

# CURRICULUM VITAE

## KATHLEEN S. WILSON

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### EDUCATION

- Ph.D. (2004 – 2008) – College of Kinesiology, University of Saskatchewan
  - Supervisor: Dr. Kevin Spink
  - Dissertation: *Physical Activity Lapses and Parental Social Control*
- Masters of Science (2002 – 2004) – College of Kinesiology, University of Saskatchewan
  - Supervisor: Dr. Kevin Spink
  - Thesis: *Social Influence and Physical Activity in Older Females: Understanding Channels & Types*
- Bachelor of Kinesiology Honors (1998 – 2002) – Faculty of Kinesiology, University of Calgary
  - Honors Supervisor: Dr. Dave Paskevich
  - Honors Project: *The Influence of Imagery on Self-Efficacy*
  - Received Kinesiology Gold Medal for highest academic standing

### RESEARCH EXPERIENCE

- Assistant Professor (2010-present) – Department of Kinesiology, *California State University, Fullerton*
- SSHRC Postdoctoral Research (2008-2010) – College of Kinesiology, University of Saskatchewan
  - Supervisors: Drs. Larry Brawley and Kevin Spink
  - Research: Exploring physical activity lapses in children and adolescents and examining the relationship between self-regulatory efficacy by the child and the parent's attempts at regulation using social control.
- Research Assistant (2002-2004) – University of Saskatchewan
  - Data collection and analysis on a study examining the role of physician counseling in individuals' physical activity behavior.

### AWARDS, SCHOLARSHIPS, FELLOWSHIPS, PRIZES, GRANTS

- Social Sciences and Humanities Research Council (SSHRC) Postdoctoral Fellowship (2008-2010)
- Canada Graduate Ph.D. Scholarship (2005-2007) – SSHRC
- Canada Graduate Scholarship Program Master's Scholarship (2003) – SSHRC

- Faculty of Kinesiology Gold Medal (2002) – University of Calgary – Highest academic standing
- Faculty of Kinesiology Dean’s List (1999, 2000, 2001, 2002) – University of Calgary – Greater than 80% average
- University of Calgary Undergraduate Merit Award (2000, 2001)
- Murray and Anne Fraser Scholarships (1998) – University of Calgary
- Alexander Rutherford Scholarship (1998) – Government of Alberta

#### *PEER REVIEWED PUBLICATIONS*

- Spink, K.S., **Wilson, K.S.**, & Bostick, J. (*in press*). Theory of Planned Behavior and Intention to Exercise: Effects of Setting. *American Journal of Health Behavior*.
- **Wilson, K.S.**, & Spink, K.S. (*in press*). Child’s physical activity lapses: Parents’ use of social control. *Journal of Applied Social Psychology*
- Spink, K.S., & **Wilson, K.S.** (2010). Physician counseling and longer-term physical activity. *Journal of Primary Care & Community Health, 1*, 173-177. doi: 10.1177/2150131910380421
- **Wilson, K.S.**, & Spink, K.S. (2010). Perceived parental social control following a recalled physical activity lapse: Impact on Adolescents’ reported behavior. *Psychology of Sport and Exercise, 11*, 602-608. doi: 10.1016/j.psychsport.2010.06.012
- Spink, K.S., **Wilson, K.S.**, & Priebe, C.S. (2010). Groupness and adherence in structured exercise settings. *Group Dynamics: Theory, Research, and Practice, 14*, 163-173. doi: 10.1037/a0017596
- **Wilson, K.S.**, Spink, K.S., & Priebe, C.S. (2010). Parental social control in reaction to a hypothetical lapse in their child's activity: The role of parental activity and importance. *Psychology of Sport and Exercise, 11*, 231-237. doi: 10.1016/j.psychsport.2010.01.003
- Spink, K.S., **Wilson, K.S.**, & Odnokon, P. (2010). Examining the relationship between cohesion and return to team in ice hockey players. *Psychology of Sport and Exercise, 11*, 6-11. doi: 10.1016/j.psychsport.2009.06.002
- **Wilson, K.S.** & Spink, K.S. (2009). Social influence and physical activity in older females: Does activity preference matter? *Psychology of Sport and Exercise, 10*, 481-488. doi: 10.1016/j.psychsport.2009.01.002
- Spink, K.S., Reeder, B. Chad, K. **Wilson, K.**, & Nickel, D. (2008). Examining physician counselling to promote the adoption of physical activity. *Canadian Journal of Public Health, 99*, 26-30.
- **Wilson, K.S.**, & Spink, K.S. (2006). Exploring older adults’ social influences for physical activity. *Activities, Adaptation & Aging, 30*, 47-60.
- Spink, K.S., Nickel, D., **Wilson, K.**, & Odnokon, P. (2005). Using a multilevel approach to examine the relationship between task cohesion and team task satisfaction in elite ice hockey players. *Small Group Research, 36*, 539-554.

