

*Curriculum Vitae*

**Takehiro Iwatsuki, PhD**

Associate Professor

University of Hawai'i at Hilo

Department of Kinesiology and Exercise Sciences

200 W Kawili St, Hilo, HI 96720

808-932-7976 / [iwatsuki@hawaii.edu](mailto:iwatsuki@hawaii.edu)

**EDUCATIONAL BACKGROUND**

- 2018 **Ph.D. Kinesiology**, Motor Learning and Sport Psychology  
University of Nevada, Las Vegas (UNLV), NV, USA  
Advisor: Gabriele Wulf, Ph.D.  
Dissertation: *Movement Efficiency Through Autonomy Support*
- 2014 **M.Ed. Psychology**, Athletic Counseling  
Springfield College, MA, USA  
Advisor: Judy L. Van Raalte, Ph.D.
- 2011 **M.A. Education**  
Nihon University, Tokyo, Japan
- 2009 **B.A. Physical Education**  
Nihon University, Tokyo, Japan

**PROFESSIONAL EXPERIENCE**

**Faculty Experience**

- 2024 – present **Associate Professor**  
2022 – 2024 **Assistant Professor**  
Department of Kinesiology and Exercise Sciences, UH-Hilo
- 2018 – 2022 **Assistant Professor**  
Department of Kinesiology, Pennsylvania State University, PA.

**Other Professional Experience**

- 2020 – 2022 **Mental Performance Advisor, Global Resilience Division, Google LLC.**
- 2017 – 2018 **Instructor**, Department of Kinesiology and Nutritional Sciences, UNLV
- 2014 – 2015 **Lab Instructor**, Department of Asian Studies, Mount Holyoke College, MA
- 2014 – 2015 **Head Men's and Women's Tennis Coach**, Springfield College.
- 2010 – 2011 **Physical Education Teacher**, Nihon Kindergarten School, Tokyo, Japan.
- 2009 – 2011 **Graduate Assistant**, Nihon University

**LINCENSUER**

- 2011 Master's Level Teacher's License in Health Sciences and Physical Education, Japan

## **RESEARCH**

**My research focuses on psychological factors that influence motor performance and learning.**

Specifically, I have examined the effects of **autonomy, expectancy** (e.g., different success criteria, positive feedback, stereotypes), **attentional focus, and self-talk** (e.g., instructional and motivational self-talk) through a series of experimental studies. These factors have been tested primarily among healthy college students and athletes, as well as in some studies involving children, older adults, and individuals with disabilities.

## **Google Scholar**

<https://scholar.google.co.jp/citations?user=kxlf2rMAAAAJ&hl=ja> (Cited 876, h index 15, i10 index 19)

## **Book Chapters**

6. **Iwatsuki, T.** (Forthcoming in 2027). Applying movement science to esports coaching: Enhancing performance through expectancy and autonomy support. Understanding coaching in esports: Theory and practice. In Leeder, T. M., & Watson, M. Taylor & Francis Group.
5. **Iwatsuki, T.** (Forthcoming in 2027). *Self-Talk and Performance*. Attentional Focus and Human Movement. In Sekiya, H., Kyorin-Shoin Publishers. (Japanese).
4. **Iwatsuki, T.** (2026). *Enhancing Mental Skills for Kinesiology Students in a Sport Psychology Course*. Becoming a Sport, Exercise, and Performance Psychology Professional: A Global Perspective. In Friesen, A., Brusckner, S., & Tashman, L. Routledge.
3. **Iwatsuki, T.** & Van Raalte, J. L. (2026). *The Conversations Within: How We Talk to Ourselves and Why It Matters*. Performance Psychology for Sport and Other Domains. In Martin, E., & Byrd, M. Kendall Hunt Publishing.
2. **Iwatsuki, T.** & Van Raalte, J. L. (2025). *Instructional Self-Talk, Performance, and Learning: Current Status and Future Directions*. Principles of Self-Talk in Sport Settings: Theory, Research, and Practice. In Thibodeaux, J., & Dickens, D. American Psychological Association.
1. **Iwatsuki, T.** & Van Raalte, J. L. (2022). *The Use of Self-Talk in Closed Self-Paced Motor Tasks*. The Psychology of Closed Self-Paced Motor Tasks in Sports. In Lidor, R., & Ziv, G. Routledge.

