

Todd Anders Gilson

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EDUCATION

University	Years	Degree / Major Professor(s)
Michigan State University	2004 – 2008	Ph.D. – Kinesiology Deborah Feltz / Marty Ewing
Oregon State University	2001 – 2003	M.S. – Exercise Science Vikki Ebbeck
Ohio Northern University	1997 – 2001	B.A. – Sport Management

PROFESSIONAL EXPERIENCE

University	Years	Title(s)
Northern Illinois University	2013 – present	Associate Professor Kinesiology Program Director Graduate Program Director
Northern Illinois University	2008 – 2013	Assistant Professor Kinesiology Program Director
Michigan State University	2004 – 2008	Teaching Assistant

Courses taught as sole instructor:

Psychology of Sport and Exercise
 Psychology of Coaching
 Psychological Aspects of Sport and Exercise
 Sport in Society
 Social Aspects of Sport
 Sport: Culture and Society
 Measurement and Evaluation in Exercise Science
 Field Experience in Kinesiology (i.e., Internship)
 Facility Planning and Construction
 Techniques and Program Development in Strength Training

PUBLICATIONS (**denotes student)

Refereed

Gilson, T. A., **Dix, M. A., & Lochbaum, M. (in press). 'Drive on:' The relationship between psychological variables and effective squad leadership. *Military Psychology*.

Chow, G. M., & **Gilson, T. A.** (in press). Inventories: Using objective measures. In J. Taylor (Ed.). *Assessment in sport psychology consulting*. Champaign, IL: Human Kinetics.

Lochbaum, M., Jean-Noel, J., **Pinar, C., & **Gilson, T. A.** (in press). A meta-analytic review of Elliot's (1999) Hierarchical Model of Approach and Avoidance Motivation in the sport, physical activity, and physical education literature. *Journal of Sport and Health Science*.

Gilson, T. A., (2015). Psychology of training football players: How to cultivate improved performance and success. *Strength and Conditioning Journal*, 37, 102-108.

Gilson, T. A., & Deldin, A. (2015). Integrating a clinical exercise gerontology experience into a kinesiology curriculum: The why and how. *Kinesiology Review*, 4, 392-397.

Gilson, T. A. (2015). Sport psychology. In M. Dodds & J. Reese (Eds.). *Sports leadership: A concise reference guide* (pp. 226-230). Santa Barbara, CA: Mission Bell Media.

Gilson, T. A., **Latimer, M., & Lochbaum, M. (2015). Post-LDAC reflections of ROTC cadets: Relationship to leadership and performance. *Journal of Applied Sport Psychology*, 27, 235-248.

Jung, J., & **Gilson, T. A.** (2014). Online threaded discussion: benefits, issues, and strategies. *Kinesiology Review*, 3, 241-246.

Gilson, T. A., & Jung, J. (2014). Delivering engaging content for online education: Key principles and solutions. *Kinesiology Review*, 3, 235-240.

Gilson, T.A. (2014). Social processing effects. In R. Eklund & G. Tenenbaum (Eds.). *Encyclopedia of sport and exercise psychology* (pp. 702-706). Thousand Oaks, CA: Sage Publications.

Gilson, T. A., **Heller, E. A., & Stults-Kolehmainen, M. A. (2013). The relationship between an effort goal and self-regulatory efficacy beliefs for Division I football players. *Journal of Strength and Conditioning Research*, 27, 2806-2815.

Gilson, T. A., Paule-Koba, A. L., & **Heller, E. A. (2013). The social-psychological implications of a coaching change at the collegiate level: Perceptions of athletes. *Journal of Intercollegiate Sport*, 6, 164-178.

Stults-Kolehmainen, M. A., **Gilson, T. A.,** & Abolt, C. (2013). Feelings of acceptance from and intimacy with teammates predict motivation in intercollegiate sport. *Journal of Sport Behavior*, 36, 306-331.

Clement, D., & **Gilson, T. A.** (2012). Helping athletic training students deal with stress. *International Journal of Athletic Training and Training*, 17, 20-23.

Gilson, T. A., Chow, G. M., & Feltz, D. L. (2012). Self-efficacy and athletic squat performance: Positive or negative influences at the within and between levels of analysis? *Journal of Applied Social Psychology*, 42, 1467-1485.

Gilson, T. A., & Feltz, D. L. (2012). Self-efficacy and motivation in physical activity and sport: Mediating processes and outcomes. In G. C. Roberts & D. C. Treasure (Eds.), *Advances in motivation in sport and exercise* (3rd ed.) (pp. 271-297). Human Kinetics: Champaign, IL.

