

RICHARD D. GORDIN

**Professor Emeritus
Utah State University
rich.gordin@usu.edu**

EDUCATION

Edd The University of Utah, 1981
MA The Ohio State University, 1974
BA Ohio Wesleyan University, 1973

PROFESSIONAL EXPERIENCE

Present **Professor Emeritus**, Utah State University
2019-2020 **Mental Performance Consultant**, Utah State University Athletics
Summer 2011 **Visiting Professor**, Academy of Physical Education and Sport
Gdansk, Poland
Spring 2010 **Visiting Professor**, Institute of Psychology,
Jagiellonian University, Krakow, Poland
1992-2015 **Professor**, Department of Health, Physical
Education and Recreation, Utah State
University, Logan, UT
2003-2004 **Interim Department Head**, Department of Health,
Physical Education and Recreation, Utah State
University, Logan, UT
1992-2015 **Adjunct Professor**, Department of Psychology,
Utah State University, Logan, UT
1986- 1992 **Associate Professor**, Department of Health,
Physical Education and Recreation, Utah State University,
Logan, UT
1981- 1986 **Assistant Professor**, Department of Health,
Physical Education and Recreation, Utah State University,
Logan, UT

- 1978- 1981 **Teaching Assistant**, The University of Utah,
Salt Lake City, UT
- 1975- 1978 **Physical Education Teacher**, 7-12, Turrumurra
High School, Sydney, New South Wales,
Australia
- 1974- 1975 **Substitute Teacher**, Delaware City School
District, Delaware, OH
- 1973- 1974 **Teaching Assistant**, The Ohio State University,
Columbus, OH

OTHER EXPERIENCES

Consultant

The University of Utah
Women's Gymnastics
1978-1981

Consultant

Utah State University Athletics
Women's Gymnastics, Men's Football
Men's Basketball, Women's Volleyball
Men's Golf, Men's and Women's Track & Field, Women's Soccer, Men's Tennis
1981-present

Consultant for many professional athletes

Consultant, USA Gymnastics, 1985-1991

USA Track & Field, 1987-2016

United States Fencing Association 1995-2016

USA Swimming, 2002-2016

United States Ski and Snowboard Association 2007-2016

Team Type 1 Professional Cycling Team 2010

Granite School District on PEP Grant COPE (Creating Opportunities for Physical Education) and PEP Grant LIFE (Learning in Fitness Education).

Cache County School District on PEP Grant,

TEACHING/ADVISING ASSIGNMENTS

Utah State University

PEP 6810	Research Methods in Health Sciences
PEP 6830	Motor Learning
PEP 6420	Curriculum in Physical Education
PEP 6070	Sport in Society
PEP 6050	Psychological Aspects of Sports Performance
PEP 4350	Administration in Physical Education
PEP 4440	Evaluation in Physical Education
PEP 4000	Mental Aspects of Sports Performance
PEP 3400	Methods in Team Sports
PEP 2300	Skills III (Softball, Basketball, Soccer)
PE 3000	Dynamic Fitness
PE 1240	Racquetball
PE 1150	Volleyball
PE 1100	Basketball
PEP 4250	Advanced Cooperative Work Experience

Advisement

Chaired 5 Doctoral Committees
Chaired 120 Masters Committees
Member of 280 Masters and Doctoral Committees

Extension Teaching

KIN 4000, Spring, 2020, Logan, UT
KIN 4000, Fall, 2019, Logan UT
PEP 4400, Spring 2018, Logan UT
PEP 4400, Fall 2017, Logan, UT
PEP 6050, Fall 2016, Logan, UT
PEP 6830, Spring 2015, Logan, UT
PEP 6050, Fall 2014, Logan, UT
PEP 6810, Fall 2013, Logan, UT
PEP 6830, Spring 2013, Logan, UT
PEP 6050, Fall 2012, Logan, UT
PEP 6810, Fall 2011, Logan, UT
PEP 6050, Fall 2010, Logan, UT
PEP 6810, Fall 2009, Logan, UT
PEP 6050, Fall 2008, Logan, UT
PEP 6830, Fall 2007, Logan, UT
PEP 6050, Fall 2006, Logan, UT

PEP 6830, Fall 2005, Logan, UT
PEP 6050, Spring 2005, Logan, UT
PEP 4000, Fall 2004, Roosevelt, UT
EDUC 6550, Spring 2004, Logan, UT
PEP 6830, Fall 2003, Logan, UT
PEP 6830, Fall 2002, Ogden, UT
PEP 6050, Spring, 2002, Ogden, UT
EDUC 6550, Spring 2001, Ogden, UT
PEP 6830, Fall 2000, Ogden, UT
PEP 6050, Summer 2000, Ogden, UT
PEP 683, Fall 1998, Ogden, UT
EDUC 655, Summer 1998, Logan, UT
PEP 480, Summer 1998, Roosevelt, UT
PEP 605, Summer 1998, Logan, UT
PEP 605, Summer 1997, Ogden, UT
EDUC 655, Winter 1997, Logan, UT
PEP 683, Fall 1996, Logan UT
EDUC 666, Fall 1995, Ogden, UT
PEP 683, Fall 1995, Ogden, UT
PEP 605, Summer 1995, Ogden, UT
PEP 487 and PEP 480, Fall 1994, Vernal, UT
PEP 683, Summer 1994, Ogden, UT
EDUC 666, Spring 1994, Salt Lake City, UT
EDUC 666, Winter 1994, Ogden, UT
EDUC 666, Summer 1993, Salt Lake City, UT
PEP 605, Summer 1993, Ogden, UT
PEP 683, Spring 1992, Ogden, UT
PEP 683, Summer 1992, Ogden, UT
PEP 605, Summer 1991, Ogden, UT
PEP 605, Spring 1991, Brigham City, UT
PEP 607 and PEP 683, Spring 1989, Vernal UT
PEP 605 and PEP 486, Spring 1988, Vernal UT
PEP 683, Summer 1987, Brigham City, UT
PEP 605, Spring 1987, Brigham City, UT
PEP 683, Summer 1986, Ogden, UT
PEP 605, Spring 1986, Ogden, UT
PEP 683, Winter 1982, Brigham City, UT
PEP 605, Spring 1982, Brigham City, UT
Workshop for Conference and Institute, "Stress Management" June 1984
Workshop for Conference and Institute, " Stress Management", June 1982
Workshop on Mental Training, Conference and Institute, April 1983

RESEARCH AND PUBLICATIONS

Aoyagi, M., Cohen, A., Gervais, M., Borlabi, W., Pensgaard, A.M., & **Gordin, R.** (2021). The more I learn the less I know: Experienced practitioners discuss their journeys toward wisdom. [Abstract] *Proceedings of the Association for Applied Sport Psychology*. Indianapolis: AASP.

Gordin, R. (2020). A 40-year journey in applied sport psychology. In L-E. Unestahl & L. Weesar (Eds.). *Mind training for excellence in sport and life*. (pp. 146-149). Orebro, Sweden: Scandinavian International University

Schinke, R., Papaioannou, A., Maher, C., Parham, W., Hvid Larsen, C., **Gordin, R.**, & Cotterill, S. (2020). Sport psychology services to professional athletes: Working through COVID-19. *International Journal of Sport and Exercise Psychology*. DOI:10.1080/1612197X.2020.1766182

Studenka, B. E., Dorsch, T. E., Ferguson, N. L., Olsen, C. S., & **Gordin, R. D.** (2017). Nonlinear assessment of motor variability during practice and competition for individuals with different motivational orientations. *Learning and Motivation*, 58, 16-26.

Gordin, R.D. (2016). My consulting life on the PGA tour: A twenty-five year experience. In R.J. Schinke & D. Hackfort (Eds.). *Psychology in professional sports and the performing arts*. (pp. 93-101). New York: Routledge

Porter, R., Blackwell, S., Smith, G., Wagner, D.R., **Gordin, R.D.**, & Dolny, D.G. (2014). Metabolic cost comparison of running on an aquatic treadmill with water jets and land treadmill with incline. *International Journal of Aquatic Research and Education*, 8, 20-31.

Louder, T., Bressel, E., Baldwin, M., Dolny, D.G., **Gordin, R.D.**, & Miller, A. (2014). Effect of aquatic immersion on static balance. *International Journal of Aquatic Research and Education*, 8, 53-65.

Skinner, B. & **Gordin, R.D.** (2013). The relationship between confidence and performance throughout a competitive season. [Abstract]. *Association for Applied Sport Psychology Proceedings*, Indianapolis, IN: AASP, 96.

Gordin, R.D. (2013). The perilous but exciting road to consulting. [Abstract]. *Association for Applied Sport Psychology Proceedings*, Indianapolis, IN: AASP, 141.

Poczwardowski, A., **Gordin, R.D.**, Statler, T., & Loberg, L. (2013). It takes more than expertise, it takes the person: Reflections on sport psychology service delivery. [Abstract]. Abstracts of the 13th World Congress of Sport Psychology, Beijing, China: ISSP, 5.

Gordin, R.D. (2013). The development of mental training and excellence. [Abstract] Abstracts of the 13th World Congress on Sport Psychology, Beijing, China: ISSP, 21.

Gordin, R.D. (2012). From fear to success: A high school perspective. [Abstract] Association for Applied Sport Psychology Proceedings, Indianapolis, IN: AASP, 107.

Gordin, R.D. (2012). A balanced way to approach sport and life. In J. Blecharz, M. Siekanska & A. Tokarz (Eds.). Optymalizacja treningu sportowego i zdrowotnego z perspektywy psychologii. (pp. 347-355). Krakow, Poland: AWF.

Gordin, R.D. & Henschen, K.P. (2012). Reflections on the psychological preparation of the USA Ski and Snowboard Team for the Vancouver 2010 Olympic Games. Journal of Sport Psychology in Action, 3, 88-97.
doi: [https:// 10.1080/21520704.2012.683091](https://10.1080/21520704.2012.683091)

Gordin, R.D. (2012). Dr. Rich Gordin. In M. Aoyagi & A. Poczwardowski (Eds.). Expert approaches to sport psychology: Applied theories of performance excellence. (pp. 37-49) Morgantown, WV: Fitness Information Technology.

Gordin, R.D. (2011). Mental fit in sechs Mo21520704.2012.683091naten. Kommunikation, 38-39.

Gordin, R.D. (2011). After the Vancouver Olympic games: A year of transition. Association for Applied Sport Psychology Proceedings. Madison, WI: AASP, 86.

Gordin, R.D. (2011). How to motivate athletes in either a positive or negative way. In P. Marek (Ed). Kształtowanie u swoich zawodniokow oraz u siebie integralnej postawy optymalnej gotowosci startowej. (pp. 28-31). Warsaw, Poland: Akademia Trenerska.

Henschen, K.P. & **Gordin, R.D.** (2011). Hypnosis and sport performance. In L.J. Micheli (Ed). Encyclopedia of sports medicine. (pp.686-688). Thousand Oaks, CA: Sage Publications. doi: 10.4135/9781412961165.n258

Detling Miller, N., **Gordin, R D.**, & Henschen, K. P. (2010). Three approaches to consulting: Vancouver 2010. Association for Applied Sport Psychology Proceedings, Madison, WI: AASP, 120-121.

Gordin, R.D. (2010). Service to Olympic teams in the USA over a 30-year period. Studia Humanistyczne, 9, 33-43.

Manning, C. T. & **Gordin, R. D.** (2009). Relationship among team collective efficacy, cohesion, and coaching competency in sports. Proceedings from the 12th World Congress of Sport Psychology, Marrakesh, Morocco.

Gordin, R. D. & Budnik, D. (2009). Psychometric testing and service delivery in sport psychology: A review of a Polish-American collaboration. Proceedings of the 12th World Congress of Sport Psychology, Marrakesh, Morocco.

Balague, G., Butcher-Poffley, L., Holt, J., Vernacchia, R., McGuire, R., **Gordin, R.D.**, Lewis, L., & Ottley, M. (2008). On coaching development: A workshop on services for coaches. Association for Applied Sport Psychology Proceedings, Madison, WI: AASP, 97.

