

Brian M. Zuleger, Ph.D., CMPC

Professor
Sport Psychology
School of Kinesiology & Health Sciences
Adams State University
Alamosa, CO 81101
Email: brianzuleger@adams.edu Phone: (608) 628-5479

EDUCATION

2014 Ph.D. Health Education and Promotion- Sport Psychology, University of Missouri, Columbia, MO. Advisor/Mentor: Dr. Richard McGuire
Doctoral Dissertation: *Positive Coaching and Olympic Success: Case Studies of Track and Field Olympic Medalist Coach-Athlete Relationships*

2011 M.S. Human Movement and Performance- Sport Psychology, Western Washington University, Bellingham, WA. Advisor/Mentor: Dr. Ralph Vernacchia
Master's Thesis: *Leadership Characteristics of Successful NCAA Division I Track and Field Head Coaches.*

2009 B.S. Exercise and Sport Science- Health and Fitness Specialist, Western Washington University, Bellingham, WA.

2003-2007 93 credits toward B.S. Kinesiology- Physical Education Teacher Education, Minor in Secondary Health Education and Adapted Physical Education, University of Wisconsin, Madison, WI

CERTIFICATIONS

AASP Certified Mental Performance Consultant (CMCP) #513 2020-2025
USOPC Sport Psychology Registry 2020-2024
USOPC SafeSport Training- current
NSCA Certified Strength and Conditioning Specialist (CSCS) #201070341 2010-2020
ACSM Certified Exercise Physiologist (EP-C) #1012540 2009-2021
USATF Level 2 Track and Field Coach-Combined Events #L2-10216

PROFESSIONAL EXPERIENCE

Professor, School of Kinesiology & Health Sciences, Adams State University, Alamosa, CO
2022-present
Associate Professor, Dept. of Kinesiology, Adams State University, Alamosa, CO, 2019-2022
Assistant Professor, Dept. of Human Performance and Physical Education, Adams State

University, Alamosa, CO, 2014-2019

- Teach graduate and undergraduate courses
- Graduate Program Coordinator Applied Sport Psychology
 - Advise and Mentor 70 students as of Fall 2019
 - Online Master's degree in Applied Sport Psychology 2016-present
 - On campus Master's degree in Applied Sport Psychology 2016-2019
 - Develop curriculum, create courses, organize/hire instructors, advise students, teach courses, budgeting, marketing & promotion
 - Changed curriculum, created courses and changed the degree plan to align with the new CMPC standards from AASP
- Graduate Program Coordinator
 - Online Master's degree in Coaching 2018-2019
 - Temporarily took over for this role to support department
- Developed an online and on campus Master's degree in Applied Sport Psychology
 - Develop curriculum, create courses, organize/hire instructors.
- Expanded Undergraduate Sport Psychology major/minor
 - Modify curriculum, create courses, find practicum sites and prepare students for the experience, and collaborate with psychology department
- Creator/Director of the Joe I. Vigil Center for Human Performance and Coach Education
 - Developed the center and oversee the program
 - Focused on education, service and research to provide resources in human performance and coach education.
 - Conduct workshops locally, regionally and nationally; disseminate information and research, conduct research, community outreach through lecture series; workshops/courses on campus and on site throughout the San Luis Valley.
 - The center provides opportunities for student involvement in collaboration with the HPPE department and ASU athletics.
- Creator/Director of the Mental Training lab
 - Provide mental training services to campus and community members
 - Mentor graduate students to assist in the lab
- Advisor for sport psychology majors
- Advisor for sport management majors (Fall 2016-Fall 18 to assist dept. temporarily)
- Advise and assist Exercise Science graduate students as a thesis committee member
- Advisor, thesis committee chair, capstone project chair for Applied Sport Psychology graduate students

Mental Performance Coach, Men's and Women's Cross Country and Track and Field, Adams State University, January 2014-2019

- Provide mental training services to athletes and coaches from all event groups regarding mental skills training and performance
- Men's and women's teams have combined to win 56 national titles

Mental Performance Coach, Adams State University Athletics 2015-2019

- Provide mental training services to athletes and coaches from all sports
- Developed a mission, philosophy and holistic service delivery model and resources web page within the athletics website.
- Mentor graduate students in working with teams and coaches to provide mental training

Sport Psychology Subcommittee, USA Track and Field, 2014-present

- Provide mental training services for athlete, coach and team support throughout the year and with national teams
- Conduct research with athletes and coaches for improved sport performance
- Provide athlete and coach education services through workshops and clinics
- Monthly meetings with the Sport Psychology sub-committee
- Served as the Sport Psychologist for the 2019 U-23 NACAC Championships in Mexico
- Elected to serve as the Sport Psychologist for the 2020 U-20 World Championships in Kenya (canceled due to COVID-19)
- Elected to serve as the Sport Psychologist for the 2021 U-20 World Championships in Kenya (USATF decided not to send team due to COVID-19)
- Elected to serve as the Sport Psychologist for the 2021 U-20 PanAm Championships in Chile (USATF decided not to send team due to COVID-19)

