketball Association, Ballarat, Victoria.
- Tammen, V. V. (1997, August).). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1997, June). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1997, February). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1997, January). Controlling anxiety and maintaining concentration. Presentation made for the Elite Umpire Development Clinic, Softball Australia. Baccus Marsh, Victoria.
- Tammen, V. V. (1996, September). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1996, March). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1996, February). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1995, August). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1995, July). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. Warrigul, Victoria.
- Tammen, V. V. (1995, April). Applied sport psychology for coaches. Educational presentation made for the Level 2 coaching principles course, Sport and Recreation Victoria. South Melbourne, Victoria.
- Tammen, V. V. (1994). Congruence of coach and athlete goal orientations. Presentation made at the Victoria University of Technology Psychology Seminar, St. Albans, Victoria.
- Tammen, V. V. (September, 1991). The congruence of coach and athlete goal orientations and how that affects athlete's motivation. Presentation made to the University of Illinois Sport Psychology Seminar. Champaign, IL.
- Tammen, V. V. (October, 1990). Crisis theory and how it relates to athletes. Presentation made to the University of Illinois Sport Psychology Seminar. Champaign, IL.
- Tammen, V. V. (September, 1989). The OTC Experience: Or What I Did on Holiday. Presentation made to the University of Illinois Sport Psychology Seminar. Champaign, IL.
- Tammen, V. V. (February, 1989). How to make and Use Pre-competitive AudioTapes. Presentation made to the USA National Bowling Team Athletes and Coaches. Colorado Springs, CO.
- Tammen, V. V. (February, 1989). What is Sport Psychology? Presentation made to the Mountain States Combined Training Association. Fort Collins, CO.

Tammen, V. V. (February, 1989). Arousal Regulation and Mental Preparation. Presentation made to the Mountain States Combined Training Association. Fort Collins, CO.

Tammen, V. V. (April, 1989). Where is Your Career Going? Presentation made as part of the Career Assistance Program for Athletes. Colorado Springs, CO.

Tammen, V. V. (April, 1989). Taking Sport Skills and Applying Them to the Job Market. Presentation made as part of the Career Assistance Program for Athletes. Colorado Springs, CO.

Tammen, V. V. (April, 1989). Goals and Goal Setting. Presentation made to the LCS Swimming Coaching Science Seminar. Colorado Springs, CO.

Tammen, V. V. (April, 1989). Team Management. Presentation made to the LCS Swimming Coaching Science Seminar. Colorado Springs, CO.

Gould, D., and Tammen, V. V. (January, 1988). Using Mental Imagery to Improve Behaviors and Skills. Presentation made to the Illinois Inter-Athlete Agency Association Conference. Champaign, IL.

Tammen, V. V. (October, 1987). Stop the Negative Self-Talk. Presentation made to the University of Illinois Varsity Men's Tennis Team. Champaign, IL.

Tammen, V. V. (September-November, 1987). Understanding Mental Skills and Their Development. Presentation made to the University of Illinois Men's Tennis Team. Champaign, IL.

Tammen, V. V., and Gould, D. (February, 1987). Relaxation Training for Golf. Presentation made to the University of Illinois Men's and Woman's Varsity Golf Teams. Champaign, IL.

Gould, D., and Tammen, V. V. (February-March, 1987). Understanding Mental Skills and Their Development. Presentation made to the University of Illinois Men's and Woman's Varsity Golf Teams. Champaign, IL.

Gould, D., Tammen, V. V., and Giannini, J. (January, 1987). Using Relaxation and Imagery to Improve Athlete Behavior and Skills. Presentation made to the Illinois Inter-Athlete Agency Association Conference. Champaign, IL.

Tammen, V. V. (December, 1986). Stress Management. Presentation made at the Physical Education NoonTime Seminar, Kansas State University. Manhattan, KS.

TEACHING

Teaching Competencies

Academic Subjects Introduction to Sport and Exercise Psychology, Social Psychology of Sport and Exercise, Applied Sport Psychology, Group Dynamics in Sport and Exercise, History of Sport and Physical Education, Sociology of Sport and Physical Education, Philosophy of Sport and Physical Education, Concepts of Physical Education and Sport, Research Methods and Statistics.