Gordin, R. D. & Shaw T.D. (2005). A four-year plan of consultation: Working with USA track and field in preparation for the Olympic games. Association for the Advancement of Applied Sport Psychology Proceedings, 24.

Hays, K. F., Berger, B.B., Lesyk, J.J. & **Gordin, R.D.** (2005). Media messaging: Getting your voice heard. Association for the Advancement of Applied Sport Psychology Proceedings, 113.

Gordin, R. D. & Balague, G. (2006). Ethical aspects in applied sport psychology. In D. Hackfort, J. Duda & R. Lidor (Eds). Handbook of research in applied sport and exercise psychology: International perspectives.(pp.419-430). Morgantown, WV: Fitness Information Technology, Inc.

Gordin, R. D. & Reardon, J.P. (2005). Psyched to throw far. In R. A. Vernacchia & T. Statler (Eds.).The psychology of high- performance track and field.(pp.125-133).Palo Alto, CA: Track and Field News.

Gordin, R.D. (2004). [Review of the book Motor learning and performance: A problem-based learning approach]. Doody's Review Service (on-line). Available: <http://www.doody.com>. (Accessed [July 21, 2004]).

Albaugh, G., Cook, D. & **Gordin, R.D.** (2003) Invited symposium: Consulting in the golf culture. Association for the Advancement of Applied Sport Psychology Proceedings, 13-14.

Gordin, R.D. (2003). Ethical issues in team sports. In Ronnie Lidor & Keith Henschen (Eds.) Psychology of team sports (pp. 57-68).Morgantown, WV:Fitness Information Technology, Inc.

Statler, T., Henschen, K.P., Balague, G., & **Gordin, R.D.** (2001). Learning from our failures: Discussions of the mistakes made in applied sport psychology consulting. Association for the Advancement of Applied Sport Psychology Proceedings, 102.

Gordin, R.D., Balague, G., & Henschen, K.P. (2001). The delivery of sport psychology services to USA track and field: A case of ongoing consultation for a national governing body. In A. Papaioannou, M.Goudas & Y. Theodorakis (Eds.), Proceedings of the 10th International Congress of Sport Psychology (pp.314). Greece:ISSP.

Portenga, S., Schoen, C., Statler, T., **Gordin, R.D.**, & Gardner, F. (2000). Creating a model for sport psychology graduate training: A forum for developmental issues, Association for the Advancement of Applied Sport Psychology Proceedings, 99.

White, T.L, Peterson, K., **Gordin, R.D.**, Ogilvie, B.C., & Jones, G. (1999). The connection between assessment, diagnosis, and intervention in sport psychology consultation. Association for the Advancement of Applied Sport Psychology Abstracts, 98.

Conroy, D.E., Poczwardowski, A. Henschen, K.P. & **Gordin, R. D.** (1999). Understanding emotional responses to failure.Association for the Advancement of Applied Sport Psychology Conference Abstracts, 9.

Gordin, R.D. (1998). Composure:Arousal and anxiety dynamics. In M.A. Thompson, R.A. Vernacchia & W.E. Moore. (Eds.). Case studies in applied sport psychology (pp. 37-62). Dubuque,IA: Kendall/Hunt Publishing Company.

Balague, G., Vernacchia, R., **Gordin, R.D.** , & Reardon, J. (1998). Critical points in the path of an elite athlete: Psychological stress and adaptation. (Supplement). Journal of Applied Sport Psychology, 10, S 170.

Poczwardowski, A., Sherman,C., Henschen, K.P., **Gordin, R.D.**, Ravizza, K., & Shelley, G. (1998). Making sport psychology consulting effective: Demonstrations from applied sport psychology classes. (Supplement). Journal of Applied Sport Psychology, 10, S 169.

Foster, S., **Gordin, R. D.** & Straub, W. (1998). Approaches to helping athletes create future performances. (Supplement). Journal of Applied Sport Psychology, 10, S 65.

Thompson, M., Vernacchia, R., Yambor, J., & **Gordin, R. D.** (1997). Recognizing and coping with the stresses of sport psychology consulting. (Supplement). Journal of Applied Sport Psychology, 9, S 165.

Gordin, R. D. & Heil. J. (1997, Spring). How to manage stress and avoid burnout. American Fencing, 12-32.

Unestahl, L-E., **Gordin, R.D.**, Forsbrand, A., Squires, B., Blomqvist, J. (1996). Mental training for golf. Eden Hills, South Australia: Performance Potential.

Gordin, R. D. (1996). Hypnosis in sport and exercise psychology: The role in consultation. (Supplement). Journal of Applied Sport Psychology, 8, S 8.

Henschen, K.P. & **Gordin, R.D.** (1996). Self-regulation techniques contributing to success in sport. Proceedings of the 1996 International Pre-Olympic Scientific Congress (pp. 94). Dallas: Cooper Center for Aerobics Research.

McGuire, R., Vernacchia, R., Balague, G., **Gordin, R.D.**, Henschen, K. & Reardon, J. (1996). Finishing strong: Between the trials and the Olympic games. (Brochure). Indianapolis, IN. USA Track & Field.

Gordin, R. D. (1996). Pre-performance routines. USA Track & Field Level II Sport Psychology Curriculum, 71-73.

Gordin, R. D. & Heil, J. (1996, Winter). The cardinal skills of mental training. American Fencing, 10-11.

Prince, D. L. & **Gordin, R.D.** (1995). The effects of hospital-supervised exercise on the psychological status of cardiac patients. Proceedings of the Southwest District of the American Alliance for Health, Physical Education, Recreation and Dance (pp. 99-100) Hawaii: SWDAAPHERD.

Gordin, R. D. (1995). Models of applied sport psychology: The on-demand consultant (Supplement). Journal of Applied Sport Psychology, 7, S 27.

Gordin, R.D. (1995). Hypnosis in sport. In K.P. Henschen & W. Straub (Eds.). Sport psychology: An analysis of athlete behavior (3rd ed.). (pp. 193-201) Mouvement Publications.

Gordin, R.D. & Reardon, J. (1995). Achieving the zone: The study of flow in sport. In K.P. Henschen & W. Straub (Eds.). Sport psychology: An analysis of athlete behavior (3rd ed.) (pp. 223-230). Mouvement Publications.

Gordin, R.D. (1995). Concentration skills for race walkers. USA Track & Field Newsletter , 15(1), 19-20.

Gordin, R.D. (1994). Relaxation/activation for race walkers. USA Track & Field Newsletter, 14 (6), 9-11.

Gordin, R. D. (1994). The cardinal skills of mental training. USA Track & Field Newsletter, 14 (5), 7-8.

Appino, J. & **Gordin, R. D.** (1993). The effects of the self-control triad mental training program on golf putting consistency. In S. Serpa, J. Alves, V. Ferreira & A. Paula-Brito (Eds). Proceedings of the 8th World Congress in Sport Psychology (pp. 629-633). Lisbon: Portugal.

McLain, K.K., **Gordin, R.D.** & Nalder, L.J. (1993). The effect of cycling on total blood cholesterol levels. In J. Ballew (Ed.). Proceedings of the Northwest and Southwest Districts AAHPERD (pp. 388-394). Reno:University of Reno.

Vernacchia, R. & **Gordin, R. D.** (1992). Maximizing athletic performance and personal growth through applied sport psychology [Special issue]. Track & Field Quarterly, 92 (1).

Reardon, J. & **Gordin, R. D.** (1992). Psychological skill development leading to peak performance "flow state". Track & Field Quarterly, 92(1), 22-25.

Slagle, L. & **Gordin, R. D.** (1991). Effects of aerobic conditioning on short-term memory of ambulatory aged adults. International Journal of Sports Medicine, 12 , 340.

Slagle, L. & **Gordin, R.D.** (1991). Effects of aerobic exercise conditioning on short-term memory of ambulatory aged adults. (abstract). Encyclia, 67, 223.

Tucker, P. & **Gordin, R. D.** (1990). John, a sports fan/spectator: A case study. Utah Journal of Health, Physical Education and Dance, 22, 11-14.

Gordin, R. D. (1990). What to say two minutes before competition. USA Gymnastics, 19(2), 34-35.

Henschen, K. P. , Sands, W., **Gordin, R. D.** & Martinez, R. (1990). Psychological differences between women Olympic gymnasts and the remainder of the senior national team. Technique, 10(3), 4-5.

Gordin, R. D. & Henschen, K.P. (1989). Preparing the USA women's artistic gymnastics team for the 1988 Olympics: A multimodel approach. The Sport Psychologist, 3, 366-373.

Henschen, K. P. , **Gordin, R.D.**, Poole, C. & Howard, G. (1989). Psychological considerations after competition. In C. K. Giam, K. K. Chook & K. C. Teh (Eds.). Sport psychology and human performance: Proceedings of the 7th World Congress in sport psychology (pp.119). Singapore: Singapore Sports Council.

Unestahl, L.E., **Gordin, R.D.**, Orlick, T. Nideffer, R.M., Bond, J., & Henschen, K. (1989). Mental skills for sport and life. In C.K. Giam, K.K. Chook & K.C. Teh (eds.). Sport psychology and human performance: Proceedings of the 7th World Congress in sport psychology. (pp.166). Singapore: Singapore Sports Council.

Murphy, S., Nideffer, R., Henschen, K. & **Gordin, R.D.** (1989). The delivery of sport psychology service programs in the US Olympic movement: Training and competition issues. In C.K.Giam, K.K. Chook & K.C. Teh (Eds.). Sport psychology and human performance: Proceedings of the 7th World Congress in Sport Psychology (pp. 66). Singapore:Singapore Sports Council.

Gordin, R. D. (1989). How to control the announcer in your head. USA Gymnastics, 18 (2), 15.

Gordin, R.D. & Jones, V. (1989). A study of the relationship of competitive trait anxiety as a function of sex-role orientation in college female athletes. Proceedings of the SWDAAPERD Meetings, February, Salt Lake City, UT.

Gordin, R.D., Sands, W., & Henschen, K.P. (1988). Junior elite female gymnasts' perceptions of ideal vs. actual coaching behavior. Technique, 8 (3), 36-38.

Henschen, K.P., Sands, W., & **Gordin, R.D.** (1988). A little respect: What our elite athletes want in a coach. USA Gymnastics, 17(4), 42.

Henschen, K.P., Sands, W., & **Gordin, R.D.** (1988). Getting ready for '88. New Horizons of Human Movement: Proceedings of the Seoul Olympic Scientific Congress, 3, 168-169.

Gordin, R.D., Albert, N., McShane, D., & Dobson, W. (1988). The emotional effects of injury on female collegiate athletes. New Horizons of Human Movement: Proceedings of the Seoul Olympic Scientific Congress, 2, 396-397.

Gordin, R.D., Unestahl, L.E. Henschen, K.P. & Sands, W. (1987). Long-term, intermediate and immediate systematic mental preparation for gymnasts. In J Salmela, B. Petiot & T.B. Hoshizaki (Eds.). Psychological Nurturing and Guidance of Gymnastic Talent. (pp. 37-46). Montreal: Sport Psyche Editions.

Gordin, R. D. (1987). A systematic stress management program for the business setting. Visions in Leisure and Business, 5 (4), 22-28.

Gordin, R. D. (1987). Stress management in the parks and recreation setting. The Journal of Recreation and Leisure, 6, (1), 37-42.

Poole, C. Henschen K.P., Shultz, B.B. **Gordin, R.D.** & Hill, J. (1986). Psychological profiles of elite collegiate female athletes according to performance level. In L.E. Unestahl (Ed.). Contemporary Sport Psychology (pp. 65-72). Orebro: Veje Publishing Co.

Gordin, R.D. (1986). Stress management: A family program. (Report No. SP 026.852). Atlanta:AAHPERD (Eric Document Reproduction Service No. Ed. 263 106).