Coaching Education Subcommittee, USA Track and Field, 2022-present

- Serve as resource in Sport Psychology for committee members

Graduate Adjunct Assistant Professor, Dept. of Education School and Counseling Psychology, University of Missouri, Columbia, MO, 2014-2015

- Graduate courses: Positive Coaching

Graduate Teaching Assistant, Dept. of Education School and Counseling Psychology, University of Missouri, Columbia, MO, 2012-2014

- Graduate courses: positive coaching
- Undergraduate courses: positive coaching, sport psychology
- Assisted in curriculum development for Online Master's Program in Positive Coaching
- Missouri Institute For Positive Coaching
 - Workshop, June 23-26, 2013, June 16-19, 2014
 - Assisted in organizing, planning, and implementing a workshop for coaches to educate them on positive coaching. Assisted with all operations, scheduling, developing curriculum and materials, marketing, speakers, instructors, lodging, dining, workshop building space, registration, etc.
 - Coaching Education Seminars
 - Assisted in organizing, planning, and implementing seminars throughout Missouri and the nation to educate coaches, teachers,

administrators, parents and many others on positive coaching and our mission of Winning Kids With Sport.

- Other Duties as Assigned
 - Assisted in recruiting students, preparation, fundraising, scheduling, budgeting, event management, and other duties assigned by the director

Graduate Assistant Fitness Coordinator, Wade King Student Recreation Center, Western Washington University, Bellingham, WA, 2010-2011

- Assisted with overall coordination and supervision of fitness programs
- Assisted with daily activities of personnel management, conflict resolution, scheduling, counseling, disciplinary process, policy implementations, rules, and procedural changes
- Hired, trained, and evaluated group fitness instructors, personal trainers, and weight room attendants

COURSES TAUGHT

Graduate

Introduction to Research (KIN 503 online, on campus)
Statistical Methods in HPPE (HPPE 543 on campus)
Sport Psychology (KIN 536, online, on campus)
Applied Sport Psychology (HPPE 550, on campus)
Methods of Coaching (KIN 504, online, on campus)
Social Aspects of Sport (HPPE 538 on campus)
Diversity & Equity in Sport (KIN 538 on campus)
Mental Strength and Conditioning (KIN 560, online, on campus)
Case Studies in Applied Sport Psychology (KIN 581, online, on campus)
Ethics in Applied Sport Psychology (KIN 570)
Applied Positive Coaching (ESCP 8195 online, on campus)
Positive Coaching (ESCP 7087)

Undergraduate

Sport Psychology (HPPE 190)
Health Promotion (HPPE 314)
Methods of Coaching (HPPE 350, online, on campus)
Diversity & Equity in Sport (HPPE 380)
Applied Sport Psychology (HPPE 436)
Capstone in HPPE (HPPE 450)
Positive Coaching (ESCP 4087)
Teaching Assistant Psychological Perspectives in Sport (ESCP 2700)

COURSES DEVELOPED

Graduate

Sport Psychology (HPPE 536, online, on campus)
Applied Sport Psychology (HPPE 550, online, on campus)
Mental Strength & Conditioning (HPPE 560, online, on campus)
Case Studies in Applied Sport Psychology (HPPE 581, online, on campus)
Capstone in Applied Sport Psychology (HPPE 596, online)
Methods of Coaching (HPPE 504, online, on campus)
Ethics in Applied Sport Psychology (HPPE 570, online, on campus)
Practicum (HPPE 585 online, on campus)
Positive Psychology (KIN 510 online)
Mental Health in Sport (KIN 520 online)
Applied Positive Coaching (ESCP 8195, online)
Positive Coaching (ESCP 7087)

Undergraduate

Sport Psychology (HPPE 190)

- Developed as a new course 2015
- Course redesign to align with State General Education Requirements 2017-18
- Redesigned HPPE 190 to meet the requirements to count as a general education course

Diversity & Equity in Sport (HPPE 380)
Methods of Coaching (HPPE 350)
Applied Sport Psychology (HPPE 436)
Capstone in HPPE (HPPE 450)
Health Promotion (HPPE 314)
Positive Coaching (ESCP 4087)

SCHOLARSHIP

Original Research Published or in Press (Refereed)

Waite, L., Potts, A., Shadle, A., & **Zuleger, B.** (manuscript in progress). Understanding track and field coaches' perceptions of athletes' sport psychology needs in preparation for a Tokyo 2020 Olympic cycle.