## **Peer-Reviewed Articles**

41. **Iwatsuki, T.**, Bacelar, M. F. B., Yoshihara, S., Lohse, K., & Van Raalte, J. L. (Under Review). Effect of externally focused instructional self-talk on motor skills: Meta-analysis and risk of bias assessment. *The Sport Psychologist*. ([PrePrint](#))
40. FLaroëre, B. M., Mudrak, J, Malıř, M, **Iwatsuki, T.**,& Třebicky, V. (Under Review). Enhanced expectancies by generic positive feedback do not influence the learning of a form-based motor skill in gymnastics. *International Journal of Sport and Exercise Psychology*.
39. Taylor, J., Parma, J. O., Crutcher, K., Simpson, T., **Iwatsuki, T.**, Martin, E., Miller, M. W., & Bacelar, M. F. B. (Under Review). Instructional self-talk with external focus cues does not enhance performance as compared to internal focus cues. *Perceptual and Motor Skills*.

38. FLaroëre, B. M., Mudrak, J., Abdollahipour, R., Malıř, M, **Iwatsuki, T.**,& Třebicky, V. (2026). Autonomy support enhances the performance of form-based motor skills in gymnastics. *International Journal of Sport and Exercise Psychology*.
37. Slovak, L., Panfilov, E., Zahradnık, D., Nieminen, M., Land, W. M., Sarvestan, J., **Iwatsuki, T.**, & Abdollahipour, Z. (2025). Knee joint biomechanics under external focus instructions promoting a quiet, safe and soft landing. *The Knee*.
36. Behbahanabadi, M., Saemi, E., Doustan, M., & **Iwatsuki, T.** (2025). The effect of enhanced expectancy on motor learning, intrinsic motivation, and self-efficacy: A comparison of relatively easy and difficult success criteria. *Journal of Sports Psychology Studies*.
35. Mousavi, S. M., Ludvic, L., Maruo, K., & Abdollahipour, Z., & **Iwatsuki, T.** (2025). Effects of stereotype threat on motor performance, cognitive anxiety, and gaze behavior: Highlighting the role of context. *Cognitive Processing*.
34. Mousavi, S. M., Salehi, H., & **Iwatsuki, T.** (2025). Gender stereotype threat and motor learning: Exploring its impact, underlying mechanisms, and attentional focus pathways for mitigation. *Human Movement Science*.
33. Mousavi, S. M., Salehi, H., & **Iwatsuki, T.** (2025). Efficacy of an expectancy-based training in mitigating the effect of explicit gender stereotype activation on motor learning in children. *Learning and Motivation*.
32. Yamada, M. Ansari, O., Emami, A., Kakhki, A. S., & **Iwatsuki, T.** (2024). The distance effect and dual task on attentional focus cues during a bimanual task. *Journal of Motor Learning and Development*, 13(1), 187-208.
31. Mousavi, S. M., Salehi, H., & **Iwatsuki, T.** (2024). The effect of task-irrelevant choices on children's motor learning in stereotypical conditions. *Motor Behavior*, 16(57), 71-86.
30. **Iwatsuki, T.**, Andrew, A., Pierce, B. F., & Abdollahipour, Z. (2024). Superstition does not enhance motor performance and learning. *Journal of Sport Behavior*, 47(2), 168-187.
29. Slovak, L., Panfilov, E., Zahradnık, D., Nieminen, M., Land, W. M., Sarvestan, J., **Iwatsuki, T.**, & Abdollahipour, Z. (2024). External focus of attention reduces cartilage load during drop landings. *Scandinavian Journal of Medicine and Science in Sports*, 34:e14718.
28. Khalaji, Z., Alhosseini, M. N., Hamami, S. S., **Iwatsuki, T.**, & Wulf, G. (2024). Optimizing motor learning in older adults. *Journals of Gerontology: Psychological Sciences and Social Sciences*, 79(1), 1-7.
27. Saucedo, F., Muir, I., Ambati, V. N. P., & **Iwatsuki, T.** (2024). Effects of positive and negative self-talk