Gordin, R. D. (1986). Stress management in the recreation setting: A guide to program implementation. Leisure Insights, (Winter, 1986), 12-13.

Krenz, E., **Gordin, R.D.** & Edwards, S. (1986). Effects of hypnosis on state anxiety and stress in male and female intercollegiate athletes. In L. Vander Velden & J.H. Humphrey (Eds.). Psychology and sociology of sport: Current selected research 1. (pp. 47-56). New York: AMS Press, Inc.

Gordin, R.D. (1986). Mind trainer: A systematic program for achievement in business or recreation. In G. Willden & H. Gray (Eds.) Proceedings of the 7th Intermountain Leisure Symposium. (pp. 32-34). Ogden:Weber State College.

Gordin, R. D. (1985). Clinical hypnosis: A possible adjunct to therapeutic recreation. The Journal of Recreation and Leisure, 5 (1), 45-47.

Gordin, R.D. (1985). Clinical hypnosis: A possible adjunct to therapeutic recreation. In C. W. Kelsey & H. Gray (Eds.). Proceedings of the Intermountain Symposium in Recreation and Leisure (pp. 10-12). Logan: USU Printing Services.

Edwards, S.W., **Gordin, R.D.** & Henschen, K.P. (1985). Androgeny and the balance beam . Journal of Sport Psychology, 7 (2), 105.

Gordin, R. D. (1985). Stress management: A family plan. Perspectives on Family Recreation and Leisure: A National Symposium, American Alliance of leisure and Recreation: Atlanta, GA, 83-88.

Krenz, E.W., **Gordin, R.** & Edwards, S.W. (1985). Effects of hypnosis on state anxiety and stress in male and female intercollegiate athletes. In D. Waxman, P.C. Misra, M.Gibson., & M.A. Basker (Eds.). Modern trends in hypnosis, (pp. 359-364). New York: Plenum Press.

Edwards, S.W., **Gordin, R.D.** & Henschen, K.P. (1984). Sex-role orientations of NCAA championship gymnasts. Perceptual and Motor Skills, 58, 625-626.

Henschen, K.P. , Edwards, S.W. Ravizza, K. & **Gordin, R.D.** (1984). Discriminate function analysis of psychological profiles comparing male and female NCAA championship gymnasts. Technique, 4(1), 17-19.

Henschen, K.P. & **Gordin, R.D.** (1983) Psychological profiling is a necessity. In L.E. Unestahl (Ed). The mental aspects of gymnastics. (pp.41-46). Orebro: Veje Publishing Inc.

Krenz, E.W., **Gordin, R.D.** & Edwards, S.W. (1982). Effects of hypnosis on state anxiety and stress in male and female intercollegiate athletes. The International Journal of Clinical and Experimental Hypnosis, 30 (2), 201.

Gordin, R.D. (1982). Improved punting performance following use of hypnosis: A case study. Utah Journal of Health, Physical Education and Dance, 14, 16-17.

Gordin, R.D. (1981). Effects of hypnosis, relaxation training, or music on state anxiety and stress in female athletes. (Doctoral dissertation, University of Utah, 1981) Dissertation Abstracts International, 42 (2), 598A, (University Microfilms No. 81116784).

Gordin, R. D. & Stutman, R. (1981). Effects of imagery rehearsal and video taped modeling on performance, anxiety, and self-confidence of competitive golfers. Unpublished manuscript.

Gordin, R.D. (1983). Effect of visuo-motor behavior rehearsal on selected physiological variables. Unpublished manuscript

PROFESSIONAL PRESENTATIONS AND PAPERS

Aoyagi, M., Cohen, A., Gervais, M., Borlabi, W., Pensgaard, A M., & **Gordin, R.** (2021, October). The more I learn the less I know: Experienced practitioners discuss their journeys toward wisdom. Panel discussion at the 36th Annual Conference of the Association for Applied Sport Psychology. (Online).

Gordin, R.D. (2021, May). Applied sport psychology in the US over the years. Plenary Lecture at the VI Ogolnopolska Konferencja Naukowa: Praktyczna Psychologia Sportu, Gdansk, Poland. (Online)

Gordin, R.D. (2019, October). Enjoying the ride: From Jekyll Island to Portland and beyond. Coleman Griffith Lecture presented at the 34th Annual Conference of the Association for Applied Sport Psychology, Portland, OR.

Yukelson, D., McGuire, R., **Gordin, R.**, Vernacchia, R., Selking, A., & Fink, C. (2019, October). Peer mentoring among mental performance consultants in AASP: A tribute in memory of Ken Ravizza. Symposium presented at the 34th Annual Conference of the Association for Applied Sport Psychology, Portland, OR.

Gordin, R.D. (2019, June). A 40-year journey in applied sport psychology: What has worked in developing excellence. Keynote address presented at the 8th World Congress on Mind Training for Excellence in Sport & Life. Gavle, Sweden.

Siekanska, M., Poczwardowski, A., **Gordin, R.**, Blecharz, J., & Kack, L. (2018, October). Metacognition as an internal mechanism of athletes' growth following adversities: Four case studies. Symposium presented at the 33rd Annual Conference of the Association for Applied Sport Psychology, Toronto, Ontario, Canada.

C. Olsen, B., Studenka, T., Dorsch, R. Budziszewski., M. Vierimaa., & **R. Gordin** (2018, June). Performance and learning of a visual-motor tracking task as a function of motivational orientation and motivational climate. Poster presentation at the 2018 Meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

Balague, G., Fink, C., Vernacchia, R., **Gordin, R.**, & Ravizza, K. (2016, September). Understanding the world of sport: The key ingredient in the practice of applied sport psychology. Symposium presented at the 31st Annual Conference of the Association for Applied Sport Psychology, Phoenix, AZ.

Chroni, S., Didymus, F., Abrahamsen, F., Bentzen, M., Kentta, G., Lemeyre, N., & **Gordin, R.** (2016, September). Stress in high-performance coaches: Situations may be similar, but the experience can be different. Symposium presented at the 31st Annual Conference of the Association for Applied Sport Psychology, Phoenix, AZ.

Gordin, R.D. (2015, April). Specyfika pracy psychologa na Igrzyskach Olimpijskich-wideokonferencja. Video conference presentation to conference Homo Sporticus-sport jako idealne polaczenie umyslu i ciala. Gdansk, Poland.

C.S. Olsen, N.L. Ferguson, B.E. Studenka, T.E. Dorsch & **R.D. Gordin** (2015, June). Gender differences in competition: A non-linear examination of performance and learning. Poster presentation at the 2015 Meeting of the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.

N.L. Ferguson, C.S. Olsen, B.E. Studenka, T.E. Dorsch & **R.D. Gordin**. (2015, June). Effects of motivation orientation on non-linear aspects of motor performance and retention. Poster presentation at the 2015 Meeting of the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.

Gordin, R.D. (2015, October). Living in the 21st century in an optimal state. Invited Keynote Address, 3rd World Congress on Excellence, Chandigarh, India.

Gordin, R.D. (2014, June). Sochi 2014. Paper presented to the Polish Olympic Committee, Warsaw, Poland.

Skinner, B. & **Gordin, R.D.** (2013, October). The relationship between confidence and performance throughout a competitive season. Poster presentation at the 28th Annual Meeting of the Association for Applied Sport Psychology, New Orleans, LA.

Yukelson, D., Balague, G., McGuire, R., **Gordin, R.** & Ravizza, K. (2013, October). Expert approaches to sport psychology I: Critical experiences influencing applied theories. Paper presented at the 28th Annual Meeting of the Association for Applied Sport Psychology, New Orleans, LA.

Gordin, R.D. (2013, July). The development of mental training and excellence. Paper presented at the 13th World Congress of Sport Psychology, Beijing, China.

Gordin, R.D. (2013, July). The perilous but exciting road to consulting. Paper presented at the 13th World Congress of Sport Psychology, Beijing, China.

Detling Miller, N., **Gordin, R.D.** & Henschen, K.P. (2012, October). From failure to success. Paper presented at the 27th Annual Meeting of the Association for Applied Sport Psychology, Atlanta, GA.

Gordin, R.D. (2012, May). The pursuit of excellence in sport and life. Paper presented to the 16th Annual Coaches Clinic of Intermountain Logan Regional Sports Medicine, Logan, UT.

Gordin, R.D. (2011, September). After the Vancouver Olympic games: A year of transition. Paper presented at the 26th Annual Meeting of the Association for Applied Sport Psychology, Honolulu, HI.

Gordin, R.D. (2011, August). Sport psychology: From theory to practice. Workshop presented at the 2nd World Congress on Excellence in Sport and Life, Pristina, Kosovo.

Gordin, R.D. (2011, August). Excellence, mental training and Olympic athletes. Keynote address presented at the 2nd World Congress on Excellence in Sport and Life, Pristina, Kosovo.

Gordin, R.D. (2011, May). The issue behind the issue: An applied approach. Paper presented to the Polish Olympic Committee, Warsaw, Poland.

Gordin, R.D. (2011, April). My story: 35 years in applied sport psychology. Keynote address at the 15th Annual Northwest Student Sport and Exercise Psychology Symposium, Bellingham, WA.

Gordin, R.D. (2011, April). Applied sport psychology in various sports: All the same but some differences. Paper presented at the 15th Annual Northwest Student Sport and Exercise Psychology Symposium, Bellingham, WA.

Detling Miller, N., **Gordin, R. D.**, & Henschen, K. (2010, October). Three approaches to consulting: Vancouver 2010. Paper presented at the 25th Meeting of the Association for Applied Sport Psychology, Providence, R.I.

Gordin, R.D. (2010, April). Vancouver 2010. Paper presented to the Polish Olympic Committee, Warsaw, Poland.

Gordin, R.D. (2010, June). How to work with athletes who lose motivation and prevent burnout. Paper presented at the First Conference on Motivation, Self-regulation and Gender, Gdansk, Poland.

Gordin, R.D. (2010, May). A balanced way to approach sport and life. Keynote address at the 2nd Konferencja Naukowa Praktyczna Psychologia Sportu, Krakow, Poland.

Gordin, R.D. (2009, December). Raising expectations: What it will take to medal and how to change the thought process to get there. Paper presented to the National Podium Education Project, Orlando, FL.

Gordin, R.D. (2009, December). Making mental preparation a part of long-range planning. Paper presented to the National Podium Education Project, Orlando, FL.

Gordin, R.D. (2009, November). Examples and experiences working as a sports psychologist with US track & field. Keynote address presented at the Norwegian Congress of Sports Medicine, Trondheim, Norway.

Manning, C.T. & **Gordin, R.D.** (2009, June). Relationship among team efficacy, cohesion, and coaching competency in sports. Paper presented at the 12th World Congress of Sport Psychology, Marrakesh, Morocco.

Gordin, R. D. & Budnik, D. (2009, June). Psychometric testing and service delivery in sport psychology: A review of a Polish-American collaboration. Workshop presented at the 12th World Congress of Sport Psychology, Marrakesh, Morocco.

Gordin, R.D. (2009, May). How to mentally prepare to throw far. Paper presented to Tucson Elite Throwers. Tucson , AZ.

Gordin, R.D. (2008, December). System przygotowania mentalnego sportowcow USA w ostatnim 30-leciu. Keynote address at the Akademia Wychowania Fizycznego i Sportu, Gdansk, Poland.

Gordin, R.D. (2008, December). Preparation of Olympic athletes. Keynote address at the Polish Olympic Committee, Warsaw, Poland.

Gordin, R.D. (2008, December). How to prepare Olympic athletes. Presentation to Institute of Psychology, University of Gdansk, Gdansk, Poland.

Balague, G., Butcher-Poffley, L., Holt, J., Vernacchia, R., McGuire, R., **Gordin, R D.**, Lewis, L., & Ottley, M. (2008, September). Workshop by the Ad hoc committee on services for for coaches. Workshop presented at the 23rd Meeting of the Association of Applied Sport Psychology, St. Louis, MO.