Zuleger, B., & McGuire, R. (2021). Case Studies of Olympic Medalist Coach–Athlete Relationships: A Retrospective Analysis Prior to and During the Olympics. *Case Studies in Sport and Exercise Psychology*. 5(S1),36-43. <https://doi.org/10.1123/cssep.2021-0019>.

Waite, L., Stanley, C., **Zuleger, B.**, & Shadle, A. (2021). Evaluating Sport Psychology Service Delivery for Elite USA Track and Field Athletes: Findings and Recommendations. *The Sport Psychologist*. Advance online publication. <https://doi.org/10.1123/tsp.2021-0069>.

Oranchuck, D. Switaj, Z., & **Zuleger, B. M.** (2017). The addition of a “rapid response” neuromuscular activation to a standard dynamic warm-up improves isometric force and rate of force development. *Journal of Australian Strength and Conditioning*, 25(4), 19-24.

Zuleger, B. M., & Vernacchia, R.A. (2011). A coach’s leadership. *Techniques*. 5,(2) 42-50.
Research in Progress

Gratitude in Sport: The Use of a Positive Psychology Intervention in Coaching Education

What Went Well: The Use of a Positive Psychology Intervention in Applied Sport Psychology

The Psychology of Developing and Maintaining a Championship Culture: Perspectives of Championship Coaches

Putting the Pieces Together: NCAA Division II Cross Country Team’s Experience of a Season Long Teambuilding Intervention

The Psychological Effects of Training at Altitude in Distance Runners

Testosterone to Cortisol Ratio over the course of a Collegiate Cross-Country Season

Sport Career Narrative: The Use of a Reflective Assignment on Coaches’ Experiences in Sport in Coaching Education Courses

Paralympic Medal Winners Coach-athlete Relationships

Constructing an Understanding of Minority Student Athletes’ Achievement Concerns at a Public Hispanic Serving Institution

Graduate Student Dissertation Committee Member

Comprehensive Look at First Responders Occupational Job Tasks. In progress. (Uchenna Ogbonnaya University of Utah)

Student-athlete Transition: An Examination of Values and Commitment. May, 2020
(Michael Clark) University of Wisconsin-Milwaukee

Graduate Student Thesis Chair

A Phenomenological Investigation of Baseball Players’ Use of Self-Talk. 2018. (Robbins, R., **Zuleger, B.**, Alvarez, L. & Stocz, M.)

The Utilization of Self-Talk in Successful NCAA Division II Distance Runners. 2018.
(Holloway, Z., **Zuleger, B.**, Stocz, M. & Klawitter, L.)

Employee Perception and Usage of The Arbinger Institute’s Outward Mindset in an Adventure Leadership Setting. 2018. (Gifford, T., **Zuleger, B.**, Howell, C. & Thomas, L.)

The Relationship of Sleep and Stress in NCAA Division II Women's Basketball Players. 2018. (Van Ry, C., **Zuleger, B.**, McWilliams, M. & Smith, K.)

Salivary Cortisol Levels and the Recovery Stress State Analysis as Indicators of Overtraining Syndrome in National Caliber Male and Female Division II Cross Country Runners 2018. (Granato, D., **Zuleger, B.**, Robinson, T., Elison, J.)

Exploring Athletic Identity in a Team of NCAA Division II Women's Basketball Players. 2016. (Smith, K., **Zuleger, B.**, Robinson, T., & Schell, B.)

An Exploratory Study into the Reported Levels and Causes of Burnout in NCAA Division II College Softball, Baseball, and Soccer Athletes. 2014. (Thompson, R., **Zuleger, B.**, Schell, B., & Johnson, P.)

Graduate Student Thesis Committee Member

Exploring Psycho-Emotional Response to Athletic Injury, Rehabilitation, and Readiness to Return in NCAA Division II Collegiate Athletes. 2017. (McWilliams, M., Robinson, T., **Zuleger, B.** & Dreher, J.)

The Effects of a Sport-Specific Upper Body Resistance Tube Training Program on Overhead Throwing Velocity and Glenohumeral Joint Range of Motion in NCAA Division II Softball Players. 2017. (Ecsedy, E., Robinson, T., **Zuleger, B.** & Gersick, M.)

Acute Effects of Moist Heat and Foam Rolling on Dynamic Hamstrings Flexibility and Hip Joint Range of Motion in NCAA Division II Female Lacrosse Athletes. 2017. (Flattery, M., Robinson, T., **Zuleger, B.** & Dreher, J.)

Comparison of the Hang High-Pull and Trap-Bar Jump Squat in the Development of Vertical Jump and Isometric Force-Time Characteristics. 2016. (Oranchuk, D., Robinson, T., **Zuleger, B.** & Gersick, M.)

The Effect of Ankle Kinesio Tape on Single Leg Balance and Athletes' Perceptions of its Effectiveness. 2016. (Nichols, D., Robison, T., **Zuleger, B.** & Dreher, J.)