- on balance and postural sway in college students. *Journal of Kinesiology & Wellness*, 12(1), 45–56.
26. Slovák, L., Sarvestan, J., Alaei, F., **Iwatsuki, T.**, & Zahradník, D. (2024). Upper limb biomechanical differences in volleyball spikes among young female players. *International Journal of Sport Science & Coaching*, 19(4), 1738-1746.
  25. Mousavi, S. M., Salehi, H., **Iwatsuki, T.**, Velayati, F., & Deshayes, M. (2023). Motor skill learning in Iranian girls: Effects of relatively long induction of gender stereotypes. *Sex Roles*, 89, 174-185.
  24. Slovák, L., Sarvestan, J., **Iwatsuki, T.**, Zahradník, D., Land, W. M., & Abdollahipour, Z. (2023). External focus of attention enhances arm velocities during volleyball spikes in young female players. *Frontier in Psychology*, 13.
  23. Hagiwaga, G., Kurita, K., Hachisuka, S., Warisawa, S., **Iwatsuki, T.**, Mizuochi, M., & Yukhymenko-Lescroart, M. (2023). A comparison of elite and sub-elite student-athletes using the brief version of the Japanese Academic and Athletic Identity Scale (AAIS-JB). *International Journal of Sport Science & Coaching*, 18(6).
  22. Mousavi, S. M., Dehghnizade, J., & **Iwatsuki, T. (Corresponding Author)** (2022). Neither too easy nor too difficult: Effects of different success criteria on motor skill acquisition in children. *Journal of Sport and Exercise Psychology*, 44(6), 420-426.
  21. Iwatsuki, T., Hagiwara, G., & Dugan, M. (2022). Effectively optimizing esports performance through movement science principles. *International Journal of Sport Science & Coaching*, 17(1), 202-207.
  20. Mousavi, S. M. & **Iwatsuki, T. (Corresponding Author)** (2022). Easy task and choice: Motivational interventions facilitate motor skill learning in children. *Journal of Motor Learning and Development*, 10(1), 61-75.
  19. **Iwatsuki, T.** & Otten, M. (2021). Providing choice enhances motor performance under psychological pressure. *Journal of Motor Behavior*, 53(3), 656-662.
  18. Hagiwara, G., **Iwatsuki, T.**, Funamori, H., Matsumoto, M., Kubo, Y., Takami, S., Okano, H., & Akiyama, D. (2021). Effect of positive and negative ions in esports performance and arousal levels. *Journal of Digital Life*.
  17. Hagiwara, G., Tsunokawa, T., **Iwatsuki, T.**, Simozono, H., & Kawazura, T. (2021). Relationships among athletic identity, mental health, and social support in Japanese student-athletes during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*.
  16. **Iwatsuki, T.** & Regis, J. C. (2021). Relatively easy criteria for success enhances motor learning by altering perceived competence. *Perceptual and Motor Skills*, 128(2), 900-911.
  15. Hagiwara, G., Isogai, H., & **Iwatsuki, T.** (2020). Examining academic and athletic identity in Japanese collegiate student-athletes. *Journal of Physical Education and Sport*, 20(420), 3095-3101.
  14. Chua, L., Katrina, D. M., **Iwatsuki, T.**, Abdollahipour, Z., & Lewthwaite, R., & Wulf, G., (2019).

Practice variability promotes an external focus of attention and enhances motor skill learning. *Human Movement Science*, 64, 307-319.