Gordin, R.D. (2008, August). Mental preparation of USA Olympic teams and professional athletes: A 30-year perspective. Keynote address at the First World Congress on Excellence in Sport and Life, Beijing, China.

Gordin, R. D. & Henschen, K.P. (2008, August). Mental training in high performance areas. Workshop presented at the First World Congress on Excellence in Sport and Life, Beijing, China.

Gordin, R.D. (2008, July). Psychology of the throws. Paper presented at the Iron Wood Throws Camp, Spokane, WA.

Gordin, R.D. (2008, June). How to succeed in business. Paper presented to Bank of America, Newark, NJ.

Gordin, R.D. (2007, December). Psychological preparation to compete in big meets. Paper presented to the National Podium Education Project, Las Vegas, NV.

Gordin, R.D. (2007, October). Assessment in physical education. Paper presented to Cache County School District, Logan, UT.

Gordin, R.D. (2007, October). The art of successful coaching. Paper presented to Bank of America, Boston, MA.

Gordin, R. D. (2007, October). How to succeed in business like a champion. Paper presented to Wachovia Financial Advisor Group, Philadelphia, PA.

Gordin, R.D. (2007, April). The mental side of throwing. Paper presented to the National Throws Summit, US Olympic Training Center, Chula Vista, CA.

Henschen, K.P., Ravizza, K. & **Gordin, R.D.** (2007, February). Gaining entry into the field of sport psychology. Paper presented at the North and Southwest Sport and Exercise Psychology Symposium, Salt Lake City, UT.

Gordin, R.D. (2007, February). Mastering professional and personal balance: The gold and green zones. Paper presented to the Advance Group at Utah State University, Logan, UT.

Henschen, K.P., Vernacchia, R., Balague, G, Shaw, T & **Gordin, R.D.** (2007, February). The Olympic experience in track and field. Paper presented at the 2nd Redondo Beach Applied Sport Psychology Think Tank, Redondo Beach, CA.

Gordin, R.D. & Henschen, K.P. (2006, October) Sports parenting. Paper presented to the Rowmark Ski Academy, Salt Lake City, UT.

Gordin, R.D. (2006, October). Motivating patients for cardiac rehabilitation. Paper presented to the Intermountain Healthcare Annual Cardiac Rehabilitation Seminar, Ogden, UT.

Gordin, R.D. (2006, May). Motivation of athletes. Paper presented at the 2006 Intermountain Health Center Sports Medicine Clinic, Logan, UT.

Muczko, J. P., Henschen, K.P. & **Gordin, R.D.** (2006, April). Winning confidence. Paper presented at the 2006 AAHPERD National Convention, Salt Lake City, UT.

Gordin, R.D. (2006, January). The psychology of high-performance golf. Paper presented at the Bellingham Golf and Country Club, Center for Performance Excellence, Western Washington University Bellingham, WA.

Gordin, R.D. (2006, January). Principles of personal excellence. The 2006 Distinguished Lecturer in Sport Psychology, Western Washington University, Center for Performance Excellence, Bellingham, WA.

Gordin, R.D. & Shaw, T.D. (2005, October). A four-year plan of consultation: Working with USA track and field in preparation for the Olympic games. Paper presented at the 20th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Vancouver, B C. Canada.

Hays, K. F., Berger, B.G., Lesyk, J.J. & **Gordin, R. D.** (2005, October). Media messaging: Getting your voice heard. Paper presented at the 20th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Vancouver, B. C., Canada.

Gordin, R.D. (2005, May). Embracing change in physical education. Paper presented to the Health and Physical Education Professional Development Conference, St. George, UT.

Gordin, R. D. (2005, March). Motivation in business. Paper presented to the Utah State University Interior Design Department, Logan, UT.

Gordin, R.D. (2005, February). Characteristics of champions. Paper presented to the 16th Annual Wisconsin Track Coaches Association, Milwaukee, WI.

Gordin, R. D. (2005, February). Coaching mental toughness. Paper presented to the 16th Annual Wisconsin Track Coaches Association, Milwaukee, WI.

Gordin, R. D. (2005, February). Peaking for competition. Paper presented to the 16th Annual Wisconsin Track Coaches Association, Milwaukee, WI.

Gordin, R.D. (2005, January). Staying mentally fresh through the season. Paper presented to the USATF National Pole Vault Summit, Reno, NV.

Gordin, R.D. (2005, January). Fundamentals of golf psychology. Paper presented to the Utah Section of the PGA of America, Mesquite, NV.

Gordin, R.D. (2004, December). The road to Athens. Paper presented to the 26th Annual Meeting of USA Track and Field, Portland, OR.

Gordin, R.D. (2004, October). Confidence building in the public schools. Paper presented to the Uintah Basin Physical Education and Recreation Clinic, Roosevelt, UT

Gordin, R.D. (2004, August). Motivation. Paper presented at the XVI International Track and Field Coaches Association Congress, Athens, Greece.

Gordin, R.D. (2004, July). Developing a year-long mental plan. Paper presented at the 3rd Annual Trials Superclinic, USA Track and Field Olympic Trials, Sacramento, CA.

Gordin, R.D. (2004, April). Cardinal skills of mental training. Paper presented at the Physical Education and Recreation Seminar, Ute Educational Seminar, Roosevelt, UT.

Gordin, R.D. & Shaw, T. (2003, December). Between the trails and the games. Paper presented at the 25th Annual Meeting of the USA Track and Field Association, Greensboro, NC.

Albaugh, G., Cook, D. & **Gordin, R.D.** (2003, October). Invited symposium. Consulting in the golf culture. Paper presented at the 18th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA.

Gordin, R.D. (2003, October). The psychology of flow. Paper presented to the USATF Throws Summit, United States Olympic Training Center, Chula Vista, CA.

Gordin, R.D. (2003, October). How to motivate and deliver a powerful message. Keynote address presented at the Worksite Health Promotion Conference, Salt Lake City, UT.

Gordin, R.D. (2003, July). Mental training for the hurdles. Paper presented to the 2003 Jr. Elite Development Camp, United States Olympic Training Center, Chula Vista, CA.

Gordin, R.D. (2003, June). The use of hypnosis in the unconscious mind of an athlete. Paper presented to the Olympic Oval Program, Salt Lake City, UT.

Gordin, R.D. (2003, March). The psychology of success in the women's throws. Paper presented at the Elite Discus Summit, USOC Training Center, Chula Vista, CA.

Gordin, R.D.,Henschen, K.P. & Ravizza, K. (2003, February). Experiences in sport psychology consulting. Panel discussion at the Sport Psychology Student Conference SWD/NWD AAHPERD Convention, Reno, NV.

Gordin, R.D. (2003, February). The journey. Keynote address presented at the Sport Psychology Student Conference SWD/NWD AAHPERD Convention, Reno, NV.

Gordin, R.D. (2003, January). How to plan a successful year in the hammer throw. Paper presented at the Elite Hammer Summit. Eugene, OR.

Gordin, R. D. & Shaw T. (2002, December). Developing individual zones of optimal psychological functioning. Paper presented at the 24th Annual Convention of USA Track and Field, Kansas City, KS.

Gordin, R.D. (2002,November). The impact of physical activity on academic performance. Paper presented to COPE Grant Workshop , Granite School District, Salt Lake City, UT.

Gordin, R.D. (2002, October). Applied sport psychology: The final domain of performance enhancement. Paper presented at the 4th Annual Psychology Department Colloquium, The University of the Ozarks, Clarksville, AR.

Gordin, R.D. (2002, July). The psychology of jumps and throws. Paper presented at the 2002 Junior Elite Development Camp, United States Olympic Training Center, Chula Vista, CA.

Gordin, R.D. (2002, January). Teambuilding within the medical community. Paper presented to the Alpine Orthopaedic Group, San Diego, CA.

Shaw, T. & **Gordin, R.D.** (2001, November). Building self-confidence in your athletes. Paper presented at the 23rd Annual Convention of USA Track and Field, Mobile, AL.

Gordin, R.D. (2001, November). The psychology of excellence for the throws. Paper presented at the High Performance Summit, United States Olympic Training Center, Chula Vista, CA.

Statler, T., Henschen, K.P., Balague, G., & **Gordin, R.D.** (2001, October). Learning from our failures: Discussions of the mistakes made in applied sport psychology consulting. Paper presented at the 16th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.

Gordin, R.D. (2001, July). Positive motivation for youth. Paper presented at the Cache Valley Sports Education Seminar, Logan, UT.

Gordin, R.D.(2001, July). The psychology of sprinting. Paper presented at the USATF 2001 Junior Elite Development Camp, United States Olympic Training Center, Chula Vista, CA.

Gordin, R.D. & Balague G. (2001, July). The coach:Someone special. Paper presented at the USATF Level II Coaching Education Conference, Minneapolis, MN.

Balague, G. & **Gordin, R.D.** (2001, July). Self-confidence in track and field. Paper presented at the USATF Level II Coaching Education Conference, Minneapolis, MN.

Gordin, R.D. & Balague, G. (2001, July). Effective motivation and composure. Paper presented at the USATF Level II Coaching Education Conference, Minneapolis, MN.

Henschen, K.P. & **Gordin, R.D.** (2001, May). The application of applied sport psychology skills to athletes. Paper presented to the 2nd Denis Glencross ISSP Pre-Congress Workshop, Skiathos Island, Greece.

Gordin, R.D., Balague, G., & Henschen, K.P. (2001, May). The delivery of sport psychology services to USA track and field:A case of ongoing consultation for a national governing body. Paper presented at the 10th International Congress of Sport Psychology, Skiathos , Hellas, Greece.

Gordin, R.D. (2001,May). Motivating athletes to perform in pressure situations. Paper presented at the Coaches Clinic sponsored by Logan Regional Hospital, Logan, UT.

Gordin, R.D. (2001, April). The 15th club:PGA pro's add this club to their bag! Paper presented at the Golf: The Mind Game Clinic, Salt Lake City, UT.

Gordin, R.D. (2001, March). Effective coaching for youth sports. Paper presented at the Cache Valley Sports Education Seminar. Logan, UT.

Balague, G.,& **Gordin, R.D.** (2000,December). Working with elite junior athletes. Paper presented at the 22nd Annual Convention of USA Track & Field, Albuquerque, NM.

Portenga, S., Schoen, C., Statler, T., **Gordin, R.D.** & Gardner, F. (2000, October). Creating a model for sport psychology graduate student training:A forum for developmental issues.Paper presented at the 15th Annual Meeting of the Association for Advancement of Applied Sport Psychology, Nashville, TN.

Gordin, R.D. (2000,August). Mental training in youth sports. Paper presented at the Cache Valley Sports Education Seminar, Logan, UT

Gordin, R.D. (2000, April). Mental training in youth sports. Paper presented at the Cache Valley Sports Education Seminar, Logan, UT.

Gordin, R. D. (2000, January). Sport psychology for the PGA club professional. Paper presented at the PGA Utah Section Education Seminar, Salt Lake City, UT.

Gordin, R.D. & Reardon, J.P. (1999, December). Pre-performance routines: The key to developing the flow state. Paper presented at the 21st Annual National Convention of USA Track and Field, Los Angeles, CA.

Conroy, D., Poczwardowski, A., Henschen, K.P., & **Gordin, R.D.** (1999, September). Understanding emotional responses to failure. Paper presented at the 14th Annual Conference of the Association for the Advancement of Applied Sport Psychology, Banff, Alberta, Canada.

White, T.L., Peterson, K., **Gordin, R.D.**, Ogilvie, B.C., & Jones, G. (1999, September). The connection between assessment, diagnosis, and intervention in sport psychology consultation. Paper presented at the 14th Annual Conference of the Association for the Advancement of Applied Sport Psychology, Banff, Alberta, Canada.

Gordin, R.D. (1999, August). Sport psychology and the throws. Paper presented at the USATF 1999 Junior Elite Development Camp, Chula Vista, CA.