The Effects of Caffeine Supplementation in Division II Track Athletes During Multiple-Bout Mid-Distance Running Performance. 2015. (Foster, C., Robinson, T., **Zuleger, B.** & Nelson, M.)

The Use of Hydration Status Hydration Status to Monitor How Division II Collegiate Wrestlers Achieve Lowest Allowable Weight Class. 2015 (Voss, A., Robinson, T., **Zuleger, B.** & Nelson, M.)

The Effects of Kinesio Tape on Single Leg Balance. 2015. (Achatz, J., Robinson, T., Zuleger, B. & Dreher, J.)

Original Research Poster Presentations (Refereed)

Exploring the Psycho-Emotional Response to Athletic Injury, Rehabilitation, and Readiness to Return in NCAA Division II Collegiate Athletes. RMACSM Conference. Colorado Springs, CO. April, 2018. (McWilliams, M., Robinson, T., **Zuleger, B.**, Dreher, J. & Smith, K.).

The Effect of a “Rapid Response” Neuromuscular Warm-up on Isometric Force Production in NCAA Division II Swimmers. East Tennessee State University Coaching and Sport Science College. Johnson City, TN. December, 2015. (Oranchuck, D., Switaj, Z., & **Zuleger, B. M.**).

Review Articles Published or In Press (Refereed)

Zuleger, B. M. (2018). Mental Strength Training: How to Integrate and Apply Sport Psychology into a Cross Country and Track and Field Program. *Techniques*. August, 41-49.

Zuleger, B. M. (2015). Life is yours to win. *International Sport Coaching Journal*, 2, (219-220).

Zuleger, B. M., & Ivey, P. (2012). Integrating mental skills training into a strength and conditioning program. *NSCA Hot topic series September, 2012*.

Book Chapters (Invited, Refereed)

Zuleger, B. M. (2012). Focus. In: McGuire, R. T. (Ed.), *Winning Kids with Sport* (pp. 138-144). Ames, IA: Championship Productions.

Refereed Presentations

Evaluating the Athlete’s and Coach’s Needs: Preliminary Stage in Building Sport Psychology Services for USATF Athletes for the Next Olympic Cycle. AASP Conference: Virtual. October 2020. (Waite, L., Stanley, C., **Zuleger, B.**, & Shadle, A.)

Integrating Applied Sport Psychology into Collegiate Athletics: Lessons Learned and Future Directions. AASP Conference: Toronto, ON. October, 2018. (**Zuleger, B. M.**, Morton, S., Coleman, J., Shannon, V. Zinsser, N.)

Gratitude in Sport: The Use of Gratitude Letters in Coaching Education. USCCE North American Coach Summit. Orlando, FL. June, 2018. (**Zuleger, B. M.**)

It’s Not What You Do, It’s How You Do It: Applied Sport Psychology Service Delivery in NCAA Collegiate Athletics. Association for Applied Sport Psychology (AASP) Conference. Orlando, FL. October, 2017. (**Zuleger, B. M.**, Morton, S., McLean, K.).

Getting in the Door and Staying In: Lessons Learned from Early Career Consultants Working in Applied Sport Psychology. Association for Applied Sport Psychology (AASP) Conference. Orlando, FL. October, 2016. (**Zuleger, B. M.**, Morton, S., Cannole, I., Michel, J.,

Vernacchia, R.).

Best Practices for Communicating and Gaining Entrée to Educate Coaches. National Coaches Conference. Seattle, WA. June, 2016 **(Zuleger, B. M.)**

Positive Coaching and Olympic Success: Case Studies of Track and Field Olympic Medalist Coach-Athlete Relationships. Association for Applied Sport Psychology (AASP) Conference. Indianapolis, IN. October, 2015. **(Zuleger, B. M.)**.

Missouri Institute for Positive Coaching as a model for Long-term Coach Development. Society for Health and Physical Education National Coaching Conference. Morgantown, WV. June, 2015. **(Zuleger, B. M., McGuire, R. T.)**.

A Case Study: Use of a Mental Skills Training Log with a Collegiate Distance Runner. AASP Southwest Sport and Exercise Psychology Conference. Denver, CO March, 2015. **(Zuleger, B. M.)**.

Developing, Selling, and Delivering a Comprehensive Integrated Sport Psychology Service Delivery Program for Intercollegiate Athletics. Association of Applied Sport Psychology Conference. New Orleans, LA. October, 2013. (McGuire, R. T., **Zuleger, B. M.**, Shadle, A., Morton, S., Lafield, L., Ivey, P., Knell, P., Low, B., Orr, B., Brown, J.).

Leadership Characteristics of Successful NCAA Division I Track and Field Head Coaches. Association of Applied Sport Psychology Conference. Atlanta, GA. October, 2012. **(Zuleger, B. M.)**.