Teaching Experience

Concordia University, Irvine, California (2001-present)

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| <u>Education for Healthful Living</u> | Undergraduate subject about concepts of fitness and health |
| <u>Exercise Physiology</u> | Undergraduate subject about exercise physiology |
| <u>Kinesiology</u> | Undergraduate subject about biomechanics and structural kinesiology |
| <u>Individual Activities</u> | Undergraduate subject about pedagogy for individual games and sports |
| <u>Adaptive and Corrective PE</u> | Undergraduate subject about pedagogy for special populations |
| <u>Historical and Socio-Cultural Foundations</u> | Undergraduate subject about history, sociology, and philosophy of physical education and sport |
| <u>Motor Learning</u> | Undergraduate subject about motor learning and motor control |
| <u>Sport Psychology</u> | Undergraduate subject surveying the sport psychology literature |
| <u>Art of Play</u> | Undergraduate subject linking cultural understanding of sport and performing arts |
| <u>Health Education for Teachers</u> | Graduate subject incorporating health education into school curriculum |
| <u>Principles of Coaching</u> | Graduate subject about learning and leadership for coaches |
| <u>Psychology of Coaching</u> | Graduate subject about sport psychology |

Ball State University, Muncie, Indiana (1998-2001)

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| <u>Introduction to Fitness & Wellness</u> | Undergraduate subject introducing basic fitness and wellness skills |
| <u>Life Skills for Student Athletes</u> | Undergraduate NCAA CHAMPS/Life Skills subject |
| <u>Psychology of Coaching</u> | Undergraduate subject introducing sport psychology principles for coaching |
| <u>Sports Administration Seminar</u> | Undergraduate discussion subject on current sport admin. issues |
| <u>Intro to Sport in American Life</u> | Undergraduate history subject covering 20 th Century American sport |
| <u>Sport Psychology</u> | Graduate subject surveying sport psychology theory and literature |
| <u>Youth Sports</u> | Graduate subject surveying applied and youth sport psychology theory and literature |
| <u>Admin and Supervision of PE</u> | Graduate subject focusing on how to administer and supervise in leadership positions |
| <u>Psychology of Coaching</u> | Graduate subject focusing on how to apply sport psychology principles in coaching |

Victoria University of Technology, Melbourne, Australia (1994-1998)

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| <u>Introduction to Human Movement</u> | Undergraduate subject introducing the history and philosophy of PE |
| <u>Sport Psychology</u> | Undergraduate subject surveying the sport psychology literature |
| <u>Applied Sport Psychology</u> | Undergraduate subject surveying issues about applied sport psychology |
| <u>Group Process in Sport and Exercise</u> | Undergraduate subject surveying issues about group dynamics in sport and exercise settings |

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| <u>Current Issues in Sport Psychology</u> | Graduate subject introducing theoretical issues in applied sport psychology |
| <u>Applied Sport Psychology</u> | Graduate subject focusing on practice and techniques of applied sport psychology |

University of Illinois, Urbana-Champaign, Illinois (1986-1988, 1989-1992)

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|---|---|
| <u>Introduction to Sport Psychology</u> | Undergraduate subject surveying the sport psychology literature |
| <u>Archery</u> | Beginning skills and fundamentals |
| <u>Bowling I</u> | Beginning skills and fundamentals |
| <u>Foil Fencing</u> | Beginning skills and fundamentals |
| <u>Golf I</u> | Beginning skills and fundamentals |
| <u>Golf II</u> | Advanced skills and techniques |
| <u>Racquetball</u> | Beginning skills and fundamentals |
| <u>Soccer</u> | Beginning skills and fundamentals |
| <u>Weight Training</u> | Beginning skills and fundamentals |

Kansas State University, Manhattan, Kansas (1985-1986)

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| <u>Concepts of Physical Education</u> | Undergraduate subject introducing basic fitness and wellness skills |
| <u>Soccer</u> | Beginning skills and fundamentals |
| <u>Weight Training</u> | Beginning skills and fundamentals |
| <u>Golf I</u> | Beginning skills and fundamentals |
| <u>Conditioning and Weight Control</u> | Subject emphasizing basic physical fitness techniques |

Graduate Supervision

Concordia University Students

Chair

9 Masters Thesis students

Ball State University Graduates

Chair

2 Masters Thesis students

Committee Member

4 Masters Thesis students

Victoria University of Technology Graduates

Principal Supervisor

1 Ph.D. students

2 Research Masters students

1 Course-work Masters student

Co-Supervisor

1 Ph.D. student

1 Research Masters student

Teaching Awards

University of Illinois Excellent Teacher Rating. Awarded to instructors ranked in the top 20% as rated by the students at the University of Illinois.

