

Professional Vita
Jennifer Gapin, PhD, CC-AASP
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EDUCATION

Doctor of Philosophy, *University of North Carolina Greensboro*, May 2009. Major: Exercise and Sport Science, Specialization: Sport and Exercise Psychology *Dissertation Title*: Associations among physical activity, ADHD symptoms, and executive function in children with ADHD. (Jennifer L. Etnier, Ph.D., Chair)

Master of Science, *University of Illinois at Urbana Champaign*, 2005. Major: Kinesiology Specialization: Exercise and Sport Psychology, *Thesis Title*: Athletic Identity and disordered eating in obligatory and non-obligatory runners. (Steven J. Pretruzzello, Ph.D., Chair)

Bachelor of Arts, *Bryn Mawr College, Bryn Mawr, PA*, 2003. Major: Psychology. *Thesis Title*: Disordered eating among athletes at single sex vs. co-ed colleges. (Kimberly Cassidy, Ph.D., Chair)

ACADEMIC POSITIONS

Assistant Professor, Sport and Exercise Psychology, *Department of Exercise and Sport Sciences, Barry University, Miami Shores, FL, August 2009-Current*

Undergraduate Courses:

- SES 335 Psycho-Social Aspects of Sport

Graduate Courses:

- SES 537 Sport Psychology
- SES 660 Performance Enhancement
- SES 662 Exercise Psychology
- SES 677 Service Delivery
- SES 678 Professional Practice

Sport Psychology Consultant, *Wake Forest University Cross Country/Track and Field, 2008-2009, Winston-Salem, NC*

Graduate Research Assistant, *Exercise and Sport Science Department, University of North Carolina Greensboro, Greensboro, NC, 2006-2009*

- Assisted with study design, collection and analysis of data, and manuscript preparation for numerous projects examining physical activity and cognitive function. Received training and completed research using psychophysiological techniques.

Graduate Teaching Assistant, *Exercise and Sport Science Department, University of North Carolina Greensboro, Greensboro, NC, 2006-2009. Lead instructor for all courses.*

- ESS 120 Conditioning
- ESS 130 Weight Training
- ESS 220 Physical Fitness for Life
- ESS 388 Sport and Exercise Psychology

Graduate Assistant, *Dean's office in School of Health and Human Performance at University of North Carolina Greensboro, June 2005-August 2006*

- Involved in event planning and management for the School of Health and Human Performance. Supervised undergraduate student workers, completed extensive work in computer publishing programs, advertising, and office organizational tasks.

Graduate Research Assistant, *Fire Service Institute, University of Illinois at Urbana-Champaign, 2004-2005*

- Helped to develop, collect and analyze data for research projects aimed at determining the psychophysiological effects of performing demanding physical activity in hot, hostile environments. In addition, the research focused on examining individual difference factors and whether such factors might be able to predict those individuals more likely to experience difficulties in such situations.

Graduate Teaching Assistant, *Kinesiology Department, University of Illinois at Urbana-Champaign, 2003-2005*

- Kines 104: Ice Skating and Ice Hockey, *Lead Instructor*
- Kines 220: Social and Psychological Aspects of Physical Activity, *Teaching Assistant*

Research Assistant, *University of Pennsylvania Center for Neurobiology and Behavior, Summer 2004*

- Involved in subject recruitment, as well as the screening and interviewing of participants for an NIMH funded study on the Genetics of Anorexia Nervosa.

Undergraduate Research Assistant, *Haverford College Department of Psychology, Summer 2002*

- Biopsychology research funded by the National Science Foundation examining sex differences in the effects of prenatal stress on stress-induced analgesia in mice; pain perception in competitive athletes prior to athletic competition

SCHOLARLY WORK

Publications

Gapin, J.I., Etnier, J.L., & Tucker, D. (In press). The relationship between frontal brain asymmetry and exercise addiction. *Journal of Psychophysiology*.