13. **Iwatsuki, T.**, Navalta, J., & Wulf, G. (2019). Autonomy enhances running efficiency. *Journal of Sports Sciences*, 37(6), 685-691.  
**Media Recognition:** *Runner's World-To Run More Efficiently, Follow Your Bliss*  
<https://www.runnersworld.com/training/a25701846/to-run-more-efficiently-follow-your-bliss/>
12. **Iwatsuki, T.**, Van Raalte, J. L., Brewer, B., Petipas, A., & Takahashi, M. (2018). Relations among reinvestment, self-regulation, and perception of choking under pressure. *Journal of Human Kinetics*, 65, 281-290.
11. Van Raalte, J. L., Cornelius, A., Mullin, E., Brewer, W. B., Van Dyke, E., Johnson, A. J., & **Iwatsuki, T.** (2018). I will use declarative self-talk... or will I? Replication, extension, and meta-analyses. *The Sport Psychologist*, 32, 16-25.
10. **Iwatsuki, T.** (2018). Movement efficiency through autonomy support. Dissertation. UNLV.
9. Wulf, G., **Iwatsuki, T.**, Machin, B., Kellogg, J., Copeland, C., & Lewthwaite, R. (2018). Lassoing skill through learner choice. *Journal of Motor Behavior*, 50(3), 285-292.
8. Hagiwara, G., **Iwatsuki, T.**, Isogai, H., Van Raalte, J. L., & Brewer, B. (2017). Relationship among sport helplessness, depression, and social support with teammates among American student-athletes. *Journal of Physical Education and Sports*, 17(2), 753-757.
7. **Iwatsuki, T.**, Takahashi, M., & Van Raalte, J. L. (2016). Effects of the intention to hit a disguised backhand drop shot on skilled tennis performance. *International Journal of Sport Science & Coaching*, 11(3), 365-373.
6. **Iwatsuki, T.** & Wright, P. (2016). Relationship among movement reinvestment, decision-making reinvestment, and perceived choking under pressure. *International Journal of Coaching Sciences*, 10(1), 25-35.
5. **Iwatsuki, T.**, Van Raalte, J. L., Brewer, B., Petipas, A., & Takahashi, M. (2016). Psychological factors related to choking under pressure. *International Tennis Federation Coaching and Sport Science Review*, 68, 11-12.
4. **Iwatsuki, T.** & Takahashi, M. (2014). Movement analysis of tennis backhand drop shot: Compare with a backhand slice. *Japanese Journal of Tennis Science*, 22, 11-22.
3. **Iwatsuki, T.**, & Takahashi, M. (2012). Game analysis between world-class tennis players on first services on different court surfaces: The case of Roger Federer versus Rafael Nadal. *Japanese Journal of Tennis Science*, 20, 1-12.
2. **Iwatsuki, T.**, Takahashi, M., & Watanabe, S. (2011). The game analysis focused on the first services of world-class men's players. *Journal of Physical Education, Health, and Sport Science*, 45, 19-26.

1. Takahashi, M., Mizukami, H., Suzuki, O., Sato, S., Kondo, K., & Iwatsuki, T. (2010). Relationships between bone mineral densities measured by an ultrasound bone densitometer and physical fitness and lifestyle in collegiate freshmen. *Journal of Physical Education, Health, and Sport Science*, 44, 1-14.

### Conference Symposium

1. Kawabata, M., Araki, K., Iwatsuki, T., & Iwasaki, S. (2023). *Presence of Japanese researchers in international conferences and academic journals on sport and exercise psychology*. Japanese Psychological Association, Tokyo, Japan.

### Conference Presentations

39. Laroëre, B. M., Mudrak, J., Abdollahipour, R., Malıř, R., Iwatsuki, T., & Třebicky, V. (2025). *Autonomy support enhances the performance of form-based motor skills in gymnastics*. International Conference on Kinanthropology, Brno, Czech Republic.
38. Laroëre, B. M., Mudrak, J., Abdollahipour, R., Malıř, R., Iwatsuki, T., & Třebicky, V. (2025). *Autonomy support enhances gymnastics performance when choosing the order to perform the task*. Scientia Movens Conference, Prague, Czech Republic.
37. Taylor, J., Parma, J. O., Crutcher, K., Simpson, T., Iwatsuki, T., Martin, E., Miller, M. W., & Bacelar, M. F. B. (2025). *Motor performance and cognitive resource allocation are not affected by self-talk cues that promote an external focus of attention*. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Lake Tahoe, CA.
36. Iwatsuki, T., Bacelar, M. F. B., Lohse, K., & Van Raalte, J. L. (2023). *Effects of instructional and motivational self-talk on motor tasks: A meta-analysis*. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Toronto, Canada.
35. Iwatsuki, T., Mousavi, S. M., Salehi, H., Velayati, F., & Deshayes, M. (2023). *Effects of relatively long induction of negative gender stereotypes on motor skill learning in young adolescents*. NASPSPA, Toronto, Canada.
34. Iwatsuki, T., Mousavi, M., Dehghazine, J., Yoshihara, S. (2022). *Effects of different criteria for success on motor skill acquisition in children*. NASPSPA, Waikoloa, HI.
33. Iwatsuki, T., Khalaji, Z., Alhosseini, M, N., Safavi, H., & Yoshihara, S. (2022). *Optimizing motor skill acquisition among older adults*. NASPSPA, Waikoloa, HI.
32. Yoshihara, S., Yamada, M., Mitani, A, A, & Iwatsuki, T. (2022). *Is autonomy support beneficial in golf putting under psychological pressure?* NASPSPA, Waikoloa, HI.
31. Yamada, M., Ansari, O., Emami, A., Kakhki, A. S., Barclift, A., & Iwatsuki, T. (2022). *The different effect of a distal external, proximal external, and internal focus of attention in a bimanual*

Iwatsuki, T. CV

*coordination task*. NASPSPA, Waikoloa, HI.

