Daniel M. Smith, Ph.D.

Associate Professor of Research and Statistics
Department of Physical Education and Health Education, Springfield College
263 Alden St., Wellness Center 117, Springfield, MA 01109
(413) 748-3177 – dsmith19@springfield.edu

EDUCATION

2018 **Doctor of Philosophy in Psychology**
University of Rhode Island, Kingston, RI
Concentration in Quantitative Methodology
Graduate Certificate in Neuroscience
Dissertation: *Collective synchrony in team sports*
Major Professor: Theodore A. Walls

2009 **Master of Science in Sport and Health Sciences**
University of Exeter, United Kingdom
Graduated with Distinction
Thesis: *Actor-observer divergence of attributions in coach-athlete interactions*
Faculty Advisor: Timothy Rees

2007 **Master of Science in Education**
University of Pennsylvania, Philadelphia, PA
Teach For America, Secondary Science

2005 **Bachelor of Science in Agricultural Sciences**
The Pennsylvania State University, University Park, PA
Graduated with Highest Distinction

PUBLICATIONS

Smith, D. M. (In preparation). Exploring quality-quantity balance in soccer shooting performances.

Bottino, A., Long, K., Adler, S. J., **Smith, D. M.**, Allison, C., Trainor, L. (Under review). How do college faculty move, sleep, and recover? A 12-month longitudinal study assessing differences in wellness. *Occupational Health Science.*

Mujika, I., **Smith, D. M.**, Crowley, E., Pyne, D. B., Powell, C. (Under review). Benchmarking the pattern of elite swimming performances across multiple

Olympic cycles. *International Journal of Sports Physiology and Performance*.

Negrete, D., Pelton, L., **Smith, D. M.**, & Headley, S. (Under review). The vasomotor tone response to caffeine in resistance-trained college-aged females. *International Journal of Sports Medicine*.

Noonan, S. C., Hutchinson, J. C., **Smith, D. M.**, Mullin, E. M, & De Lucia, B. J. (2026). The psychological impact of misogynistic music lyrics on women exercisers. Journal for Advancing Sport Psychology in Research, 6(1), 38-50. https://doi.org/10.55743/000038

Feofilaktov, V., Headley, S., **Smith, D. M.**, Coker, N., Myakinchenko, E. B. (2025). Aerobic-resistance exercise improves double pole performance and kinematics in harder conditions in junior cross-country skiers. *Journal of Strength and Conditioning Research*, *39*(10), 1072-1079. https://doi.org/10.1519/JSC.0000000000005180

Feofilaktov, V., Myakinchenko, E., Heil, D., **Smith, D. M.**, & Adodin, N. (2025). Elite cross-country skiers develop greater physiological adaptations than biathletes in summer macrocycle. *Journal of Strength and Conditioning Research*, *39*(7), 788-797. https://doi.org/10.1519/JSC.0000000000005108

O'Connell, C. S., Moosbrugger, M. E., & **Smith, D. M.** (2025). A phenomenological exploration of the recruitment experiences of Division III student-athletes by head coach and student-athlete gender. *Journal for the Study of Sports and Athletes in Education*, *19*(1), 73-97. https://doi.org/10.1080/19357397.2022.2095180

De Lucia, B. J., **Smith, D. M.**, Fillbach, A., & Feit, M. K. (2024). Game on! A comparative analysis of external load in Division III soccer players across gender and position. *Topics in Exercise Science and Kinesiology*, *5*(1), 1-16. Available at: https://digitalscholarship.unlv.edu/scholarship_kin/vol5/iss1/13/

Adeloye, O., Smith, D. M., & Headley, S. (2024). Comparing the impact of high-intensity interval training (HIIT), moderate-intensity interval training (MIIT), and isometric training on hypertension: A comprehensive study. *American Journal of Hypertension Research*, *9*(2), 15-21. https://doi.org/10.12691/ajhr-9-2-2

Jakob, E. R., Hutchinson, J. C., **Smith, D. M.**, & Sotir, S. (2023). The effect of Ironman taper on mood and engagement of nonprofessional triathletes: An interrupted time series study. *Journal for Advancing Sport Psychology in Research*, *3*(2), 19-32. https://doi.org/10.55743/000021

Zheng, X., Headley, S. A. E., Marris, S. A., & **Smith, D. M.** (2023). Acute cardiovascular responses to a single bout of resistance exercise with blood flow restriction.

