

Samuel Forlenza

lenza.sam@gmail.com 716.867.8764

Intramural Rec Sports-Circle 308 W. Circle Dr., Room 134 East Lansing, MI, 48824

Education

Michigan State University

Ph.D. Kinesiology, concentration in Psychosocial Aspects of Sport and Physical Activity
Expected Graduation: May 2014
Current GPA: 3.93
Advisor: Dr. Deborah Feltz

Miami University

M.S. Sports Studies, concentration in Sport Psychology
Graduated August 2010
Final GPA: 3.96
Advisor: Dr. Robert Weinberg

SUNY College at Geneseo

B.A. Psychology, minor in Sociology
Graduated May 2008
Final GPA: 3.66
Advisor: Dr. James Allen

Publications

Forlenza, S. T., Kerr, N. L., Irwin, B. C., & Feltz, D. L. (n.d.). Is my exercise partner similar enough? Partner characteristics as a moderator of the Köhler effect in exergames. Manuscript in submission.

Kerr, N. L., **Forlenza, S. T.**, Irwin, B. C., & Feltz, D. L. (n.d.). "...been down so long..." Perpetual vs. intermittent inferiority and the Köhler group motivation gain in exercise groups. Manuscript in submission.

Forlenza, S., Weinberg, R., & Horn, T. (n.d.). Imagery speed and self-efficacy: How fast (or slow) to go? Manuscript in submission.

Weinberg, R. & **Forlenza, S.** (2011). Psychological skills. In Tenenbaum, G., Eklund, R. C., & Kamatu, A. (Eds.), *Measurement in Sport and Exercise Psychology*. Champaign, IL: Human Kinetics.

Forlenza, S. (2010). *Imagery speed, task difficulty, and self-efficacy: How fast (or slow) to go?* (Master's thesis). Available from OhioLINK Electronic Thesis and Dissertation Center database. (UMI No. miami1280756668)

Vealey, R. S., **Forlenza, S.**, Pierce, S., Mackersie, J., Donohoe, K., & Franco, M. *How coaches build confidence in athletes*. Manuscript in preparation.

Presentations

- Forlenza, S.**, Irwin, B., Kerr, N. L., & Feltz, D. L. (2012, July). Examining visible teammates differences as a moderator of the Köhler effect in partnered exergames. In N. L. Kerr, (Chair), *Motivating people to exercise harder via group dynamics*. Symposium conducted at the 7th annual conference of INGRoup, Chicago.
- Forlenza, S.**, Weinberg, R., Horn, T., & Vealey, R. (2010, February). *Imagery speed, task difficulty, and self-efficacy: How fast (or slow) to go?* Paper presented at the meeting of Association for Applied Sport Psychology, Honolulu, Hawai'i.
- Forlenza, S.** (2011, February). *The generality of self-efficacy beliefs for imagery use: A research proposal*. Paper presented at the meeting of Midwest Sport & Exercise Psychology Symposium, Miami University, Ohio.
- Forlenza, S.** & Weinberg, R. (2010, February). *Imagery speed, task difficulty, and self-efficacy: How fast (or slow) to go?: A research proposal*. Paper presented at the meeting of Midwest Sport & Exercise Psychology Symposium, Ball State University, Indiana.
- Forlenza, S.**, Pierce, S., Mackersie, J., Vealey, R. S., Donohoe, K., & Franco, M. (2009, September). *How coaches build confidence in athletes*. Paper presented at the meeting of Association for Applied Sport Psychology, Salt Lake City, Utah.
- Vealey, R. S., Pierce, S., **Forlenza, S.**, Mackersie, J., Donohoe, K., & Franco, M. (2009, February). *Coaching behaviors that enhance the confidence of athletes and teams*. Paper presented at the meeting of Midwest Sport & Exercise Psychology Symposium, Bowling Green State University, Ohio.
-

Academic Positions

Michigan State University

KIN 490 - Independent Study (2010-2012)

Involved 15 undergraduate students with the teaching of BIP courses; Provided feedback on teaching effectiveness

KIN 445 - Sociocultural Analysis of Physical Activity (Fall 2012)

Co-instructed a writing-focused course on the sociology of sport and exercise

KIN 121 - The Healthy Lifestyle (Fall 2011, Spring 2012, Summer 2012)

Instructed course about developing lifelong habits for improving one's wellness; Had a half-lecture, half-physical activity format

Basic Instruction Program (BIP) Courses (2010-2012)

Taught 19 physical activity courses in Tennis, Racquetball, Indoor Soccer, and General Conditioning

KIN 482F - Exercise Psychology

Guest lectured on the psychobiology of exercise (June 1, 2011 and May 21, 2012)

KIN 345 - Psychological Bases of Physical Activity

Guest lectured twice on arousal and anxiety (October 26 and October 28, 2010)

Miami University

KNH 375 - Psychological Perspectives in Sport and Exercise (Spring 2010)

Served as teaching assistant; Created quizzes, graded assignments, and guest lectured on exercise and psychological well-being

KNH 184L - Motor Learning and Performance Lab (2009-2010)

