

CURRICULUM VITAE

Amy S. Welch

CONTACT DETAILS

Address: 251 Forker Building, Department of Kinesiology, Iowa State University, Ames, IA 50011

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Nationality: British

EDUCATION

2003 – 2007

Ph.D in Exercise Psychology

University of Leeds, Leeds, UK.

Centre for Sport and Exercise Sciences.

Dissertation: “Variability in the affective exercise experience of habitually inactive women: exploring the role of cognitive appraisal during exercise.”

Advisors: Angela Hulley, Ph.D and Mark Beauchamp, Ph.D

2001 – 2002

MS Sport and Exercise Science (Psychology)

Sheffield Hallam University, Sheffield, UK

School of Sport and Leisure Management.

Thesis: “Enduring Psychological Affect Associated with Acute Aerobic Exercise of 15 and 30 minutes duration.”

Advisor: Amanda Daley, Ph.D

1998 – 2001

BS (Hons) Sport and Exercise Science (Grade Classification: First Class)

Sheffield Hallam University, Sheffield, UK

School of Sport and Leisure Management.

Undergraduate Thesis: “Psychological affect at different exercise intensities in active and inactive females.”

Advisor: Amanda Daley, Ph.D

PROFESSIONAL EXPERIENCE

Aug 2007 – Present ***Assistant Professor (Exercise Psychology)***, Department of Kinesiology, Iowa State University, U.S.A.

Aug 2006 – Aug 2007 ***Lecturer (Exercise Psychology)***, Department of Kinesiology, Iowa State University, U.S.A.

Sept 2003 – June 2006 ***Graduate Teaching Assistant (Exercise and Sport Psychology; Motor Control; Research Methods)***, Centre for Sport and Exercise Sciences, University of Leeds, UK.

Oct 2004 – June 2005 ***Teaching Assistant (Exercise and Sport Psychology)***, Carnegie Faculty of Sport and Education, Leeds Metropolitan University

RESEARCH ARTICLES

Published

Lind, E., **Welch, A.S.**, & Ekkekakis, P. (2009). Do “mind over muscle” strategies work? Examining the effects of attentional association and dissociation on exertional, affective, and physiological responses to exercise. *Sports Medicine*, **39** (9), 743-64.

Welch, A.S., Hulley, A., Ferguson, C., & Beauchamp, M.R. (2007). Affective responses of inactive women to a maximal incremental exercise test: A test of the Dual-Mode Model. *Psychology of Sport and Exercise*, **8**, 401-423.

Beauchamp, M.R., **Welch, A.S.**, Hulley, A. (2007). Transformational, Transactional, and Corrective Avoidant Leadership and Exercise-related Self-efficacy: An Exploratory Study. Submitted to *Journal of Health Psychology*, **12** (1), 83-88.

Daley, A.J., & **Welch, A.** (2004). The effects of 15 min and 30 min durations of exercise upon affective responses both during and after exercise. *Journal of Sport Sciences*, **22**, 621-8.

Daley, A.J., & **Welch, A.** (2003). Subjective exercise experiences during and after high and low intensity exercise in active and inactive adult females: Some preliminary findings. *Journal of Sports Medicine and Physical Fitness*, **43**, 220-2.

In Press

Welch, A.S., Hulley, A.J. & Beauchamp, M.R. (*In Press*) Affect and self-efficacy responses during moderate-intensity exercise among low-active women: The effect of cognitive appraisal. *Journal of Sport and Exercise Psychology*.

CONFERENCE PRESENTATIONS (refereed)

Welch, A.S., Ekkekakis, P., & Lind, E. (May 2008). Investigating Prefrontal Cortical Dynamics During Exercise Using Near-Infrared Spectroscopy (NIRS). Poster presented at the annual meeting of the American College of Sports Medicine. *Medicine & Science in Sports & Exercise*. 40(5) Supplement 1:S300. [Abstract]

Welch, A.S., Hulley, A.J. & Beauchamp, M.R. (June 2007). When is it going to end?! Manipulating cognitive appraisal of acute aerobic exercise and its influence on temporal perceptions of affect and self-efficacy. Oral presentation at the annual convention of the North American Society for the Psychology of Sport and Exercise, San Diego, California, U.S.A. *Journal of Sport and Exercise Psychology*, **29**, S212. [Abstract]

Welch, A.S., Hulley, A.J. Ferguson, C., & Beauchamp, M.R. (June 2006). *Exploring variability in the affective experiences of inactive women across exercise intensities*. Poster presentation at the annual convention of the North American Society for the Psychology of Sport and Exercise, Denver, Colorado, U.S.A. *Journal of Sport and Exercise Psychology*, **28**, S192. [Abstract].

Beauchamp, M.R., **Welch, A.S.**, & Hulley, A.J. (June, 2004). *An exploratory investigation of the relationship between transformational leadership and exercise participant self-efficacy*. Poster presented at the annual convention of the North American Society for the Psychology of Sport and Exercise, Vancouver, Canada. *Journal of Sport and Exercise Psychology*, **26**, S31. [Abstract]

Beese, A., Hulley, A., & **Welch, A.** (2004). *Exercise as a ‘treatment’ for women with post-natal depression: An exploratory study*. Oral Presentation at the First International Conference in Qualitative Research in Sports & Exercise, Liverpool, UK.

