

SAMUEL FORLENZA

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EDUCATION

Ph.D. Kinesiology, Michigan State University

Concentration in Psychosocial Aspects of Sport and Physical Activity
Expected Graduation: May 2014; Advisor: Dr. Deborah Feltz

M.S. Sports Studies, Miami University

Concentration in Sport Psychology

Graduated August 2010; Advisor: Dr. Robert Weinberg

- Thesis: **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)

B.A. Psychology, *magna cum laude*, State University of New York, College at Geneseo

Additional minor in Sociology

Graduated May 2008; Advisors: Dr. Douglas Raynor, Dr. James Allen

SCHOLARSHIP

Published or In Press

1. Kerr, N. L., **Forlenza, S. T.**, Irwin, B. C., & Feltz, D. L. (2013). "...been down so long..." Perpetual vs. intermittent inferiority and the Köhler group motivation gain in exercise groups. *Group Dynamics*, 17, 67-80.
2. **Forlenza, S. T.**, Kerr, N. L., Irwin, B. C., & Feltz, D. L. (2012). Is my exercise partner similar enough? Partner characteristics as a moderator of the Köhler effect in exergames. *Games for Health Journal*, 1, 436-441.

Book Chapters

1. Weinberg, R., & **Forlenza, S.** (2011). Psychological skills. In G. Tenenbaum, R. C. Eklund, & A. Kamatu (Eds.), *Measurement in sport and exercise psychology* (pp. 381-392). Champaign, IL: Human Kinetics.

In Progress

1. Vealey, R. S., & **Forlenza, S. T.** (in preparation). Seeing is believing: Understanding and using imagery in sport. In J. M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (7th ed.). New York: McGraw-Hill.
2. **Forlenza, S. T.**, Weinberg, R., & Horn, T. *Imagery speed and self-efficacy: How fast (or slow) to go?* Manuscript in preparation.
3. Vealey, R. S., **Forlenza, S. T.**, Pierce, S., Mackersie, J., Donohoe, K., & Franco, M. *How coaches build confidence in athletes.* Manuscript in preparation.

Presentations

1. **Forlenza, S.** (2013, June). *Using exergames and social motivation to improve exercise behaviors.* Presented at the University of Botswana & Michigan State University Joint Symposium, Gaborone, Botswana.
2. **Forlenza, S.** (2013, June). *Coaching efficacy: Where does your confidence come from?* Presented at the Effective Coaching Clinic: Botswana, Gaborone, Botswana.
3. **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.
4. **Forlenza, S.**, Weinberg, R., Horn, T., & Vealey, R. (2011, September). *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.
 - a. Also presented at the meeting of Midwest Sport & Exercise Psychology Symposium, Ball State University, Indiana (2011, February).
5. **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.
6. **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.
 - a. Also presented at the meeting of Midwest Sport & Exercise Psychology Symposium, Bowling Green State University, Ohio (2009, February).

TEACHING & LEARNING

Michigan State University

KIN 345 - Sport & Exercise Psychology (Summer 2013, Spring 2013)

Co-instructed a writing-focused course with the goal of giving students a broad introduction to the field; Summer course fully online

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

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

KIN 121 - The Healthy Lifestyle (Spring 2013, Summer 2012, Spring 2012, Fall 2011)

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 Racquetball, Tennis, Indoor Soccer, and General Conditioning

Miami University

KNH 375 - Psychological Perspectives in Sport and Exercise (Fall 2009)

Served as teaching assistant; Created quizzes, graded assignments and exams

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 beginner's Racquetball and Tennis

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

Mentorship

Michigan State University

Joelle Beckles Master's Thesis Committee Member (2012-2013)

Helped Joelle write and submit IRB proposal; Reviewed early drafts of thesis proposal and presentation

Undergraduate Research Assistants (2012-2013)

Trained 6 undergraduates on our research protocol and supervised their progress and experimenting; Discussed the purpose for an Institutional Review Board (IRB) and human subjects training; Helped 4 students develop two poster presentations for the University Undergraduate Research & Arts Forum (2013, April)

KIN 490 - Independent Study (2010-2012) (Michigan State University)

Mentored 15 undergraduate students who helped with the instruction of BIP courses; Provided feedback on teaching methods and effectiveness

Guest Lectures

1. **Forlenza, S.** (2012, November 28). *Aggression in sport*. Kinesiology 345: Sport & Exercise Psychology. Michigan State University, East Lansing, MI.
2. **Forlenza, S.** (2012, May 21). *Psychobiology of exercise*. Kinesiology 482F: Exercise Psychology. Michigan State University, East Lansing, MI.
3. **Forlenza, S.** (2011, June 1). *Psychobiology of exercise*. Kinesiology 482F: Exercise Psychology. Michigan State University, East Lansing, MI.
4. **Forlenza, S.** (2010, October 26 and October 28). *Arousal, stress, and anxiety*. Kinesiology 345: Psychological Bases of Physical Activity. Michigan State University, East Lansing, MI.
5. **Forlenza, S.** (2009, November 23). *Exercise and psychological well-being*. Kinesiology & Health 375: Psychological Perspectives in Sport and Exercise. Miami University, Oxford, OH.