Semesters Awarded

Spring and Fall 1987

Spring and Fall 1988

Fall 1989

Spring and Fall 1990

Spring and Fall 1991

Spring 1992

Guest Lectures

- (May, 2000) University of Western Sydney
Course Title: Masters in Sport Psychology
Topic: Applying Life Skills Education to the Australian Sport System
- (April, 1999) University of St. Francis, Fort Wayne, IN
Psychology Department Seminar
Topic: Careers and Issues in Sport Psychology
- (October, 1998) Ball State University Department of Music
Course Title: Voice
Topic: Its OK to have Butterflies Just Make Them Fly in Formation
- (September, 1996) St. Bernard's College
Course Title: Year 12 Physical Education Class
Topic: Careers and Courses in Human Movement, Recreation, and Performance at Victoria University
- (March, 1996) Victoria University
Course Title: PE Field Experience
Topic: How to become a sport psychologists
- (October, 1995) Royal Melbourne Institute of Technology
Course Title: Group work group processes
Topic: Groups and motivation
- (October, 1995) Royal Melbourne Institute of Technology
Course Title: Group work group processes
Topic: Groups and motivation
- (September, 1995) St. Bernard's College
Course Title: Year 12 Career Class
Topic: Careers in Physical Education and Recreation
- (August, 1995) Kealba Secondary College
Course Title: Years 11 and 12
Topic: Careers in Physical Education, Recreation, and Performance Studies
- (August, 1995) Korowa Anglican Girls School
Course Title: Year 11 Physical Education
Topic: What is Sport Psychology
- (July, 1995) Bayside Secondary College, Paisley Campus
Course Title: Career Guidance
Topic: Careers in Physical Education, Recreation, and Performance Studies
- (March, 1995) Victoria University of Technology
Course Title: Current Issues in Sport Psychology
Topic: Models for Understanding Sport Psychology

- (November, 1990) University of Illinois
Course Title: Introduction to Sport Psychology
Topic: Intrinsic Motivation and Sport
- (May, 1990) University of Illinois
Course Title: Racquet Sports Coaching Strategies
Topic: Introduction to Sport Psychology
- (March, 1989) University of Wyoming
Course Title: Sport Psychology
Topic: Research Topics of the U.S. Olympic Training Center
- (May, 1988) University of Illinois
Course Title: Introduction to Sport Psychology
Topic: Biofeedback and Sport
- (April, 1988) University of Illinois
Course Title: Introduction to Sport Psychology
Topic: Sports Imagery Training
- (April, 1988) University of Illinois
Course Title: Racquet Sports Coaching Strategies
Topic: The Purpose of Sport Psychology
- (April, 1988) University of Illinois
Course Title: Racquet Sports Coaching Strategies
Topic: Building a Sport Psychology Program for Your Team
- (February, 1988) University of Illinois
Course Title: Coaching Strategies for Basketball
Topic: Building Team Harmony

PROFESSIONAL ACTIVITIES

Professional Memberships

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| North American Society for Psychology of Sport and Physical Activity | (1985- present) |
| Association for the Advancement of Applied Sport Psychology | (1988-present) |
| American Alliance of Health, Physical Education, Recreation, and Dance | (1988-present) |
| Australian Psychological Society | (1994-1998) |
| Registered Sport Psychologist, State of Victoria, Australia, Number 3691 | (1994-1998) |
| Australian College of Sport Psychologists | (1995-1998) |
| American Psychological Association Division 47 | (1997-2002) |

Scholarships, Honors, and Awards

Clark Foundation Scholarship (1980-1984). Awarded to one exceptional scholar from Farmer City-Mansfield High School with plans of extending their education. \$500 per academic year.

Child of Veterans Scholarship (1980-1984). Awarded to one child of a deceased military veteran from each county in Illinois who attended the University of Illinois. Tuition paid.

Phi Kappa Sigma Educational Endowment (1984-1985). Awarded to one exceptional scholar/leader who is a member of Phi Kappa Sigma Social Fraternity. \$500 per academic year.

Dean's List (1984) University of Illinois.

