

Short Biography

Artur Poczwardowski, Ph. D.

Dr. Poczwardowski received his Ph.D. in exercise and sport science with specialization in psychosocial aspects of sport from University of Utah, Salt Lake City, a master's degree in coaching and physical education from University of Physical Education in Gdańsk, Poland and a master's degree in psychology from Gdańsk University, Poland.

Currently he is a *Professor at University of Denver Graduate School of Professional Psychology* and, in the past he worked at Barry University (Miami Shores, Florida), St. Lawrence University (Canton, New York), University of Utah (Salt Lake City, Utah), and University of Physical Education in Gdańsk (Poland). Courses that he has taught include psycho-social aspects of sport, applied sport psychology, consulting methods and practices, group dynamics in sports, motivational interviewing, motor learning and control, training planning and periodization, psychophysiological aspects in human movement, research methods, and qualitative research methods.

Artur has over 60 publications (of which 30 are published in peer-reviewed journals, 18 are book chapters/book parts, 3 are co-edited books, 1 is co-edited conference proceedings, 13 are publications for various professional journals, 1 is a book review, and 1 is an encyclopedia entry). He delivered 106 professional presentations on national and international level, 4 keynote addresses, and 99 invited and educational lectures and workshops in *Brazil, Canada, China, Denmark, Germany, Greece, Italy, Mexico, Poland, South Korea, Spain, Sweden, and the United States*. His publications and professional presentations focus on sport and performance psychology practice for performance enhancement and psychological well-being, coach-athlete relationships, and coping strategies in elite performers. For two years (2004 – 2006) he served as an Associate Editor for *The Sport Psychologist* and he currently serves on its *Editorial Board*. In 2006 he was nominated for the President of Association for Applied Sport Psychology (AASP), which had membership from about 30 countries. He is currently a Fellow of AASP and has been a member of the *Managing Council of the International Society of Sport Psychology (ISSP)* since 2013 and currently serves as its Secretary General (2017-2021).

Since 1991, Dr. Poczwardowski has consulted with athletes and teams from a number of sports (tennis, golf, hockey, judo, squash, baseball, team handball, soccer, track and field, diving, rowing, cycling, air pistol shooting, alpine skiing, cross country skiing, figure skating, speed skating, and e-sport). At the elite level, he worked with the Polish national men's and women's judo teams (1991 & 1992 European Championships, 1992 World Championships, and 1992 Olympic Games) and St. Lawrence University Division I women's hockey team (2001 and 2004 Frozen Four). He started his private practice in 1991 in Gdańsk, Poland through his *Psychological Studio of Performance Enhancement*. In 2006, he founded *Planet Excellence Sports, Inc.* in Florida and, in 2013, as a senior consultant joined *Sport and Performance Excellence Consultants, LLC (SPEX)* in the Denver area. Most recently, he has been involved in assisting in mental training with four US Paralympic Teams. For example, he travelled with the US Paralympics Swim Team to the 2015 IPC Swimming World Championships in Glasgow, Scotland and guided mental preparation of three winter Paralympic sports during the 2018 PyeongChang Winter Paralympic Games, South Korea. He is a *Certified Mental Performance Consultant (CMPC)* by AASP (*the Association for Applied Sport Psychology*) in performance enhancement and is listed in *United States Olympic Committee (USOC) Sport Psychology Registry*.

Resume

EDUCATION:

- Ph.D. 1997 Psychosocial Aspects of Sport, University of Utah, Salt Lake City, USA
- M.S. 1991 Psychology, University of Gdańsk, Gdańsk, Poland
- M.S. 1989 Physical Education/Coaching, University of Physical Education, Gdańsk, Poland

ADDITIONAL PROFESSIONAL CREDENTIALS:

Associate Editor, *The Sport Psychologist* (2004 - 2006)

Certified Mental Performance Consultant, the Association for the Advancement of Applied Sport Psychology (CMPC, AASP) #215

Member, the United States Olympic Committee (USOC) Sport Psychology Registry (2004-2008, 2008-2012, 2012-2016 Olympic/Paralympic Cycles)

- Certified Coach of Level II, Judo, 1989.
Certified Instructor in Swimming, 1989.
Certified Instructor in Gymnastics, 1989.
Certified Instructor in Track and Field, 1989.
Certified Instructor in Soccer, 1989.
Certified Instructor in Handball, 1989.
Certified Instructor in Volleyball, 1989.
Certified Instructor in Basketball, 1989.