Journal of Exercise Science and Fitness, *21*(2), 179-185. https://doi.org/10.1016/j.jesf.2023.01.001

Luo, Y., **Smith, D. M.**, Moosbrugger, M., France, T. J., Wang, K., Cheng, Y., Sha, Y., Wang, D., & Si, S. (2023). Dynamics and moderating factors of esport participation and loneliness: A daily diary study. *Psychology of Sport and Exercise*, *66*, 1-11. https://doi.org/10.1016/j.psychsport.2023.102384

Ding, L., Luo, J., **Smith, D. M.**, Mackey, M., Fu, H., Davis, M., & Hu, Y. (2022). Effectiveness of warm-up intervention programs to prevent sports injuries among children and adolescents: a systematic review and meta-analysis. *International Journal of Environmental Research and Public Health*, *19*(6336), 1-18. https://doi.org/10.3390/ijerph19106336

Groover, A. E., Brewer, B. W., **Smith, D. M.**, Van Raalte, J. L., & May, C. N. (2022). Correspondence and concordance of retrospective and concurrent measures of use of psychological techniques in orthopedic and sports physical therapy. *International Journal of Environmental Research and Public Health*, *19*(5106), 1-11. https://doi.org/10.3390/ijerph19095106

Luo, Y., Moosbrugger, M. E., **Smith, D. M.**, France, T., Ma, J., & Xiao, J. (2022). Is increased video game participation associated with reduced sense of loneliness? A systematic review and meta-analysis. *Frontiers in Public Health*, *10*(898338), 1-13. https://doi.org/10.3389/fpubh.2022.898338

Holder, J., **Smith, D. M.**, & France, T. (2021). Coaching leadership behaviors: comparison of high school and collegiate wrestling coaches. *The Sport Journal*, *42*, 1-17. https://thesportjournal.org/article/coaching-leadership-behaviors-a-comparison-of-high-school-and-collegiate-wrestling-coaches/

Li, L., & **Smith, D. M.** (2021). Neural Efficiency in Athletes: A Systematic Review. *Frontiers in Behavioral Neuroscience*, *15*(698555), 1-15. https://doi.org/10.3389/fnbeh.2021.698555

Smith, D. M., & Walls, T. A. (2021). Pursuing collective synchrony in teams: a regime-switching dynamic factor model of speed similarity in soccer. *Psychometrika*, *86*(4), 1016-1038. https://doi.org/10.1007/s11336-021-09782-1

Zhang, M., Ma, H., Liu, Z., **Smith, D. M.**, & Wang, X. (2021). The effects of a 10-week neuromuscular training on postural control in elite youth competitive ballroom dancers: a randomized controlled trial. *Frontiers in Physiology, 12*(636209), 1-9. https://doi.org/10.3389/fphys.2021.636209

Zhang, M., Liu, Z., Ma, H., & **Smith, D. M.** (2020). Physical activity intervention for

attention deficit hyperactivity disorder and/or autism spectrum disorder in children: a systematic review and meta-analysis of randomized controlled trials. *Frontiers in Behavioral Neuroscience*, *14*(564886), 1-10. https://doi.org/10.3389/fnbeh.2020.564886

Smith, D. M., & Martiny, S. E. (2018). Stereotype threat in sport: Recommendations for applied practice and research. *The Sport Psychologist, 32*(4), 311-320. https://doi.org/10.1123/tsp.2017-0134

Smith, D. M., & Walls, T. A. (2016). Multiple time scale models in sport and exercise science. *Measurement in Physical Education and Exercise Science, 20*(4), 185-199. https://doi.org/10.1080/1091367X.2016.1195390

Smith, D. M. (2016). Neurophysiology of action anticipation in athletes: a systematic review. *Neuroscience & Biobehavioral Reviews, 60*, 115-120. https://doi.org/10.1016/j.neubiorev.2015.11.007

Smith, D. M., & Walls, T. A. (2014). mHealth analytics. In L.A. Marsch, S.E. Lord, & J. Dallery (Eds.), *Behavioral Healthcare and Technology* (pp. 153-167). New York, NY: Oxford University Press.