- Etnier, J.L., Karper, W.B., **Gapin, J.I.**, Barella, L.A., Chang, Y., & Murphy, K. (2009). Exercise, fibromyalgia, and fibrofog: A pilot study. *Journal of Physical Activity and Health*, 6, 239-246.
- Petruzzello, S.J., **Gapin, J.I.**, Snook, E., & Smith, D.L. (2009). Perceptual and physiological heat strain: Examination of firefighters in laboratory and field-based studies. *Ergonomics*, 52, 747-754.
- Gapin, J.I.** & Etnier, J.L. (In review). The relationship between physical activity and executive function performance in children with Attention Deficit Hyperactivity Disorder. *Pediatric Exercise Science*.
- Gapin, J.I.**, & Petruzzello, S.J. (In review). Disordered eating and athletic identity in obligatory and non-obligatory runners. *Journal of Mental Health and Physical Activity*.
- Chang, Y.K., Etnier, J.L., **Gapin, J.I.**, Barella, L.A., Casserman, L.A., & Davis, P.G. (2007). Pilot study: Effects of 30-min and 60-min of physical activity on psychological outcomes. *Medicine and Science in Sports and Exercise*, 39, S452.
- Gapin, J.I.**, & Petruzzello, S.J. (2006). The mediating effect of obligatory exercise on the relationship between personality and disordered eating. *Journal of Sport and Exercise Psychology*, 28, S71.
- Gapin, J.I.**, & Petruzzello, S.J. (2005). Disordered eating and athletic identity in obligatory and non-obligatory runners. *Medicine and Science in Sports and Exercise*, 37, S149.

Research in Progress

- Gapin, J.I.**, Labban, J.L., & Etnier, J.L. The effects of acute exercise on executive function in children with ADHD. Manuscript in preparation.
- Etnier, J.L., Chang, Y.K., **Gapin, J.I.**, & Labban, J.D. Acute exercise and cognition: A meta-analysis. In data analysis phase.
- Petruzzello, S.J., **Gapin, J.I.**, & Avin, K. Cardiac rehabilitation patients' affective responses to exercise. Manuscript in preparation.
- Gapin, J.I.** & Petruzzello, S.J. The mediating effect of obligatory exercise on the relationship between personality and disordered eating. Manuscript in preparation.
- Etnier, J.L., Chang, Y.K., **Gapin, J.I.**, Barella, L.A., Casserman, L.A., & Davis, P.G. Dose response relationship between exercise and psychological outcomes among overweight women. In data collection phase.
- Etnier, J.L., **Gapin, J.I.**, Barella, L.A., Chang, Y., Swearingin, B.L., Melton, D.I., Kirk, S.D., & Davis, P.G. Psychological predictors of exercise adherence in overweight women. In data collection phase.

Presentations

- Gapin, J.I. & Etnier, J.L.** Does physical activity predict executive function? North American Society for the Psychology of Sport and Physical Activity, Austin, TX, 2009.
- Labban, J.D., **Gapin, J.I.**, & Etnier, J.L. A randomized controlled trial testing the effects of a single bout of exercise on executive function. North American Society for the Psychology of Sport and Physical Activity, Austin, TX, 2009.
- Gapin, J.I.** Hungry for competition: Using mental skills to cope with the challenges of weight cutting in wrestling. Association for Applied Sport Psychology, St. Louis, MO, September, 2008.
- Gapin, J.I.**, & Etnier, J.L. The relationship between frontal brain asymmetry and exercise addiction. North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, Ontario, 2008.
- Gapin, J.I.**, & Etnier, J.L. The relationship between physical activity, behavioral symptoms, and executive function in ADHD children. North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, Ontario, 2008.
- Etnier, J.L., Chang, Y.K., **Gapin, J.I.**, & Labban, J.D. A meta-analysis of the literature on acute exercise and cognitive function. North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, Ontario, 2008.
- Gapin, J.I.** Taking it to the mat: Performance enhancement strategies and confronting the gender biased culture when consulting with a collegiate wrestling team. Association for Applied Sport Psychology, Louisville, KY, 2007
- Thomas, J., Keipper, E., **Gapin, J.I.**, & Granquist, D. Diversifying your consulting experience. Association for Applied Sport Psychology, Louisville, KY, 2007
- Gapin, J.I.** Diversify your consulting experience: Tailoring sport psychology services to different competition levels. Southeast Regional Association for Applied Sport Psychology, Greensboro, NC, 2007
- Davis, P.G., Mabe, S.K., Casserman, L.A., Hill, K.R., **Gapin, J.I.**, & Etnier, J.L. Determinants of underreporting of body weight in overweight and obese young women. North American Association for the Study of Obesity, New Orleans, LA, 2007
- Chang, Y.K., Etnier, J.L., **Gapin, J.I.**, Barella, L.A., Casserman, L.A., & Davis, P.G. A pilot study to examine the exercise effect of dose response in psychological outcomes among overweight women. American College of Sports Medicine, New Orleans, LA, 2007
- Etnier, J.L., **Gapin, J.I.**, Barella, L.A., Chang, Y., Swearingin, B.L., Melton, D.I., Kirk, S.D., Davis, P.G. Pilot study to examine psychological predictors of exercise adherence in overweight women. American College of Sports Medicine, Denver, CO, 2006
- Gapin J.I.**, & Cassidy, K. Disordered eating in female athletes at single-sex versus co-ed colleges. Southeast American College of Sports Medicine, Charlotte, NC, 2006