Gordin, R.D. (1998, December). Embracing life's challenges: A look at what it takes. Paper presented at the 39th Annual Meeting and Convention of the United States Combined Training Association, Salt Lake City, UT.

Reardon, J. P. & **Gordin, R.D.** (1998, December). Psychology of coaching the developmental athlete. Paper presented at the 20th Annual National Convention of USA Track and Field, Orlando, FL.

Gordin, R.D. (1998, November). Sport psychology for the new century. Paper presented at the USATF Peak Grant Throws/Heptathlon Seminar, San Diego, CA.

Gordin, R.D. (1998, November). Sport psychology in the hammer throw. Paper presented at the USATF Peak Grant Throws/Heptathlon Seminar, San Diego, CA.

Foster, S., **Gordin, R.D.**, & Straub, W. (1998, September). Approaches to helping athletes create future performances. Paper presented at the 13th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA.

Poczwardowski, A., Sherman, C., Henschen, K.P. **Gordin, R.D.**, Ravizza, K., & Shelley, G. (1998, September). Making sport psychology consulting effective: Demonstrations from applied sport psychology classes. Paper presented at the 13th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA.

Balague, G., Vernacchia, R., **Gordin, R.D.** & Reardon, J. (1998, September). Critical points in the path of an elite athlete: Psychological stress and adaptation. Paper presented at the 13th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA.

Henschen, K.P. & **Gordin, R.D.** (1998, August). Developing team performance. Paper presented at the Mental Training and Excellence Summit, Victoria, British Columbia, Canada.

Gordin, R.D. (1998, July). Sport psychology for elite high jumpers. Paper presented at the 1998 Jr. Elite Development Camp, Olympic Training Center, San Diego, CA.

Gordin, R.D. (1998, July). Sport psychology for elite developing throwers. Paper presented at the 1998 Jr. Elite Development Camp, Olympic Training Center, San Diego, CA.

Gordin, R.D. (1998, July). Composure and confidence in sport. Paper presented at the USATF Coaching Education Level II School, Baton Rouge, LA.

Gordin, R.D. (1998, July). The coach: Someone special. Paper presented at the USATF Level II Coaching Education School, Baton Rouge, LA.

Gordin, R.D. (1998, June). The psychology of Olympism. Paper presented at the Conference and Institute Course The Spirit of Olympism: Planning Curriculum for 2002, Utah State University, Logan, UT.

Gordin, R.D. (1998, April). A smorgasbord of ideas on the state of sport psychology. Paper presented at the 1998 Southwest Student Sport and Exercise Psychology Conference, Salt Lake City, UT.

Gordin, R.D. & Tuffey S. (1998, April). The psychology of successful coaching. Paper presented at the 113th Meeting of the American Alliance for Health, Physical Education, Recreation and Dance, Reno, NV.

Muczko, J.P., **Gordin, R.D.**, Finch. L., Vernacchia, R., Thompson, M., & Ravizza, K. (1998, April). Mental skills training: Profiling success. Paper presented at the Southwest District Meeting of the American Alliance for Health, Physical Education, Recreation and Dance, Reno, NV.

Gordin, R.D. (1998, April). The psychology of youth coaching. Paper presented at the 17th Annual Training Seminar for the California Police Activities League, Palm Springs, CA.

Gordin, R. D. & Petitpas, A. (1997, December). Developing the right stuff. Paper presented at the National Convention of the American Volleyball Coaches Association, Spokane, WA.

Gordin, R. D. (1997, December). How to minimize the I in team. Paper presented to the National Convention of the American Volleyball Coaches Association, Spokane, WA.

Gordin, R. D. & Reardon, J. (1997, December). The essentials of mental training: How and when to use them. Paper presented at the 19th Annual National Convention of USA Track & Field, Dallas, TX.

Gordin, R.D. (1997, September). Recognizing and coping with the stresses of sport psychology consulting. Paper presented to the 12th Annual Conference of the Association for the Advancement of Applied Sport Psychology, San Diego, CA.

Gordin, R.D. (1997, August). Sport psychology for the elite athlete. Paper presented to the 1997 Jr. Elite Track and Field Camp, San Diego, CA.

Gordin, R.D. (1997, July). Composure in track and field. Paper presented to the USATF Coaching Certification Level II Program, Baton Rouge, LA.

Gordin, R. D. (1997, July). The coach-someone special. Paper presented to the USATF Coaching Certification Level II Program, Baton Rouge, LA.

Gordin, R. D. & Henschen, K. P. (1997, July). Applied mental skills. Paper presented to the Denis Glencross International Course in Sport Psychology, The Wingate Institute, Israel.

Gordin, R. D. & Ravizza, K. (1997, May). Issues related to sport psychology: An open discussion. Paper presented at the 7th Annual Sport Psychology Symposium, The University of Utah, Salt Lake City, UT.

Gordin, R.D. (1997, May). Faith, hope and confidence. Paper presented at the 7th Annual Sport Psychology Symposium, The University of Utah, Salt Lake City, UT.

Gordin, R. D. (1997, May). The mental side of golf. Paper presented to the Ohio High School Golf Coaches Association, Fawcett Center for Tomorrow, Columbus, OH

Gordin, R. D. (1997, March). Making stress your friend in the 90's. Paper presented at the 14th Annual Youth City Council Conference, Utah State University, Logan, Utah.

Gordin, R.D. , McGuire, R., Vernacchia, R., Muczko, J., Finch, L., Gerdes, D. & Thompson, M. (1997, March). I've got a kid who...: Finding answers to performance issues through real-life case studies. Paper presented at the 112th Annual Convention of the American Alliance for Health, Physical Education, Recreation and Dance, St. Louis, Missouri.

Gordin, R. D. , Coker, C., Griffin, J., & Hall, E. (1997, February). Peak performance and sport psychology workshop. Paper presented at the 97th Meeting of the Southwest District of the American Alliance for Health, Physical Education, Recreation and Dance , Albuquerque, NM.

Gordin, R. D. (1996, November). Sport psychology and the elite athlete. Paper presented at the Southwest Chapter of the American College of Sports Medicine Meeting, Las Vegas, NV.

Gordin, R.D. (1996, October). Stress management and coaching. Paper presented at the Sport Psychology Seminar for Coaches, Williamsburg, VA.

Gordin, R.D. (1996, October). Hypnosis in sport and exercise psychology: The role in consultation. Paper presented at the 11th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Williamsburg, VA.

Gordin, R.D. (1996, August). How to manage time and stress rather than letting time and stress manage you. Paper presented at the 9th Annual IHC Rehabilitation Conference, Salt Lake City, UT.

Gordin, R.D. (1996, August). Stress management in the workplace. Paper presented to the Weber County School District, Ogden, UT.

Gordin, R. D. (1996, August). Making stress your friend in the 90's. Paper presented to the 13th Annual Youth City Council Conference, Utah State University, Logan, UT.

Gordin, R.D. (1996, July). Sport psychology for fencing. Paper presented at the Annual Coaching College for the United States Fencing Association, Olympic Training Center, Colorado Springs, CO.

Gordin, R. D. (1996, July). Mental training for developing track and field athletes. Paper presented at the Jr. Elite Development Camp, Olympic Training Center, San Diego, California.

Henschen, K.P., **Gordin, R.D.** & Tenenbaum, G. (1996, July). Self-regulation techniques contributing to success in sport. Paper presented at the 9th International Pre-Olympic Scientific Congress, Dallas, TX.

Gordin, R. D. (1996, June). Mental training in track and field. Paper presented at the Level III Track and Field School, Atlanta, GA.

Gordin, R. D. (1996, June). Pre-performance routines. Paper presented at the Level III Track and Field School, Atlanta, GA.

Gordin, R. D., Hall, E., & Henschen, K.P. (1996, May). Mental skills training workshop. Paper presented at the 6th Annual Sport and Exercise Psychology Symposium, The University of Utah, Salt Lake City, UT.

Poczwadowski, A., Henschen, K.P., Hall, E., **Gordin, R.D.** & Orlick, T. (1996, May). Relationship issues in sports. Paper presented at the 6th Annual Sport and Exercise Psychology Symposium, The University of Utah, Salt Lake City, UT.

Gordin, R.D. (1996, April). The use of sport psychology to enhance quality practice time. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance National Conference, Atlanta, GA.

Gordin, R. D. (1996, April). Mental skills training for coaches. Paper presented to the Marietta County School District, Atlanta, GA.

Gordin, R.D. (1995, September). Workshop on when mom and dad interfere with performance: Adolescent competitors. Paper presented at the 10th Annual Conference of the Association for the Advancement of Applied Sport Psychology, New Orleans, LA.

Gordin, R.D. (1995, September). Models of applied sport psychology: The on-demand consultant. Paper presented at the 10th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, New Orleans, LA.

Gordin, R.D. (1995, July). Ethics in sport. Paper presented at the USA Track & Field Level II Coaching Conference, West Chester, PA.

Gordin, R. D. (1995, July). Emotion management. Paper presented at the USA Track & Field Level II Coaching Conference, West Chester, PA.

Gordin, R.D. (1995, July). The coach is special. Paper presented at the USA Track & Field Level II Coaching Conference, West Chester, PA.

Prince, D. & **Gordin, R.** (1995, June). The effects of hospital-supervised exercise on the psychological status of cardiac patients. Paper presented at the 61st Annual Meeting of the Southwest District Convention of the American Alliance for Health, Physical Education, Recreation and Dance, Kahuku, HI.

Gordin, R. D. (1995, June). Sport psychology for the throws. Paper presented at the Ironwood Throwers Camp, Couer d'Alene, ID.

Botterill, C., **Gordin, R.D.**, Unestahl, L.E., Zaichkowsky, L. , Smith, M., dePrazer, V., Bull, S., & Susan, H. (1995,May). Mental training accreditation forum: Establishing national and international standards. Paper presented at the 2nd World Congress on Mental Training and Excellence, Ottawa, Ontario, Canada.

Unestahl, L.E. & **Gordin, R.D.** (1995, May). The role of altered states of consciousness in elite sport. Paper presented at the 2nd World Congress on Mental Training and Excellence, Ottawa, Ontario, Canada.

Gordin, R. D. & Henschen, K.P. (1995,May). Systematic mental training for coaches and athletes: The way to sport and performance excellence. Paper presented at the 2nd World Congress on Mental Training and Excellence, Ottawa, Ontario, Canada.

Gordin, R. D. (1995, March). Teaching mental excellence: It does matter whether you win or lose. Paper presented at the Utah Association of Health ,Physical Education , Recreation and Dance Annual Conference, Salt Lake City, UT

Gordin, R. D. (1995, January). The psychology of golf. Paper presented at the Golf Coaches Association of America Annual Convention, Orlando, FL.

Gordin, R.D. (1994, December). Mental preparation for the big meet. Paper presented at the USA Track & Field National Convention, St. Louis, MO.

Gordin, R.D. , Balague, G. , Sime, W., & Heil J. (1994, October). Defining sport psychology: Scope of expertise. Paper presented at the 9th Annual Meeting of the Association for Advancement of Applied Sport Psychology, Lake Tahoe, NV.

Gordin, R. D. (1994, October). How to cope with the stress of competition. Paper presented at the PGA of America Northern California Section Education Seminar, Lake Tahoe, NV.

Gordin, R.D. (1994, April). Unlocking your athlete's potential: Mental strategies for combating common psychological problems. Paper presented at the Annual Convention of the American Alliance for Health, Physical Education, Recreation and Dance, Denver, CO.

Gordin, R. D. (1994, March). Sport psychological aspects of wellness and human excellence. Paper presented as the Southwest District Scholar Lecture at the Annual Meeting of the California Association for Health, Physical Education, Recreation and Dance, San Diego, CA.

Gordin, R. D. (1994, February). Applied sport psychology for coaches. Paper presented to the Annual Conference of the Southwest District of the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT.

Gordin, R.D. & DeBloois, J. (1994, February). The effects of muscular strength training on functional fitness and physical self-efficacy in adults over 60. Paper presented at the Annual Conference of the Southwest District of the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT.