#### *SUBMITTED PEER REVIEWED PUBLICATIONS*

- **Wilson, K.S., & Spink, K.S.** (*under review*). Examining the physical activity – social influence relationship in adolescents: The role of physical activity variability. *Psychology of Sport and Exercise*.
- **Wilson, K.S. & Spink, K.S.** (*under review*). Antecedents and consequences of family social control use following an adolescent physical activity lapse. *Psychology of Sport and Exercise*.
- **Wilson, K.S., Spink, K.S., & Priebe, C.S.** (*under review*). Self-regulatory efficacy and activity: Examining gradations of challenge. *Psychology of Sport and Exercise*.

#### IN PREPARATION

- **Wilson, K.S., Spink, K.S., & Brawley, L. R.** (*in preparation*) ‘Just to see how little she did was shocking’: Cues leading to parental social control during declines in adolescent physical activity.
- Spink, K. S., **Wilson, K.S.**, Odnokon, P. Brawley, L., & Priebe, C. S. (*in preparation*). Player perceptions of team environment: Examining the relationship between psychological climate and intention to return.
- Spink, K. S., **Wilson, K.S.**, Odnokon, P. Brawley, L., & Priebe, C. S. (*in preparation*). Perceiving team as safe and meaningful: is psychological climate associated with perceived effort in elite ice hockey players?

#### CONFERENCE PRESENTATIONS WITH PUBLISHED ABSTRACTS (PEER REVIEWED)

- **Wilson, K.S., Spink, K.S., & Priebe, C.S.** (2010). Self-regulatory efficacy and activity: Examining gradations of challenge. *Journal of Sport & Exercise Psychology*, 32, S232-233.
- **Wilson, K.S., Spink, K.S., & Brawley, L. R.** (2010) ‘Just to see how little she did was shocking’: Cues leading to parental social control during declines in adolescent physical activity. *Journal of Sport & Exercise Psychology*, 32, S232.
- **Wilson, K.S., Spink, K.S., & Priebe, C.S.** (2009). Staying the course or riding the waves: Exploring adolescent physical activity and parental social influence. *Journal of Sport & Exercise Psychology*, 31, S144.
- Priebe, C.S., Spink, K.S., **Wilson, K.S.**, & Hobman, K.S. (2009). “When in Rome”: Using normative information to increase physical activity in office workers. *Journal of Sport & Exercise Psychology*, 31, S133-134.
- Priebe, C.S., Spink, K.S., **Wilson, K.S.**, & Hobman, K.S. (2009). Normative social influence for physical activity: Who wants to be a follower? *Journal of Sport & Exercise Psychology*, 31, S134.
- **Wilson, K.S., Spink, K.S., & Whittaker, C.S.** (2008). Support versus control: Parent and adolescent views of social influences following a physical activity lapse. *Journal of Sport & Exercise Psychology*, 30, S211-212
- **Wilson, K.S., Spink, K.S., & Whittaker, C.S.** (2008) To nag or not to nag? When do negative parental influences predict adolescent activity behavior? *Journal of Sport & Exercise Psychology*, 30, S212.
- **Wilson, K.S., Spink, K.S., & Whittaker, C.** (2007). Parental response to lapses in child’s physical activity: To control or not to control. *Journal of Sport & Exercise Psychology*, 29, S217.

