

March 2023

**Curriculum Vitae**  
**Thomas R. George**  
School of Kinesiology  
The University of Michigan  
830 N. University Ave.  
Ann Arbor, MI 48109-1048  
(734) 647-2711  
trgeorge@umich.edu

## **Education**

**Ph. D.** Department of Physical Education and Exercise Science  
Michigan State University, East Lansing, MI, May, 1993

**Major:** Physical Education and Exercise Science  
**Specialization:** Sport Psychology

**M. S.** Department of Physical Education, Health, and Sport Studies  
Miami University, Oxford, OH, August, 1988

**Major:** Physical Education and Sport Studies  
**Specialization:** Sport Psychology/Sport Sociology

**B. A.** Department of Psychology, cum laude, Northeastern State University,  
Tahlequah, OK, December, 1984

## **Professional Experience**

### **University of Michigan, Ann Arbor, MI**

**Assistant Clinical Professor:** Sport Management, and Applied Exercise Science, School of Kinesiology, University of Michigan, Ann Arbor, MI. September 1998 - present.

**Assistant Director of Undergraduate Programs:** School of Kinesiology, University of Michigan Ann Arbor, MI. July 1, 2019 – present.

**Director of Global Engagement:** School of Kinesiology, University of Michigan, Ann Arbor, MI. July 1, 2015 – present.

**Program Chair – Applied Exercise Science:** School of Kinesiology, University of Michigan, Ann Arbor, MI. July 1, 2021 – present.

**Program Chair – Health and Fitness:** School of Kinesiology, University of Michigan, Ann Arbor, MI. July 1, 2015 – June 30, 2018

**Program Chair - Sport Management:** School of Kinesiology, University of Michigan, Ann Arbor, MI. August 2000 – June 30, 2015

**Lecturer:** Department of Sport Management and Communication, Department of Physical Education, University of Michigan, Ann Arbor, MI. June 1992 - August 1998.

**Research Associate I:** Department of Sport Management and Communication, University of Michigan, Ann Arbor, MI. August 1992 - September 1993.

### **Kalamazoo College**

**Visiting Faculty:** Department of Psychology, Kalamazoo College, Kalamazoo, MI. September 1991-December 1991.

### **Honors and Recognition**

Teaching Excellence Award, School of Kinesiology, University of Michigan, 1999, 2000, 2005, 2020 and 2022

University Golden Apple Teaching Award Nominations, University of Michigan, (2014 - 2020)

### **Professional Association Membership**

NAFSA: Association of International Educators (2015-present)

The Forum on Education Abroad (2015-present)

American Kinesiology Association (2019-present)

### **Teaching**

Throughout his academic career at the University of Michigan, Dr. George has taught both undergraduate and graduate courses, but has focused predominantly on undergraduate education. Dr. George teaches or has taught in the Sport Management, Applied Exercise Science, Movement Science and Physical Education programs in the School. He has been the recipient of the student-selected teaching excellence award in the School of Kinesiology five times between 1999-2022.

## **Contributions in Curriculum and Course Development**

### ***Sport Management***

Dr. George led a complete restructuring of the Sport Management curriculum in 2005, transforming the program from a sport studies program to a sport business program. The reforms included the creation and implementation of a “second-level” application process for entry into the Sport Management program. These changes strengthened the overall quality of the SM student body and initiated the elevation of the SM program to national prominence. Dr. George also initiated and led the development of a dual degree program with the Ross School of Business, one of the top-rated business schools in the nation. In addition to curricular reform, Dr. George initiated and established an external advisory board comprised of leaders in the sport business industries. The board provides important links to the sport business community, facilitating internship and employment opportunities for Sport Management students.

### ***Health and Fitness/Applied Exercise Science***

Dr. George led efforts toward the creation and implementation of a new Health and Fitness program in the School of Kinesiology. Originally, the program was designed to be a complimentary track to the existing Physical Education program. However, when the PE program was terminated, Dr. George led a group that re-designed the HF curriculum into its current form. This curriculum reform included a program name change to Applied Exercise Science.

