

Erin J. Reifsteck, Ph.D.

Assistant Professor
Department of Kinesiology
The University of North Carolina at Greensboro (UNCG)
Greensboro, NC 27402

EDUCATION

Post-Doctoral Fellowship, Public Health Education, The Institute to Promote Athlete Health and Wellness, The University of North Carolina at Greensboro, December 2015
Advisor: Dr. David L. Wyrick

Doctor of Philosophy, Kinesiology (Sport and Exercise Psychology Concentration), The University of North Carolina at Greensboro, May 2014
Doctoral Minor in Educational Research Methodology
Dissertation: *A Modeling Approach to Identity, Motivation, and Physical Activity in Former College Athletes*
Advisor: Dr. Diane L. Gill

Post-Baccalaureate Certificate, Women's and Gender Studies, The University of North Carolina at Greensboro, May 2014

Master of Science, Kinesiology (Sport and Exercise Psychology Concentration), The University of North Carolina at Greensboro, May 2011
Thesis: *The Relationship between Athletic Identity and Physical Activity Levels after Retirement from Collegiate Sports*
Advisor: Dr. Diane L. Gill

Bachelor of Science, Major: Psychology, Minor: Neuroscience, Saint Francis University (Loretto, Pennsylvania), May 2009
Honors College; Summa Cum Laude; Departmental Honors
Honors Thesis: *The Relationships among Competitiveness, Performance Anxiety, and Performance Levels*
Advisor: Dr. Stephen Gilmour

WORK EXPERIENCE

Professional Work Experience

- August 2016 – present: Assistant Professor, Department of Kinesiology, The University of North Carolina at Greensboro (UNCG)
- January 2016 – July 2016: Visiting Assistant Professor, Department of Kinesiology, UNCG
- August 2014 – December 2015: Post-Doctoral Research Fellow, Institute to Promote Athlete Health and Wellness, UNCG
- January 2015 – May 2015: Adjunct Instructor, UNCG

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- September 2014 – December 2014: Adjunct Instructor, North Carolina Agricultural & Technical State University
- August 2009 – July 2014: Graduate Assistant, Department of Kinesiology and the Program for the Advancement of Girls and Women in Sport and Physical Activity, UNCG
- May 2010– April 2011: Graduate Assistant, Center for Women’s Health and Wellness, UNCG

Certifications

- Health Coach Certificate, UNCG Public Health Education
- Adult and Pediatric First Aid/CPR/AED, American Red Cross
- Level 4 Certified Instructor, Taekwondo America
- Recovery Zone Training Certificate, UNCG Counseling Center

AWARDS AND HONORS

Professional

- Association for Applied Sport Psychology Distinguished Applied Contribution Award (2017)
- UNCG International Programs International Travel Fund (2017)
- UNCG Department of Kinesiology Rosemary McGee Research Award (2016)
- *The Sport Psychologist* Young Researcher Award (2015)- selected from nearly 80 applicants through a double-blind review by 190 abstract reviewers and the Association for Applied Sport Psychology Conference Planning Committee; sponsored by Human Kinetics.
- American Association for the Advancement of Science/ Science Program for Excellence in Science Two-Year Sponsored Membership for Post-Doctoral Fellows (2015)

Graduate

- American Kinesiology Association Writing Scholar (2014)
- School of Health and Human Sciences Travel Award (2014)
- Susan Stout Graduate Research Fellowship (2013-2014)
- Henry Weil Fellowship (2011-2012)
- Kinesiology Department Commencement Speaker (2011)
- Pearl Berlin Graduate Student Writing Award (2010)

Undergraduate

- Northeast Conference Scholar-Athlete of the Year (2009)
- Two-time *ESPN The Magazine* (now Capital One) Academic All-American, as voted upon by College Sports Information Directors of America
 - Women’s At-Large Second Team (2009)
 - Women’s At-Large Third Team (2008)
- Two-time *ESPN The Magazine* (now Capital One) Academic All-District 2, as voted upon by College Sports Information Directors of America
 - Women’s At-Large First Team (2009)
 - Women’s At-Large First Team (2008)

