## Chad W. Smith, Ph.D. Phone: 806-834-1689 | Email: <u>Chad.w.smith@ttu.edu</u> 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 <u>Dissertation Title:</u> 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 <u>Thesis Title:</u> The Effects of Preshot Routine Training on Free Throw Performance
2004-2006	Texas Tech University BA Psychology
2002-2004	Midland College Psychology
<u>Employment</u>	
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 pregame 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* (NASPSPA), Austin, Texas.

## Service at Texas Tech University

# **Kinesiology and Sport Management Ambassadors**

<u>Faculty Supervisor</u> – 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**

<u>Faculty Fellow</u> – 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

<u>Member (2019-2020 Cohort)</u> – 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**

<u>Mentor</u> – 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.

Fall 2017 - Present

Fall 2019 – Present

Fall 2019 - Present

Fall 2016 - Present

Mentor Tech event (Test Anxiety)

Pre-PT Club Meeting

Speaker – Along with two other mentors, spoke in a roundtable setting with several students regarding test anxiety and strategies to address this issue. Answered questions and provided guidance on how manage stress and anxiety in everyday life with an emphasis on testing and other similar areas (e.g., presentations, interviews).

Undergraduate Research Conference Poster competition – Reviewer Spring 2022, 2023

<u>Volunteer reviewer</u> – Reviewed and judged 4 undergraduate student posters based on criteria set by the Center for Transformative Undergraduate Experiences. Observed the posters and discussed the research with each participant.

Happy Half Hour (Goal Setting)

Speaker – Spoke to a group of Texas Tech University faculty and staff members about goal setting. Discussed what goals are and why they are important, different goal setting formats and guidelines, how to stay on course through adversity, and what to do once a goal has been obtained. Provided opportunities to ask questions and provided details on how to be an effective goal setter.

#### Service to Public Schools

FitnessGram Workshop for Ector County Physical Education Teachers 08/2007 Odessa, TX

Group leader – Taught Physical Education teachers about the FitnessGram (e.g., why it is important, how to correctly perform each of the tasks, how to judge whether or not the students are correctly performing the tasks). The FitnessGram is a program given to students in Physical Education classes that includes several health-related physical fitness tests assessing each student's aerobic capacity, muscular strength, muscular endurance, and flexibility.

Service to Texas Tech

based on criteria set by the event coordinators.

<u>Volunteer student judge</u> - Judged graduate student research presentation competition on The Manichean Realm: Physical and Philosophical. Listened to 3 student presentations and judged them

Speaker – Spoke to the Texas Tech University Pre-PT Club members about goal setting. Discussed

what goals are and why they are important, the different types of goals, and how to be a successful goal setter as college students. Provided opportunities to ask questions and provided details on

Arts and Humanities Graduate Student Research competition – Student Judge

how to be an effective goal setter in all areas of life in and out of the classroom.

Fall 2019

Fall 2019

Fall 2011

Summer 2022

Snyder High School Varsity football team Snyder, TX

<u>Sport psychology consultant</u> – 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 Spring 2018 Lubbock, TX

<u>Speaker</u> – 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