### ***Entrepreneurship Minor***

Dr. George was a member of curriculum group that created a university-wide entrepreneurship minor. Efforts in this endeavor included the identification, establishment and sequencing of required and elective coursework, as well as the development and implementation of all procedures, processes and oversight of the minor.

## **Kinesiology Courses Created or Redesigned**

### **AES 313: The Psychology of Exercise**

Created a new course in the AES program that focuses on the psychological factors impacting exercise behavior as well as psychological consequences of exercise and physical activity

### **SM 202: Principles of Athletic Coaching**

Completely modified an existing course that focused on story-telling and anecdotal evidence to a science-based course; also incorporated the opportunity for students to earn certification from a national youth sport coaching education program

**SM 203: Introduction to Sport Management**

Completely modified an existing course that focused on “careers” in the sport industries to a course focused on business principles and practices in the industry

**HF/AES 332: Principles of Motor Behavior**

Revived and modified a former MVS course for inclusion in the Physical Education curriculum. The modified course addressed motor control, motor learning and motor development issues that were critical for state teacher certification in Physical Education.

**Courses Taught**

**Kalamazoo College**

PSYC 230: Psychology of Sport (1991)

**University of Michigan (1992-2023)**

MVS 320: Motor Learning and Control

SM 100: First Year Seminar in Sport Management

SM 111: Historical and Sociological Issues in Sport and Fitness

SMC 202: Principles of Athletic Coaching

SM 203: Introduction to Sport Management

SM 249: Research Methods in Sport Management

SM 332: Organizational Behavior in Sport

PE/HF 332: Principles of Motor Behavior

SM/AES 437: Psychological Aspects of Sport and Exercise

AES 313: Exercise Psychology

KIN 610: Current Issues in Kinesiology

**Service**

Dr. George has and continues to serve in several administrative leadership roles in the School of Kinesiology. Moreover, he has been an active participant in a wide variety of School and/or University committees and programs. He has also served in a leadership position in a state-level professional association and has recently been appointed to an American Kinesiology Association (AKA) committee position. In addition to university-related committee and program service, Dr. George has served members of the university and local community as a sport psychology consultant and/or a youth sport coaching educator.

**Professional Committees/Offices**

**National/Regional**

American Kinesiology Association

Membership Committee Member: January 2021-present

Michigan Association of Health, Physical Education, Recreation and Dance  
Vice President for Professional Development: November 1999 – November 2001

**University of Michigan**

Council on Global Engagement: July 2015 - present  
Center for Global Health Equity Advisory Committee: December 2019 – May 2020  
Center for IPE Anti-racism Ad Hoc Committee: December 2020 - present  
Campus-wide Entrepreneurship Steering Committee: December 2013-September 2014  
Campus-wide Entrepreneurship Curriculum Committee: November 2014-Sept 2017  
LSA Sport-theme Semester Steering Committee: October 2013-December 2015  
Conflict Resolution Officer, Office of Student Conflict Resolution: September 2004 – August 2006

**School of Kinesiology, University of Michigan**

Curriculum and Instruction Committee: September 2012 - present  
DEI Initiatives Committee: 2019 – present  
Sport Management Initiative Committee: 2019- present  
Academic Structure Review Committee: 2020 – 2021  
Promotion and Tenure Review Committee: 2020 - 2021  
Dean Search Committee: 2015  
Sport Management Lecturer Search Committee: 2015 (chair), 2017, 2018  
Bernard Patrick Maloy Award Committee: January 2010 -present  
Rachel Townsend Award Committee: January 2005 - present  
Global Education Coordinator Search Committee: 2014  
Executive Committee: September 1998 - June 2000  
Graduate Committee (Chair): September 1997 - July 2000  
Awards Committee: January 1997 – December 2006

**University of Michigan Doctoral Dissertation Committee Cognate Member**

Bonney, Christina Rhee (2006). Investigating the influence of the 2 X 2 achievement goal framework on college athletes' motivation and performance.

Zarrett, Nicole (2006). The dynamic relation between out-of-school activities and adolescent development.

