

Lyndsie M. Koon, Ph.D.

Position: Post-Doctoral Research Associate
Human Factors and Aging Laboratory
Kinesiology and Community Health
University of Illinois Urbana-Champaign

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Urbana, IL 61802

Telephone: Cell (870) 974-2760

Education: 2012 - 2016
Ph.D. Sport and Exercise Science
Doctorate Major - Social Psychology of Sport & Physical Activity
Doctorate Minor - Applied Statistics and Research Methods
Dissertation: *The influence of Participation in Socially Engaging or Complex Physical Activities on Executive Function among Older Adults*
Graduate Teaching Assistant
School of Sport and Exercise Science
College of Natural and Health Sciences
University of Northern Colorado
Greeley, CO 80639

2007
M.S.
University of Memphis
Memphis, TN
Exercise Science

2005
B.S.
Arkansas State University
Jonesboro, AR
Exercise Science

Academic Work Experience: 2012-2016
University of Northern Colorado
School of Sport & Exercise Science
Teaching Assistant, upper level undergraduate and activity courses

2006-2007
University of Memphis
School of Exercise Science
Research Assistant, Sport & Exercise Psychology & Motor Learning

Non-Professional Work Experience: 2006-2012
University of Memphis
Memphis, TN
Personal Training (Faculty/Staff, Students, Special Populations)
Group Fitness Instructor / Fitness Assessments
2006-2012
Collierville Soccer Association

Collierville, TN
Soccer Coach / College Soccer Counselor / Technical Trainer

2005-2006
Lyon College
Batesville, AR
NAIA Assistant Coach – Men's & Women's Soccer Program

Area of Specialization: Social psychology of physical activity, exercise and sport.

Research Areas/Interests: Exercise, physical activity, sport and cognitive function; exercise, physical activity and sport-based interventions to foster executive function in children, adolescents and older adults; promotion of psychosocial development through sport, exercise and physical activity across a lifespan.

Publications

- Stellino, M. B., Vazou, S. & Koon (Coleman), L. M. (abstract accepted). Motivational and social influence factors in CSPAP implementation. In R. L. Carson, & C. A. Webster (Eds.), *Comprehensive school physical activity programs: Handbook of research and practice*. Champaign, IL: Human Kinetics.
- Davies, M., Koon (Coleman), L.M., & Babkes Stellino, M. (2016). The relationship between basic psychological need satisfaction and behavioral regulation in CrossFit. *The Journal of Sport Behavior*.
- Davies, M.J., Babkes Stellino, M., Nichols, B.A., & Coleman, L.M. (2015) Other-initiated motivational climate and youth hockey players' good and poor sport behaviors. *Journal of Applied Sport Psychology*, 1-19.
- Li, Y., Coleman, D., Ransdell, M., Coleman (Koon), L., Irwin, C. (2014). The effect of a sport stacking intervention on handwriting with second grade students. *The Physical Educator*, 71(1), 101-113.
- Li, Y., Coleman, D., Ransdell, M., Irwin, C., Coleman (Koon), L. (2011). Sport stacking activities in school children's motor skill development. *Perceptual and Motor Skills*, 113(2), 431-438.

Professional Presentations

Presentations at Professional Conferences (juried)

- Brustad, R. J., Koon, L. M., Babkes Stellino, M. *The Influence of Task Complexity and Social Engagement During Physical Activity on Executive Functioning in Older Adults*. Submitted to the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, CA, June, 2017.
- Babkes Stellino, M., Koon, L. M., Chavarria Soto, M., Stoepker, P., Pulling Kuhn, A.C. *Exploring the Impact of Physical Activity Breaks in College Classrooms*. To be presented at the Society of Health and Physical Educators (SHAPE), Boston, MA, March 2017.
- Koon (Coleman), L.M., Brustad, B., Babkes Stellino, M., Akbar, A., Lalonde, M. *Executive function as a predictor of success among collegiate baseball players*. Presented at the Association for Applied Sport Psychology (AASP) Conference, Phoenix, AZ, October 1, 2016.
- Coleman (Koon), L., Brustad, R.J., Babkes Stellino, M., Akbar, A., Lalonde, A. *An exploration of executive function among older adult athletes and non-athletes*. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Portland, OR, June 5, 2015.

Coleman (Koon), L., & Brustad, R.J. *A coach's role in fostering positive youth development and executive function within youth sport*. Presented at the National Coaching Conference (NCC). Washington, DC, June 19, 2014.

Coleman (Koon), L., & Brustad, R.J., Babkes Stellino, M. *Coaching strategies to promote executive function among youth athletes*. Presented at the Association for Applied Sport Psychology (AASP), Las Vegas, NV. October 18, 2014.

Coleman (Koon), L., Davies, M., & Babkes Stellino, M. *"CrossFit" participation: Goal involvement and perceived motivational climate*. Presented at the Association for Applied Sport Psychology (AASP). Las Vegas, NV. October 18, 2014.

Babkes Stellino, M., Coleman (Koon), L., Davies, M.J., & Nichols, B. *Other-initiated motivational climate and youth soccer players' good and poor sport behaviors*. Presented at the Association for Applied Sport Psychology (AASP). Las Vegas, NV. October 18, 2014.

Nichols, B., Davies, M., Coleman (Koon), L., & Babkes Stellino, M. *Guidelines for effective coach-initiated motivational climate: Relationship to good and poor sport behavior*. Presented at the National Coaching Coalition (NCC). Washington, DC. June 4, 2014.