PROFESSIONAL AWARDS AND HONORS:

- 2017 University of Denver FACULTY CAREER CHAMPION
Recognition for faculty members who have "gone above and beyond to support their students' career and post-graduation goals."
- 2015 ASSOCIATION for APPLIED SPORT PSYCHOLOGY (AASP) FELLOW
"In recognition of significant and ongoing contributions to AASP and the field of sport and exercise/health psychology as demonstrated by the leaders within the Association"
- 2013 Recipient, University of Denver Distinguished Teaching Award
This award is given to a faculty member in recognition of outstanding service to the university, the community, or the profession (from among 640 full-time professors).
- 2007 Recipient, the Barry University Outstanding Faculty Award
Annual award presented to the Barry University outstanding faculty member for accomplishments in teaching, research, and service (from among 380 full-time professors).
- 2006 Nominated, to run for the office of the President, the Association for the Advancement of Applied Sport Psychology (AAASP). AAASP is the largest professional organization in applied sport psychology in the world (over 1200 members from more than 30 countries).

2005 Recognized, WHO IS WHO AMONG AMERICA'S TEACHERS, (9th edition, 2005)
A citation for being the country's outstanding teachers (5% of the nation's teachers are cited).

PUBLICATIONS:

Articles in:

American Journal of Health Behavior	The Sport Psychologist
Psychology of Sport and Exercise Journal	Youth Sports Journal
International Journal of Sport & Exercise Psychology	Journal of Health Education
Journal of Applied Sport Psychology	Physical Activity Today
Professional Psychology: Research and Practice	Olympic Coach
Journal of Sport Psychology in Action	Journal of Clinical Psychology
Journal of Physical Education, Recreation & Dance	Health Psychology Report
International Journal of Sports Science and Coaching	Studies in Sport Humanities
Polish Journal of Applied Psychology	Sport in Society Journal

Edited Books (Co-editor)

"A Peer Guide to Applied Sport Psychology for Consultants in Training."
"Expert Approaches to Sport Psychology: Applied Theories of Performance Excellence."
"Positive Coaching Guide: i7W Model in Sport"

Chapters in the Following Books:

"Encyclopedia of Sport and Exercise Psychology"
"Routledge Companion to Sport and Exercise Psychology: Global Perspectives and Fundamental Concepts"
"Positive Coaching Guide: i7W Model in Sport"
"A Peer Guide to Applied Sport Psychology for Consultants in Training."
"Expert Approaches to Sport Psychology: Applied Theories of Performance Excellence."
"Professional Practice Issues in Sport Psychology: Critical Reviews"
"Sport Psychology in Practice"
"Doing Sport Psychology"
"Social Psychology in Sport"

NATIONAL AND INTERNATIONAL PRESENTATIONS:

Association for (the Advancement) of Applied Sport Psychology
International Society of Sport Psychology
American Psychological Association
European Federation of Sport Psychology
North American Society for Psychology of Sport and Physical Activity
Asian Southern Pacific Association for Sport Psychology
International Society of Biomechanics in Sport
American Alliance for Health Physical Education, Recreation, and Dance
International Society for Mental Training and Excellence
Society for Interpersonal Theory and Research
International Society of Applied Psychology
International Congress on Sport Psychology for Asociación Mexiquense de Psicología del Deporte y la Actividad Física A.C.

CONSULTATIONS (teams or individuals) AND INVITED TALKS:

United States Paralympic Nordic Skiing
United States Paralympic Alpine Skiing
United States Paralympic Swimming
United States Paralympic Track & Field
United States Paralympic Snowboarding
United States Paralympic Cycling
Polish Olympic Committee
Polish Judo Federation
United States Team Handball
United States Skiing Association
Finnish Fencing Association
Resilience Code, Denver, Colorado, USA
High Performance Tennis, Pembroke Pines, Florida, USA
The First Tee Miami, Florida, USA
International Conference on Mental Preparation to Atlanta '96, Warsaw, Poland
Barry University Athletic Department, Miami Shores, Florida, USA
St. Lawrence University Athletic Department, Canton, New York, USA
University of Utah Athletic Department, Salt Lake City, Utah, USA
Clarkson University Athletic Department, Potsdam, USA
Academy of Physical Education in Gdansk, Poland, Athletic Department
University of Ottawa, Canada
University of California in Los Angeles, International Center for Talent Development
Warsaw University, Poland
Academy of Physical Education, Krakow, Poland
Office of Teaching and Learning Conference, University of Denver
Murray High School, Utah, USA

ACADEMIC TEACHING INSTITUTIONS:

Professor (2012 - present), University of Denver, Denver, Colorado
Associate Professor (2008 – 2012), University of Denver, Denver, Colorado
Associate Professor (2004-2008), Barry University, Miami Shores, Florida
Assistant Professor (1999-2004), St. Lawrence University, Canton, New York
Visiting Assistant Professor (1997-1999), University of Utah, Salt Lake City, Utah
Academic Instructor (1989-1993), Academy of Physical Education, Gdansk, Poland