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- . Dr. Phillip Benham Scholar-Athlete of the Year Award (2009)
- . Psychology Department Senior Award (2009)
- . *Who's Who Among American Colleges and Universities* (2009)
- . Northeast Conference Scholar-Athlete Weekly Award (2009, Jan. 24)
- . *National Student-Athlete Day* Honoree (Spring 2008)
- . *Women in Sports Day* Honoree (Spring 2008)
- . Delta Epsilon Sigma Catholic National Honor Society (inducted Spring 2008)
- . Northeast Conference All-Conference Second Team (2008)
- . Northeast Conference All-Tournament Team (2007)
- . Psi Chi Psychology National Honor Society (inducted Spring 2007)
 - o Vice President of Psi Chi (2007)
- . National Field Hockey Coaches Association All-Academic Team (2005, 2006, 2007, 2008)
- . Northeast Conference Commissioner's Honor Roll (2007, 2008)
- . Northeast Conference Honor Roll (2006, 2007, 2008)
- . SFU Athletic Honor Roll (2005, 2006, 2007, 2008)
- . SFU Dean's List (Fall/Spring 2005-2009)

PUBLICATIONS

Books, Book Chapters, and Manuals

- . Gill, D.L. Williams, L., & **Reifsteck**, E.J. (2017). *Psychological dynamics of sport and exercise, 4th edition*. Champaign, IL: Human Kinetics
- . **Reifsteck**, E.J., Brooks, D.D., & Shriver, L.H. (2017). *Moving On!* Student-Athlete Workbook. Greensboro, NC: University of North Carolina at Greensboro.
- . **Reifsteck**, E.J., Brooks, D.D., & Shriver, L.H. (2017). *Moving On!* Facilitator Guide. Greensboro, NC: University of North Carolina at Greensboro.
- . Gill, D.L. & **Reifsteck**, E.J. (2014). History of exercise psychology. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 341-346). Thousand Oaks, CA: Sage Publications.

Refereed Publications

- . **Reifsteck**, E.J., & Brooks, D.D. (2017). A transition program to help student-athletes move on to lifetime physical activity. *Journal of Sport Psychology in Action*, doi: 10.1080/21520704.2017.1303011
- . Wyrick, D.L., Milroy, J.J., **Reifsteck**, E.J., Fearnow-Kenney, M., Rulison, K.L., & Dudley, W.N. (2016). Investigating risk factors predictive of problem outcomes experienced by first year drinking and non-drinking collegiate student-athletes. *Journal of Alcohol and Drug Education*, 60(3), 22-41.
- . Fearnow-Kenney, M.D., Wyrick, D.L., Milroy, J.J., **Reifsteck**, E.J., Day, T.F., & Kelly, S.E. (2016). The effects of a web-based alcohol prevention program on social norms, expectancies, and intentions to prevent harm among college student-athletes. *The Sport Psychologist*, 30(2), 113-122. doi: 10.1123/tsp.2015-0016
- . **Reifsteck**, E.J., Gill, D.L., & Labban, J.D. (2016). "Athletes" and "Exercisers": Understanding identity, motivation, and physical activity participation in former

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- college athletes. *Sport, Exercise, and Performance Psychology*, 5(1), 25-38. doi: 10.1037/spy0000046
- Gill, D.L., **Reifsteck**, E.J., Adams, M.M., & Shang, Y. (2015). Quality of life assessment for physical activity and health promotion: Further psychometrics and comparisons of measures. *Measurement in Physical Education and Exercise Science*, 19(4), 159-166. doi: 10.1080/1091367X.2015.1050102
 - Gill, D.L., Brown, P.K., & **Reifsteck**, E.J. (2014). The Ed.D. in Kinesiology at UNCG: An online doctoral program? *Kinesiology Review*. 3(4), 221-226.
 - **Reifsteck**, E.J. (2014). Feminist scholarship: Cross-disciplinary connections for cultivating a critical perspective in kinesiology. *Quest*, 66, 1-13.
 - **Reifsteck**, E.J., Gill, D.L., & Brooks, D.D. (2013). The relationship between athletic identity and physical activity among former college athletes. *Athletic Insight*, 5(3), 271-284.
 - Gill, D.L., Hammond, C.C., **Reifsteck**, E.J., Jehu, C.M., Williams, R.A., Adams, M.M., Lange, E.H., Becofsky, K., Enid Rodriguez, E., Shang, Y. (2012). Physical activity and quality of life. *Journal of Preventative Medicine and Public Health*, 45, 51-57.