Sport Psychology Services Provided by Graduate Students in an Athletic Program. Association of Applied Sport Psychology Conference. Atlanta, GA. October, 2012. (McGuire, R. T., **Zuleger, B. M.**, Shadle, A., Morton, S., Lafield, L., Ivey, P., Knell, P.).

Leadership Characteristics of Successful NCAA Division I Track and Field Head Coaches. Northwest Student AASP Sport and Exercise Psychology Conference. Bellingham, WA. April, 2011. **(Zuleger, B. M.)**

Non-Refereed Presentations (invited)

Mental Aspects of Navigating Sport during a Pandemic- Coaches, Suriname Athletes Olympic Committee; Virtual. September, 2021. **(Zuleger, B.)**

Mental Aspects of Navigating Sport during a Pandemic- Athletes, Suriname Athletes Olympic Committee; Virtual. August, 2021. **(Zuleger, B.)**

Mental Toughness Training for Track and Field Coaches, Wisconsin Track Coaches Association Clinic; Virtual. February, 2021. **(Zuleger, B.)**

Positive Coaching, Wisconsin Track Coaches Association Clinic; Virtual. February, 2021.

(Zuleger, B.)

Mental Aspects of Navigating Sport during a Pandemic, Wisconsin Track Coaches Association Clinic; Virtual. February, 2021. **(Zuleger, B., Clark, M.)**

Social Justice: What is the Role of the Coach? Wisconsin Track Coaches Association Clinic; Virtual. February, 2021. **(Zuleger, B., Clark, M.)**

How to Develop a Healthy Identity and Impacts on Performance in Sport and Life; USATF Athlete Education; Virtual. Spring 2020. (Waite, L., **Zuleger, B.**)

Evaluating the Athlete's and Coach's Needs: Preliminary Stage in Building Sport Psychology Services for USATF Athletes for the Next Olympic Cycle. USATF Meeting; Virtual. 2020. **(Zuleger, B.)**

Positive Coaching, Wisconsin Track Coaches Association Clinic; Madison, WI. February, 2020. (McGuire, R., **Zuleger, B.**)

Teaching the Skill of Focus to Track and Field Athletes, Wisconsin Track Coaches Association Clinic; Madison, WI. February, 2020. (McGuire, R., Clark, M., **Zuleger, B. M.**)

Mental Strength Training for HS Distance Runners, Adams State University High Altitude Distance Camp; Alamosa, CO. July, 2018 **(Zuleger, B. M.)**.

Applying Mental Strength Training for HS Distance Coaches, Adams State University High Altitude Distance Camp; Alamosa, CO. July, 2018 **(Zuleger, B. M.)**.

Coaching the Coach: How to Maintain Health and Well-being as a Coach While Pursuing Success. Southwest Regional AASP Conference. Denver, CO. April, 2018. **(Zuleger, B.M.)**

Why Do We Compete? A Return to the Olympic Ideal, Adams State University Faculty Lecture Series; Alamosa, CO. September, 2016 **(Zuleger, B.M.)**

Mental Strength Training for Cross Country, Adams State University High Altitude Distance Camp; Alamosa, CO. July, 2016 **(Zuleger, B. M.)**.

Coaching Workshop Alamosa High School, Alamosa, CO, Fall 2015 **(Zuleger, B. M.)**

Mental Strength Training for Cross Country, Adams State University High Altitude Distance Camp; Alamosa, CO. July, 2015 **(Zuleger, B. M.)**.

Lessons Learned From the 2012 Olympic Track and Field Medal Winners, Wisconsin Track Coaches Association Clinic; Madison, WI. February, 2015. (McGuire, R., **Zuleger, B. M.**)

"Controlling Your Olympic Moment" Research Presentation, USATF Meeting. Athletes, Coaches and Administration; Anaheim, California. December, 2014. **(Zuleger, B. M., Shadle,**

A.)

“Controlling Your Olympic Moment” Research Presentation, USATF/USOC Podium Education Project. Athletes, Coaches and Administration; Las Vegas, Nevada. October, 2014. (McGuire, R. T., Shadle, A., **Zuleger, B. M.**, Low, B.)

Positive Coaching Workshop. Athletics Coaches; University of Missouri, Missouri. June, 2014. (McGuire, R. T., **Zuleger, B. M.**, Orr, B., Morton, S.)

Positive Coaching. High School Athletics Coaches; Smithville High School, Missouri. May, 2014. (**Zuleger, B. M.**, Morton, S., Orr, B., Low, B.)

Positive Coaching. Wisconsin Track Coaches Association, Annual Clinic; Madison, WI. February, 2014. (**Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Ozark High School, Missouri. November, 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Central Ozark Conference High Schools, Missouri. September, 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Warrensburg High School, Missouri. August, 2013. (**Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches, Athletic Directors; Missouri State High School Activities Association, Missouri. August, 2013. (McGuire, R. T., **Zuleger, B. M.** Low, B.)