Lectured on course materials and supervised class experiments

Physical Activity/Life Skills (PALS) Courses (2008-2010)

Taught 10 courses in Tennis and Racquetball

SUNY College at Geneseo

PSYC 280 - Sport and Exercise Psychology (2007-2008)

Served as a teaching assistant; Aided in the development and teaching of course by creating several lectures, integrating journal articles and other supplementary materials (e.g., videos, magazine articles) into content, and grading assignments

Leadership & Service

Association for Applied Sport Psychology (AASP)

Director of the Student Website Initiative (2010-2012)

Directed a 6- to 10-person committee on updating and improving the student section of the AASP website; Organized significant revisions to the Sport Psychology Wikipedia page

Co-Director of the Student Facebook Group Initiative (2011-2012)

Created and maintained a Facebook group for the purposes of discussion, collaboration, and information-sharing only for AASP student-members

Midwest Regional Representative (2010-2012)

Served as a contact person for students in the Midwest region of the United States; Disseminated information about AASP to students in the region

Midwest Sport & Exercise Psychology Symposium (MSEPS)

Conference Chair (2011-2012)

Organized the largest-to-date [MSEPS](#) by leading a 12-person planning committee; Conference was held February 17 and 18, 2012

Michigan State University

Kinesiology Graduate Student Organization (2010-2013)

Served as Treasurer, President-Elect, and President; Worked to rebuild and strengthen organization; oversaw focus committees that supplemented graduate education and training (e.g., teaching development, professional development); oversaw the organization for one year

Racquetball Club Adviser (2012)

Helped undergraduate students organize and form a racquetball club; Gave feedback, guidance, and advice when needed

KIN Web Planning Committee (2011-2012)

Collaborated with others on revamping and updating the department website

MSU Tech Showcase Presenter (February 24, 2012)

Presented on using [Lore](#), a free web-based learning management system

Miami University

Graduate Student Committee Sport Psychology Representative (2008-2009)

Discussed issues within the department, specifically as they concerned graduate students

Graduate Student Teaching Enhancement Program (2008-2009)

Attended workshops on increasing teaching effectiveness

SUNY College at Geneseo

Inter-Residence Council

Served as Treasurer (2006-2008) and Hall Representative (2005-2006)

Northeastern Affiliate of College and University Residence Halls, Spring Conference

Served on Planning Committee and as Conference Webmaster (2007-2008)

Men's Club Tennis Team (2005-2006)

Helped with founding and organization of team

Consulting Experiences

Michigan State University

MHSAA [Captain's Clinics Leadership Training](#) (2011-2012)

Led workshops on captaincy and leadership development with regional high school athletes

High School Team Consultation (2012)

Served as mental trainer for a local girls tennis team

Team Consultation (2010-2011)

Served as a co-mental trainer for two teams on campus

BELAY Performance

Apprentice Performance Coach (2010-2011)

Consulted with a youth golfer for performance enhancement

Miami University

Individual Consultations (2009, 2010)

Consulted with two athletes, one for performance enhancement and one for return-to-play issues

Academic Coaching (2010)

Regularly met with students to set and achieve academic goals

Students Obtaining Academic Resources: Summer Bridge Program (Summer 2009)

Led sport psychology workshops with incoming student-athletes in football and basketball

Awards and Distinctions

Michigan State University

University Graduate Recruitment Fellowship recipient (2011)

Association for Applied Sport Psychology

Outstanding Regional Representative (2011)

SUNY College at Geneseo

- Received two awards for Leadership and Service through involvement with the Inter-Residence Council (2007, 2008)
 - Graduated *magna cum laude* (2008)
 - Who's Who Among Students (2008)
 - Psi Chi National Honor Society in Psychology (2007)
 - Dean's List for six semesters (2004-2008)
-

Editorial Positions

Association for Applied Sport Psychology

AASP Newsletter Student Associate Editor (2011-2012)

Occasional Reviewer for the Following Journals

Journal of Applied Sport Psychology (2011)

Technology Competencies

Websites

Professional Website

<http://samforlenza.wordpress.com/>

Sport Psychology in Film Collection

<http://sportpsymovies.blogspot.com/>

Creator of the Midwest Sport & Exercise Psychology Symposium (MSEPS) 2012
Conference Website and Abstract Blog

<https://sites.google.com/site/msepsmsu/>

<http://mseps2012.blogspot.com/>

Other Competencies

SPSS

Experience conducting and interpreting statistical analyses

Office Suites

Experience using the major programs in Microsoft Office and Google Docs

Web Development

Experience using website/blog developing tools, such as Google Sites, Wordpress, and Blogger; Basic coding experience

Wikipedia

Basic experience editing pages; See examples here:

<http://en.wikipedia.org/wiki/Special:Contributions/4lenza>

Memberships and Certifications

Association for Applied Sport Psychology (AASP)

- Student member
- Working towards AASP, CC certification

American Psychological Association, Division 47 (APA-47)

- Affiliate student member

American Red Cross

- Standard First Aid certified
 - CPR/AED certified
-