

**Chad W. Smith, Ph.D.**  
**Phone:** 806-834-1689 | **Email:** [Chad.w.smith@ttu.edu](mailto:Chad.w.smith@ttu.edu)  
Department of Kinesiology & Sport Management  
Texas Tech University  
Box 43011 MS 3011 | Lubbock, Texas 79409-1034

**Education**

2008-2015            Texas Tech University  
                          Ph.D. Educational Psychology  
                          Dissertation Title: A Meta Analytic Review and Investigation  
                          of the Relationships Between Implicit Theories, Perceived  
                          Competence, and the 2x2 Achievement Goals in Exercise and  
                          Sport Settings.

2006-2008            University of Texas of the Permian Basin  
                          MS Kinesiology  
                          Thesis Title: The Effects of Preshot Routine Training on Free  
                          Throw Performance

2004-2006            Texas Tech University  
                          BA Psychology

2002-2004            Midland College  
                          Psychology

**Employment**

2013-Current        Texas Tech University – Lubbock, Texas  
                          Department of Kinesiology & Sport Management  
                          Instructor/Lecturer/Senior Lecturer

2014                    Lubbock Christian University – Lubbock, Texas  
                          Department of Exercise and Sport Sciences  
                          Adjunct Professor

2012-2013            Texas Tech University – Lubbock, Texas  
                          Department of Health, Exercise, and Sport Sciences  
                          Part-Time Instructor

2009-2011            Texas Tech University – Lubbock, Texas  
                          Department of Health, Exercise, and Sport Sciences  
                          Part-Time Graduate Student Instructor

2008-2009            Texas Tech University – Lubbock, Texas  
                          Department of Health, Exercise, and Sport Sciences  
                          Graduate Assistant

2007-2008            University of Texas of the Permian Basin – Odessa, Texas  
                          Department of Kinesiology  
                          Graduate/Teaching Assistant

## **Memberships**

Association for Applied Sport Psychology (AASP)

## **Teaching Experience**

2009-Current            Exercise and Sport Psychology, Principles of Sport Coaching, Principles and Theories in Exercise Psychology, Science of a Healthy Lifestyle, Research Methods (Graduate and Undergraduate), Golf, Advanced Golf, Exercise and Sport Psychology (Lab), Introduction to Exercise and Sport Sciences

Texas Tech University  
Course Instructor

2014                      Sport Psychology

Lubbock Christian University  
Course Instructor

2007-2008              Psychology of Sport, Psychology of Exercise, Motor Development

University of Texas of the Permian Basin  
Graduate Assistant

2007-2008              Weight Training, Volleyball, Hockey

University of Texas of the Permian Basin  
Course Instructor

## **Publications**

Lochbaum, M., & **Smith, C.** (2015). Making the cut and winning a golf putting championship: The role of approach-avoidance achievement goals. *International Journal of Golf Science, 4*, 50-66.

## **Refereed Scholarly Presentations (and Associated Published Proceedings/ Abstracts)**

**Smith, C.**, Lochbaum, M., Podlog, L., & Litchfield, K. (March, 2011). Mental toughness and pre-game emotions and states in adolescent football players: The mediating role of goal orientations. *Graduate Student Research Poster Competition, Texas Tech University*. 1<sup>st</sup> Place Multi-Disciplinary Category 2.

**Smith, C.**, Lochbaum, M., Podlog, L., & Litchfield, K. (October, 2010). Mental toughness and pre-game emotions and states in adolescent football players: The mediating role of goal orientations. *Association for Applied Sport Psychology (AASP) Annual conference, Providence, Rhode Island*.

Litchfield, K., Lochbaum, M., Podlog, L., & **Smith, C.** (October, 2010). The new exercising personality: The inclusion of perceived ability and achievement goals. *Association for Applied Sport Psychology (AASP) Annual conference*, Providence, Rhode Island.

Podlog, L., & **Smith, C.** (August, 2009). Adolescent athletes' return to sport from injury: A parental perspective. *American Psychological Association (APA) Annual conference*, Toronto, Canada.

Podlog, L., & **Smith, C.** (June, 2009). A comparison of parent and adolescent expressions of stress sources regarding injury recovery. *European Congress of Sport Sciences (ECSS)*, Oslo, Norway.

Podlog, L., & **Smith, C.** (May, 2009). An Examination of Adolescent Athlete Injury Experiences: An Australian Perspective. *North American Society for Psychology of Sport and Physical Activity (NASPSA)*, Austin, Texas.

### **Service at Texas Tech University**

**Kinesiology and Sport Management Ambassadors** Fall 2016 - Present

Faculty Supervisor – Lead application and interview process for student applicants. Oversee spending, promotions, and event attendance for members as well as organizing member attendance at events and services needed within the department. Attend a variety of events and volunteer opportunities on and off campus with the Ambassadors.

**RaiderReady Freshman Seminar Course** Fall 2017 - Present

Faculty Fellow – Teaching one or two sections of the course each Fall (sometimes Spring) semester. The course is designed to help students successfully manage the transition from high school to Texas Tech by unmasking the possibilities of college life in a small classroom setting. As a faculty fellow I also help RaiderReady coordinators with various tasks including course and textbook feedback, student feedback, and future course suggestions.

**Institute for Inclusive Excellence** Fall 2019 – Present

Member (2019-2020 Cohort) – Attended numerous events throughout the year focused on learning and actively engaging on topics focused on diversity, equity, and inclusion in higher education. Events included speakers, discussions with other members, and the application of the newly learned information to our lives, classes, students, experiences, etc.

**Mentor Tech** Fall 2019 – Present

Mentor – Work with one undergraduate student/protege per year offering my knowledge and experience to support, uplift, empower, and guide proteges through their university experience. Engagements emphasize serving as a resource for students, helping to set personal and academic goals, working to complete opportunities for scholarships/financial aid and/or internships, and walking through the graduate school application process.



Snyder High School Varsity football team  
Snyder, TX

Fall 2010 – Fall 2011

Sport psychology consultant – Conducted research with the student-athletes to help build team cohesion and to help point out possible “problem” areas (i.e., anxiety, aggression, confidence) for any of the student-athletes to the coaches. This was done by providing feedback to necessary athletes through the coaching staff, based on the student’s answers to a number of questionnaires.

Departmental Outreach – Speaking opportunity to Lubbock Coronado  
Lubbock, TX

Spring 2018

Speaker – Presented to 4 separate classes at Lubbock Coronado High School. Three classes focused on sport psychology as a career along with discussions on anxiety/stress management techniques and how the students can effectively employ them in their daily lives. The other class was centered on coaching as a career and explaining the necessary steps to becoming a coach/teacher at any level.

### **Certifications**

Adult CPR & AED – American Red Cross, Certified since 2016

Mental Health First Aid – National Council for Mental Wellbeing, Certified since 2021

### **Honors and Awards**

2022            Lawrence Schovanec Teaching Development Scholarship, Texas Tech University  
Teaching Academy, Texas Tech University

2022            Apple Polishing Award, Mortar Board Forum Chapter, Texas Tech University

2022            Phi Beta Kappa (Lambda of Texas Chapter) Commendation for Inspired Teaching

2019            Phi Beta Kappa (Lambda of Texas Chapter) Commendation for Inspired Teaching

2019            Pi Bet Phi (Texas Gamma Chapter) Commendation for Inspired Teaching

2015            Pi Bet Phi (Texas Gamma Chapter) Commendation for Inspired Teaching

2011            1st Place, Graduate Student Research Poster Competition, Texas Tech University