Positive Coaching. High School Athletics Coaches; Kaupaun Mt Caramel High School, Kansas. August, 2013. (McGuire, R. T., **Zuleger, B. M.**, Low, B.)

Positive Coaching. High School Athletics Coaches; Fulton High School, Missouri. August, 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Fort Zumwalt District High Schools, Missouri. August, 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Smith Cotton High School, Missouri. August, 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching Workshop. Athletics Coaches; University of Missouri, Missouri. June 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Smithville High School, Missouri. May, 2013. (McGuire, R. T., **Zuleger, B. M.**, Morton, S., Low, B.)

Positive Coaching. High School Athletics Coaches; Desoto High School, Missouri. February, 2013. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. High School Athletics Coaches; Four Rivers Conference, Missouri. November, 2012. (McGuire, R. T., **Zuleger, B. M.**)

Transforming Schools and Transforming Lives Through Positive Coaching. Missouri School Board's Association/ Missouri Association of School Administrators Conference. September, 2012. (McGuire, R. T., **Zuleger, B. M.**)

Positive Coaching. Missouri High School Athletic Association Conference. Columbia, MO. July, 2012. (McGuire, R. T., McClean, K., **Zuleger, B. M.**)

Mental Skills Routines for Track and Field. University of Missouri Track and Field Camp. Columbia, MO. July, 2012. (**Zuleger, B. M.**)

Mental Skills Training for Triathlon. Bellingham Triathlon Club. Bellingham, WA November 2011. (Vernacchia, R. A., **Zuleger, B. M.**, Jones, K., Nightingale, K., Rathsnack, C.)

Podcasts

The Fitness Chronicles: 8.25.2021 Dr. Brian Zuleger

Bleav- In the Punch. Episode 11 Sport Psychology with Dr. Brian Zuleger

The Strength Running Podcast. Episode 163 discussing Mental Strength Training for Youth Athletes

HONORS

Wakonse Foundation Fellow (Inspiration and Support for College Teaching) 2014

Walter Scott Monroe Research Fellowship Fund, 2012

Eagle Scout, Boy Scouts of America, 2003

PROFESSIONAL SERVICE and PARTICIPATION

Service to the Department of Kinesiology

- Faculty Senate 2020-present
 - Rep for School of Kinesiology & Health Sciences 2021-present
 - Rep for Kinesiology Department 2020-21
 - Attend bi-monthly meetings and act as a liaison and voice for the faculty in department on all matters related to running the university
 - Vice President Faculty Senate 2020-21
 - Available to assist the Faculty Senate president with running meetings as needed.
- Higher Learning Commission Criterion 4 Committee 2020-present
 - Teaching & Learning: Evaluation & Improvement

- Representative from Student Learning and Assessment Committee
- Tenure and Promotion Committee 2020-present
 - Evaluate the performance of candidates for tenure and promotion based on their performance.
- Student Learning and Assessment Committee 2019-present
 - Review annual assessment data from each department (undergraduate and graduate as well as reviews 5 year program review data for each department (undergraduate and graduate)
 - HLC Criterion 4 Rep for SLAC
- Annual Retention Committee Member for tenure track faculty 2019-present
 - Sara Erdner Kinesiology
 - Glen Poklikuha Kinesiology
 - Michele Mann Retention Teacher Education
- Adams Experience Group 2019-2020
 - Continue to advise, assist leaders on campus with implementing the Adams Experience.
 - Assist with developing marketing, promotion, implementation ideas
- e-Portfolio Advisory role 2019-2020
 - Assist the coordinator for E-portfolio based on previous work I have done in getting the campus ready to implement and use E-portfolios as part of the Adams Experience
- UNIDOS Equity Leadership Institute Summer 2017
 - Five days, 12hrs/day intensive professional development on equity, diversity, and inclusion with faculty and staff from Adams State University, University of New Mexico- Taos, and New Mexico Highlands University
 - Covered topics on classism, racism, gender, LGBTQIA
 - Discussed and developed plans for implementation ideas on campus
 - Gained access to apply for an equity engagement grant to facilitate equity work on campus and/or in the community that can result in research publications
- Institutional Review Board Committee 2015-present
 - Kinesiology Department representative, review all research in Kinesiology prior to sending to committee
 - Participate in reviewing research projects by members of the institution
- Student Scholar Days Committee 2014-present
 - Multidisciplinary, two-day conference that is intended to highlight the academic achievements of the undergraduate students in the many diverse majors
 - Plan, organize and implement the conference as well as mentor students from the Kinesiology department in participating in the conference
- Kinesiology AS&F Senate faculty advisor 2014-present
 - Oversee student senators for HPPE majors
 - Recruitment, fundraising, conferences, campus activities, and community activities