**Other University Service**

Summer Orientation, Faculty Presenter, Office of New Student Programs: 2000-2019

"Meet Michigan," Faculty Presenter, Office of Undergraduate Admissions: 2010-present

"Amaizin' Blue Review," Faculty Presenter, Office of Undergraduate Admissions: 2010-present

Campus Day Faculty Presenter, School of Kinesiology: 2000 – present

Prospective Student Day Faculty Presenter, School of Kinesiology: 2010 – present

**Ad Hoc Journal Reviewer**

*The Sport Psychologist* (1995)

*Journal of Sport and Exercise Psychology* (1995)

*Research Quarterly for Exercise and Sport* (2003)

*Adapted Physical Activity Quarterly* (1995)

*International Journal of Sport Psychology* (2007)

**Community Service**

**Educational Consultant and Instructor**

Program for Athletic Coaches' Education (PACE) training workshops for youth sport coaches, sponsored by Michigan State University, August 1988 - 2005.

Volunteers, Administrators, and Coaches (VAC) training workshops for youth sport coaches, sponsored by Wayne State University, August 1998 - 2008

Instructional and educational clinician for youth sport coaches in baseball, softball, soccer and hockey in more than 100 workshops in the state of Michigan, August 1988 - 2017.

**Sport Psychology Consultant**

The University of Michigan Department of Intercollegiate Athletics, Ann Arbor, MI  
Great Lakes Gymnastics Club, Lansing, MI  
Individual athletes and teams in the southeast Michigan region

**Ann Arbor Public Schools**

Recreation Advisory Commission Board Member: December 2005-Sept 2014  
Chair – September 2011-September 2014  
Vice Chair – September 2009-September 2011  
Host Committee Member – Rick’s Run for Kids: July 2015 – October 2016  
Huron High School Theatre (Huron Players)  
Treasurer: February 2013-September 2014  
Huron Rowing Association  
Board Member – December 2011-February 2013

**Media Interviews**

Detroit Free Press  
Detroit News  
Ann Arbor Regional Business Magazine  
WWJ Radio Detroit  
WXYZ Television Detroit  
Runner’s World Magazine  
Men’s Health Magazine  
Road and Track Magazine  
Michigan Talk Network Radio  
Columbus Dispatch

**Research/Scholarship**

Dr. George's research interests include the effects of psychological factors on sport performance, and the impact of coaching education on youth sports. He is especially interested in the role self-efficacy plays in sport performance and physical activity as well as the factors that impact self-efficacy. Dr. George has published multiple articles in peer-reviewed journals and has edited a book focused youth sport coaching education. He has also been an ad hoc reviewer for multiple journals related to sport psychology. Most of Dr. George’s scholarly activities have focused on

the dissemination and application of scientific knowledge to athletes and coaches, as a sport psychology consultant and youth sport coach educator.

### **Refereed Publications**

- George, T.R., Marquez, A.A., Coble, C.J., & Williams, A.S. (2022). Reimagining sport management programs within Kinesiology and Public Health. Kinesiology Review, 11(4), 323-331.
- Welcher, R. L., Hinrichs, R.N., & George, T.R. (2008). Front- or rear-weighted track start or grab start: Which is the best for female swimmers? Sports Biomechanics, 7, 100-113.
- George, T.R. (2000). Let's be professional about this! The Michigan Association for Health, Physical Education, Recreation and Dance Journal. Spring, 18-19
- Garcia, A.W., George, T.R., Coviak, C., Antonakos, C., & Pender, N.J. (1997). Development of the Child/Adolescent Activity Log: A comprehensive and feasible measure of leisure-time physical activity. International Journal of Behavioral Medicine, 4, 324-339.
- Lirgg, C.L., George, T.R., & Chase, M.A., & Ferguson, R. H. (1996). Impact of conception of ability and task-type on physical self-efficacy. Journal of Sport and Exercise Psychology, 18, 426-434.
- George, T.R., & Feltz, D.L. (1995). Motivation in sport from a collective efficacy perspective. International Journal of Sport Psychology, 26, 98-116.
- Chase, M.A., Ewing, M., Lirgg, C. & George, T.R. (1994). The effects of basketball size and basket height on the shooting performance and self-efficacy of children. Research Quarterly for Sport and Exercise, 65, 159-168.
- George, T.R. (1994). Self-confidence and baseball performance: A causal examination of self-efficacy theory. Journal of Sport and Exercise Psychology, 16, 381 -399.
- George, T.R., Feltz, D.L., & Chase, M. (1992). Effects of model similarity on muscular endurance and self-efficacy: A second look. Journal of Sport and Exercise Psychology, 14, 237-248.