Research Grant Awards

George and Francis Ball Foundation (2000). Lifespan Aging and Systems Wellness Thinking: LAWST Training the Trainers. Tammen, V. V., K., Gobble, D., Kaluzynski, T. Irvine, P., Hodson-Carlton, Funded \$15,000.

Indiana AHPERD (2000). Exercise Behavior Change. Tammen, V. V., Wayda, V., and Robbins, G. Funded, \$2500.

George and Francis Ball Foundation (2000). Lifespan Aging and Systems Wellness Thinking: LAWST. Tammen, V. V., Irvine, P., Hodson-Carlton, K., Gobble, D., Kaluzynski, T. Funded \$5000.

College Planning Grant (2000). Supporting Research Initiatives into Lifespan Aging and Systems Wellness Thinking: LAWST. Tammen, V. V., Irvine, P., Hodson-Carlton, K., Gobble, D., Kaluzynski, T. Funded \$10,000.

Fund for Improvement of Post Secondary Education (2000). Educational Modality and Effects on Exercise Behavior Change. Wayda, V., Tammen, V. V., & Robbins, G. Not Funded.

Visiting and Exchange Scholar Program: Ball State University and University of Western Sydney-Hawkesbury. (1999). V. Tammen. Funded \$2000.00

Indiana Campus Compact (1999). Teaching Life Skills: Theory to Application. Wayda, V., and Tammen, V. V. Funded \$1988.00

Ball State University (1999). Physical Activity Behavior Profiles of College Age Students. Wayda, V., Tammen, V. V., and Robbins, G. Supplies, Equipment, and Travel Expenses Grant. Funded \$1500.00.

Office of Information Technology (1998). Use of Technology in PEP 164, Life Skills for Ball State Student Athletes. Tammen, V. V. Instructional Development Grant. Funded \$300.00.

Office of Teaching and Learning Advancement (1998). Learning about Teaching and Learning. Tammen, V. V. Professional Enhancement of Teaching. Funded \$600.00.

College of Applied Science and Technology (1998). Crisis of Competence. Tammen, V. V. College Core Grant. Funded \$300.00

National Heart Foundation of Australia (1996). Social-psychological, physiological, and environmental factors affecting physical activity levels in rural young people. Tammen, V. V. Naughton, J., and Carlson, J. Approved but not funded.

Victoria University of Technology (1995). Validation of the Sport Motivation Scale with an Australian Population. New Research and Intellectual Property Grant. Tammen, V. V. Funded \$2500.

Victoria University of Technology (1995). The crisis of competence concept in athletes. Tammen, V. V. University Seeding Grant. Funded \$4500.00.

Australian Research Council Small Grant Scheme (1995). A longitudinal and cross-sectional analysis of basketball player's and coach's perceptions of the motivational climate and achievement goals. Tammen, V. V. Approved but not funded.

Victoria University of Technology (1994). Changes in goal orientations and perceptions of the motivational climate across a basketball season. Tammen, V. V. New Research and Intellectual Property Grant. Funded \$5000.00.

University of Illinois Department of Kinesiology Travel Grant (1992). Awarded by the department to recognize scholarly conference presentations. Tammen, V. V. Funded \$200.00.

University of Illinois Travel Grant (1991). Awarded by the Graduate College to recognize graduate student's scholarly conference presentations. Tammen, V. V. Funded \$150.00.

University of Illinois Travel Grant (1988). Awarded by the Graduate College to recognize graduate student's scholarly conference presentations. Tammen, V. V. Funded \$150.00.

Sport Psychology Consultations

- 2003-2004 Olympic Archer
Problem: Pre-event Anxiety
- 2003 Concordia University Women's Basketball Player
Problem: Coping with Injury
- 2002 Concordia University Volleyball Player
Problem: Motivation and Injury
- 2002 Concordia University Track Athlete
Problem: Arousal management.
- 2001 Ball State Men's Track Athlete
Problems: Desire to quite the team
- 2001 Ball State University Softball Team
Problems: None, purpose is to develop mental skills
- 2001 Ball State Men's Track Athlete
Problems: Stress and coping during events
- 2001 Ball State Women's Track Athlete
Problems: Stress and coping during events