- Academic Master Planning Committee
 - Working with Interim VPAA to develop an academic master plan
 - Specific meetings to develop an academic identity
 - Broke into sub-groups and co-lead a group of people to look at Focus area 3 (curricular innovation and development) of the Academic Master plan. Held 4 one-hour meetings and worked with group members outside of the meetings and individually to develop the plan.
- Writing Across Curriculum Workshops 2014-2017
 - Attend and participate in four workshops annually to discuss and develop methods for improving and adding writing assessments into the curriculum across campus
 - Co-facilitated one of the workshops with the workshop committee chair
- Essential Learning Outcomes Task Force Committee 2015-2019
 - Committee to assess and improve general education courses and programming on campus
 - Attend and contribute to intensive multi-day workshops and meetings as part of a multi-year project
 - Co-facilitate Curriculum Innovation Teams to develop a model for higher education at Adams State University
 - Attend AAC&U Conference on General Education Spring 2017
 - Attend AAC&U Conference on Integrative Learning and Signature Work Summer 2018
- High Impact Practice Research and Development for the Essential Learning Task Force
 - Research and become an expert on e-Portfolios
 - Develop an executive summary report that includes best practices, what we do already and the gaps, professional development ideas, etc.
 - Present back to the HIPS team
- Pathways Launch Team Leader (e-Portfolio)
 - Lead a group of faculty, staff and administration in designing and implementing the use of an e-Portfolio for all students
- Campus Professional Development Committee 2016-present
 - Part of sub-committee for Wellness
 - Part of sub-committee for Encouraging Action & Innovation
- Graduate Research Fund Committee 2016-present
 - Assist the director with developing the grant guidelines and application process
 - Review research grant applications
- Prospective Student Recruitment
 - Meet with prospective students/parents to discuss our department, majors, and give tours of our facilities to assist in the recruitment process.
- Social Media Coordinator Kinesiology department- 2014-present
 - Manage the Facebook and Twitter accounts for the department including posting relevant educational information, promoting events, etc.

- Hiring Committees for University
 - HPPE Dept. Chair Fall 2017-Spring 2018
 - Office of Graduate Studies Spring 2017
 - Exercise Science Fall 2016
 - Sport Management 2016-17, 17-18
 - Adventure Leadership Fall 2016
 - Assist in recruiting, reviewing, interviewing and hiring applicants
- Faculty and Staff Professional Development Winter 2016 Retreat
 - Co-facilitated 2 hour session on “Positive Psychology and Identifying and Using Strengths in New Ways”
 - Attended 2 day retreat focused on personal improvement to lead to institutional change
- College Assistance Migrant Program Workshop 2015
 - College Assistance Migrant Program, provides academic, social, and financial support services to migrant and seasonal farmworkers or their dependents.
 - Attended workshop on: Culturally Responsive Practices to Promote Diverse Student Success
- Student Support Services Dinner with Incoming Students
 - Attended dinner with the incoming students who come early and do a three-week program of classes and orientation activities.
 - Answered questions regarding majors, and advising, etc.
- Adams State University Adventure Sports Program High School Mt. Bike Camp
 - Assisted with leading rides and providing support as needed throughout the 2.5 day camp
 - Lead discussions and activities on human performance related to mt. bike training (sport psych, strength and conditioning, nutrition, etc.)
- Empower U Committee member 2014-2015
 - Campus initiative to empower members of the university community to improve lifelong wellness by increasing opportunities for healthy eating, physical activity, and mental health
 - Help organize and participate in weekly physical activity opportunities for students, faculty, staff, and community
 - Help organize and implement campus and community events that support our mission (ex. 5K Color Run, educational seminars, and assessments)

Service to the Department of Physical Education, Health and Recreation

Western Washington University: Center For Performance Excellence

- Community Peak Performance Class: January/February, 2010, and April/May, 2011
- Student volunteer: Assisted in planning, organizing, implementing and teaching.

Service to the Athletic Department

Adams State University: Football August 2021

- Built mental training lessons for the coaches to deliver to the team
- 8 lessons, each designed last an hour

Adams State University: Men's and Women's Cross Country and Track and Field

Assistant Coach January 2015-2019

- Assist coaches at meets and in practice with workouts for all event areas
- Assist in recruiting, practice preparation, fundraising, scheduling, monitoring student academic success, budgeting, meet management, and other duties assigned by the head coach

Mental Performance Coach, Adams State University Athletics 2015-2019

- Provide mental training services to athletes and coaches from all sports
- Developed a mission, philosophy and holistic service delivery model and resources web page within the athletics website.
- Mentor graduate students in working with teams and coaches to provide mental training

University of Missouri: Men's and Women's Cross Country and Track and Field

Assistant Coach September 2011-July 2014.