30. Iwatsuki, T. & Mousavi, M. (2021). *Effect of autonomy support and enhanced expectancies on motor learning among children*. NASPSPA, Virtual.
29. Iwatsuki, T. & Regis, J. C. (2020). *Enhancing expectation through providing relatively easy criteria for success enhances motor learning*. NASPSPA, Virtual.
28. Abdollahipour, Z., Iwatsuki, T., & Shih, H. (2019). *Autonomy support enhances movement efficiency*. Australasian Cognitive Neuroscience Society, Launceston, Australia.
27. Iwatsuki, T. & Otten, M. (2019). *Providing choices enhances motor performance under psychological pressure*. Association for Applied Sport Psychology (AASP), Portland, OR.
26. Iwatsuki, T., Shih, H., Abdollahipour, Z., & Wulf, G. (2019). *More bang for the buck: Autonomy support increases muscular efficiency*. NASPSPA, Baltimore, MD.
25. Sato, T., Iwatsuki, T., & Barbosa, A. (2018). *Effects of participation in a six-week exercise program on senior citizens' well-being: Quantitative and qualitative analyses*. AASP, Toronto, Canada.
24. Takahashi, M., Isogai, H., Mizuochi, F., Iwatsuki, T., & Van Raalte, J. L. (2018). *Prediction of tennis serves direction: Expert tennis players' visual attention and microsaccades*. AASP, Toronto, Canada.
23. Iwatsuki, T., Navalta, W. J., & Wulf, G. (2018). *Autonomy enhances movement efficiency*. NASPSPA, Denver, CO.
22. Iwatsuki, T., Chua, L., Abdollahipour, R., & Wulf, G. (2017). *Random relative to blocked practice promotes an external focus and leads to more effective motor learning*. AASP, Orland, FL.
21. Iwatsuki, T., Abdollahipour, Z., Rudolf, P., Lewthwaite, L., & Wulf, G. (2017). *Autonomy facilitates repeated maximum force productions*. NASPSPA, San Diego, CA.
20. Iwatsuki, T. (2017). *Does autonomy support enhance movement efficiency?* Northwest Regional AASP, Springfield, MA.
19. Iwatsuki, T. & Wulf, G. (2016). *Giving learners task-relevant or task-irrelevant choices enhances motor skill learning*. AASP, Phenix, AZ.
18. Iwatsuki, T. & Wulf, G. (2016). *Does random practice promote a more effective focus of attention than blocked practice?* NASPSPA, Montreal, Canada.
17. Wulf, G., Machin, B., Kellogg, J., Copeland, C., Lethwaite, R. & Iwatsuki, T. (2016). *Lassoing positive affect and motor learning through choice*. NASPSPA, Montreal, Canada.