- 2001 Ball State Women's Track Athlete
Problems: Coping with injury
- 2000 Ball State Men's Track Athlete
Problems: Stress and coping during race events
- 2000 Ball State University Baseball Team
Problems: None, purpose is to develop mental skills and supervise student's practica
- 2000 Ball State University Diving Team
Problems: None, purpose is to develop mental skills and supervise student's practica
- 2000 Ball State University Softball Team
Problems: None, purpose is to develop mental skills and supervise student's practica
- 1999 Ball State Women's Track Athlete
Problems: Coping with sexual assault. Referred athlete to university counseling center
- 1999 Ball State Women's Swimmer
Problems: Homesickness & test anxiety. Referred athlete to university counseling center
- 1999 Ball State Women's Swimmer
Problems: Dropout dilemma
- 1999 Ball State Women's Swimmer
Problems: Dropout dilemma, low motivation
- 1999 Ball State Football Player
Problems: Test anxiety. Referred athlete to university counseling center
- 1999 Ball State Football Player
Problems: Confidence and positive mental skills
- 1999 Ball State Men's Golfer
Problems: Building positive mental skills
- 1999 Ball State Women's Track Athlete
Problems: Coping with retirement
- 1999 Ball State Women's Basketball Player
Problems: Coping with stress, conflict with coach
- 1999 Ball State Women's Tennis Player
Problems: Self-confidence
- 1999 Ball State Women's Tennis Player
Problems: Coping with stress
- 1999 Ball State Men's Golfer
Problems: Conflict with coach, goal setting, relaxation
- 1998 Ball State Men's Diver
Problems: Motivation and mental skills
- 1998 Ball State Men's Tennis Player
Problems: Motivation and mental skills
- 1996 Australian State-Level Rower
Problems: Motivation and mental skills
- 1995-1996 Australian National Team Ski Racer
Problems: Confidence and mental preparation
- 1995 Victoria Institute of Sport Women's Field Hockey
Problems: Positive image and play
- 1995 Victoria Institute of Sport Under 18 Baseball Team
Problems: None (Purpose was to develop positive mental skills program.)
- 1991-1993 University of Illinois Varsity Women's Golf Team
Problem: None (Purpose was to develop positive mental skills program.)
- 1989 USA Table Tennis Resident Athletes, U.S. Olympic Training Center
Problem: None (Purpose was to develop positive mental skills.)
- 1989 USA Archery Resident Athletes, U.S. Olympic Training Center
Problem: None (Purpose was to develop positive mental skills.)
- 1989 USA Men's Field Hockey Resident Athletes, U.S. Olympic Training Center

Problem: None (Purpose was to develop positive mental skills.)
 1989 Olympic Level Weightlifter
 Problem: Mental Training and Burnout
 1989 High School Tennis Player
 Problem: Mental Training and Emotional Control
 1989 National Level Men's Cyclist
 Problem: Maintaining Athletic/Personal Relationships
 1989 National Level Men's Field Hockey Player
 Problem: Emotional Control. Referred athlete to Licensed Psychologist
 1989 National Level Triathlete
 Problem: None (Purpose was to develop positive mental skills.)
 1989 National Level Judo Player
 Problem: None (Purpose was to develop positive mental skills.)
 1989 National Level Woman's Team Handball Player
 Problem: Frustration due to not Achieving Goals
 1989 National Level Men's Field Hockey Player
 Problem: Family Relations
 1989 National Level Men's Cyclist
 Problem: Burnout and Low Motivation. Referred athlete to Licensed Psychologist
 1989 National Level Taekwondo Player
 Problem: Communication with Coach
 1989 Air Force Academy Tennis Player
 Problem: None (Purpose was to develop positive mental skills.)
 1989 National Level Men's Team Handball Player
 Problem: Stress of National Team Selection
 1989 National Level Pistol Shooter
 Problem: Goal Attainment
 1989 National Level Pistol Shooter
 Problem: Relaxation Training
 1989 National Level Shotgun Shooter
 Problem: Relaxation Training
 1989 Regional Level Shooting Coach
 Problem: Relaxation Training
 1989 USA Men's Junior Cycling Camp
 Problem: Psychological Testing of Athletes
 1989 USA Woman's Junior Cycling Camp
 Problem: Psychological Testing of Athletes
 1989 USA Bowling National Team
 Problem: Psychological Testing of Athletes
 1989 TAC Distance Runner Camp
 Problem: Psychological Testing of Athletes
 1989 USA Badminton Senior and Junior Players
 Problem: Psychological Testing of Athletes
 1989 USA Luge Senior and Junior Teams
 Problem: Psychological Testing of Athletes
 1988-1989 St. Francis College Football Player
 Problem: Recovery from injury
 1987-1990 University of Illinois Varsity Men's Tennis Team
 Problem: None (Purpose was to develop positive mental skills.)
 1987-1988 University of Illinois Varsity Men's Golf Team
 Problems: None (Purpose was to develop positive mental skills.)
 1987 University of Illinois Male Track Athlete
 Problem: Self-confidence