SCHOLARLY PRESENTATIONS

Negrete D., Headley S. A., Pelton L. M., & **Smith D. M.** (2025, October). Vasomotor tone response to caffeine. Poster presented at the New England ACSM Fall Conference, Springfield, MA.

Pilgrim, G., Mellano, K., **Smith, D. M.**, & Hutchinson, J. (2025, October). An exploration into demographic differences and mindfulness scores in recreational surfers. Poster presented at the 40th Association for Applied Sports Psychology Conference, Montreal, Canada.

Smith, D. M. (2025, June). Exploring shot quality and quantity in team performances. Paper presented at the World Congress on Science and Soccer, Glasgow, Scotland.

Aziz, R., O'Neill, E., **Smith, D. M.**, & Headley, S. A. (2025, June). The nutritional status of female high school athletes. Paper presented at the World Congress on Science and Soccer, Glasgow, Scotland.

Pilgrim, G., Mellano, K., **Smith, D. M.**, & Hutchinson, J. (2025, June). An examination of mindfulness profiles in recreational surfers. Poster presented at the North American Society for the Psychology of Sport and Physical Activity Conference, South Lake Tahoe, CA.

Feofilaktov, V., Headley, S., and **Smith, D. M.** (2025, May). Field tests and kinematic measures predict winter performance in junior cross-country skiers. Poster presented at the American College of Sports Medicine Annual Meeting, Atlanta, GA.

Pilgrim, G., Mellano, K., **Smith, D. M.**, & Hutchinson, J. (2025, March). An examination of mindfulness profiles in recreational surfers. Paper presented at the New England Regional Association of Applied Sports Psychology (NEAASP), Boston, MA.

Kataria, K., Hutchinson, J. C., **Smith, D. M.**, & Mellano, K. T. (2025, March). The influence of marathon experience and race phase on self-talk in marathon runners. Paper presented at the New England Regional Association of Applied Sports Psychology (NEAASP), Boston, MA.

De Lucia, B. J., **Smith, D. M.**, Fillbach, A., & Feit, M. K. (2024, May). Comparison of game external loads across a men's and women's soccer season. Poster presented at the American College of Sports Medicine Conference, Boston, MA.

Fillbach, A., De Lucia, B. J., **Smith, D. M.**, & Feit, M. K. (2024, April). Game on! A comparative analysis of external load in Division III soccer players across gender and position. Poster presented at the Scholars in Action Conference, Springfield, MA.

Fonder, S., Hutchinson, J. C., **Smith, D. M.**, & Liu, Z. (2023, October). Virtual reality training intervention as a tool for pitchers in baseball. Poster presented at Association for Applied Sport Psychology, Orlando, FL.

Salvatore, G. M., Hutchinson, J. C., **Smith, D. M.**, & O'Neill, E. (2023, October). The effects of menstrual cycle phase on exercise tolerance and psychological responses to exercise in premenopausal women. Poster presented at Association for Applied Sport Psychology, Orlando, FL.

Smith, D. M., & Aziz, R. (2023, May). Shot-level xG at the 2022 men's FIFA World Cup. Paper presented at the World Congress on Science and Football, Groningen, Netherlands.

Kolbinger, O., & **Smith, D. M.** (2023, May). "I still think he wasn't offside" - Fans' reception of the semi-automated offside technology. Paper presented at the World Congress on Science and Football, Groningen, Netherlands.

Phillips, S., Hutchinson, J., **Smith, D. M.**, & Mullin, E. (2022, July). The psychological effects of misogynistic music lyrics on female exercisers. Poster presented at FEPSAC 16th European Congress of Sport and Exercise Psychology, Padova,

Italy.

Luo, Y., **Smith, D. M.**, & Crabill, T. (2022, June). The effects of game timing on warmup and in-game player load in an American college men's soccer team. Poster presented at the World Congress on Science and Soccer, Coimbra, Portugal.