Gordin, R. D. (1994, February). The psychology of human performance and excellence. Paper presented as the Southwest District Scholar Presentation at the Annual Convention of the SWDAAHPERD in Salt Lake City, UT.

Gordin, R. D. (1994, January). One-minute interventions. Paper presented at the Annual Convention of the National Golf Coaches Association, Orlando, FL.

Gordin, R. D. (1993, October). The psychological aspects of wellness and human performance. Paper presented as the Southwest District Scholar Lecture at the Annual Convention of the Arizona Association for Health, Physical Education, Recreation and Dance, Phoenix, AZ.

Gordin, R.D. (1993, October). The psychological aspects of wellness and human performance. Paper presented as the Southwest District Scholar lecture at the Annual Conference of the New Mexico Association for Health, Physical Education, Recreation and Dance, Las Cruces, NM.

Gordin, R. D. (1993, October). The three c's of athletic performance: Composure, concentration and confidence. Paper presented at the New Mexico Coaching Clinic, Las Cruces, NM.

Unestahl, L. E., **Gordin, R.D.** & Heil, J. (1993, June). Mental training in theory and practice. Paper presented at the 8th World Congress in Sport Psychology, Lisbon, Portugal.

Appino, J. & **Gordin, R.D.** (1993, June). The effects of the self-control triad mental training program on golf putting consistency. Paper presented at the 8th World Congress in Sport Psychology, Lisbon, Portugal.

Gordin, R.D. (1993, March). The psychology of success: Sport specific mental training strategies. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation and Dance, Washington, D.C.

McLain, K.K. , **Gordin, R.D.** & Nalder, L.J. (1993, February). The effects of cycling on total blood cholesterol levels. Paper presented at the Southwest District Meetings of the American Alliance for Health, Physical Education, Recreation and Dance, Reno, NV.

Giges, B. , Ravizza, K. & **Gordin, R.** (1992, October). Examining the process of sport psychology consulting. Paper presented at the 7th Annual meeting of the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO.

Gordin, R.D. (1992, July). Drugs in sport. Paper presented at the USA Track & Field Level II Coaching Education School, Provo, UT.

Gordin, R.D. (1992, July). Emotion management. Paper presented at the USA Track & Field Coaching Education School Level II, Provo, UT.

Gordin, R.D. (1992, June). Mental training session for golfers. Paper presented at the 3rd Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R.D. (1992, June). Hypnosis in sport. Paper presented at the 3rd Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R. D. (1992, June). Developing concentration skills. Paper presented at the 3rd Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R. D. & Slagle, L. (1992, February). The effects of aerobic exercise conditioning on short-term memory of ambulatory aged adults. Paper presented at the 58th Annual Convention of the SWDAAHPERD, Phoenix, AZ.

Henschen, K.P. & **Gordin, R.D.** (1991, October). Applied sport psychology for coaches. Paper presented at the 44th Annual UAHPERD Convention, Salt Lake City, UT.

Gordin, R. D. (1991, June). Energizing session. Paper presented at the Second Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT

Gordin, R.D. (1991, June). Hypnosis in sport. Paper presented at the Second Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R.D. (1991, June). Concentration in sport. Paper presented at the Second Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R.D. (1991, August). History of hypnosis in sport. Paper presented as part of the Symposium on Hypnosis and Sport Psychology at the American Psychological Association Convention, San Francisco, CA.

Gordin, R.D. (1991, June). The shaping of the athlete: From selection to competition. Paper presented at the 1st World Congress on Mental Training, Orebro, Sweden.

Gordin, R.D. (1991, June). Mental training today: Reports from various countries. Paper presented at the 1st World Congress on Mental Training, Orebro, Sweden.

Gordin, R.D. (1991, June). Mental procedures in elite sports. Paper presented at the 1st World Congress on Mental Training, Orebro, Sweden.

Slagle, L., Stein, D., & **Gordin, R.D.** (1991, March). Effects of aerobic conditioning on short-term memory functioning of elderly adults. Paper presented at the 12th Annual Scientific Session of the Society of Behavioral Medicine, Washington, D.C.

Gordin, R.D. (1991, June). Effective components of mental training in sports. Keynote Address at the 1st World Congress on Mental Training, Orebro, Sweden.

Slagle, L. & **Gordin, R.D.** (1990, November). The effects of aerobic exercise conditioning on short-term memory of ambulatory, aged adults. Paper presented at the SWD American College of Sports Medicine Meetings San Diego, CA.

Gordin, R.D. (1990, June). Energizing session. Paper presented at the First Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R. D. (1990, June). Hypnosis in sport. Paper presented at the First Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Gordin, R.D. (1990, May). Concentration in sport. Paper presentation at the First Annual Sport Psychology Symposium, University of Utah, Salt Lake City, UT.

Slagle, L. & **Gordin, R.D.** (1990, May). Effects of aerobic exercise on short-term memory on ambulatory, aged adults. Paper presented at the Utah Academy of Science, Arts, and Letters, Provo, UT.

Murphy, S. , Nideffer, R., Henschen, K., & **Gordin, R.** (1989, August). The delivery of sport psychology service programs in the US Olympic movement: Training and competition issues. Paper presented at the 7th World Congress in Sport Psychology, Singapore.

Unestahl, L.E. , **Gordin, R.D.**, Orlick, T., Nideffer, R., & Henschen, K. (1989, August). Mental skills for sport and life. Paper presented at the 7th World Congress in Sport Psychology, Singapore.

Henschen, , K.P., **Gordin, R.D.**, Poole, C., & Howard, G. (1989, August). Psychological considerations after competition. Paper presented at the 7th World Congress in Sport Psychology, Singapore.

Jones, V. & **Gordin, R.D.** (1988, October). Relationship of competitive trait anxiety as a function of sex-role orientation in collegiate female athletes. Paper presented at the Southwest District Conference of the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT.

Gordin, R.D.,Henschen, K.P. , Sands, W., & Crain, S. (1988, October). A comparison of elite female gymnasts' perception of ideal vs. actual coaching behavior. Paper presented at the Annual Meeting of the Utah Association of Health, Physical Education, Recreation and Dance, Salt Lake City, UT.

Gordin, R.D. (1988, October). Sport psychology in the Olympic year. An invited lecture to a National Colloquium on Sport, Culture and Public Values, Ohio Wesleyan University, Delaware, OH.

Gordin, R.D. (1988, October). The use of progressive relaxation in sport psychology. A discussant for this paper given at the 3rd Annual meeting of the Association for the Advancement of Applied Sport Psychology, Nashua, NH.

Gordin, R.D. , Albert. N. , McShane, D., & Dobson, W. (1988, September). The emotional effects of injury on female collegiate gymnasts. Paper presented at the Seoul Olympic Scientific Congress, Seoul, Korea.

Gordin, R.D. , Henschen, K. & Sands, W. (1988, September). Getting ready for '88. Paper presented at the Seoul Olympic Scientific Congress, Seoul, Korea.

Sands, W., Eisenman, P., & **Gordin, R.D.** (1987, April). A psychological-physiological model for talent identification and safety with young gymnasts. Paper presented at the National AAHPERD Convention, Las Vegas, NV.

Gordin, R.D. (1986, November). Mental training for employee motivation. Paper presented at the 7th Intermountain Leisure Symposium, Ogden, UT.

Gordin, R.D. (1986, September). Future directions of sport psychology within the USGF. Paper presented at the Annual Convention of the United States Gymnastics Federation, St. Louis, MO.

Gordin, R.D. (1986, October). Cognitive performance enhancement techniques: Utah's way. Paper presented at the Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Jekyll Island, GA.

Gordin, R.D. , Henschen, K.P. & Unestahl, L.E. (1986, October). Applied mental training for gymnasts. Paper presented at the National Elite Coaches Training Camp, Salt Lake City, UT.

Gordin, R.D. (1986, January). Stress management in the recreational setting: A guide to program implementation. Paper presented to the Utah Parks and Recreation Fitness Symposium, Orem, UT.

Gordin, R.D. (1986, March). Current issues in sport psychology. Paper presented to the Graduate Student Association, Oklahoma State University, Stillwater, OK.

Gordin, R.D. (1986, May). How to reduce stress in your classroom. Paper presented at the Southwest District Meetings of the AAHPERD, Phoenix, AZ.

Gordin, R. D. (1986, May). Improved free throw performance utilizing inner mental training. Paper presented at the Annual Meeting of the Southwest District AAHPERD , Phoenix, AZ.

Gordin, R.D. (1985, November). Clinical hypnotism in therapeutic recreation. Paper presented at the Intermountain Leisure Symposium, Logan, UT.

Gordin, R.D. , Unestahl, L.E. , Henschen, K.,& Marsden, G. (1985, October). Long-term., intermediate and immediate systematic mental preparation. Paper presented at the Scientific Gymnastics Congress, Montreal, Quebec, Canada.

Henschen, K. P. ,**Gordin, R.D.**, Poole, C., & Shultz, B.B. (1985, June). Psychological differences of elite female collegiate athletes in selected sports. Paper presented at the 6th International Congress in Sport Psychology, Copenhagen, Denmark.

Gordin, R. (1985, June). Effects of video-taped modeling on performance, anxiety and self-confidence of competitive golfers. Paper presented at the 6th International Congress on Sport Psychology, Copenhagen, Denmark.

Gordin, R. D. (1984, November). Stress management in the therapeutic setting. Paper presented at the Intermountain Leisure Symposium, Ogden, UT.

Gordin, R.D. (1984, February). Coping with stress in the 1980's. Visiting Scholar Lecture at Georgia Southern College, Statesboro, GA.

Gordin, R.D. (1983, October). Certification of sport psychologists. Paper presented at the Western Men's Physical Education Society, Reno, NV.

Gordin, R. , Henschen, K.P. , Edwards, S. & Ravizza, K. (1983, May). A comparison of psychological profiles between male and female NCAA championship gymnasts. Paper presented at the SWDAAHPERD Meetings, Salt Lake City, UT.

Gordin, R.D. (1982, October). Improved punting performance following the use of hypnosis: A case study. Paper presented at the Annual Scientific Meetings of the American Society of Clinical Hypnosis, Denver, CO.

Gordin, R.D. (1982, October). Perspectives on motor learning. Paper presented at the UAHPERD Meetings , Salt Lake City, UT.

Krenz, E.W., **Gordin, R.D.** & Edwards, S. (1982, August). Effects of hypnosis on state anxiety and stress in male and female intercollegiate athletes. Paper presented at the 9th International Congress of Hypnosis and Psychosomatic Medicine, Glasgow, Scotland.

Henschen, K.P. , Ravizza, K. & **Gordin, R.** & Krenz, E.W.(1982, April). Helping athletes reach their potential . Paper presented at the AAHPERD National Meetings, Houston, TX.

Gordin, R.D. (1982, November). Sport psychology: Implications and applications. Paper presented to the Academic Enrichment Series at Utah State University, Logan,UT.

Gordin, R.D. (1981, October). Effects of hypnosis on state anxiety and stress in male and female intercollegiate athletes. Paper presented at the UAHPERD Meetings , Bountiful, UT.

