Curriculum Vitae

Name: Tyler J. Masters, Ph.D.
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Professional Objective:

To obtain a position in a setting that allows me the opportunity to develop and work in the field of Human Performance. More specifically, a position that enables me to educate and empower students, athletes and performers while also pursuing my interests and focus in Sport and Exercise Psychology.

Educational History:

Doctor of Philosophy in Education Degree
University of Idaho Graduation Date: July 2012
Emphasis: Sport and Exercise Psychology
Minor: Counseling
Cumulative GPA: 4.0

Master of Science in Education Degree
Bowling Green State University Graduation Date: Aug 2009
Emphasis: Developmental Kinesiology
Specialization: Sport and Exercise Psychology
Cumulative GPA: 4.0
Mary Ann Roberton Distinguished Thesis Award -HMSLS

Bachelor of Science in Education Degree
Bowling Green State University Graduation Date: Aug 2004
Sport Management
Major: Sport Marketing
Minor: Business Marketing
Cumulative GPA: 3.54 Cum Laude
Full Athletic Scholarship: Hockey

Professional Publications:

Masters, T., & Burton, D. (in preparation). It takes overtime: Examining a collegiate hockey mental toughness intervention for long-term development and performance under pressure. To be submitted to the *International Journal of Sports Science and Coaching.*

Masters, T., & Burton, D. (in preparation). Mental training tools/skills, mindsets and optimism: What a collegiate hockey intervention contributes to conceptualizing mental toughness. To be submitted to the *International Journal of Sports Science and Coaching.*

Masters, T., & Myers, C, & Burton, D. (in preperation). Sport psychology classroom interventions: Blueprint for a successful mental skills training course. To be submitted to the *Journal of Sport Psychology in Action.*

Burton, D., Gillham, A., Myers, C., & Masters, T. (in preparation). The development and validation of the Goal-Setting Inventory for Sport. To be submitted to the *Journal of Applied Sport Psychology.*

Tobar, D. A., Masters, T., & Berger, B. G. (2010). *Influence of Neuroticism on subjective performance, hassles, and mood states in collegiate athletes.* Presented at the annual meeting of the American College of Sports Medicine, Baltimore, Maryland [Abstract published in *Medicine and Science in Sports and Exercise, 42,* S198]

Tobar, D. A., Masters, T., & Berger, B. G. (2009). *Temporal stability and interrelationships of personality traits and life satisfaction in college athletes.* Presented at the annual meeting of the American College of Sports Medicine, Seattle, Washington [Abstract published in *Medicine and Science in Sports and Exercise, 41,* S533]

Professional Presentations:

Examining the Development of Mental Toughness Behavior in Collegiate Hockey: A case Investigation. Northwest Sport and Exercise Psychology Symposium, 2012.

Student-Athlete Perceptions of Success in a Mental Skills Training Course: A Qualitative Exploration. Northwest Sport and Exercise Psychology Symposium, 2011.

A Workshop to Enhance the Development of Sport Psychology Service Intake. Northwest Sport and Exercise Psychology Symposium, 2011.

Perceived Effectiveness and Ideas for Improvement in a Mental Skills Training Course. North West Sport and Exercise Psychology Symposium, 2010.

Research Experience:

Goal Setting Inventory for Sport, University of Idaho.
October 2010-Present. Currently undergoing instrument development processes necessary to develop a goal-setting instrument with a number of colleagues. The group is headed by Dr. Damon Burton.

Mental Skills Training in the Classroom, University of Idaho.
April 2010-Present. Currently writing for publication on the benefits of a Mental Skills Training course offered to student athletes and prospective coaches. Evaluated through semi structured interviews and a battery of psychological measures the strengths and benefits received in both athletic and non-athletic atmospheres. Multiple publications are expected from the multitude of data collected throughout several academic terms.

Dissertation, University of Idaho.