Invited Publications

- Gill, D.L., Brown, P.K., & **Reifsteck**, E.J. (2015). The online Ed.D. in Kinesiology at UNCG: A one year update. *Kinesiology Today*, 8(3), URL: http://www.americankinesiology.org/AcuCustom/Sitename/DAM/142/Summer_2015_final1.pdf
- **Reifsteck**, E.J. (2014). Moving on: Staying physically active after college sports. *NCAA Sports Science Institute Newsletter*, 3(4). URL: <http://www.ncaa.org/health-and-safety/sport-science-institute/moving-staying-physically-active-after-college-sports>
- Gill, D.L. & **Reifsteck**, E.J. (Eds.) (2011). Proceedings of the Second Annual Girls and Sport Symposium. *Women in Sport and Physical Activity Journal*, 20(1), 91-108.
- **Reifsteck**, E.J. & Brooks, D.D. (2011). Coaches' panel summary. *Women in Sport and Physical Activity Journal*, 20(1), 107-108.

PRESENTATIONS

Refereed Presentations

- **Reifsteck**, E.J., Brooks, D.D., & Shriver, L.H. (2017, Oct). Developing Evidence-Based Programming to Support Student-Athletes in Making Healthy Transitions out of Sport. Association for Applied Sport Psychology, Orlando Fl.
- Gill, D.L., **Reifsteck**, E.J., Oh, E., Park, S.Y. (2017, July). *Physical Activity and Quality of Life Across Cultures*. Symposium (5 papers) presented at the International Society for Sport Psychology World Congress, Sevilla, Spain.
 - **Reifsteck**, E.J. (2017, July) *Physical Activity and Quality of Life Across Cultures: Perspectives of U.S. Participants*. International Society for Sport Psychology World Congress, Sevilla, Spain.
- **Reifsteck**, E.J. & Labban, J.D. (2017, June) *Self-Determined Motivational Profiles Predict Physical Activity Participation: A Latent Profile Analysis*. North

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American Society for the Psychology of Sport and Physical Activity, San Diego California

