

Curriculum Vitae

Tshepang Tshube

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EDUCATION

- 2011-present Ph.D., Kinesiology and Exercise Science (Sports Psychology)
Michigan State University, East Lansing
(Anticipated graduation date: May 2015)
- 2009 MED., Physical Education
Department of Physical Education
University of Botswana, Gaborone
- 2007 BA., History and English
University of Botswana, Gaborone

TEACHING EXPERIENCE

- Aug 2012-Present Instructor, KIN 121: *Healthy lifestyles* (Undergraduate Level)
Instructor, KIN 103D: *General body conditioning I*
(Undergraduate level)
Instructor, KIN 118C: *Soccer II* (Undergraduate Level)
Instructor, KIN 106C: *Introduction to Bowling* (Undergraduate level)
- Jan-May 2012 Instructor, KIN 121: *Healthy lifestyles* (Undergraduate level)
Instructor, KIN 106C-3: *Introduction to Bowling* (Undergraduate level)
Instructor, KIN 106C-5: *Introduction to Bowling* (Undergraduate level)
Instructor, KIN 106C-7: *Introduction to Bowling* (Undergraduate level)
- Aug- Dec 2011 Instructor, KIN 173: *Foundations of Kinesiology* (Undergraduate level)
Instructor, KIN 106C-1: *Introduction to Bowling* (Undergraduate level)
Instructor, KIN 106C-3: *Introduction to Bowling* (Undergraduate level)

- level)
Instructor, KIN 106C-5: *Introduction to Bowling* (Undergraduate level)
Instructor, KIN 106C-7: *Introduction to Bowling* (Undergraduate level)
- Aug 2007-Apr 2008 Assistant Lecturer, PHR 139: *Athletics: Track* (undergraduate level)
University of Botswana, Gaborone
- Assisted the lecturer in preparing for lecturers
 - Carried out demonstrations in practical activity courses with students in BEd programme
 - Provided research assistance to students
 - Invigilated examinations
 - Assisted Physical Education students in research methodologies
- Aug 2008-Apr 2009 Assistant Lecturer, PHR 140: *Athletics: Field* (undergraduate level)
University of Botswana, Gaborone
- Assisted the lecturer in preparing for lecturers
 - Carried out demonstrations in practical activity courses with students in Physical Education programme
 - Provided research assistance to students
 - Invigilated examinations
 - Assisted Physical Education students in research methodologies
- Jul 2009-Dec 2009 Teacher & Assistant Sports Administrator, *Physical Education* (Middle school level)
Gaborone, Botswana
- Ensured the smooth running of sports organization within the school
 - Taught Physical Education Classes
 - Organized school sporting events
 - Cared for sports facilities
 - Promoted sports services within the school
 - Fundraised approximately P1,000 for student athletes

RESEARCH EXPERIENCE

- Nov 2010 Research Assistant, Jackson Maletle, *Determination of the glycemic Index*
University of Botswana, Gaborone

- Entered data on various staple carbohydrate-rich foods in the Botswana diet
- Analyzed data on Entered data on various staple carbohydrate-rich foods in the Botswana diet
- Wrote the report the determination of the glycemic index (GI) of various staple carbohydrate-rich foods in the Botswana diet

March 2010 Research Assistant, Dr Mokgothu, *Effects of three sets compared to one sets weight training*

University of Botswana, Gaborone

- Collected data on effects of three sets compared to one sets weight training

Feb 2008

Research Assistant, Dr Adegbesan, *Eating disorders*

University of Botswana, Gaborone

- Collected data on knowledge of Coaches Regarding Eating disorders among athletes in Botswana.

PROFESSIONAL EXPERIENCE

2010-present

Store Owner

Athletismo Sports Solutions (PTY) LTD Botswana.

- Manage the daily running of the Business
- Manage inventory and manage sales
- Maintain good relations with clients and suppliers and look for more clients.

2005-2009

Athlete

The Botswana National Team

The University of Botswana

FUNDING

2011-2012 Michigan State University 1st Year PhD Summer Research Fellowship

2007-2009 Books Botswana Sports scholarship

SERVICES TO THE COMMUNITY

Gives coaching clinics to young children

Gives motivational talks to students in secondary schools to take part in sports.

(Dithejwane JSS)

Donated clothes to orphans in Nswazwi village.

Nswazwi youth Secretary General.

UB Athletics Club Secretary General

RESEARCH

2007 Tshube.T The history of Nswazwi school-1901 to 1964 (Bachelors Thesis)

2009 Tshube.T Perceptions of non-monetary incentives as a motivational tool in sports: an investigation of Batswana athletes (Masters Thesis)

PRESENTATIONS.

Tshube.T. (May, 2012). Sports and Academic: Finding the balance. (University of Botswana).

Tshube.T. Akpata, D. Irwin, B. (July, 2012). The use of Non-monetary Incentives as a Motivational tool in Sports. Electronic poster presentation at International Congress of Psychology 2012.

Tshube.T. Akpata, D. (November, 2010). The use of Non-monetary Incentives as a Motivational tool in Sports. Poster presentation at the University of Botswana.

PROFESSIONAL AFFILIATIONS

North American Society for Psychology of Sport and Physical Activity (NASPSPA)
-Student member since, 2012 to present

The International Association of Applied Psychology (IAAP)
-Student member since, 2012 to present

RESEARCH INTERESTS

- Athletic identity
- Batswana athletes' experiences of sport career change
- Student supports services for Batswana student athletes
- Government support for Batswana athletes
- Career transition for injured athletes
- The Psychological effects of injured athletes