ACADEMIC TEACHING --COURSES:

Theoretical Aspects of Sport and Performance Psychology (CPSY 4652)
Theories of Performance Excellence (CPSY 4671)
Motivational Interviewing (CPSY 4657)
Exercise Physiology (CPSY 4610)
Adept, Professional, Supervisor and Leader (CPSY4630)
Applied Motor Learning (CPSY 4663)
Movement Principles for Performance (CPSY 4666)
Consulting Methods & Practices (CPSY 4669)
Motivation, Emotion, and Learning (CPSY 4677)
Scholarly Writing Methods and Practices (CPSY 4678)
Human Growth and Development (CPSY 4685)
Practicum in Sport and Performance Psychology (CPSY 4680)
Practicum in Sport and Performance Psychology: Professional Practice (CPSY 4686)
Sport and Performance Psychology Practicum in Collegiate Athletics (CPSY 5468)

Principles of Motor Learning (SES 326)
Psychosocial Aspects of Sport (SES 335)
Research Methodology (SES 616)
Motor Learning and Control (SES 625)
Motor Development (SES 664)
Sport Psychology (SES 537)
Sport and Exercise Psychology Advanced Practicum (SES 686)
Sport and Exercise Psychology Service Delivery (SES 687)
Sport and Exercise Psychology Professional Practice (SES 688)
Introductory Psychology (Psyc 100)
Personality (Psyc 253)
Pursuing a Happy and Optimistic Life: Can You? Should You? Will you? (FRPG 189)
Psychology of Creativity (Psyc 248C; summer abroad course in Vienna, Austria)
Sport Psychology (Psyc 255)
Interpersonal Dynamics in Sport (Psyc 448)
Introduction to Sport Psychology (ESS 334)
Introduction to Exercise and Sport Science (ESS 250)
Applied Sport Psychology (ESS 673)
Group Dynamics in Sport (ESS 674)
Qualitative Research Methods (ESS 782)
Training Planning and Periodization (ESS 569)
Psychophysiological Aspects in Human Movement (ESS 6710)
Judo and Self-Defense (ISR 135/235)
Beginning Swimming (ESS 166)
Intermediate Swimming (ESS 167)
Beginning Weight Training (ESS 110)
Intermediate Weight Training (ESS 111)
Basketball (ESS 115)
Jogging (ESS 104)
Power Walking (ESS 101)

MEDIA ATTENTION:

Kurach, T. & Badowska J. (2014, June 9). How to positively get hooked in sports. [Jak pozytywnie odlecieć w sporcie]. *Gazeta Wyborcza*, p. 16.

Tipton, N. (2011, January 9). *Winning the mind game*. Albuquerque Journal/Fit. Retrieved from <http://www.abqjournalfit.com/2011/01/09/winning-the-mind-game/> on July 28, 2011.

Lewandowski, P. (2008, July). Sticky phrases in mental training. An interview with Dr. Artur Poczwardowski [Lepkie hasła w treningu mentalnym. Wywiad z dr Arturem Poczwardowskim]. *Magazyn Olimpijski*, 2, 56-57.

Newman, B. (February 11, 2002). The key to ski jumping? Never think about it. *Wall Street Journal*, p. A6.

Kaczmarek, M. (June 24; 1992). Sport: It is not only physical [Nie tylko trening fizyczny]. *Coast Voice [Głos Wybrzeża]*.

PODCAST GUEST SPEAKER

Więclaw, G. (October 15, 2019). Jak budować mentalność zwycięzcy? [How to develop go getter mentality?] <https://www.glowarzadzi.pl/post/grz017>

ATHLETIC EXPERIENCES:

Judo athlete 1978-1995; competed on regional, national, and international level.
Two-time Polish Judo University Champion '89, '91.
A member of Polish academic national judo team (1986-88).
Completed Salt Lake City Granite Furniture Marathon (1995).

PROFESSIONAL ORGANIZATIONS:

International Organizations

Association for the Advancement of Applied Sport Psychology (AAASP; (name changed in 2006 to AASP/Association for Applied Sport psychology) [1996 to present]
International Society of Sport Psychology (ISSP) [1996 to present]
International Society of Mental Training and Excellence (ISMTE) [1995 to 1999; 2001]

National Organizations

American Psychological Association (APA), Sport and Exercise Psychology, Division 47 [1996 to 1999; 2006 to 2013; 2015 to present]
American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) [1997 to March 2006]
Professional and Organizational Development (POD) Network in Higher Education [2001 to 2004]
American Society of Clinical Hypnosis (ASCH) [1996-1997]
Polskie Towarzystwo Psychologiczne (Polish Psychological Association) [1992-1993]