- Janssen, J.A., **Reifsteck**, E.J., Miranda, M.A., Summers, G., & Wideman, L. (2017, Feb.). *Physical activity among former collegiate athletes: A descriptive study*. Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC.
- **Reifsteck**, E.J., Brooks, D.D., Shriver, L.H., Wilkerson, L., & Wyrick, D.L. (2016, Nov.). *LEAPing Forward and Moving On!: Promoting Healthy Physical Activity and Nutrition through Transitions*. LEAP Together: Career and Life Transitions in Dance and Sport conference, Toronto, Ontario.
- Burrell, C.J, Gill, D.L., **Reifsteck**, E.J. (2016, Oct.) *The Relationship of Perceived Autonomy-Supportive Coaching Behavior with Motivation among High School Athletes*. Association for Applied Sports Psychology conference, Phoenix, AZ, United States.
- Brooks, D.D., **Reifsteck**, E.J., Bill, K., Robinson, K., Rothberger, S.M., & Gill, D.L. (2016, June). *Moving Beyond Sports: Student-Athletes' Views of the Moving On! Physical Activity Transition Program*. North American Society for the Psychology of Sport and Physical Activity conference, Montreal, Quebec.
- **Reifsteck**, E.J., Brooks, D.D., & Gill, D.L. (2015, Oct.). *A Physical Activity Transition Program to Help Student-Athletes "Move on" and Keep Moving*. Association for Applied Sport Psychology conference, Indianapolis, IN.
- **Reifsteck**, E.J. (2015, June). *Who Is An Athlete? A Comparison Study of Athletic Identity in Former College Athletes, Current Student-Athletes, and Non-Athlete College Students*. North American Society for the Psychology of Sport and Physical Activity conference, Portland, Oregon.
- **Reifsteck**, E.J. & Gill, D.L. (2014, June). *Identity, Motivation, and Physical Activity Participation in Former College Athletes*. North American Society for the Psychology of Sport and Physical Activity conference, Minneapolis, MN.
- Gill, D.L., **Reifsteck**, E.J., Faczewski, K.S., Tacke, J.A., Wilson, J.C., & Davis, P.G. (2014, May). *Evaluation of an Exercise Program for Post-bariatric Surgery Patients: Views of Participants*. American College of Sports Medicine annual meeting, Orlando, FL.
- **Reifsteck**, E.J. & Gill, D.L. (2012, Nov.) *Negotiating Feminine and Athletic Identities: Former Athletes' Experience with Gender Role Conflict*. North American Society for the Sociology of Sport conference, New Orleans, LA.
- **Reifsteck**, E.J., Gill, D.L., & Brooks, D.L. (2012, Oct.) *Athletic Identity and Physical Activity among Former Student-Athletes and Non-Athletes*. Association for Applied Sport Psychology conference, Atlanta, GA.
- Gill, D.L., Shang, Y.T., **Reifsteck**, E.J., & Adams, M.M. (2012, July). *Quality of Life Assessment for Physical Activity Programs: Comparison of Measures*. Presentation at the International Convention on Science, Education and Medicine in Sport conference, Glasgow, UK.
- **Reifsteck**, E.J. & Gill, D.L. (2011, June). *Athletic Identity and Physical Activity Levels Among Former College Athletes*. North American Society for the Psychology of Sport and Physical Activity conference, Burlington, VT.

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- Duffy, D.M., Smith, P.H., **Reifsteck**, E.J., Sutcliffe, J., & Buss, C. (2011, Feb.) *Gender Differences among High School Coaches' Beliefs about Violence and Sexual Assault Prevention*. Southern District American Alliance for Health, Physical Education, Recreation, and Dance convention, Greensboro, NC.
- Duffy, D.M., Smith, P.H., **Reifsteck**, E.J., & Sutcliffe, J. (2010, Nov.). The Role of a Coach. The Role of a Coach? North Carolina American Alliance for Health, Physical Education, Recreation, and Dance convention, Winston-Salem, NC.
- Gill, D.L., Hammond, C.C., **Reifsteck**, E.J., Jehu, C.M., Williams, R.A., Adams, M.M., Lange, E.H., Becofsky, K., Rodriguez, E., Shang, Y.T. & Williams, A.L. (2010, Oct.) *Physical activity and Quality of Life: Views of participants*. Symposium (5 papers) presented at the Association for Applied Sport Psychology conference, Providence, RI.
 - **Reifsteck**, E.J., Hammond, C.C., Jehu, C.M., & Gill, D.L. (2010, Oct.) *Physical Activity and Quality of Life: Responses of Student and Community Participants*. AASP conference, Providence, RI.
 - Hammond, C.C., **Reifsteck**, E.J., Jehu, C.M., & Gill, D.L. (2010, Oct.) *What is Quality of Life? Responses of Student and Community Participants*. AASP conference, Providence, RI.
- Gill, D.L., Hammond, C.C., **Reifsteck**, E.J., Jehu, C.M. & Shang, Y.T. (2010, June) *Physical activity and Quality of Life: Views of student and community participants*. American College of Sports Medicine conference, Baltimore, MD.
- Gill, D.L., Hammond, C.C., **Reifsteck**, E.J., Jehu, C.M. Becofsky, K. & Shang, Y.T. (2010, May). *What is Quality of Life? Views of participants*. 3rd International Congress on Physical Activity and Public Health, Toronto, Canada.
- **Reifsteck**, E.J., George, R., Sepich, E., & Shaffer, B.A. (2009, March) *An Investigation into the Relationship between Self-Esteem and Attachment to God*. Annual Convention of the Eastern Psychological Association, Pittsburgh, PA.