Gordin, R.D., Krenz, E.W. & Edwards, S.W. (1981, February). Effects of hypnosis on state anxiety, and stress in male and female intercollegiate athletes. Paper presented at the SWDAAHPERD Meetings, Albuquerque, NM

PROFESSIONAL AFFILIATIONS

North American Society for the Psychology of Sport and Physical Activity

International Society on Excellence in Sport and Life

Utah Association for Health, Physical Education, Recreation and Dance

American Alliance for Health, Physical Education, Recreation and Dance

Utah Society of Clinical Hypnosis

American Psychological Association

International Society of Sport Psychology

Association for Applied Sport Psychology

Research Consortium, American Alliance for Health, Physical Education Recreation and Dance

Listed in the United States Olympic Committee Sport Psychology Registry,1996-2000

Listed in the United States Olympic Committee Sport Psychology Registry, 2001-2004

Listed in the United States Olympic Committee Sport Psychology Registry, 2005-2008

Listed in the United States Olympic Committee Sport Psychology Registry 2009-2012

Listed in the United States Olympic Committee Sport Psychology Registry 2013-2016

Listed in the United States Olympic and Paralympic Committee Sport Psychology and Mental Training Registry 2017-2020

Certified Mental Performance Consultant, Emeritus, Certificate Number 23

HONORS AND RECOGNITIONS

Coleman Griffith Lecturer, AASP, Portland, OR, 2019

Meet the Challenge Award, Utah State University Athletics, 2016

Distinguished Achievement Citation, Ohio Wesleyan University, 2014

Honorary Member, Golden Key International Honour Society, 2013

Nominated for Fellow National Academy of Kinesiology, 2013

Teacher of the Year, HPER Department, 2012

Polish Olympic Committee Service Award, 2011

Delaware City Schools Distinguished Alumni Hall of Honor, 2009

Distinguished Lecturer in Sport Psychology, Western Washington University, 2006

Meet the Challenge Award, Utah State University Athletics, 2003

Nominated for Southwest District Scholar Award, 2002-2003

Utah State University Greek System, Kappa Delta, Outstanding Professor for 2001-2002 School Year

Robert Strimer Honor Award, Ohio Wesleyan University, Athletic Hall of Fame, 2002

Utah State University Mortar Board Top Professor Award, 2001

Nominated for Trustee Professorship, 2001

Utah State University, Greek System, Alpha Chi Omega, Outstanding Professor for 1999-2000 School Year

Nominated for Trustee Professorship, 1999

Nominated for Mentor of the Year Award, HPER Department, 1999

Nominated for Mentor of the Year Award, HPER Department, 1998

Utah State University Mortar Board Top Professor Award, 1998

Utah State University, Greek System, Delta Sigma Phi, Outstanding Professor, for the 1996-1997 School Year

Nominated for Mentor of the Year Award, HPER Department, 1997

Honor Award, Utah Association for Health, Physical Education, Recreation and Dance. 1994

Scholar of the Year, SWDAAHPERD, 1993

Service Award, Utah State University Re-entry Student Center, 1992

Utah State University Mortar Board Top Professor Award, 1990

Teacher of the Year, HPER Department, 1990

Advisor of the Year, College of Education, 1989

Advisor of the Year, HPER Department, 1989

Recognition Award Utah Association for Health, Physical Education, Recreation and Dance, 1987

Aggie Service Award, Utah State University Athletic Department, 1985

Guest Reviewer for *The Sport Psychologist*, *Journal of Applied Sport Psychology*, *International Journal of Sport Psychology*, *Journal of Excellence*, *Current Issues of Personality Psychology*

Editorial Board, *The Physical Educator*, 1989-1992.

Editorial Board, *Journal of Combat Sports and Martial Arts*, 2010-present

Editorial Board, *Studia Humanistyczne*, 2010-present

Editorial Board, *Indian Journal of Psychology*, 2008-present

Ad hoc Reviewer, *The Sport Psychologist*, 2012-present

Guest Reviewer, *Health Psychology Report*, 2013-present

Guest Reviewer, *Current Issues in Personality Psychology*, 2016-present

PROFESSIONAL OFFICES HELD

- 2008-present Managing Council for The International Society on Excellence in Sport and Life
- 2010-2013 Chair, Distinguished Professional Practice Award Committee, Association for Applied Sport Psychology
- 2007-2010 Member, Certification Review Committee, Association for Applied Sport Psychology
- 1999-2000 Past President, Utah Association of Health, Physical Education, Recreation and Dance
- 1998-1999 President, Utah Association of Health, Physical Education Recreation and Dance
- 1997-2013 Member, United States Fencing Association Sport Science and Technology Committee
- 1997-1998 President- Elect, Utah Association of Health, Physical Education, Recreation and Dance
- 1996-1999 Utah Association for Health, Physical Education, Recreation and Dance, Legislative Liaison
- 1996-1999 Chair, Sports Medicine Section, SWDAAHPERD
- 1996-1997 Chair, Certified Consultants Committee, Association for the Advancement of Applied Sport Psychology
- 1993-1996 Certification Committee, Association for the Advancement of Applied Sport Psychology

- 1994-1996 Chair, Certification Committee, Association for the Advancement of Applied Sport Psychology
- 1988-1991 Chair, Physical Education Division, SWDAAHPERD
- 1982-1985 Chair, Research Section, SWDAAHPERD
- 1982-1985 Member, Utah Governor's Council on Health and Physical Fitness
- 1982-1987 Editor, Utah Journal of HPERD
- 1990-1992 Editor, Utah Journal of HPERD
- 1981-1983 Chair, Research Section, UAHPERD

UNIVERSITY, PROFESSIONAL AND PUBLIC SERVICE

University Committees

- Faculty Senate, USU, 1990-1992
- Faculty Senate, USU, 1983-1986
- Health Advisory Board, 1984-1994
- Faculty Standards Committee for Disciplinary and Academic Appeals, 1987-1994
- Honorary Degrees and Awards Committee, 1994-1996
- University Physical Resources and Planning Committee 2003-2015
- Space Management Committee 2003-2015
- Institutional Review Board 2008-2012
- Institutional Review Board, Interim Chair, 2010-2012
- Sports Medicine Medical Board 2014-2016

College Committees

Computer Laboratory Coordinating Committee, 1982-1994
College of Education Research Committee 1982-2010
Cooperative Education Faculty Advisory Committee, 1984-1994
Research and Evaluation Specialization Core Faculty 1986-2013
Curriculum and Instruction Core Faculty, 1986-2013
Honors Program and Scholars Day Committee, 1990-1992
Faculty Professional Responsibilities and Procedures Committee, 1993-1999

Departmental Committees

Scholarship Committee, 1990-1992 (Chair)
Scholarship Committee, 1981-1992
Scholarship Committee, 1996-2005
Scholarship Committee, 2012-2015
Newsletter Committee, 1997-2003
Advisory Committee, 1997-2003
Physical Education Committee, 1981-2015
Physical Education Committee, 1988-1990 (Chair)
Physical Education Committee, 1981-1986 (Chair)
Activities Committee, 1981-1988
Long Range Planning Committee 1983-1990
Coordinator of Exercise Science and Pre-Physical Therapy Majors 1985-2005
Graduate Committee, 1981-2015
Graduate Committee, 1992-2007 (Chair)

INVITED LECTURES AND SPEECHES

Gordin, R.D. (2014, October). How to pick a career in the 21st century. Paper presented to career class, Utah State University, Logan, UT.

Gordin, R.D. (2014, August). Excellence for 50 years. Keynote address given at the Viewmont High School, Bountiful, UT.

Gordin, R.D. (2014, May). The pursuit of excellence in sport and life: A 40-year journey. Paper presented at the 2014 Alumni Weekend, Ohio Wesleyan University, Delaware, OH.

Gordin, R.D. (2014, March). How to pick a career in the 21st century. Paper presented to Career class, Utah State University, Logan, UT.

Gordin, R.D. (2013, October). How to pick a career in the 21st century. Paper presented to Career class, Utah State University, Logan, UT.

Gordin, R.D. (2013, February). ElevateEd: Living up to your full potential. Paper presented as part of CEHS Week, Utah State University, Logan, UT.

Gordin, R.D. (2012, March). Preparing for peak performance. Paper presented at the 2012 Utah Clarinet Festival, Utah State University, Logan, UT,

Gordin, R.D. (2011, October). Focus for success. Paper presented to the Aggie Ambassadors, Utah State University, Logan, UT.

Gordin, R.D. (2011, October). Focus for success. Paper presented to the Student Athletic Mentors, Utah State University, Logan, UT.

Gordin, R.D. (2011, March). Realistic optimism. Paper presented to the Professional Employees Association, Utah State University, Logan, UT.

Gordin, R.D. (2011, January). The fundamentals of the mental game. Paper presented to the Rotary Club, Logan, UT.

Gordin, R.D. (2010, October). My experiences in sport psychology. Paper presented to Institutional Foundation Board, Logan, UT

Gordin, R.D. (2010, January). How to think well under pressure. Paper presented to Rotary Club, Logan, UT.

Gordin, R.D. (2009, October). Realistic optimism. Paper presented to the Dean's National Advancement Board, Utah State University, Logan, UT.

Gordin, R.D. (2009, June). Realistic optimism. Paper presented to the Classified Employees Association, Utah State University, Logan, UT.

Gordin, R.D. (2009, May). How to play great soccer. Paper presented to U16 and U17 Infinity Soccer Club. Utah State University, Logan, UT

Gordin, R.D. (2009, March). Realistic optimism. Paper presented to the Division of Student Services, Utah State University, Logan, UT.

Gordin, R.D. (2009, January). The psychology of injury. Paper presented to the Physical Therapy Majors Club, Utah State University, Logan, UT.

Gordin, R.D. (2009, January). How to develop the mental game of tennis. Paper presented to the USU Men's and Women's Tennis Team, Logan, UT.

Gordin, R.D. (2009, January). How to compete in a new global economy. Paper presented to Cache-Rich Association of Realtors, Logan, UT.

Gordin, R.D. (2008, September). Leadership in coaching. Paper presented to USSA Coaching Association, Park City, UT.

Gordin, R.D. (2008, September). Working with athletes. Paper presented to Counseling Center Interns, Logan, UT.

Gordin, R.D. (2008, August). The mental side of golf. Paper presented to the Edward Jones Group, Brigham City, UT.

Gordin, R.D. (2007, October). How to prepare for the big meet. Paper presented to the Mountain Crest High School Swimming and Diving Team, Hyrum, UT.

Gordin, R.D. (2007, April). The cardinal skills of leadership. Paper presented to the Rotary Club of Logan, Logan, UT.

Gordin, R. D. (2007, January). Stress management and time management. Paper presented to the College of Natural Resources, Utah State University, Logan, UT.

Gordin, R.D. (2006, November). Motivation. Paper presented at the Transfer Leadership Conference, Utah State University, Logan, UT.

Gordin, R.D. (2006, April). Psychology of excellence. A-Day Scholars, Utah State University, Logan, UT.

Gordin, R.D. (2006, March). Test anxiety. Psych 1730 Class, Utah State University, Logan, UT.

Gordin, R.D. (2005, June). Mental preparation for ice skating. Cache Valley Ice Skating Club, Logan, UT.

Gordin, R. D. (2004, October). Preparation for the state tournament. Bear River High School, Garland, UT.

Gordin, R.D. (2004, October). Motivation for the big race. Presentation to Bear River High School Cross Country Team, Garland, UT.

Gordin, R.D. (2004, May). The mental side of golf. Presentation to Edward Jones Associates, Brigham City, UT.

Gordin, R.D. (2004, April). The mental side of basketball. Presentation to the Boys High School basketball banquet, Logan, UT.

Gordin, R.D. (2003, September). The wheel of excellence for athletes. Presentation to Student Athlete Mentor Program, Utah State University, Logan, UT.

Gordin, R.D. (2003, June). The use of mental training in sport. Presentation to the Logan High School Coaching Staff, Garden City, UT.

Gordin, R.D. (2003, January). Mental toughness in golf. Presentation to the Florida Southern Golf Team, Lakeland FL.

Gordin, R.D. (2003, January). Mental toughness. Presentation to Skyview High School Basketball Team, Smithfield, UT.

Gordin, R.D. (2003, January). Mental training in tennis. Presentation to USU Men's and Women's Tennis Team, Logan, UT.

Gordin, R.D. (2002, November). Self-esteem and balance for university athletes. Presentation to Student Athlete Mentor Program, Utah State University, Logan, UT.

Gordin, R.D. (2002, September). Goal-setting in business. Presentation to Peppridge Farm, Richmond, UT.

Gordin, R.D. (2002, May). Stress management. Presentation to Dry Canyon Ward Health Days Night, Logan, UT.