- **Wilson, K.S.**, Spink, K.S., Chad, K.E., Humbert, L., Muhajarine, N., & Odnokon, P.A. (2007). Social influence and physical activity in adolescents: Does level of physical activity matter? *Journal of Sport & Exercise Psychology*, 29, S218.
- Spink, K.S., Chad, K., Reeder, B., **Wilson, K.S.**, & Nickel, D.M. (2005). Testing the effectiveness of a physician-based counselling intervention for increasing levels of physical activity over an extended time period. *Journal of Sport & Exercise Psychology*, 27, S146.
- **Wilson, K.S.**, & Spink, K.S. (2005). Exploring the social influences for physical activity in active older adults. *Journal of Sport & Exercise Psychology*, 27, S159.
- Bruner, M. Spink, K., **Wilson, K.**, Nickel, D., Watson, J., & Bostick, J. (2004). Examining the effects of group characteristics on energy expenditure in unstructured exercise settings. *Journal of Sport & Exercise Psychology*, 26, S42.
- Nickel, D., Spink, K., **Wilson, K.**, Bruner, M., Watson, J., & Bostick, J. (2004). Effects of group characteristics in a structured exercise setting on individual energy expenditure levels. *Journal of Sport & Exercise Psychology*, 26, S143.
- Nickel, D., Spink, K., **Wilson, K.**, & Odnokon, P. (2004). Examining the relationship between group cohesion and satisfaction in female sport teams: A multilevel approach. *Journal of Sport & Exercise Psychology*, 26, S143.
- **Wilson, K.**, Spink, K., Nickel, D., & Odnokon, P. (2004). Using a multilevel approach to examine the relationship between task cohesion and task satisfaction in ice hockey players. *Journal of Sport & Exercise Psychology*, 26, S199.

#### CONFERENCE PRESENTATIONS (PEER REVIEWED)

- **Wilson, K.S.**, Spink, K. S., Odnokon, P. Brawley, L., & Priebe, C. S. (2010). Player perceptions of team environment: Examining the relationship between psychological climate and intention to return. Conference presentation at SCAPPS: Ottawa, ON.
- **Wilson, K.S.**, Spink, K. S., Odnokon, P. Brawley, L., & Priebe, C. S. (2010). Perceiving team as safe and meaningful: is psychological climate associated with perceived effort in elite ice hockey players? Conference presentation at SCAPPS: Ottawa, ON.
- Barbour-Tuck, E. N., **Wilson, K.S.**, Spink, K.S. & Brawley, L.R. (2010) ‘Just to see how little she did was shocking’’: Cues leading to parental social control during lapses in adolescent physical activity. Conference presentation at University of Saskatchewan Life and Health Sciences Conference: Saskatoon, SK.
- **Wilson, K.S.**, & Spink, K.S. (2009). Predicting self-efficacy with recent and extended physical activity experiences. Conference presentation at SCAPPS: Toronto, ON.
- **Wilson, K.S.**, Spink, K.S., Whittaker, C.S., Bruner, M., & Nickel, D. (2008). Adherence in structured activity settings: Effects of Groupness. Conference presentation at SCAPPS: Canmore, AB.
- Whittaker, C.S., Spink, K.S., & **Wilson, K.S.** (2008). Predicting parental social control use following a child’s physical activity lapse. Conference presentation at SCAPPS: Canmore, AB.
- **Wilson, K.**, & Spink, K.S. (2007). Social influence and physical activity – Does activity preference matter? Conference Presentation at SCAPPS: Windsor, ON.