Invited Presentations

- Wyrick, D.L., **Reifsteck**, E.J., Shriver, L.H., & Brooks, D.D. (2017, March). *Profiling the NCAA Innovations Grant: Athletes Moving On*. National Association of Student Personnel Administrators Annual Conference, San Antonio, TX.
- **Reifsteck**, E.J., Shriver, L.H., & Brooks, D.D. (2017, Jan) *Moving On!: Next Steps for Promoting the Long-Term Health and Well-Being of Student-Athletes*. National Collegiate Athletic Association National Convention, Nashville, TN.
- **Reifsteck**, E.J. (Panelist; 2016, July). *Life After Sports: Helping Athletes Transition & Build a New Identity*. Sport Exchange Summit sponsored by Drug Free Sport, Kansas City, MO.
- **Reifsteck**, E.J. (2016, July). "Athletes" and "Exercisers": *Understanding Identity, Motivation, and Physical Activity Participation in Former College Athletes*. Bridging the Gap Podcast. <http://bridgingthegappodcast.libsyn.com/athletes-and-exercisers-understanding-identity-motivation-and-physical-activity-participation-in-former-college-athletes>
- Bennett, L., Bill, K., Fasczewski, K., Lewandowski, M., Long, J., Monnich, T., Robinson, K., Rothberger, S., & **Reifsteck**, E.J. (*faculty advisor*) (2016, April).

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Teaching Mental Skills in Diverse Group Settings. Workshop presented at the Association for Applied Sport Psychology Southeast Regional Conference.

- **Reifsteck, E.J., Brooks, D.D., & Gill, D.L.** (2016, Jan.) *Moving On!: A Physical Activity Transition Program for Student-Athletes*. NCAA National Convention, San Antonio, TX.
- **Reifsteck, E.J.** (2015, Nov.). "Moving On!" from Sports: Examining the Physical Activity Behaviors of Former Athletes. Fitness 4 Professionals continuing education workshop (CEU event approved for NSCA, NATA)
- **Reifsteck, E.J.** (2015, April). *Self-Determination Theory: Why What Motivates Us Matters*. Presentation to Sport Studies undergraduate students at Guilford College, Greensboro, NC.
- **Reifsteck, E.J.** (2015, Feb.). *How to "Move On" and "Keep Moving": Preparing Student-Athletes for Life after College Sports*. Institute to Promote Athlete Health and Wellness Webinar Series, Greensboro, NC.
- **Reifsteck, E.J.** (2014, Dec.). *Using Sport and Exercise Psychology: Concentration Skills and Stress Management*. Presentation for UNCG Middle College students, Greensboro, NC.
- **Reifsteck, E.J.** (2014, April). *WGS and KIN: Cross-Disciplinary Connections*. Presentation for the Linda Arnold Carlisle Distinguished Excellence Professorship Lecture in honor of Dr. Diane Gill, Greensboro, NC.
- **Reifsteck, E.J., et al.** (2008, Dec.). *Sports and Religion*. Presentation for Saint Francis University's Community Enrichment Series, Loretto, PA.
- **Reifsteck, E.J., et al.** (2007, Sept.). *Alcohol Awareness for Student-Athletes*. Presentation to all freshmen varsity student-athletes at Saint Francis University, Loretto, PA.
- Gilmour, S.L., **Reifsteck, E.J., et al.** (2006, Nov.). *What can we learn from rats? Experimental Psychology*. Presentation to high school students at Saint Francis University's 13th Annual Science Day, Loretto, PA.

RESEARCH GRANTS

- **Reifsteck, E.J. (PI), Wideman, L.& , Shriver, L.H.** *Alterations in habitual physical activity and cardiometabolic disease risk in athletes transitioning out of college sports*. Health and Human Sciences Research Excellence Grant (\$10,000). April 2017 – Aug 2018
- Price, A.A., **Reifsteck, E.J. (Co-I), Brooks, D.D., & Whitt-Glover, M.C.** *Examining health literacy and health status of minority college students*. #U54MD008173 National Institute on Minority Health and Health Disparities; Morehouse School of Medicine Transdisciplinary Collaborative Center for Health Disparities Research; "Informing Health Policy and Practice" Pilot Project Program (\$50,000). July 2017 – July 2018
- **Reifsteck, E.J. (PI), Shriver, L.H., & Brooks, D.D.** *Moving On!: Next Steps for Promoting the Long-Term Health and Well-Being of Student-Athletes*. NCAA Innovations in Research and Practice Grant (\$30,000). February 2016 – January 2017