GRANT ACTIVITIES

Ongoing Research Support

USDA 2008-34115-19372 (Birt D, Program Director) 09/01/2008-08/31/2010

Human Nutrition (Subcontract: "The role of the affect heuristic in the decision to engage in physical activity behavior"), \$60,000.

Role: Principal Investigator

Completed Research Support

ISU (Welch AS, Principal Investigator) 02/02/2007 – 02/01/2008

College of Human Sciences Seed Grant "Taking a first peek into the frontal cortex during exercise using near infrared spectroscopy: A comparison of the transient hypofrontality and dual-mode theories", \$4,000.

Role: Principal Investigator

Unfunded Grant Applications

NIH U01 RFA-HL-08-013 (Gentile D, Principal Investigator) Submitted 01/16/2009
"Development of Family Intervention Strategies to Reduce Childhood Obesity" \$3,746,838.

Role: Co-Investigator

Wellmark Foundation (**Welch AS**, Principal Investigator) Submitted 04/21/2009
"ALL 4 ONE: A family-based program to improve health-related behaviors in children", \$148,472.

Role: Principal Investigator

Ninegima (Sullivan Z, Principal Investigator) Submitted 04/10/2009
"Psychological, Physiological, and Biochemical Energy: Impact of Micronutrient Supplementation", \$242,550.

Role: Co-Investigator

TEACHING

Iowa State University

KIN 366: Exercise Psychology (Introductory course)

KIN 365: Sport Psychology (Introductory course)

KIN 467/HHP 567: Exercise Psychology: Clinical Applications and Interventions (Advanced course)

KIN 521: Advanced Topics in Exercise and Sport Psychology (Advanced course)

KIN 252: Kinesiology Orientation (One hour guest lecture each semester: Introduction to exercise and sport psychology)

KIN 458/558: Principles of Fitness Assessment and Exercise Prescription (Two hour guest lecture: Working effectively with individual clients)

Graduate student advising:

- Mark Tschampf (MS: Aug 2007-May 2009): *Graduated.*
- Shenbaga Soundarapandian (MS: January 2008-Present).
- Kira Werstein (PhD: Aug 2009-Present).

Graduate student POS Committees (present):

PhD

- Andres Calabro (Advisor: Welk, G)
- Jared Tucker (Advisor: Welk, G)
- Matthew Buns (Advisor: Thomas, K)
- Zeb Sullivan (Advisor: King, D)
- Rimi Yoo (Advisor: Franke, W)

MS

- Erik Crawford (Advisor: Englehorn, R)
- Emily Decker (Advisor: Ekkekakis, P)
- Arjun Hanrahan (Advisor: Franke, W)
- Rachel Johnson (Advisor: Welk, G)
- Nettie Maguire (Advisor: Welk, G)
- Justin Scherff (Advisor: Sharp, R)
- Chris Caesar (Advisor: Thomas, K)

Graduate student POS Committees (completed):

- Katie Whipple (Advisor: Anderson, D): *Graduated May 09.*

SERVICE

ISU Committee Appointments:

- College of Human Sciences Faculty Development Committee (Fall 2007-Present)
- Dept of Kinesiology Undergraduate Curriculum and Standards Committee (Fall 2007-Present)
- Dept of Kinesiology Student Advisory and Fee Committee (Fall 2007-Present)
- Dept of Kinesiology Faculty Search Committee, 2007-2008 (Department Chair)
- Pease Scholar Committee, Aug 2009-Present)

Ad hoc peer-reviewer for the following Journals:

- *Preventive Medicine*
- *Research Quarterly for Exercise and Sport*
- *Psychology and Psychotherapy*
- *International Journal of Behavioral Nutrition and Physical Activity*
- *Psychology of Sport and Exercise*
- *European Journal of Applied Physiology.*

Presentations and workshops

- “Exercise for stress relief”. Workshops for the International Student and Scholars Office at Iowa State University (Oct 2006 & Dec 2007).
- “Exercise as a therapy for mental health”. Presentation for Iowa State University Student Counseling Services (April 2008)
- “Sport Psychology and the Teen Athlete”. Presentation as part of the Iowa State University Extension *Eat to Compete* workshop series for Iowa high school coaches and educators (June 2008 & 2009).

Applied Sport Psychology Consultancy

- British Olympic Association Generation 2010 Training Camp, Lofer, Austria. July 17th - 20th 2005.
- Talented Athlete Scholarship Scheme – Workshops and Consultancy with University of Leeds scholars and bursars (2004 –July 2006)
- Consultancy with a national-level sailor (January 2005 – June 2006) and a national-level canoe polo player (July 2005 – June 2006)

PROFESSIONAL MEMBERSHIPS

- International Society for Behavioral Nutrition and Physical Activity: April 2009-Present
- American College of Sports Medicine: Sept 2007-Present
- British Association of Sport and Exercise Sciences: 2002-Present
- North American Society for the Psychology of Sport and Physical Activity: 2003-Present