Development

Certification in College Teaching (2012-2013) (Michigan State University)

Attended workshops on enhancing teaching; Currently working on a certificate that requires the creation of a teaching portfolio and completion of a mentored teaching project

Graduate Student Teaching Enhancement Program (2008-2009) (Miami University)

Attended workshops on increasing teaching effectiveness

LEADERSHIP & SERVICE

Association for Applied Sport Psychology (AASP)

Web Presence Committee Chair (2012-2015)

Led a 5-person committee in the development and management of AASP's social media presence; Helped lead the overhaul/reorganization/redesign of the AASP website

AASP Newsletter Student Associate Editor (2011-2013)

Solicited and edited content for each issue (three issues per year)

Student Website Initiative Director (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](#), including adding sections on: history, defining the field, common areas of study, and commonly used techniques

Student Facebook Group Co-director (2011-2013)

Created and maintained a Facebook group for the purposes of discussion,

collaboration, and information-sharing for AASP student-members
Midwest Regional Representative (2010-2012)
Served as a contact person for students interested in sport/exercise psychology in the Midwest region of the United States; Disseminated information about AASP to student-members in the region

Midwest Sport & Exercise Psychology Symposium (MSEPS)

Conference Chair (2011-2012)
Organized the largest-to-date conference by leading a 12-person planning committee; Created and managed the [conference website](#) and [abstract blog](#); Conference was held February 17 and 18, 2012

Michigan State University

[Kinesiology Graduate Student Organization](#) (2010-2013)
Served as President, President-Elect, and Treasurer; Worked to rebuild and strengthen organization to focus on student organized student development; Oversaw focus committees that supplemented graduate education and training (e.g., teaching, research, professional development, service/outreach); Created and managed organization's website
Racquetball Club Advisor (2012-2013)
Helped undergraduate students organize and form a racquetball club; Gave feedback, guidance, and advice as needed
KIN Web Planning Committee Member (2011-2012)
Collaborated on the revamping and updating of the department website
MSU Tech Showcase Presenter (February 24, 2012)
Presented on using [Lore](#), a free web-based learning management system

Miami University

Academic Coaching (Spring 2010)
Regularly met with two students to set and achieve academic goals
Graduate Student Committee Sport Psychology Representative (2008-2009)
Discussed various issues within the department, specifically those that concerned graduate students

SUNY College at Geneseo

Inter-Residence Council (2005-2008)
Served as Treasurer and Hall Representative; Significantly updated Constitution and Bylaws; Distributed funds to Residence Halls; Discussed various issues that concerned the student body
Northeastern Affiliate of College and University Residence Halls (2007-2008)

Served on Planning Committee and as Conference Webmaster and Registration Chair for the Spring 2008 conference
Men's Club Tennis Team (2005-2006)
Helped with founding and organization of team
Geneseo Opportunities for Leadership Development (GOLD) (2005-2008)
Participated in workshops geared towards basic and advanced leadership development in students, along with workshops for using technology effectively

Ad-hoc Journal Reviewer

Journal of Applied Sport Psychology (2011)

Other

Manager of the Sport Psychology in Film Collection (2011-present)

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

APPLIED SPORT PSYCHOLOGY

In Michigan

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 a co-mental trainer for a local tennis team

College Team Consultation (2010-2011)

Served as a co-mental trainer for a baseball and softball team

In Ohio

BELAY Performance, Apprentice Performance Coach (2009-2011)

Consulted with a youth golfer for performance enhancement

Individual Consultations (2009-2010)

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

Students Obtaining Academic Resources: Summer Bridge Program (2009)

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

AWARDS & HONORS

Michigan State University

- American Kinesiology Association Graduate Student Writing Award (2013)
 - This award recognizes graduate students who have published in peer-reviewed

scholarly journals. The report must be judged by the faculty to merit national recognition by AKA and to serve as an exemplar of graduate student research.

- Kinesiology Outstanding Doctoral Degree Student Award (2013)
 - This award recognizes doctoral degree students who have an exemplary record of scholarship, public service, and teaching.
- Kinesiology Student Research Fellowship (2013)
 - This fellowship recognizes outstanding completed research conducted and disseminated via presentation and publication.
- Fellowship to Enhance Global Understanding - Botswana (2012-2013)
 - This fellowship is awarded to provide opportunities for future researchers to develop a global perspective on educational policies and practices. The specific purpose of this study tour is to learn about the development of the whole child, both physical and psychological, in the cultural context of Botswana.
- COGS Disciplinary Leadership Award recipient (2012-2013)
 - Consideration will be given to students who have clearly demonstrated leadership in their respective disciplines and/or professional societies at the local, state, regional, national, or international levels while a student at MSU.
- College of Education Research Practicum and Dissertation Fellowship recipient (2012)
 - This fellowship provides financial support for advanced doctoral students who have projected or incurred expenses relevant to data collection for their dissertation or research practicum.
- 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 and 2008)
- Who's Who Among Students (2008)
- Psi Chi National Honor Society in Psychology (2007)

AFFILIATIONS

- Association for Applied Sport Psychology (AASP) (2008-present)
- American Psychological Association, Division 47 (APA-47) (2010-present)
- Interdisciplinary Network for Group Research (INGRoup) (2012)

CERTIFICATIONS

- American Red Cross Standard First Aid (2010-present)

- American Red Cross CPR/AED (2010-present)
- Working towards Certified Consultant, Association for Applied Sport Psychology (CC-AASP) status

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