Scott, K., Mellano, K., **Smith, D. M.**, & Hutchinson, J. (2021, October). The association between coach-athlete relationship quality and sport domain-specific self-esteem in college athletes. Poster presentation at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology. (Virtual conference). [published abstract in *Journal of Exercise, Movement, and Sport (SCAPPS refereed abstracts repository)*, *52*(1)]

Jacob, E., Hutchinson, J., **Smith, D. M.**, & Sotir, S. (2020, March). The psychological effects of taper on nonprofessional Ironman triathletes. Poster presented at the Association for Applied Sport Psychology Northeast Regional Conference, Springfield, MA.

Smith, D. M. (2019, June). Analyzing collective synchrony in team sports using a regime-switching dynamic factor model. Poster presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Baltimore, MD. https://osf.io/zqwy7/

Smith. D. M., Ric, A., Goncalves, B., Torrents, C., Sampaio, J., & Hristovski, R. (2017, May). Exploring coordination in soccer players' movements using regime switching state space models. Paper presented at the World Conference on Science and Soccer, Rennes, France.

Nowinowski, I., Abramski, K., Aroke, H., Dio, K., Quinn, E., **Smith, D. M.**, Puggioni, G. (2017, April). The deadliest days for drivers: a Bayesian nonparametric analysis of motor vehicle crash deaths. Poster presented at the 31st New England Statistics Symposium, Storrs, CT.

Smith, D. M. (2017, February). Behavioral and physiological synchrony in team sports performance. URI Center for Health Monitoring and Intervention, Kingston, RI.

Smith, D. M., Abtahi, M., Amiri, A. M., & Mankodiya, K. (2016, August). Bivariate autoregressive state-space modeling of psychophysiological time series data. Paper presented at the 38th Annual International Conference of the IEEE Engineering in Medicine and Biology Society, Orlando, FL.

Smith, D. M., Walls, T. A., Abtahi, M., & Mankodiya, K. (2016, July). An application of state-space time series analysis to psychophysiological data. Poster presented at the International Meeting of the Psychometric Society, Asheville, NC.

Smith, D. M. (2016, April). Neurophysiology of action anticipation in athletes: A systematic review. Paper presented at 10th Annual Graduate Student Conference, Kingston, RI.

Smith, D. M. (2015, December). Introduction to state space modeling. Quantitative Methodology Focus Area Meeting, URI Department of Psychology, Kingston, RI.

Smith, D. M. (2015, May). Effects of ARMA processes, specification of correlated error, and number of time points on latent growth model fit and parameter bias: a Monte Carlo study. Poster presented at Modern Modeling Methods, Storrs, CT.

TEACHING AND ACADEMIC ADVISING

2018 – Present **Assistant Professor of Research and Statistics**
Department of Physical Education and Health Education
Springfield College, Springfield, MA

Graduate courses taught:
- RSCH 610: Foundations and Methods of Research (FA18[1], SP19, FA19, SP20, FA20, FA21, SP22, FA22, SP23, FA23, SP24, FA24, SP25, SP26)
- RSCH 612: Thesis Proposal Design (FA18, SP19, FA19, SP20, SP21, SP22, SP23, SP24, SP25, SP26)
- RSCH 620: Educational and Psychological Statistics I (FA18, FA19, SP20, FA20, SP21, FA21, FA22, SP23, FA23, SP24, FA24)
- AEXS 669: Data Analytics in Sport Science (SP26)
- RSCH 712: Dissertation Proposal Design (FA20, FA21, FA22, FA23, FA24)
- RSCH 618: Guided Individual Study (FA20, FA21)

Academic advising:
- 22 Athletic Leadership Master's students (FA21 – Present)
- 8 Advanced Level Coaching Master's students (FA19 – SP22)
- 1 Physical Education Ph.D. student (FA20 – SP23)

2018 **Instructor**
Department of Psychology
University of Rhode Island, Kingston, RI
Undergraduate course taught:
- PSY 361: Learning and Memory (SP18)

[1] Abbreviations denote semester (Fall, FA; Spring, SP; Summer, SU) and two-digit year

2013 – 2014 **Graduate Teaching Assistant**
Department of Psychology
University of Rhode Island, Kingston, RI
Undergraduate course taught:
PSY 200: Quantitative Methods in Psychology (FA13, SP14)

RESEARCH SUPERVISION

Doctoral Dissertation Supervision (role: Committee member, unless otherwise noted)