- Assisted coaches at meets and in practice with workouts for sprints, hurdles, relays, jumps, combined events, distance and cross country
- Director of Operations/Travel coordinator for all meets 2011-2012
- Camp director for throws, cross country and track and field camps 2011-2012
- Assisted in recruiting, practice preparation, fundraising, scheduling, monitoring student academic success, budgeting, meet management, and other duties assigned by the head coach
- Consulted with athletes from all event groups regarding mental skills training and performance

Western Washington University: Men's and Women's Track and Field

Assistant Coach September, 2009-June 2011.

- Assisted coaches at meets and in practice with workouts for sprints/hurdles/relays and combined events
- Developed and coordinated training programs for the combined events
- Consulted with athletes from all event groups regarding mental skills training and performance
- Helped with designing and implementing strength and conditioning program
- Assisted in recruiting, practice preparation, fundraising, scheduling, monitoring student academic success, budgeting, meet management, and other duties assigned by the head coach

Service to the Profession

Association for Applied Sport Psychology

- Certified Mental Performance Consultant (CMPC) Certification Exam Development Committee: Subject Matter Expert
 - Rating the 38 knowledges identified in the original Job Task Analysis (JTA) on their relevance to the job of applied sport psychology practitioner. Rating the relevance of each knowledge to the 6 Performance Domains identified in the original JTA. Linking each of the 38 knowledges from the JTA to the 8 Knowledge Areas identified in the Candidates Handbook.
 - Linking the 15 Knowledge Groups in the Revised Test Specifications to the 8 Knowledge Areas identified in the CMPC® Candidate Handbook
 - Linking the 8 Knowledge Areas for academic course requirements for the CMPC Exam linked to the 15 Knowledge Groups from the JTA.
- Abstract reviewer for annual conference 2017, 2018, 2019, 2020, 2021
- Distinguished Master's Student Practice Review Committee 2019-2021
 - This committee helps choose the recipient of the Distinguished Master's Student Practice Award, which recognizes a Master's student who demonstrates exceptional quality and innovation in delivering sport and exercise psychology services to the public.
 - Annual review of applications and scoring to determine a winner.

International Sport Coaching Journal

- External manuscript reviewer, 2014-present

International Journal of Exercise Science

- Reviewed a manuscript for publication
 - Journal allows authors submitting articles to request reviewers
 - I was requested by a group of authors to review their article for publication and provided feedback and recommendations for the editors

Grants/Funding

AASP Research Grant-

- Grant funded Spring 2019-Spring 2020 \$3,500
- "Evaluating the athlete's needs: Preliminary stage in building sport psychology services for USATF athletes for the next Olympic cycle"
- Conducted research with elite USATF athletes
- Developed report for USATF and USOPC to advocate for services and funding for sport psychology in USATF based on data from the athletes.
- Presentation on research accepted at international AASP conference
- Manuscript in progress to publish results in peer-reviewed academic journal

UNIDOS Equity Leadership Institute

- Awarded an equity engagement grant \$2,000 to facilitate equity work on campus and/or in the community that can result in research publications

FTAC Grant

- Grant funded Spring 2017 for emWave software technology to use for a mental training lab for students and community members. emWave software measures heart rate variability and can be used for biofeedback training to help people learn how to control their heart rate through breathing exercises. This helps reduce stress levels as well as can be used to teach people how to regulate the physiological response to thoughts and emotions they experience.

Professional Development Grant- Adams State University

- Obtained funding to attend the Association for Applied Sport Psychology conference 2014.

Professional Memberships

Association for Applied Sport Psychology 2010-present

American Psychological Association 2014-2020

United States Olympic & Paralympic Committee Sport Psychology Registry

National Strength and Conditioning Association 2009-2020

American College of Sports Medicine 2009-2021

USA Track and Field Association

United States Track and Field and Cross Country Coaches Association

Scholarly Work With Graduate Students

The Psychology of Developing and Maintaining a Championship Culture: Perspectives of Championship Coaches. Adams State University Student Scholar Days 2021, Alamosa, CO (Rosenblum, N. & **Zuleger, B.**)

Scholarly Work With Undergraduate Students

Putting the Pieces Together: A Season Long Teambuilding Activity with a College Cross Country Team. Adams State University Student Scholar Days 2021, Alamosa, CO (Papineau, S. & **Zuleger, B.**)

Effectiveness of Focusing Strategies in a Cold Pressor Task (CPT). Adams State University Student Scholar Days 2019, Alamosa, CO (Corah, C., Weeks, E., Elison, J. & **Zuleger, B.**)

Understanding Disordered Eating in Elite Male Athletes. Adams State University Student Scholar Days 2017, Alamosa, CO. (Glassey, B. & **Zuleger, B. M.**)

Endurance Training at Altitude: A Scientific Approach. Adams State University Student Scholar Days 2015, Alamosa, CO. (Warren, T. & **Zuleger, B. M.**)