Gilson, T. A., Reyes, G. F., & **Curnock, L. E. (2012). An examination of athletes' self-efficacy and strength training effort during an entire off-season. *Journal of Strength and Conditioning Research*, 26, 443-451.

Pitney, W. A., & **Gilson, T. A.** (2012). Using Google Scholar Citations to support the impact of scholarly work. *Athletic Training Education Journal*, 7, 117-120.

Feltz, D. L., Warners, A., **Gilson, T. A.,** & Santiago, O. J. (2011). Comparing alcohol use patterns of female student-athletes and their team captains in intercollegiate softball teams. *The Journal for the Study of Sports and Athletes in Education*, 5, 197-214.

Gilson, T.A. (2011). Tattoos as advertising. In L. E. Swayne & M. Dodds (Eds.). *Encyclopedia of sports management and marketing* (pp. 1530-1531). Thousand Oaks, CA: Sage Publications.

Gilson, T. A., Lee, J. D., & Ewing, M. E. (2011). Assessing motivational climates when training for sport. *International Journal of Sport Psychology*, 42, 321-338.

Paule, A. L., & **Gilson, T. A.** (2011). Does athletic participation benefit or hinder academic performance? Non-revenue sport athlete experiences. *Journal of Contemporary Athletics*, 5, 203-217.

Sturm, J. E., Feltz, D. L., & **Gilson, T. A.**, (2011). A comparison of athlete and student identity for Division I and Division III athletes. *Journal of Sport Behavior*, 34, 295-306.

Gilson, T. A. (2010). Outcomes of confidence in sport training settings. *Strength and Conditioning Journal*, 32(5), 91-96.

Lee, J. D., **Gilson, T. A.**, & Yi, B. (2010). Cultural explications in a martial art, Taekwondo; collectivistic, power-centered, probabilistic, and masculine. *Taekwondo Journal of Kukkiwon*, 1, 87-105.

Paule, A. L., & **Gilson, T. A.** (2010). Current collegiate experiences of big-time, non-revenue, NCAA athletes. *Journal of Intercollegiate Athletics*, 3, 333-347.

Gilson, T. A., Chow, G. M., & Ewing, M. E. (2008). Defining success in strength training using achievement goal orientations. *Journal of Sport Behavior*, 31, 220-236.

Gilson, T. A., Chow, G. M., & Ewing, M. E. (2008). Using goal orientations to understand motivation in strength training. *Journal of Strength and Conditioning Research*, 22, 1169-1175.

Manuscripts in Review

Mead, J., & **Gilson, T. A. (2015). *One high school basketball coach's self-study of leadership development*. Manuscript submitted for publication.

Mead, J., **Gilson, T. A., & Henning, M. B. (2015). *Season-long leadership perceptions of high school basketball team captains*. Manuscript submitted for publication.

Stults-Kolehmainen, M., **Gilson, T. A.**, **Brotnow, L., Bartholomew, J., Ciccolo, J. & Sinha, R. (2015). *I want to move my body - right now! The CRAVE Scale to measure state motivation for physical activity and sedentary behavior*. Manuscript submitted for publication.

GRANTS

External

Gilson, T. A., (PI) Chow, G. M., & Feltz, D. L. *Character Building Efficacy and Resulting Behavior*. The Character Project: New Frontiers in Psychology, Philosophy, and Theology Grant, \$50,000. Submitted 11/2010; Not funded.

Gilson, T. A., (PI) & Stults-Kolehmainen, M. A. *Self-regulatory efficacy and anxiety experienced by collegiate athletes when training for sport*. Association for Applied Sport Psychology Research Grant, \$1795. Submitted 3/2010; Not funded.

Gilson, T. A., (PI) & Feltz, D. L. *Social cognitive variables in strength and conditioning*. Association for Applied Sport Psychology Research Grant, \$562. Submitted 2/2007; Funded at 100%.

Internal

Gilson, T. A. (PI). *Personality characteristics of Army ROTC cadets*. NIU Research and Artistry Grant, \$8,500. Submitted 10/2012; Funded at 100%.

Gilson, T. A. (PI). *Socio-cultural affects on alcohol and drug use patterns of intercollegiate softball athletes*. NIU Research and Artistry Grant, \$6,100. Submitted 1/2011; Funded at 74%.

Gilson, T. A. (PI). *Social aspects of sport: Multicultural transformation*. Committee on Multicultural Curriculum Transformation, \$1,000. Submitted 11/2010; Funded at 100%.