August 2010-Present. *Development and Maintenance of Mental Toughness through implementation of a Mental Skills Training Intervention.* Conduct an MST intervention with a group of student athletes to evaluate individualized and team oriented service in the development of Mental Toughness. In addition, the relationship between mental toughness and Well-Being will be evaluated. The formal intervention was conducted with the Bowling Green State University Men's Ice Hockey program (2011-2012).

Thesis, Bowling Green State University.

May 2007- 2009. *Subjective Well-Being, Sport Performance, Training Load and Life Experiences of College Athletes.* Longitudinally investigated student athletes' well-being, mood states, life experiences and training levels and their impact on sport performance through various measures (POMS, SWLS, EPQ-R, Revised Version of Inventory of College Student Recent Life Experiences).

Research Assistant, Bowling Green State University.

Summer, 2008. Duties: Scored data (POMS, SWLS, Social Physique Anxiety, Stages of Change, Self Efficacy) for research project on weight loss, assisted with revisions of textbook chapter on Quality of Life, assisted with creating power point presentations for various conferences for Dr. Bonnie Berger.

Research Interests:

Mental Toughness; Mental Skills Training in the development of Mental Toughness; Aspects of Performance Enhancement including the benefit of Mental Skills Training in intervention settings and the classroom; The relationship between Well-Being and Performance in student-athletes including life experiences; The benefits of Mental Skills Training in non-athletic environments; Transferability of MST and Mental Toughness/Leadership to military and non-athletic populations; Sport Psychology and Coaching; Exercise and Well-Being; Counseling.

Teaching Experience

KSS 3720: Exercise Psychology (Fall 2012)

Eastern Illinois University

Instructor; Introducing students to the study of the psychological factors related to participation in physical activity. Investigation of psychological predictors of exercise initiation and adherence as well as the consequences of physical activity participation on mental well-being.

KSS 4327: Ethics in Sports

Eastern Illinois University

Instructor; An introduction to ethics within the sporting context. The values promoted within sport are examined along with common ethical dilemmas faced by those involved in sport. The course covers issues ranging from fair play to sportsmanship to Title IX and drug use for performance enhancement.

KSS 5710: Sociological Bases of Sport in America

Eastern Illinois University

Instructor; Graduate course examining the role of sport in American culture. Influence of basic social units, fundamental social processes and social values on sport in America are examined.

PEP 301: Mental Skills Training for Athletes (Spring 2010-Spring 2012)

University of Idaho

Instructor; Introducing students to the application of mental training skills that are necessary for developing a personalized peak performance program. Guided practicum students in an introduction to Sport Psychology service.

H&S 451: Psychosocial Determinants of Health (Spring 2011, Spring 2012)

University of Idaho

Class TA and Instructor; Hybrid Course investigating the social, emotional, intellectual, social, and spiritual factors influencing health behaviors. Emphasis is placed on understanding and evaluating the bio-psychosocial model and the interrelation between one's physical, psychological, and social well being.

PEP 360: Motor Learning and Control (Spring 2010)

University of Idaho

Class TA and lab instructor; Overview of development, control, and learning throughout the lifespan.

HPRD 201: Physical Activity, Wellness & Behavior Change (Fall 2009)

University of Idaho

Class TA and lab instructor; Examined personal awareness and responsibility for maintenance of health, fitness, and well-being. Taught skills necessary for individual physical activity program development and implementation to effect positive health-related behavior change for diverse populations.

PEP 100: Introduction to Exercise Science and Health (Fall 2009)

University of Idaho

Instructor; Introduction to foundational content, sub-disciplines of study in exercise science, and fields of health including an understanding of career opportunities within the areas of exercise science & health.

PEB 106: Physical Activity Courses (Fall 2009-Spring 2010)

University of Idaho

Instructor; Taught sport fundamental activity courses (i.e., Racquetball, Soccer).