Gapin, J.I., & Petruzzello, S.J. The mediating effect of obligatory exercise on the relationship between personality and disordered eating. North American Society for Psychology of Sport and Physical Activity, Denver, CO, 2006

Gapin, J.I. Disordered eating and athletic identity in obligatory and non-obligatory runners. American College of Sports Medicine, Nashville, TN, 2005

APPLIED SPORT PSYCHOLOGY EXPERIENCE

- AASP Certified Consultant, June 2009
- Consultations with individual athletes and teams at the high school, NCAA Division I, Division II, Division III , and adult amateur level in a variety of sports (wrestling, cross country, track and field, swimming, lacrosse, soccer, golf, tennis, crew)

AWARDS/HONORS

Susan Stout Graduate Fellowship, University of North Carolina Greensboro, 2005

Graduate School Summer Research Award, University of North Carolina Greensboro, 2006, 2007

Kate R. Barrett Professional Development Award, University of North Carolina Greensboro, 2007

Pearl Berlin Graduate Student Writing Award, University of North Carolina Greensboro, 2007

Susan Stout Graduate Research Award, University of North Carolina Greensboro, 2008

NASPSPA Student Research Award, 2009

GRANT ACTIVITY

Internal Grants

December 2007 *Relationship between physical activity, behavioral symptoms, and executive function in ADHD children.* Funded for \$5000 by the Regular Faculty Grant mechanism at the University of North Carolina Greensboro for my dissertation research. The purpose of the proposed study is to determine the nature of the relationship between physical activity, executive function task performance, and behavioral symptoms in children with ADHD.

External Grants

June 2007 *Associations among physical activity, ADHD symptoms, and executive function in ADHD children.* Submitted under the R15 mechanism to both the Child Development & Behavior (CDB) Branch of the National Institute of Child Health and Human Development and the Division of Pediatric Translational Research and Treatment Development (DPTR) of the National Institute of Mental Health. The purpose of the proposed study was to examine the relationship between physical activity, ADHD symptoms, and executive function in children with ADHD. Results from the proposed investigation would potentially provide a foundation for the further exploration of the potential for physical activity to mitigate the symptoms of ADHD.

Status: *Not funded*

PROFESSIONAL MEMBERSHIPS

2001 – Present Association for Applied Sport Psychology
2005 – Present North American Society for the Psychology of Sport and Physical Activity
2006 – Present Children and Adults with Attention Deficit Hyperactivity Disorder

SERVICE ACTIVITY

2009 – Present Barry University Performance Behavior Lab Coordinator, Miami, FL
2007 – Present Monthly columnist for Sports Kids Play newspaper, Greensboro, NC
2008– 2009 Graduate Student Representative, School of Health and Human
Performance Research Advisory Committee, Greensboro, NC
2007 – 2009 Guest Lecturer- Sport Psychology at Moses Cone Sports Medicine
Clinic, Greensboro, NC
2007 – 2009 Guest Lecturer- Sport Psychology at Off n Running Sports,
Greensboro, NC
2006 – 2009 UNCG Graduate Student Sport Psychology Consultant
2006 – 2009 UNCG Sport & Exercise Psychology Lab Coordinator
2006 – 2007 Committee member, Southeast Regional AASP Conference,
Greensboro, NC
Spring 2004 Assistant Soccer Coach, Urbana High School, Urbana, IL
Fall 2004 Assistant Soccer Coach, Unity High School, Savoy, IL