Iwatsuki, T. CV

16. Van Dyke, E., Van Raalte, J. L., Vincent, A., Johnson, A., Caldwell, C., Iwatsuki, T., Shu, J., Maaranen-Hincks, A., & Brewer, B. (2015). *The Effects of Interrogative and Declarative Self-Talk on Performance: Replication and Extension*. European Federation of Sport Psychology, Bern, Switzerland.
15. Iwatsuki, T., Van Raalte, J. L., Brewer, B., & Petipas, A. (2014). *Choking under pressure in tennis: Relationship among reinvestment, self-regulation, and perceived choking*. AASP, Las Vegas, NV.
14. Iwatsuki, T., Van Raalte, J. L., Brewer, B., & Petipas, A. (2014). *Psychological factors related to choking under pressure in tennis*. Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
13. Iwatsuki, T., Wright P., & Van Raalte, J. L. (2014). *Relationships among perceived choking, movement reinvestment, and decision reinvestment in collegiate athletes*. NASPSPA, Minneapolis, MI.
12. Tanaka, T., Takahashi, T., Sato, M., Shibukura, Y., Mizuno, T., & Iwatsuki, T. (2011). *The time between points in tennis matches: The case of Roger Federer versus Nikola Davydenko*. Japan Society on Tennis Science, Tokyo, Japan.
11. Iwatsuki, T., Takahashi, M., Kato, F., & Tanaka, Y. (2011). *Disguised drop shot in tennis*. Japan Society on Tennis Science, Tokyo, Japan.
10. Iwatsuki, T., Suzuki, T., Mizuochi, F., & Kondo, K. (2010). *Control of exercise intensity using lactate curve as an indicator in summer training of cross-country skiers*. International Congress on Science and Skiing, Innsbruck, Austria.
9. Suzuki, T., Mizuochi, F., Iwasaki, K., Takeda, M., Fujita, Z., Kondo, K. Iwatsuki, T., & Sato, S. (2010). *Sport science support for cross-country skiing to the 21st Olympic Winter Game Vancouver 2010*. International Congress on Science and Skiing, Innsbruck, Austria.
8. Iwatsuki, T. & Takahashi, M. (2010). *The effect on tennis performance of intention to complete an unanticipated drop shot*. Nihon University, Department of Physical Education, Tokyo, Japan.
7. Iwatsuki, T., Takahashi, M., & Yoshimoto, T. (2010). *Three-dimensional analysis of drop shot in terms of backhand stroke in tennis*. Japan Society of Physical Education, Health and Sport Science, Aichi, Japan.
6. Iwatsuki, T., Takahashi, M., Mizuochi, F., Suzuki, T., Sato, H., & Kondo, K. (2009). *Game analysis between World-Class tennis players on first services on different court surfaces*. Japan Society on Tennis Science, Okinawa, Japan.
5. Takahashi, M., Mizuochi, F., Suzuki, T., Tanaka, T., & Iwatsuki, T. (2009). *The effect of self-talk on tennis performance*. Japan Society on Tennis Science, Okinawa, Japan.

4. Suzuki, K., Iwatsuki, T., & Mizuochi, F. (2009). *How college tennis athletes have committed to tennis: Comparison between Japanese athletes and international athletes*. Japan Society on Tennis Science, Okinawa, Japan.
3. Iwatsuki, T., Awano, H., Oginezawa, C., Shiroma, S., Nishimura, H., Mizuochi, F., & Takahashi, M. (2009). *The factors of stress for athletes living in dormitories*. Japanese Psychological Association, Tokyo, Japan.
2. Mizuochi, F., Hashiguchi, Y., Ito, H., Suzuki, K., Igarashi, T., Iwatsuki, T., Hirano, T., Fukami, M., & Kikuchi, F. (2009). *The effectiveness of image training and image recall ability of junior alpine skiers*. Japanese Psychological Association, Tokyo, Japan.
1. Iwatsuki, T., Takahashi, M., & Yoshimoto, T. (2009). *The game analysis focused on the first services of World-Class men's tennis players*. Japan Society of Physical Education Health and Sport Science, Hiroshima, Japan.

## **GRANTS**

### **External Grants**

2021	Study of Sports in Society Research Grants (PI)	\$15,000
2017	Research Travel Grant, Southwest Travel Award	\$580
2016	Oversee Research Grant, Erasmus+ Mobility	\$5,485
2014	Research Grant, International Tennis Federation	\$2,000
2010	Young Researcher Grant, Japan Society on Tennis Science	\$600

### **Internal Grants (as a Faculty)**

2022	New Faculty Start-up Funds, UH-Hilo	\$10,000
2021	Undergraduate Research Assistant Grants, PSU	\$5,000
2019	Supplemental Travel Grant, PSU	\$2,000
2019	Undergraduate Research Assistant Grants, PSU	\$7,500
2018	Research Developmental Grant, PSU	\$3,600
2018	Undergraduate Research Assistant Grants, PSU	\$4,000
2018	New Faculty Start-up Funds, PSU	\$50,000

### **Internal Grants (as a Graduate Student)**

2017	Summer Doctoral Research Fellowship, UNLV	\$7,000
2017	Conference Travel Grant, UNLV	\$600
2017	Conference Travel Grant, UNLV	\$1,225
2017	Conference Travel Grant, UNLV	\$590
2017	Department Travel Grant, UNLV	\$575
2010	Travel Research Fund, Nihon University, Japan	\$1,000
2010	Travel Research Fund, Nihon University, Japan	\$1,100