2025 – 2026 Adeloye, Opeyemi: The effect of isocaloric moderate-intensity continuous training, moderate-intensity interval training, and isometric training on blood pressure in Black adults with hypertension (Exercise Physiology)

De Lucia, Bianca: Wait... there's a hill? The effects of anticipated task difficulty on pacing strategy and running performance (Sport and Exercise Psychology; role: Reader)

Valderrama Rico, León Andrés: The influence of neuromuscular and architectural parameters on rate of force development across the lifespan (Exercise Physiology)

2024 – 2025 Aziz, Richard: The nutritional status of female high school athletes (Exercise Physiology)

Coogan, Gregory: Pre-service physical educator experiences volunteering with Special Olympics and self-efficacy toward inclusion: a mixed methods approach (Teaching and Administration)

2022 – 2023 Feofilaktov, Victor: Training of explosive technical pattern with a sport-specific exercise program in junior cross-country skiers (Exercise Physiology)

Zhang, Meiqi: The effects of yang-ge dancing on motor function of patients with Parkinson's disease: a three-arm randomized trial (Teaching and Administration)

2021 – 2022 Kaishian, James: Willingness to use mental health services, mental health conditions, substance use, and alcohol consumption of collegiate student-athletes (Teaching and Administration)

Luo, Yan: Dynamics and moderating factors of esport participation and loneliness: a daily diary study (Teaching and Administration; role: Committee chair)

Salvatore, Gabrielle: The effect of menstrual cycle phase on exercise

tolerance and psychological responses to exercise in premenopausal women (Sport and Exercise Psychology)

Santich, Sam: The effects of a smiling self-picture on perceptions of exercise during a 10-minute treadmill protocol (Sport and Exercise Psychology)

Spicer, Gregory: The impact of exercise mode on brain-derived neurotrophic factor and arterial stiffness in college students (Exercise Physiology; role: Reader)

2020 – 2021 Anderson, Scott: The map forward: occupational stress and brain arousal in police officers (Psychology; role: Reader)

Master's Thesis Supervision (role: Committee member, unless otherwise noted)

2025 – 2026 Caiati, Sean: Beyond the feedback: collegiate athletes' perceptions of mattering and the relationship between coach feedback and anxiety (Sport and Exercise Psychology)

Lajoie, Kimberly: Relationship between feminine body ideals, self-efficacy, and exercise participation among women in mixed-gender fitness settings (Sport and Exercise Psychology)

Lamagdelaine, Lyric: The effectiveness of in-water and combination warm-ups for front crawl performance in competitive swimmers (Exercise Physiology)

Nardini, Maggie: Cardiorespiratory fitness and reactivity to external stressors (Exercise Physiology)

2024 – 2025 Bali, Ishani: Relationship between foot posture and lower limb injury in Division III soccer players (Strength and Conditioning)

Chang, Li: The Effect of Low-Intensity Lifting and Cold-Water Immersion Recovery on Countermovement Jumps (Strength and Conditioning)

Harvey, Jack: Recommendations for the implementation of sport education game-centered approach hybrid models: a meta-synthesis review (Physical Education)

Kataria, Karan: The effects of running experience and race phase on self-talk in marathon runners (Sport and Exercise Psychology)

Levenson, Emily: Collegiate tennis players' perceptions of the relationship between identity and burnout symptoms: a qualitative exploration (Athletic Leadership)

Negrete, Dominique: vasomotor tone response to caffeine (Exercise

Physiology)

Pilgrim, Garrett: An examination of mindfulness profiles in recreational surfing (Sport and Exercise Psychology)

Prizio, Christopher: The effects of interset palm cooling on bench press work capacity (Strength and Conditioning)

2023 – 2024 Cheng, Hertin: Post-activation performance enhancement of concentric squat jumps after eccentric squats (Strength and Conditioning)

Chui, Katie: College athletes' lived experiences with sport psychology practitioners regarding mental wellness (Athletic Leadership)

Darmstead, Kyle: It is more than a game: the effects of coach-athlete relationship on athletes' sport engagement (Sport and Exercise Psychology)

Durham, Annemarie: Exercise modulation of insulin resistance in polycystic ovarian syndrome (Exercise Physiology)

Hsueh, Hao Chen: The correlation between isometric mid-thigh pull, countermovement jump, and 10m-sprint (Strength and Conditioning)