- **Wilson, K.**, Spink, K.S., & Whittaker, C. (2007). Congruence of used and wanted social control: Differential influence on responses to a lapse. Conference presentation at SCAPPS: Windsor, ON.
- **Wilson, K.**, Spink, K.S., Chad, K., Humbert, L. Muhajarine, N., & Odnokon, P. (2007). Alterations in family social influences in response to adolescents' physical activity lapse: Social control implications? Conference presentation at SCAPPS: Windsor, ON.
- **Wilson, K.S.**, Spink, K.S., Nickel, D., Bruner, M., Bostick, J., & Watson, J. (2006). Group characteristics and adherence behaviour in exercise settings. Conference presentation at SCAPPS: Halifax, NS.
- **Wilson, K.S.**, Nickel, D., Spink, K.S., & Odnokon, P. (2005). Examining the relationship between task cohesion and perceived effort in ice hockey players using a multilevel approach. Conference presentation at SCAPPS: Niagara Fall, ON.
- **Wilson, K.S.**, & Spink, K.S. (2004). Who's influencing older adults to become active and stay active? Conference presentation at SCAPPS: Saskatoon, SK.
- **Wilson, K.S.**, & Spink, K.S. (2004). Social influence and physical activity in older adults. Conference presentation at SCAPPS: Saskatoon, SK.
- **Wilson, K.S.**, Spink, K.S., Watson, J.D., Bruner, M.W., & Bostick, J.M. (2003). Exercising with others: Correlates of being a group. A qualitative perspective. Conference presentation at SCAPPS: Hamilton, ON.
- Spink, K.S., Chad, K., Reeder, B., & **Wilson, K.S.** (2003). Testing the efficacy of two physician-based counseling interventions in changing levels of physical activity in Canadian adults. Conference presentation at SCAPPS: Hamilton, ON.
- Watson, J.D., Spink, K.S., **Wilson, K.S.**, Bruner, M.W., & Bostick, J.M. (2003). Social support in the group exercise setting: Testing the fit of Weiss's (1974) model of social provisions. Conference presentation at SCAPPS: Hamilton, ON.
- Bruner, M.W., Spink, K.S., **Wilson, K.S.**, Watson, J.D., & Bostick, J.M. (2003). Exercising with others: Group versus collection of individuals. Conference presentation at SCAPPS: Hamilton, ON.
- Bostick, J.M., Spink, K.S., Bruner, M.W., Watson, J.D., & **Wilson, K.S.** (2003). Exercising in groups: What's the buzz? Conference presentation at SCAPPS: Hamilton, ON.

#### *TEACHING EXPERIENCE*

- California State University, Fullerton - Fall 2010 & Spring 2011
  - Knes 349: Measurement and Evaluation in Kinesiology (4 sections)
  - Topics covered included: Reliability, validity, measurement, measures of fitness, physical activity, psychological constructs, sport skills, PASW and excel skills, descriptive statistics, standard scores, correlation, regression, t-test, ANOVA
  - Knes 508: Statistical Methods in Kinesiology (1 section)
  - Topics covered include: Describing data, visualizing data, correlations, regressions, t-tests, ANOVAS
- University of Saskatchewan: Sessional Lecturer – Fall 2009
  - Kinesiology 232: Physical Activity in Society
  - Topics covered included: Introduction to sociology, social structural risk factors for physical activity and chronic diseases, rugged individualism,

discrimination, social institutions and physical activity, family environment, school and physical education, work environment, health system and community health

- Guest Lecturer – November, 2009; October 2008
  - Kin 898: Social Psychology of Group Processes in Physical Activity
  - Topic: Introduction to multilevel modeling
- Guest Lecturer – January, 2009; January, 2008; March, 2007
  - Kin 231: Social Psychological Foundations of Physical Activity
  - Topics: Social reinforcement, observational learning, drive theory/optimal level theory (2 lectures), personality (2 lectures), attributions (2 lectures)
- Guest Lecturer – February 2007
  - Kin 122: Social Behavioral Foundations of Physical Activity
  - Topic: Social influence
- Teaching Assistant – Winter, 2007; Winter 2008
  - Kinesiology 231: Social Psychological Foundations of Physical Activity
  - Invigilated and reviewed exams with students
- Sessional Lecturer – Winter 2006
  - Kinesiology 231: Social Psychological Foundations of Physical Activity
  - Topics covered included: Introduction to social psychology, social facilitation, social reinforcement, observational learning, drive theory and optimal level theory, attributions, motivation, exercise adherence, anxiety, personality, cohesion, aggression, leadership
- Tutor – Winter 2006
  - Kinesiology 809: Data Analysis In Kinesiology
  - Individual tutoring for students taking graduate level statistics