### **Books and Book Chapters**

- Clark, M., Smith, T., George, T., & Elliot, J. (Eds.) (1993). Youth baseball: A complete handbook. Carmel, IN: Cooper Publishing.
- Elliot, J., Ewing, M., & George, T. (1992). Introduction. In J. Elliot and M. Ewing (Eds.), Youth softball: A complete handbook. Dubuque, IA: Brown and Benchmark.



## **Presentations**

### **National**

George, T.R. Curriculum Reform: Transitioning from Physical Education to Applied Exercise Science. Paper presented at the American Kinesiology Association Leadership Workshop (virtual), January, 2022.

Welcher, R.L. & George, T.R. A comparison of water velocities of three starts in competitive swimming. Paper presented at the VIII International Symposium on Biomechanics and Medicine in Swimming, Jyväskylä, Finland, June 1998.

Garcia, A.W., Broda, M.A., George, T.R., Antonakos, C., & Pender, N. The Child/Adolescent Exercise Log: A New, Accurate and Feasible Measure. Paper presented at the Fourth International Congress of Behavioral Medicine, Washington, D.C., March, 1996.

Lirgg, C.L., George, T.R., & Chase, M.A., & Ferguson, R. H. Impact of Conception of Ability and Task-type on Physical Self-efficacy. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, June 1995.

Garcia, A., Broda, M., Coviak, C., Fren, M., George, T. R., & Pender, N. Testing an explanatory model of exercise efficacy among children and adolescents. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Incline Village, NV, October 1994.

George, T.R. Self-confidence and baseball performance: A causal examination of self-efficacy theory. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Brainerd, MN, June 1993.

Chase, M.A., Ewing, M., Lirgg, C. & George, T.R. The effects of basketball size and basket height on the shooting performance and self-efficacy of children. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Pittsburgh, PA, June 1992.

George, T.R. Implementing a psychological skills training program with Level 7 and Level 8 youth gymnasts. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Savannah, GA, October 1991.

George, T. R., Feltz, D. L., & Chase, M. A. Effects of model similarity on muscular endurance and self-efficacy: A second look. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Asilomar, CA, June 1991.

George, T.R., & Vealey, R.S. Mental preparation strategies and peak performance among intercollegiate baseball players. Paper presented at the annual meeting of the North

American Society for the Psychology of Sport and Physical Activity, Kent, OH, June 1989.

### **State/Regional**

George, T. R. Psychology of Youth Sport. Presentation made at the Career and Professional Development Sport Conference, Madonna University, Livonia, MI, October 21, 2005

George, T. R. Motivating Young Athletes. Presentation made at the annual conference of the Michigan Association for Health, Physical Education, Recreation and Dance, Kalamazoo, MI, November 11, 2004.

George, T. R. Effective Communication for Youth Sport Coaches. Presentation made at the annual conference of the Michigan Association for Health, Physical Education, Recreation and Dance, Kalamazoo, MI, November 11, 2004.

George, T. Conditioning Principles for Young Athletes. Presentation made at the annual conference of the Michigan Association for Health, Physical Education, Recreation and Dance, Battle Creek, MI, November 4, 2002.

George, T.R. Legal Aspects of Youth Sport Coaching. Presentation made at the annual conference of the Michigan Association for Health, Physical Education, Recreation and Dance, Battle Creek, MI, November 4, 2002.

Van Volkinberg, P. & George, T. R. Town Hall Meeting. Presentation made at the annual conference of the Michigan Association for Health, Physical Education, Recreation and Dance, Battle Creek, MI, November 4, 2000.

### **University/School**

George, T. R. Youth Exercise Behavior and Adherence. Presentation at the annual Applied Exercise Science Workshop, School of Kinesiology, University of Michigan, Ann Arbor, MI, December 6, 2019.