Professional and Other Experience:

2012-Current ***Department of Kinesiology and Sport Studies***
Eastern Illinois University
Charleston, IL
Instructor; Responsible for facilitating department courses

2011-Current ***Bowling Green State University Hockey Program***
Bowling Green, OH
Mental Training Consultant
Team and Individual Mental Toughness and Leadership Development
Coach Consultations

2011-Current ***The Edge Performance Psychology***
Moscow, ID
Co-Founder of Sport Psychology Website
(www.edgeperformancepsychology.com)
Promoting Mental Skills Training among athletes, coaches, and exercisers

2009-2012 ***Vandal Sport Psychology Services: University of Idaho***
Moscow, ID
Sport Psychology consultations under supervisor.
Performance Enhancement Research.
Performing Mental Skills Training with athletes.

2010- 2012 ***Department of Movement Sciences***
University of Idaho
Moscow, ID
Facilities Coordinator, in charge of scheduling and booking of the Physical Education Building

2010-2012 ***Department of Movement Sciences Search Committees***
University of Idaho
Moscow, ID
Search Committee Member and Assistant Search Chair for a number of department positions; Basic Instruction Program Coordinator; PEB 106 Activity Course Lecturer/Instructor Positions; PEB 107 Sport Activity Course Lecturer/Instructor Positions; PEB 108 Water Sports Activity Lecturer/Instructor Positions

2009-2012 ***Department of Movement Sciences***
University of Idaho
Moscow, ID
Teaching Assistant and Instructor for numerous Exercise Science and Wellness courses.

2009-2010 ***Northwest Sport and Exercise Psychology Symposium 2010***
Moscow, ID
Organizational Committee.

2008-2009 ***Bowling Green State University***
Bowling Green, OH
Sport Psychology consultations under supervisor.
Working towards AASP certification hourly requirements.
Performing Mental Skills Training with athletes.

2007-2009 ***Bowling Green State University Hockey Program***
Bowling Green, OH
Graduate Assistant Hockey Coach/ Goaltending Coach.
Responsible for team goaltenders: skills and mental development, daily practice.
Responsible for analyzing opposition team goaltenders and team performance.

2007-2009 ***Department of Human Movement Sport and Leisure Studies***
Bowling Green State University
Bowling Green, OH
Graduate Assistant.
Facilities Coordinator in charge of scheduling and booking of HMSLS facilities.

2008-2009 ***Midwest Sport and Exercise Psychology Symposium 2009***
Bowling Green, OH
Organizational Committee.

2008 ***J. Robinson Hockey Camps***
Bowling Green, OH
Hockey Camp Instructor
Responsible for overseeing kids instruction and care.

2008 ***American College of Sports Medicine Midwest Conference 2008***
Bowling Green, OH
Volunteer work.

2004-2005 ***Fort Wayne Komets***
Fort Wayne, IN
Played Minor Professional Hockey in the United Hockey League.
Represented the team in various activities.

2003-2004 ***Cincinnati Cyclones***
Cincinnati, OH
Played Minor Professional Hockey in the ECHL.
Represented the team in various activities including elementary school visits.

Professional Memberships:

Association of Applied Sport Psychology

Certifications:

Association of Applied Sport Psychology Certified Consultant; Review being completed at annual AASP conference October 3-6, 2012

Conferences Attended:

- Association of Applied Sport Psychology October 3-6 2012
- North West Sport and Exercise Psychology Symposium 2010, 2011, 2012
- Mid West Sport and Exercise Psychology Symposium 2009
- American College of Sports Medicine Midwest Conference 2008
- All Ohio Counselors Conference 2008

Honors and Awards:

Academic Awards
Mary Ann Roberton Distinguished Thesis Award- HMSLS 2009
Dean's List, Bowling Green State University, 2000-2004
Bowling Green State University Graduated Cum Laude 2004

Athletic Awards
Fort Wayne Komets Unsung Hero Award 2005
Cincinnati Cyclones Rookie of the Year 2004
BGSU Hockey Team MVP 2001
BGSU Hockey Team Defensive Player of the Year 2001
CCHA Defensive Player and Rookie of the weeks 2000
Full Athletic Scholarship: BGSU Hockey 1999-2003
Kindersley Klippers Community Involvement Award 1999
Kindersley Klippers Team MVP 1999
Mac's Midget Hockey World Tournament Champions 1997