## **TEACHING AND MENTORSHIP**

**Courses Taught**

**University of Hawai'i at Hilo (2022 - present)**

	<b>Type</b>	<b>Modality</b>
1. KES 401: Seminar in Kinesiology	Required	In-person & On-line
2. KES 380: Applied Sport Psychology	Elective	In-person & On-line
3. KES 370: Sport Psychology	Required	In-person & On-line
4. KES 310: Motor Learning	Required	In-person & On-line
5. KES 212: Anatomical Kinesiology	Required	In-person & On-line
6. KES 109: Pickleball	Elective	In-person
7. KES 107: Tennis	Elective	In-person

*\*My overall teaching evaluation averaged a 4.8 out of 5.0, encompassing a total of 27 classes above.*

**Pennsylvania State University-Altoona (2018 - 2022)**

	<b>Type</b>	<b>Modality</b>
1. KINES 463: Acquisition of Motor Skills	Elective	In-person
2. KINES 462: Research Project	Elective	In-person & On-line
3. KINES 461: Research Preparation	Elective	In-person & On-line
4. KINES 429: Psychology of Sport Performance	Elective	In-person
5. KINES 420: Exercise Psychology	Elective	In-person
6. KINES 360: Neurobiology of Human Movement	Required	In-person & On-line
7. KINES 321: Sport Psychology	Required	In-person & On-line
8. KINES 260: Research Skills in Kinesiology	Elective	In-person & On-line
9. KINES 100: Introduction to Kinesiology	Required	In-person & On-line
10. KINES 061: Fitness Theory and Practice	Elective	In-person
11. KINES 048: Tennis	Elective	In-person

*\*My overall teaching evaluation averaged an 6.1 out of 7.0, encompassing a total of 32 classes above.*

**University of Nevada, Las Vegas (2015 - 2018)**

	<b>Type</b>	<b>Modality</b>
1. KINES 414: Sport & Exercise Psychology	Required	In-person & On-line
2. KINES 316: Motor Development	Elective	In-person
3. KINES 312: Motor Control and Learning (TA)	Required	In-person

**Springfield College (2012 - 2014)**

	<b>Type</b>	<b>Modality</b>
1. PEAC 141: Tennis	Elective	In-person
2. PEAC 110: Table Tennis	Elective	In-person

**Mount Holyoke College (2013 - 2015)**

	<b>Type</b>	<b>Modality</b>
1. ASIAN 121: First Year Japanese I (TA)	Required	In-person
2. ASIAN 122: First Year Japanese II (TA)	Required	In-person

**Advising / Mentorship / Collaboration**

**Undergraduate Students, UH-Hilo**

2022 – 2024	A. Kaneko	2023 – 2024	K. Esser
2023 – 2024	B. Lindberg		

**High School Student, Waiakea High School**

2024 – 2025	K. Fujinaka	Waiakea High School
-------------	-------------	---------------------

**PhD Students**

2023 – 2025	Z. Khalaji	University of Isfahan, Iran
2020 – 2024	S. Mousavi	University of Isfahan, Iran
2020 – 2024	L. Slovák	University of Ostrava, Czech Republic

Iwatsuki, T. CV

**Visiting Scholar**

2021

L. Slovák

University of Ostrava, Czech Republic

**SERVICES**

**Internal Services (UH-Hilo)**

**State Level**

2022 - present Member, Institutional Review Board (*Social and Behavioral Research*)  
2025 - present Member, Institutional Review Board (*Biomedical Research*)  
Spring 2023 Evaluator, UH Common Scholarship Committee

**University Level**

2022 - present Member, Commencement Student Speaker Committee, UH-Hilo  
2025 - 2026 Advisor, The University Tennis Club, UH-Hilo  
2022 - 2023 Advisor, Powerlifting Club, UH-Hilo  
Spring 2023 Judge, 2023 Hawai'i District Science and Engineering Fair, UH-Hilo

**College Level**

2024 - present Member, CHNS Dean Advisory Committee, UH-Hilo  
2024 - present Member, CHNS Senate Executive Committee, UH-Hilo