Gordin, R.D. (2002, January). Stress management for life. Presentation to the Dry Canyon Ward Relief Society Enrichment Night, Logan, UT.

Gordin, R.D. (2001, November). Self-esteem and balance. Presentation to the Student Athlete Mentor Program, Utah State University, Logan, UT.

Gordin, R.D. (2001, November). The process of integrating in the workplace. Presentation to Alpine Orthopaedic Clinic, Logan, UT.

Gordin, R.D. (January, 2001). Confidence in high school swimming. Presentation to Logan High School Swimming Team, Logan, UT.

Gordin, R.D. (October, 2000). Human excellence. Presentation to the Student Athlete Mentor Program, Utah State University, Logan, UT.

Gordin, R.D. (October,2000). Stress management. Presentation to Seminar on Professional Practice, Department of Communication Disorders and Deaf Education, Utah State University, Logan, UT.

Gordin, R.D. (August,2000). The mental side of cross-country running. Presentation to the Logan High School Cross Country Team, Fish Haven, ID.

Gordin, R.D. (February, 2000). The mental side of golf. Presentation to the Florida Southern Golf Team, Lakeland, FL.

Gordin, R.D. (November, 1999). Psychology guides for the gymnast. Presentation to USA Gymnastics Utah Section, Salt Lake City, UT.

Gordin, R.D. (November, 1999). Preparation for the state tournament. Presentation to Mountain Crest High School Volleyball Team, Hyrum, UT.

Gordin, R.D. (October, 1999). Stress management. Presentation to Seminar on Professional Practice, Department of Communication Disorders and Deaf Education, Utah State University, Logan, UT.

Gordin, R.D. (October, 1999). The art of throwing. Presentation to the 1999 Utah Throwers Conference, Layton, UT.

Gordin, R. D. (September, 1999). Human excellence. Presentation to the Student Athlete Mentor Program, Utah State University, Logan, UT .

Gordin, R.D. (September, 1999). Playing great volleyball. Presentation to Skyview High School Volleyball Team, Smithfield, UT.

Gordin, R.D. (May, 1999). Positive motivation of the high school athlete. Presentation for the Intermountain Health Care Sports Medicine Clinic, Logan, UT.

Gordin, R.D. (February, 1999). Playing at your best. Presentation to Bear River High School Boys Basketball Team, Garland, Utah.

Gordin, R.D. (February, 1999). Golf at its best. Presentation to Florida Southern Golf Team, Lakeland, FL.

Gordin, R.D. (November, 1998). Sport psychology for the young gymnast. Presentation to the USA Gymnastics Utah Section, Salt Lake City, UT.

Gordin, R.D. (October, 1998). Stress management. Presentation to the Seminar on Professional Practice, Department of Communicative Disorders and Deaf Education, Utah State University, Logan,UT.

Gordin, R. D. (September, 1998). Human excellence. Presentation to the Student Athlete Mentor Program, Utah State University, Logan, UT.

Gordin, R.D. (February, 1998). How to lower your score with your mind. Presentation to Florida Southern Golf Team, Lakeland, Fl.

Gordin, R. D. (November, 1997). Stress management. Presentation to the Seminar on Professional Practice, Department of Communicative Disorders and Deaf Education, Utah State University, Logan, UT.

Gordin, R. D. (November, 1997). Sport psychology and the collegiate athlete. Presentation to the Student Athlete Mentor Program, Utah State University, Logan, UT.

Gordin, R. D. (March , 1997). How to stay motivated in life. Presentation to the Delta Sigma Phi Fraternity, Sherwood Hills Resort, Logan,UT

Gordin, R. D. (1997, February). Performance anxiety for musicians. Presentation to the Utah Music Teachers Association, Logan, UT

Gordin, R. D. (1997, January). Stress management. Presentation to the LDS North Logan Third Ward Relief Society, Logan, UT.

Gordin, R.D. (1996, December). Stress management. Presentation to a Seminar on Professional Practice in the Department of Communicative Disorders and Deaf Education, Utah State University, Logan, UT.

Gordin, R.D. (1996, November). Performance psychology. Presentation to National Heptathlon Summit, Tucson, AZ.

Gordin, R.D. (1996, November). Sport psychology. Presentation to Logan High School Psychology Class, Logan, UT.

Gordin, R.D. (1996, April). Mental training in sport. Presentation to Adventure Sports. Logan, UT.

Gordin, R.D. (1996, January). Golfing excellence and the mental game. Presentation to the Florida Southern Golf Team, Lakeland, FL.

Gordin, R.D. (1996, January). Performance anxiety. Presentation to Public Speaking Class, Speech 105, Utah State University, Logan,UT.

Gordin, R. D. (1995, October). Unlocking the key to championship basketball: The mental game plan. Presentation to the Utah High School Basketball Coaches Association, Salt Lake City, UT.

Gordin, R.D. (1995, May). Hypnosis in sport. Presentation to Altered States of Consciousness Class, University of Utah, SLC, UT.

Gordin, R.D. (1995, May). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1994, October). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1994, September). The mental side of skiing. Presentation to the Rowmark Ski Academy, SLC, UT.

Gordin, R. D. (1994, September). Excellence in school. Presentation to South Coach Freshman Center Student Body and Staff , Hyrum, UT.

Gordin, R. D. (1994, August). Motivation to teach. Presentation to the Juab School District Employees, Juab, UT.

Gordin, R. D. (1994, August). Mental excellence in business. Presentation to the CPA/Law Forum, SLC, UT.

Gordin, R. D. (1994, July). Stress management. Presentation to the IMAALM Chapter of NAILM, Logan, UT.

Gordin, R. D. (1994, May). Hypnosis in sport. Presentation to Practical Applications in Sport Psychology Class, University of Utah, SLC, UT.

Gordin, R.D. (1994, March). Coaching mental excellence. Presentation to the Utah High School Football Coaches Association, SLC, UT.

Gordin, R.D. (1994, February). Psychology of wrestling. Presentation to the Skyview High School Wrestling Team, Smithfield, UT.

Gordin, R. D. (1993, December). Coping with stress. Presentation to the Annual Extension Conference at Utah State University, Logan, UT.

Gordin, R.D. (1993, November). Psychology of swimming. Presentation to the Skyview Swimming Team, Smithfield, UT.

Gordin, R.D. (1993, October). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1993, October). Mental preparation for the regional meet. Presentation to the Mountain Crest Cross Country Team, Hyrum, UT.

Gordin, R. D. (1993, October). Coaching mental excellence:It does matter whether you win or lose. Presentation to the Utah High School Basketball Coaches Association, Salt Lake City, UT.

Gordin, R. D. (1993, September). The mental side of skiing. Presentation to the Rowmark Ski Academy, SLC, UT.

Gordin, R.D. (1993, September). The psychology of soccer. Presentation to the Utah Soccer Academy, Bountiful, UT.

Gordin, R. D. (1993, August). The psychology of winning tennis. Presentation to the Box Elder Tennis Team, Brigham City, UT.

Gordin, R. D. (1993, March). Psychology of cycling. Presentation to Sunrise Cyclists, Logan, UT.

Gordin, R. D. (1993, March). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1993, March). The psychology of success: Winning football. Presentation to the Utah High School Football Coaches Association, SLC, UT.

Gordin, R.D. (1993, February). Sport psychology. Presentation to PE 170, University of California, San Diego, LaJolla, CA.

Gordin, R.D. (1993, February). The power of the mind: How it can affect your running performance. Presentation to Cache Sun n'Snow Running Club, Logan, UT.

Gordin, R. D. (1993, February). Sport psychology. Presentation to Psychology 101, USU, Logan, UT.

Gordin, R. D. (1993, February). Psychology of preparation. Presentation to the Mountain Crest Swimming and Diving Team, Hyrum, UT.

Gordin, R.D. (1993, January). Putting your mind in position to score. Presentation to the Georgia Southern Golf Team, Statesboro, GA.

Gordin, R. D. (1992, October). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1992, October). Sport psychology. Presentation to Skyview High School Volleyball Team, Smithfield, UT.

Gordin, R. D. (1992, September). Sport psychology. Presentation to the Mountain Crest Swimming and Diving Team, Hyrum, UT.

Gordin, R.D. (1992, August). Sport psychology and tennis. Presentation to Logan Recreation Department Tennis School, Logan, UT.

Gordin, R.D. (1992, August). Stress management. Presentation to Hickman Land Title Company, Logan, UT.

Gordin, R.D. (1992, July). Sport psychology. Presentation to Tennis Camp, Logan, UT.

Gordin, R.D. (1992, July). Mental training in gymnastics. Presentation to USU Women's Gymnastics Camp., Logan, UT.

Gordin, R.D. (1992, July). Stress management. Presentation to Logan Board of Realtors, Logan, UT.

Gordin, R.D. (1992, May). Concentration in baseball. Presentation to Mountain Crest Baseball Team, Hyrum, UT.

Gordin, R.D. (1992, April). Focus in sport. Presentation to Cycling Class, USU, Logan, UT.

Gordin, R. D. (1992, March). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R.D. (1992, March). Concentration in soccer. Presentation to Skyview High School Soccer Team, Smithfield, UT.

Gordin, R.D. (1992, March). Stress management. Presentation to Forest Service Management Institute, Logan, UT.

Gordin, R.D. (1992, March). Stress management. Presentation to Bear River Association or Governments BRAG, Logan, UT.

Gordin, R.D. (1992, March). Concentration techniques in tennis. Presentation to USU Tennis Team, Logan, UT.

Gordin, R. D. (1991, October). Stress management. Presentation to USU Stake Relief Society, Logan, UT.

Gordin, R.D. (1991, October). Exercise and stress management. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1991, August). Imagery in sport. Presentation to Viewmont High School Football Team, Bountiful, UT.

Gordin, R.D. (1991, July). Sport psychology. Presentation to Declo High School Basketball Camp, Declo, ID.

Gordin, R. D. (1991, February). Stress management for nurses. Presentation to Logan Regional Hospital, Logan, UT.

Gordin, R. D. (1991, February). Concentration in sport. Presentation to Sunrise Cycle Club, Logan, UT.

Gordin, R. D. (1990, January). Psychology of golf. Presentation to Georgia Southern Golf Team , Statesboro, GA.

Gordin, R.D. (1990, November). Sport psychology. Presentation to Mountain Crest High School Swimming Team, Hyrum, UT.

Gordin, R. D. (1990, November). Psychology of persuasion. Presentation to Writing for Mass Media Class, USU, Logan, UT.

Gordin, R.D. (1990, October). How to prepare mentally for competition. Presentation to the Mountain Crest High School Swimming and Diving Team, Logan, UT.

Gordin, R. D. (1989, December). Confidence in shooting free throwing. Presentation to the Box Elder High School, Brigham City, UT.

Gordin, R. D. (1989, December). Stress management. Presentation to Providence Elementary School Administration and Staff, Providence, UT.

Gordin, R. D. (1989, November). Mental training for creative performance. Presentation to Music 515 Advance Piano Class, USU, Logan, UT.

Gordin, R.D. (1988, July). Stress management and the administrative process. Presentation to the Southwest District Administrators, Coaches/Officials Conference, Rock Springs, WY.

Gordin, R. D. (1986, October). Sport psychology for coaches. Presentation to the National Elite Gymnastics Coaches, Colorado Springs, CO.

Gordin, R. D. (1985, February). The field of sport psychology. Presentation to the Psi Chi Majors Club, Logan, UT.

Gordin, R. D. (1984, May). Stress management. Presentation to Hill Air Force Base Employees, Ogden, UT.

Gordin, R. D. (1983, May). Persuasion through hypnosis. Presentation to Communications Department, USU, Logan, UT.

Gordin, R. D. (1982, April). Autogenic training. Presentation to Special Education Department, USU, Logan, UT.

Gordin, R. D. (1982, April). Appearance on CBS Sports on Interventions with Gymnasts.

Gordin, R. D. (1981, September). Dynamic fitness. Presentation to Honors Retreat, USU, Logan, UT.

Updated: October,2021