Davies, M.J., Coleman (Koon), L., & Babkes Stellino, M. *Why CrossFit? A qualitative analysis of participant motives*. Presented at the North American Society for Sport Management (NASSM), Pittsburgh, PA. May 28, 2014.

Coleman(Koon), L., & Brustad, R.J. *The effects of a season-long street soccer intervention on a competitive youth soccer player's enjoyment, motivation and social development*. Presented at the Association of Applied Sport Psychology (AASP) Southwest Regional Student Conference. Denver, CO. April 6, 2013.

University Conference Presentations (nonjuried)

Coleman (Koon), L., & Brustad, R.J. *The influence of Physical Activity and Sport on Cognitive Functioning*. Presented at The University Andres Bello: Santiago, Chile, April, 2016.

Coleman (Koon), L., & Brustad, R.J., Babkes Stellino, M. *Coaching strategies to promote executive function among youth athletes*. Presented at the Tenth Annual College of Natural Health and Sciences' Student Research Celebration, Greeley, CO. April 9, 2015.

Journal Guest Reviewer

Research Quarterly for Exercise and Sport

Abstract Reviewer – Association for Applied Sport Psychology Annual Conference (2016)

Grants and Funded Projects

Coleman (Koon), L., Stellino, M.B., & Massey, W. (2016) AASP Research Grant. *Learning through play: The impact of a peer-leadership program on cognitive control in low-income elementary school students* [\$1,374.00]

Coleman (Koon), L., Stellino, M.B., & Brustad, R.J. (2014). AASP Research Grant. *Executive Function as a Predictor of Success among Collegiate Baseball and Volleyball Players* [\$675.00]

2014, 2015 SES Conference & Travel Grant [\$500]

2015 UNC Undergraduate Research Grant

2013, 2014, 2015, 2016 UNC Graduate School - Research & Conference Grants

Professional Consultations in Sport Psychology

<u>Year(s)</u>	<u>Institution/Organization/Person</u>	<u>Role</u>
2013–2016	University of Northern Colorado	Sport psychology consultant to
2014-Present	Real Sociedad Athletic Club San Sebastian, Spain	Consultant in psychological development program for professional soccer club

Service

<u>Year(s)</u>	<u>Institution/Organization/Person</u>	<u>Role</u>
2016	Association for Applied Sport Psychology (AASP)	Abstract Reviewer
2015	Research Quarterly for Exercise and Sport	Manuscript Reviewer
2012-2013	Soccer Without Borders Greeley, CO	Consultant and Coach
2012-2014	UNC Sport Team & Individual Consultations Greeley, CO	Consultant

Coaching (Paid)

Lyon College (Batesville, AR) 2005-2006 Assistant Coach Men's & Women's Soccer
Collierville Soccer Association (Memphis, TN) 2006-2012

Certifications

National Soccer Coaches Association of America (NSCAA) – National & Advanced National
United States Soccer Federation (USSF) / US Youth Soccer – National Youth License
ACSM, Certified Personal Trainer
American Heart Association

Teaching

University of Northern Colorado

Activity Courses Taught:

SES 111	Bowling	Fall 2012
SES 145	Stress Management	Spring 2013 - 2 Sections
SES 146	Group Fitness	Fall 2012, 2014 - 2 Sections

Major Courses Taught:

SCI 291	Scientific Writing	Fall 2016
SES 318	Coaching & Officiating Soccer	Spring 2013
SES 333	Psychological Analysis of Sport, Exercise, & Physical Activity	Fall 2012; Spring 2015
SES 323	Motor Learning (Lecture)	Fall 2013, 2014, 2015, 2016 Spring 2014, 2015, 2016 Summer 2014, 2015, 2016
SES 323	Motor Learning (Labs)	Fall 2013, 2014, 2015 Spring 2013, 2014, 2015 Summer 2014, 2015, 2016
SES 436	Sociology of Sport and Physical Activity (Guest Lecturer)	Fall 2014 Spring 2015
SES 600	Introduction to Graduate Research (Guest Lecturer)	Spring 2015
SES 635	Exercise and Sport Psychology (Guest Lecturer)	Fall 2015

Courses Developed:

SES 323	Motor Learning Labs (Memory, Motor Performance & Vision)	Fall 2014
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References

Dr. Robert Brustad – Professor & Co-Advisor
University of Northern Colorado
School of Sport & Exercise Science – Social Psychology of Sport & Physical Activity
(970)351-1737 bob.brustad@unco.edu

Dr. Megan Babkes Stellino – Professor & Co-Advisor
University of Northern Colorado
School of Sport & Exercise Science – Social Psychology of Sport & Physical Activity
(970)351-1737 megan.stellino@unco.edu

Dr. Rena Kirkland – Professor & Committee Member
University of Northern Colorado
School of Psychological Sciences – Educational Psychology
(970)351-2957 rena.kirkland@unco.edu

Dr. William V. Massey – Professor & Research Advisor
Assistant Professor of Occupational Therapy
School of Health Professions
Concordia University Wisconsin
(262)243-2073 william.massey@cuw.edu

Dr. Mary Fry – Professor & Former Advisor (University of Memphis)
University of Kansas
Department of Health, Sport, & Exercise Science
(785)864-182 mfry@ku.edu