**Departmental Level**

Fall 2024 Member, Search Committee for Assistant Professor, UH-Hilo

**Internal Services (Pennsylvania State University)**

**University Level**

2021 - 2022 Board Member, Health Advisory Board, PSU

**College Level**

Spring 2022 Chair, Peer Review of Teaching for an Assistant Professor, PSU  
2021 - 2022 Member, Tenure Track Mentoring Committee, PSU  
Fall 2021 Member, Peer Review of Teaching for an Assistant Professor, PSU  
2021 - 2022 Member, Teaching Evaluation Committee, PSU

**Departmental Level**

Fall 2021 Member, Search Committee for Assistant Professor, PSU  
Fall 2019 Member, Search Committee for Assistant Professor, PSU

**External Services**

**Editorial Responsibilities**

2021 - 2024 Editorial Board Member, *Journal of Digital Life*  
2020 - 2023 Editorial Board Member, *Int. Journal of Psychological and Brain Sciences*

**Grant Evaluator**

2020 - 2022 **Grant Evaluator, The National Aeronautics and Space Administration (NASA)**  
Human Exploration Research Opportunities (HERO), NRA (80JSC019N0001)  
Topics in Human Factors and Behavioral Performance

**Ad Hoc Reviewer for the following journals (alphabetical order):**

Iwatsuki, T. CV

*American Journal of Physical Medicine and Rehabilitation*  
*Brain and Behavior*  
*Educational Research Review*  
*European Journal of Applied Physiology*  
*European Journal of Sports Science*  
*Frontier in Psychology*  
*Frontier in Human Neuroscience*  
*Human Movement Sciences*  
*International Journal of Developmental Disabilities*  
*International Journal of Environmental Research & Public Health*  
*International Journal of Exercise Science*  
*International Journal of Psychological and Brain Sciences*  
*International Journal of Sport and Coaching Sciences*  
*Instruction and Learning*  
*Journal for Advancing Sport Psychology in Research*  
*Journal of Motor Behavior*  
*Journal of Sport Behavior*  
*Journal of Sport Psychology in Action*  
*Journal of Sport Sciences*  
*Kinesiology*  
*Learning and Motivation*  
*Medicine & Science in Sports & Exercise*  
*Motor Control*  
*Perceptual and Motor Skills*  
*PLOS ONE*  
*Psychological Medicine*  
*Psychological Research*  
*Psychology of Sport & Exercise*  
*Sport, Exercise, and Performance Psychology*  
*Sport Psychologist*  
*The Quarterly Journal of Experimental Psychology*  
*Translational Journal of the American College of Sports Medicine*  
*Research Quarterly for Exercise and Sport*

### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

Member, North American Society for the Psychology of Sport, and Physical Activity (2013 – present)  
Member, Association for Applied Sport Psychology (2015 – 2022)

### **AWARDS**

2017 Graduate and Professional Student Research Award, UNLV  
2014 Distinguished Graduate Student Award (annually given to one student), Springfield College

### **COUNSELING AND COACHING EXPERIENCE** (Selected)

#### **Counseling**

**Mental Performance Advisor, Google LLC., Global Resilience Division. August 2020 - May 2022**

- Worked with other experts to provide answers to questions gathered from Google employees on productivity, mental health, and performance enhancement
- [Members composed of sport psychologists from North America, Europe, and Asia](#) (Members listed)

**Mental Game Coach, United States Air Force Academy. CO. June 2014, 2015**

- Provided mental training sessions to children aged 12-18 both boys and girls

Iwatsuki, T. CV

Athletic Counselor, Harvard University, MA. September 2012 - May 2013

- Worked with Women's Tennis & Men's Volleyball, provided 4 workshops (goal setting, mindfulness, team building, self-talk) each team

### **Coaching**

**Head Men's & Women's Tennis Coach, Springfield College. July 2014 - May 2015**

- The women's team made it to the New England Division Championship Tournament.
- Recruited students including two individuals from Japan and multiple students from the States.
- Managed \$10,000 budget and fundraised \$5,000 for a spring training trip in Orlando, Florida.
- Organized the spring training trip including lodging, transportation, and team activities.
- Initiated monthly team blog and regular SNS activities to promote the program to the public.
- Supervised students academically, including having a meeting every semester.