- 1987 University of Illinois Female Track Athlete
Problem: Communication with coach
- 1987 University of Illinois Female Track Athlete
Problem: Self-confidence

Professional Service

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| Healthy Individuals Task Force, PSW District LCMS | 2003-Present |
| Reviewer for Submissions to AAASP Annual Conference | 2003 |
| Concordia University System Council of Physical Activity and Wellness | 2001-Present |
| Chair International Relations Midwest AAHPERD | 2000-2001 |
| AAASP Membership committee | 2000-2001 |
| Reviewer for AAHPERD Sport Psychology Outstanding Dissertation Award | 2000 |
| Chair-Elect International Relations Midwest AAHPERD | 1999-2000 |
| Human Kinetics North American Gateway Editor for Sport and Exercise Psychology | 1999-2001 |
| Australian Psychological Society College of Sport Psychologists, Victorian Branch: Secretary | 1996-1998 |
| Sport Medicine Australia, State conference organization committee member | 1997-1998 |

Guest Reviewer

The Sport Psychologist
Journal of Applied Sport Psychology
Journal of Sport and Exercise Psychology
International Journal of Sport Psychology
Research Quarterly for Exercise and Sport

Related Experience

- 1991-1993 Manager of Omni Fitness Center, Champaign IL. Duties include exercise testing, exercise prescriptions, personal training, special event promotions, and community liaison responsibilities.
- 1989-1990 American Coaching Effectiveness Program. Evaluation of Level Two course books on sport psychology and sport pedagogy.
- 1989 Research Assistant, U.S. Olympic Training Center, Sport Sciences Department, Colorado Springs, CO. Duties included sport psychology research, sport psychology consultations with individual athletes and national teams, and psychological testing of these athletes. Duties also included community service and public relations with visitors and dignitaries at the Olympic Training Center.

UNIVERSITY AND DEPARTMENT SERVICE

Concordia University

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|---|--------------|
| Division Chair Exercise and Sport Science | 2001-present |
| Health and Wellbeing Committee | 2001-present |
| Program and Policy Review Board | 2002-present |

Ball State University

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| Faculty Senate International Affairs Committee | 2000-2001 |
| Exchange Coordinator Universities of Western Sydney | 2000-2001 |
| School of Physical Education International Committee | 1999-2001 |
| School of Physical Education Salary Appeals Committee, Chair for 2000 and 2001 | 1999-2001 |
| Center for Vital Aging Committee | 1999-2001 |
| Faculty Liaison for Universities of Western Sydney and Edith Cowan Student Exchanges | 1999-2001 |
| Selection panel for Australian University Student Exchanges | 1998-2001 |

Victoria University of Technology

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|---|-----------|
| Course Coordinator Human movement undergraduate program | 1997-1998 |
| Assistant Course Coordinator Human movement undergraduate program | 1996-1997 |
| Selection officer Applied Psychology Masters: Sport psychology degree | 1995-1998 |
| Departmental Board of Studies | 1994-1998 |
| Bio-Science Course Committee | 1994-1998 |
| Physical Education/Human Movement Course Committee | 1994-1998 |
| Subject Coordinator | |
| HPE 2150 Sport psychology | 1995-1998 |
| HPE 4580 Applied sport psychology | 1995-1998 |
| HPE 4590 The team in sport | 1995 |
| HPE 4595 Group processes in sport and exercise | 1996-1998 |
| APM 5008 Applied psychology masters 2: Applied sport psychology | 1995-1998 |
| Centre for Rehabilitation, Exercise, and Sport Science Management Committee | 1994-1997 |
| Faculty of Human Development Public Relations Committee | 1995 |
| University Quality Assurance for Teaching Review Committee | 1994 |