Gilson, T. A. (PI). *Developing a motivational questionnaire for strength coaches*. Spencer Research and Training Grant, \$12,000. Submitted 3/2006; Funded at 100%.

NATIONAL CONFERENCE PRESENTATIONS (**denotes student)

Refereed

Gilson, T. A. (2016, January). *Higher education in Illinois: Less money, fewer students, and institutional strategies*. Presented at the American Kinesiology Association (AKA) Leadership Workshop, San Antonio, TX.

Gilson, T. A., **Latimer, M., **Dix, M. A., & Lochbaum, M. (2015, October). *Post-LDAC reflections of ROTC cadets and the relationship to leadership performance*. Presented at the Association for Applied Sport Psychology (AASP), Indianapolis, IN.

Gilson, T. A., & **Heller, E. A. (2015, October). *Pre-LDAC perceptions of ROTC cadets: Learning that 'the sky is green'*. Presented at the Association for Applied Sport Psychology (AASP), Indianapolis, IN.

Stults-Kolehmainen, M., **Gilson, T. A.**, **Brotnow, L., Bartholomew, J., Ciccolo, J. & Sinha, R. (2015, June). *Conceptualizing and measuring the desire for energy expenditure and sedentary behavior: The CRAVE scale for movement and rest*. Presented at the North American Society for Sport and Physical Activity (NASPSPA), Portland, OR.

Howell, S. M., **Pickett, B. R., **Gilson, T. A.**, Cormier, J., & Caughron, R. L. (2015, April). *Examining sense of community in collegiate club hockey*. CSRI Conference on College Sport, Columbia, SC.

Gilson, T. A., & Benner, D., Jr., (2015, January). *Preparing students for careers in gerontology: Infusing experiential learning with older adults into a kinesiology curriculum*. Presented at the American Kinesiology Association (AKA) Leadership Workshop, Charlotte, NC.

Gilson, T. A., **Heller, E. A., & Paule-Koba, A. L. (2014, October). *Collegiate athletes' perceptions of a coaching change: Using a psycho-social lens*. Presented at the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Heller, E. A., & **Gilson, T. A. (2014, October). *Perfectionism and appearance anxiety in aesthetic sports: The impact on disordered eating among elite female athletes*. Presented at the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Martin, E., & Ewing, M. E., Oregon, E., & **Gilson, T. A. (2014, October). *Sport experiences of Division I collegiate athletes and their perceptions of the importance of specialization*. Presented at the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Gilson, T. A. (2014, January). *Teaching sport and exercise psychology courses online: Versions 1.0 and 2.0*. Presented at the American Kinesiology Association (AKA) Leadership Workshop, San Jose, CA.

Curnock, L. E., **Heisler, A., **Camp, K., **Gilson, T. A., & Clement, D. (2013, October). *A qualitative case study: Investigation of coaching after a career-ending injury*. Presented at the Association for Applied Sport Psychology (AASP), New Orleans, LA.

Gilson, T. A., & Clement, D. (2012, October). *Athletic training students and stress: An investigation of the influence of demographic factors*. Presented at the Association for Applied Sport Psychology (AASP), Atlanta, GA.

Heller, E. A., **Gilson, T. A., & Stults-Kolehmainen, M. A. (2012, October). *The relationship between an effort goal and football players' self-regulatory efficacy beliefs*. Presented at the Association for Applied Sport Psychology (AASP), Atlanta, GA.

Paule-Koba, A. L. & **Gilson, T. A.** (2012, January). *Does athletic participation benefit or hinder academic performance: Non-revenue sport athlete experiences*. Presented at the NCAA Scholarly Colloquium on College Sports, Indianapolis, IN.

Curnock, L., **Heller, E. A., & **Gilson, T. A. (2011, September). *Personality characteristics as identifiers of eating disorders in female lean sport athletes*. Presented at the Association for Applied Sport Psychology (AASP), Honolulu, HI.

Gilson, T. A., Paule-Koba, A. L., & **Heller, E. A. (2011, September). *Non-revenue collegiate athletes' perceptions of the recruitment process*. Presented at the Association for Applied Sport Psychology (AASP), Honolulu, HI.

Paule, A. L., **Gilson, T. A.**, & Schneider, R. (2011, June). *Coaches, collegiate athletes, and recruiting: An examination of Division I recruitment process*. Presented at the North American Society for Sport Management (NASSM), London, ON.