Mette, Christopher: The effects of inter set stretching on skeletal muscle damage (Exercise Physiology)

Ohlmaier, Makena: Comparing athletic identity between female bodybuilders and collegiate athletes (Strength and Conditioning)

Pelloni, Lorenzo: Resistance priming to enhance neuromuscular performance in sport (Strength and Conditioning)

Posacioglu, Kerem: Using RPE to predict the following day's external load in soccer athletes (Strength and Conditioning)

Vazquez, Marilyn: The effects of sleep on sports performance in collegiate athletes (Strength and Conditioning)

2022 – 2023 Blazejowski, Michael: Quantifying the demands of a triple option football program (Strength and Conditioning)

Feinstein, Matthew: The impact of social facilitation, audience effect, and home field on NFL kickers' performance (Sport and Exercise Psychology)

Fonder, Samuel: Virtual reality training as a tool for pitchers in baseball (Sport and Exercise Psychology)

Hendy, Megan: Relationship between sleep quality and the cardiovascular response to resistance exercise in college students

(Exercise Physiology)

Knapp, Louisa: Exploring mental blocks in NCAA women's gymnastics (Sport and Exercise Psychology)

Mitchell, Lea-Janell: Benefits of ballet cross-training in high-level athletes with regard to landing mechanics (Strength and Conditioning)

Pelletier, Jillian: Circadian rhythm: the effect of sleep duration and sleep quality on performance of collegiate gymnasts (Exercise Physiology)

Reeser, Hunter: The effect of loaded trap bar dead lifts on post-activation potentiation and vertical jump (Strength and Conditioning)

Susca, Matthew: The relationship between state mindfulness and athletic self-efficacy (Sport and Exercise Psychology)

Valderrama Rico, Leon: Degree of muscular damage in swimmers after performing exercise with eccentric muscle actions (Strength and Conditioning)

2021 – 2022 Bickers, John: The effects of high intensity interval exercise and moderate intensity continuous exercise on autonomic regulation (Exercise Physiology)

Carere, Andre: The relationship between max velocity sprinting and lower limb injury in Division III soccer players (Strength and Conditioning)

Forte, Monique: The effects of posture on heart rate variability between collegiate swimmers and collegiate runners (Exercise Physiology)

Leighton, John: Using self-determination theory to reduce dropout in men's gymnastics (Physical Education)

Papirio, Andrew: Comparison of bilateral and unilateral strength in trained NCAA Division III football players (Strength and Conditioning)

Pojar, Malori: Acute serotonin level following exercise corresponding to stress and anxiety in athletic populations (Exercise Physiology)

Scott, Kara: The association between coach-athlete relationship quality and sport-domain specific self-esteem in collegiate athletes (Sport and Exercise Psychology)

White, Sophia: Emotional contagion in male and female collegiate athletes (Sport and Exercise Psychology)

2020 – 2021 Brady, Marie: Covid-19 pandemic in the U.S.: college students, stress, and yoga (Health Promotion)

Brown, Dylan: Relationship between GPS workload and countermovement jump in collegiate Division III men's soccer athletes (Strength and Conditioning)

Cronin, Emsie: National collegiate athletic association violations and undergraduate application rates (Physical Education)

Indorf, Olivia: The relationship between unilateral and bilateral lower body strength and power (Strength and Conditioning)

Jiang, Bing-Syuan: The importance of sport psychology on coaching: coaches' expectations and student athletes' motivation in Taiwan (Physical Education)

Johansson, Anton: The role of interactions between athletic directors, coaches, and staff on organizational culture and structure (Physical Education)

Korten, Zachary: 24-hour fasting effects on athletes and athletic performance (Strength and Conditioning)

Phillips, Sarah: Misogynistic music lyrics and stereotype threat in the context of exercise (Sport and Exercise Psychology)

Reuter, Megan: Positive youth development in strength and conditioning (Strength and Conditioning)

Zheng, Xiangyu: Acute cardiovascular responses to a single bout of resistance exercise with blood flow restriction (Exercise Physiology)

2019 – 2020 Ball, Rachel: Preservice physical education attitudes towards teaching an inclusionary class (Physical Education)