#### *TEACHING DEVELOPMENT WORKSHOP PARTICIPATION*

- Fall University Teaching and Learning Institute (August, 2009)
  - The Gwenna Moss Teaching & Learning Center, University of Saskatchewan
- Become engaged with the click of a button (Jan 30, 2009)
  - Presenters: Dr. Cyril Coupal, Information Technology Services, & Dr. Kalyani Premkumar, Educational Support and Development, College of Medicine, University of Saskatchewan
  - Presentation to the College of Kinesiology, University of Saskatchewan
- Making teaching visible: Practical principles for peer review of teaching (Nov 23, 2007)
  - Presenter Eileen M. Herteis, Mount Allison University
  - Presentation to the College of Kinesiology, University of Saskatchewan
- Teaching...if only we knew the questions (November, 24, 2006)
  - The Gwenna Moss Teaching & Learning Center, University of Saskatchewan
- Building a teaching portfolio (Nov 7, 2006)

- Presenter: Kim West, The Gwenna Moss Teaching & Learning Center
- Presentation to the College of Kinesiology, University of Saskatchewan
- Pedagogy, PowerPoint, and presentation: Teaching effectively with PowerPoint (March 8, 2005)
  - Presenter: Kim West, The Gwenna Moss Teaching & Learning Center
  - Presentation to the College of Kinesiology, University of Saskatchewan
- Fall University Teaching & Learning Institute (August, 2005)
  - The Gwenna Moss Teaching & Learning Center, University of Saskatchewan

#### *WORKSHOP AND PROFESSIONAL DEVELOPMENT PARTICIPATION*

- Foundation Grant-Writing Workshop (Fall 2010)
  - Facilitator: Dr. David Cherin
  - College of Health and Human Development, California State University, Fullerton
- Structural Equation Modeling, Part I and Part II (September, 2010)
  - Presenter: Dr. Sue Sy
  - Faculty Development Center, California State University, Fullerton
- Effective Grant-Writing (April 20, 2010)
  - Presenter: Mary W. Walters
  - University of Saskatchewan
- Longitudinal Data Analysis (October 18, 2008)
  - Instructors: Dr. P. Pahwa & Dr. A. Senthilselvan
  - 6<sup>th</sup> International PHARE symposium
- Workshop on Multilevel Data Analysis (July 19-21, 2004).
  - Instructor: Dr. Xin Ma
  - University of Saskatchewan

#### *SERVICE & COMMUNITY OUTREACH*

- Undergraduate Program Committee Member (2010-2011)
- Reviewer
  - Journal of Health Psychology (2009, 2010)
  - Group Dynamics (2010)
  - Psychology of Sport and Exercise (2009, 2010)
- Life & Health Sciences Research Day Organizing Committee Member (2008-2009)
- College of Kinesiology Graduate Society Executive Member (2006-2007)
- Course Council Member for University of Saskatchewan Graduate Students Association (2005-2007)
  - Member of the Long Range Planning Committee (2005-2006)
  - Member of the Elections Committee (2007)
- Learning Facilitator for Community Sport – Ongoing Participation NCCP Clinic

- Softball Saskatchewan 2009
- Coaching Community Softball –1996 to present
  - Saskatoon Minor Softball Association –Zone 1 (2002 to 2010)
  - St. Albert Softball Association (1996-2001)
- Pitching and Skills Instructor for Softball Saskatchewan
  - Provide clinics for youth to develop pitching and other softball skills (2002-2010)