Gilson, T. A., & Reyes, G. F. (2010, October). *Training for sport over an entire season: How self-efficacy affects effort perceptions of athletes and coaches*. Presented at the Association for Applied Sport Psychology (AASP), Providence, RI.

Lee, J. D., **Gilson, T. A.**, & Yi, B. (2009, November). *Cultural aspects of traditional masculinity in a martial art; Taekwondo*. Presented at the North American Society for the Sociology of Sport (NASSS), Ottawa, ON.

Gilson, T. A., Lee, J. D., Ewing, M. E., & **Dobrzaniecki, N. M. (2009, September). *Perceived motivational climates in strength and conditioning: Validity and reliability of a questionnaire for this unique setting*. Presented at the Association for Applied Sport Psychology (AASP), Salt Lake City, UT.

Gilson, T. A., & Feltz, D. L. (2008, September). *Self-efficacy, value, and performance: A longitudinal test of athletes performing the power clean*. Presented at the Association for Applied Sport Psychology (AASP), St. Louis, MO.

Machida, M., Vealey, R. S. & **Gilson, T. A. (2008, September). *Confidence and performance: Why multidimensionality and instability are important*. Presented at the Association for Applied Sport Psychology (AASP), St. Louis, MO.

Gilson, T. A., & Feltz, D. L. (2008, June). *Social cognitive and control theory: A test of self-efficacy and performance in strength and conditioning*. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Niagara Falls, ON.

Gilson, T. A., Lee, J. D., & Ewing, M. E. (2007, October). *Initial development of a questionnaire to measure perceived motivational climates in strength and conditioning*. Presented at the Association for Applied Sport Psychology (AASP), Louisville, KY.

Hedstrom, R. A., **Gilson, T. A.**, Laskey, B., & Ewing, M. E. (2007, October). *Systematic observation of practice behaviors of inexperienced head coaches: A season long analysis*. Presented at the Association for Applied Sport Psychology (AASP), Louisville, KY.

Gilson, T. A., Chow, G., & Ewing, M. E. (2006, September). *The definitions of success for five achievement goal orientations in collegiate athletes who strength train*. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Miami, FL.

Hedstrom, R. A., Laskey, B., **Gilson, T. A.**, & Ewing, M. E. (2006, September). *The developing coach: A season long investigation of efficacy, feedback, and practice behaviors*. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Miami, FL.

Hedstrom, R. A., **Gilson, T. A.**, & Ewing, M. E. (2005, October). *The effect of coach-athlete interaction time on athletes' perceptions of the youth sport experience: Implications for coaching education*. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Vancouver, BC.

Hedstrom, R. A., **Gilson, T. A.**, & Ewing, M. E. (2004, September). *Put me in coach!: The effect of athlete/coach interaction time and feedback on youth sport experience*. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Minneapolis, MN.

Invited

Gilson, T. A. (2013, October). *The motivation of collegiate athletes when training for sport: Perceptions, effort, and self-regulation*. Presented at the Northland Regional Chapter American College of Sports Medicine (ACSM).

Gilson, T. A. (2009, February). *Transition from graduate student to faculty member*. Presented at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Bowling Green, OH.

SERVICE

University / Organization	Years	Committee / Title
Association for Applied Sport Psychology (AASP)	2016 – present	Secretary Treasurer
Northern Illinois University	2015 – present	University Council
Northern Illinois University	2015 – present	Faculty Senate
Northern Illinois University	2013 – 2015	Personnel Committee
Measurement in Physical Education & Exercise Science	2012 – 2015	Section Editor (Psychology)
Northern Illinois University	2011 – 2012	College Curriculum Committee
Association for Applied Sport Psychology (AASP)	2008 – 2014	Finance Committee
Association for Applied Sport Psychology (AASP)	2007 – 2008	National Student Representative

CONSULTING

University / Organization	Years	Title
Northern Illinois University (all varsity sports)	2015 – present	Mental Performance Enhancement Specialist
Ohio Northern University (Men's Soccer)	2006 – 2008	Mental / Physical Performance Enhancement Specialist

HONORS AND AWARDS

University / Organization	Year	Honor / Award
Michigan State University	2008	Research Enhancement Award
Michigan State University	2007	Kinesiology Department Research Fellowship
Michigan State University	2006	Graduate School Travel Fellowship

MEMBERSHIPS

Organization	Years
American Kinesiology Association (AKA) (through department)	2008 – present
Association of Applied Sport Psychology (AASP)	2004 – present
National Strength and Conditioning Association (NSCA)	2001 – present
North American Society for Psychology of Sport and Physical Activity (NASPSPA)	2008 – 2014