George, T. R. Think About It: Using Psychological Skills to Adapt to Change in the Work-Place. Invited presentation at the annual University of Michigan Office of Undergraduate Admissions retreat, Ann Arbor, MI, August 23, 2019.

Adams, L., George, T. R., LaBella, C. & Wojtys, E. Youth Sports. Panel Presentation at the Exercise and Sport Science Initiative Symposium, University of Michigan, Ann Arbor, MI, October 2018.

George, T. R. The Team, The Team, Team: Group Dynamics and Performance. Presentation made at the annual Health and Fitness Workshop, School of Kinesiology, University of Michigan, Ann Arbor, MI, December 7, 2018.

- George, T. R. Psychological Resilience: Building Self-Confidence and Enhancing Performance. Presentation made at the annual Health and Fitness Workshop, School of Kinesiology, University of Michigan, Ann Arbor, MI, December 1, 2017.
- George, T. R. Exercise and Psychological Well-Being. Presentation made at the annual Health and Fitness Workshop, School of Kinesiology, University of Michigan, Ann Arbor, MI, December 2, 2016.
- George, T. R. The Psychology of Sport and Exercise. Presentation made to the University of Michigan Sports Medicine Club, Ann Arbor, MI, March 20, 2014.
- George, T. R. The Team, the Team the Team: The Psychology of Team Dynamics. Presentation made to the University of Michigan-Flint Alumni Association, Flint, MI, October 24, 2014.
- George, T. R. Sport Participation and Psychological Well-being. Presentation made at the School of Social Work Symposium on Social Work and Sport, University of Michigan, Ann Arbor, MI, November 13, 2013.
- George, T. R. History and Evolution of College Sport. Presentation made at the annual Big Ten/N4A Region III Annual Conference, Ann Arbor, MI, April 12, 2011.
- George, T. R. Psycho-Social Factors in Youth Sport. Presentation made at the annual A2Ethics Symposium, Ann Arbor, MI, December 7, 2009.
- George, T. R. Sport Psychology for Physical Education and Athletics. “Things I can use on Monday;” U-M Physical Education annual conference, University of Michigan, Division of Kinesiology, Ann Arbor, MI, December 7, 2007.
- George, T. R. Motivating PE Students and Athletes. U-M Physical Education annual conference, University of Michigan, Division of Kinesiology, Ann Arbor, MI, December 2, 2005.
- George, T. R. Conditioning Principles for Young Athletes. “Things I can use on Monday;” U-M Physical Education annual conference, University of Michigan, Division of Kinesiology, Ann Arbor, MI, December 1, 2000.
- George, T. R. Legal Aspects of Youth Sport Coaching. “Things I can use on Monday;” U-M Physical Education annual conference, University of Michigan, Division of Kinesiology, Ann Arbor, MI, December 1, 2000.
- George, T. R. Motivating Young Athletes. Presentation made at the annual Physical Education conference, University of Michigan, Division of Kinesiology, Ann Arbor, MI, December 1, 2000.

George, T. R. Positive Coaching. Presentation made at the annual Physical Education conference, University of Michigan, Division of Kinesiology, Ann Arbor, MI, December 1, 2000.

Packard, D., McCormick, C., Ndambi, C., George, T. R., Pender, N., & Garcia, A. Health-related fitness evaluations using criterion-referenced standards of children as they make school transitions. Paper presented at the sixth annual Kinesiology Day, University of Michigan, Ann Arbor, MI, March 1999.

Watkins, B., George, T. R., Sellers, R., Neighbors, W., & Manuel, W. On athletics and academics: The life behind the data. Paper presented at the sixth annual Kinesiology Day, University of Michigan, Ann Arbor, MI, March 1999.

### **Funded Grants**

George T.R. & Watkins, B.W. (2011). "Behind the Scenes at the London 2012 Olympic Games." Center for Global and Intercultural Studies, University of Michigan, Global Course Connections grant, \$10,000

Watkins, B.W. & George T.R. (2011) "Behind the Scenes at the London 2012 Olympic Games." International Institute, University of Michigan, student support grant - \$10,000