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- **Reifsteck, E.J.** (PI), Gill, D.L., & Brooks, D.D. *Moving On!: A Physical Activity Transition Program for Student-Athletes*. NCAA Innovations in Research and Practice Grant (\$10,000). February 2015 – January 2016
- **Reifsteck, E.J.** (PI) *Negotiating Feminine and Athletic Identities: Former Athletes' Experience with Gender Role Conflict*. UNCG School of Health and Human Sciences Graduate Research Grant (\$2,000). May – August 2012
- **Reifsteck, E.J.** (PI) *The Relationship of Athletic Identity to Physical Activity Levels Post-Retirement from Collegiate Sports: A Pilot Study*. UNCG Susan Stout Graduate Research Grant (\$1500). May – August 2010

SERVICE & MENTORSHIP

University and Professional Service

- Member, *Ed.D. in Kinesiology Program Committee*, UNCG, January 2016-present
- Member, *Sport and Exercise Psychology Concentration Area Committee*, UNCG, January 2016-present
- Member, *Research Development Committee*, Association for Applied Sport Psychology, April 2016-present
- Member, *Student-Athlete Well-Being and Experience Strategic Planning Committee*, UNCG, Feb 2017 - April 2017
- Member, *Preventing Underage Drinking Town Hall Planning Committee*, UNCG, February 2016-April 2016
- Member, *Advisory Committee on Alcohol and Other Drug (AOD) Education, Prevention, Treatment, and Recovery*, UNCG, August 2015-May 2016
- Member, *Spartan Recovery Month Planning Committee*, UNCG, Summer 2015
- Member, *Ed.D. in Kinesiology Online Development Committee*, Dept. of Kinesiology, UNCG, 2013-2015
- Member, *Female Athlete and Injury Conference Planning Committee*, PAGWSPA, UNCG, 2012-2013
- Member, *Association for Applied Sport Psychology Coalition for the Advancement of Graduate Training*, AASP, 2012-2013
- Member, *First National Conference on Girls and Women in Sport and Physical Activity Planning Committee*, PAGWSPA, UNCG, 2011-2012
- Member, *Diane L. Gill Award Committee*, PAGWSPA, UNCG, 2011-2012
- Columnist, *Sports Kids Play* newspaper, 2010-2013
- Member, *Girls in Sport Symposium Planning Committee*, PAGWSPA, UNCG, 2010-2011
-

Student Thesis/Dissertation Committees

- Member, Doctoral Dissertation Committee, Josh Wludyga, Rocky Mountain University. Dissertation Title: *Exercise Knowledge and Behavior: Former Athletes Compared to the General Population*. (2017)
- Member, Doctoral Dissertation Committee, Ray Schweighardt, University of North Carolina at Greensboro. Dissertation Title: *Implementation of a Constructivist-Oriented Training for Kinesiology Graduate Teaching Assistants*. (2017)

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- Member, Master's Thesis Committee, Chelsea Burrell, University of North Carolina at Greensboro. Thesis Title: *The Relationship between Perceived Autonomy-Supportive Coaching Behavior and Motivational Responses among Adolescent Athletes*. (2016)

Professional Journals

- Reviewer, *Quest*
- Reviewer, *Journal of Sport Psychology in Action*
- Reviewer, *Sport, Exercise, and Performance Psychology*
- Reviewer, *Journal of Sport and Health Science*
- Editorial Board Member, *Women in Sport and Physical Activity Journal*, 2014–present
- Editorial Assistant, *Women in Sport and Physical Activity Journal*, 2013–2014
- Editorial Assistant, *Quest*, 2011-2013

Professional Memberships

- Association for Applied Sport Psychology
- North American Society for the Psychology of Sport and Physical Activity
- American Psychological Association
- American College of Sports Medicine
- American Association for the Advancement of Science