Granger, Aaron: Relationship between multidimensional self-efficacy and motivation for exercise among college freshman (Sport and Exercise Psychology)

Griswold, Catherine: The impact of acute isometric handgrip versus knee extension on blood pressure and arterial stiffness among active young adults (Exercise Physiology)

Jakob, Emily: The psychological effects of taper on nonprofessional ironman triathletes (Sport and Exercise Psychology)

Kirton, Kristyn: The effect of continuous versus intermittent aerobic exercise on glycemic control in a Barbadian population with type 2 diabetes (Exercise Physiology)

Mita, Maximilian: The effects of recovery techniques following high intensity exercise (Athletic Training)

O'Connell, Colleen: Recruitment experiences of Division III student-athletes (Physical Education)

Xu, Bolu: The acute effects of an ascending intensity eccentric safety bar squat protocol on vertical jump performance in trained male students (Strength and Conditioning)

2018 – 2019 Haworth, Caitlin: Anxiety, pre-performance routines, and baseball hitting performance (Sport and Exercise Psychology)

Idiong, Christie: The perceptions of Instagram use on exercise adherence and intrinsic motivation in young adults (Health Promotion)

Kaishian, James: The influence of pre-performance routines on state anxiety and sprint performance in NCAA Division III wrestlers (Sport and Exercise Psychology)

Mistler, Colleen: Alcohol misuse in college athletes and non-athletes post AlcoholEdu intervention (Health Promotion)

Resende, Samantha: Collective efficacy and performance of track and field relay teams (Sport and Exercise Psychology)

SERVICE

Statistical Consulting (Springfield College)

	Faculty Research	Independent Studies (M.Ed. programs)	Other Student Research
2025 – 2026	0.00 hours	2.25 hours	0.00 hours
2024 – 2025	2.00 hours	8.50 hours	2.00 hours
2023 – 2024	1.00 hours	11.00 hours	7.25 hours
2022 – 2023	0.00 hours	4.75 hours	8.00 hours
2021 – 2022	3.00 hours	8.75 hours	2.75 hours
2020 – 2021	1.25 hours	19.00 hours	1.25 hours
2019 – 2020	0.00 hours	47.00 hours	4.00 hours

Search Committees (Springfield College)

2021 – 2022 Assistant Professor in Sport & Exercise Psychology (program-track position), Department of Exercise Science and Athletic Training

2019 – 2020 Assistant Professor in Psychology (2 tenure-track positions), Department of Psychology

Task Forces (Springfield College)

2023 – 2025 Doctoral Qualifying Exam Task Force

Student Evaluation (Springfield College)

School of Physical Education, Performance, & Sport Leadership
- Written Doctoral Qualifying Exams (SU19, FA20, SU21, SU22, SU23, SU24, SU25, SU26)
- Oral Doctoral Qualifying Exam: Zachary Bryant (Sport & Exercise Psychology; FA19)
- Independent Studies (FA18, SP19, SU19, FA19, SP20, SU20, FA20, SP21, SP22, FA22, SP23, SU23, SP24, SP25)

College-wide
- Scholars in Action Day (SP19, SP21, SP22, SP24, SP25, SP26)
- S-Cubed/Working Teachers Master's program poster session (SP23)

External Program Review Participation (Springfield College)

- Physical Education Doctoral program (SP20, SP26)
- Sport and Exercise Psychology Master's program (SP23)
- Athletic Administration Master's program (SP20)
- Adapted Physical Education Master's program (SP20)

Guest Lectures (Springfield College)

- FA20: Teams as Complex Systems: Collective Behavior, Cognition, and Synchrony (AEXS 694: Special Topics – Group Dynamics)
- SP19: Summary of SPSS Routines (RSCH 625: Proposal Design)
- FA18: Current Issues in Sport Psychology (PSYC 220: Current Issues in Psychology)

Journal Reviews

- International Journal of Sport and Exercise Psychology (2024, 2022)
- PLOS ONE (2023, 2014)
- Medicine (2023)
- European Journal of Work & Organizational Psychology (2022)
- Cerebral Cortex (2022, 2020)

– Journal of Intercollegiate Sport (2022, 2021)
– Journal of Exercise Science and Fitness (2021)
– Sport, Exercise, and Performance Psychology (2020, 2019)
– Measurement in Physical Education and Exercise Science (2019)
– Journal of Concussion (2019)
– Psychological Methods (2017)
– European Journal of Sport Science (2017)
– BioMedical Engineering OnLine (2016)
– Psychology Research and Behavior Management (2016)

PROFESSIONAL ACTIVITIES

Affiliations

– World Congress on Science and Football/Soccer
– North American Society for the Psychology of Sport and Physical Activity
– American Psychological Association
– New England Statistical Society
– Psychometric Society
– Psychonomic Society
– University of Rhode Island Center for Health Monitoring and Intervention
– Association for Psychological Science
– Society of Behavioral Medicine

Seminars/Training Attended

	Title	Trainer	Institution Affiliated
2024	Inclusive Teaching Summer Conference	Center for Excellence in Teaching, Learning, and Scholarship	Springfield College
2022	Data Security and Privacy	EVERFI (online)	Springfield College
2021	FERPA Basics; Managing Bias	EVERFI (online)	Springfield College
2017	Nonlinear Methods for Psychological Science	University of Cincinnati	American Psychological Association
2017	Human Subjects Research; Responsible Conduct of Research; Conflicts of Interest	CITI (online)	University of Rhode Island
2017	Mental Health First Aid	Psychological Consultation Center	University of Rhode Island

2016	Safe Zone Training	Gender and Sexuality Center	University of Rhode Island
2015	MATLAB Technical Seminars	The MathWorks, Inc.	University of Rhode Island

Grant Writing

2017 Psychometric Society, *A model for increasing the society's footprint in developing international regions: Eastern Europe demonstration* ($5,000), PIs: Walls & **Smith**

2016 The Graduate School of University of Rhode Island, Enhancement of Graduate Research Award, *Exploring coordination in soccer players' movements using regime switching state space models* ($1,000), PI: **Smith**

2014 International Association for Dental Research. *Toothbrushing gesture monitoring system: daily self-care support for persons living with HIV/AIDS* (unfunded), PI: Walls

Primary Software Used

R, SAS, SPSS, MATLAB, Python, LaTeX, Google Apps, MS Office

ACADEMIC AWARDS AND HONORS

2019 Peter Merenda Prize in Statistics and Research Methodology, *University of Rhode Island*

2016 – 2017 Graduate Assistants United Travel Fund, *University of Rhode Island*

2014 – 2017 Graduate Student Association Travel Fund, *University of Rhode Island*

2016 Richard Beaupre Hope and Heritage Fund, *University of Rhode Island*

2015 – 2016 Alfred and Mary Kosowski Behavioral Science Student Travel Fund, *University of Rhode Island*

2008 – 2009 Merit-based Full Tuition Scholarship, *University of Exeter*

2004 Outstanding Internship Award, College of Agricultural Sciences Alumni Society, *The Pennsylvania State University*

2003 President's Sparks Award (4.0 GPA), *The Pennsylvania State University*

2002 President's Freshman Award (4.0 GPA), *The Pennsylvania State University*

OTHER EMPLOYMENT

2024 – Present	**Statistical Consultant** The Wellness Institute, Springfield College, Springfield, MA
2014 – 2018	**Graduate Hall Director** University of Rhode Island Dept. of Housing and Residential Life *Duties: managed 100 graduate student and family apartments; provided 24-hour emergency support; organized maintenance requests; served on the department's Diversity Committee*
2015 – 2016	**Statistical Consultant** Malecare, Inc., New York, NY
2014 – 2015	**Data Intern** The Providence Plan, Providence, RI *Duties: analyzed data from the State of Rhode Island Departments of Health, Education, and Children, Youth, & Families*
2012 – 2013	**High School Mathematics and Science Teacher** YouthBuild, Providence, RI
2010 – 2012	**8th Grade Team Leader and Science Teacher** Salem Academy Charter School, Salem, MA
2011 – 2012	**Soccer Coach** Boston Soccer Academy, Beverly, MA
2007 – 2008	**Soccer Coach** Agnes Irwin School, Rosemont, PA Stern Hebrew High School, Philadelphia, PA
2005 – 2007	**Middle School Science Teacher** Fitzsimons High School, Philadelphia, PA