

## **Bio for Professor Joan L. Duda**

Joan L. Duda is a Professor of Sport and Exercise Psychology in the School of Sport, Exercise and Rehabilitation Sciences at The University of Birmingham, United Kingdom. Born in the USA, she completed her B.A. (1977) in Psychology (Minor degrees in Sociology and Women's Studies) at Rutgers University, her M.S. degree (1978) in Physical Education at Purdue University, and Ph.D. (1981) in Sport Psychology/Kinesiology at the University of Illinois at Urbana-Champaign.

Professor Duda is one of the most cited researchers in her discipline (with more than 38,000 citations; Google Scholar h-index = 99). She has published over 300 scientific and applied papers and book chapters, and has edited two books. Joan is internationally known for her expertise on motivational processes and determinants of adherence and optimal functioning within physical and performance-related activities such as sport, exercise, and dance/the performance arts. She also has an extensive applied and research background in the development of psychological skills in sport and other performance domains. Based on her long-standing research and applied work in this area, Joan has created the theory- and evidence-based *Empowering Coaching*<sup>™</sup> family of training programmes which are being delivered to coaches (recreational thru elite), parents and teachers in the UK and abroad. Her research is marked by an integration across major theoretical frameworks, methodological advancements and incorporates field to lab-based studies employing sophisticated quantitative techniques and qualitative approaches.

Professor Duda is currently President of the European College of Sport Sciences (the first woman President) and is President of Division 12 (Sport Psychology) of the International Association of Applied Psychology. She is a Past-President of the Association for the Advancement of Applied Sport Psychology and has also been a member of the executive boards of the North American Society for the Psychology of Sport and Physical Activity, the Sport Psychology Academy, Division 47 of the American Psychological Association, and the International Society for Sport Psychology. She was Editor of the *Journal of Applied Sport Psychology* and Editorial Board member of several journals.

Joan has been an invited keynote speaker in numerous countries and, at the 2012 meetings of the Association for Applied Sport Psychology, she was invited to give the prestigious Coleman Griffith Lecture. Based on her academic record and contributions to the field, Professor Duda was named the Visiting International Scholar by the Australian Sport Psychology Society (1997), appointed to Sub-Panel 46 for the Research Assessment Exercise 2008 and now Sub-Panel for REF2021 in the UK and was the recipient of an honorary doctoral degree from the Norwegian School of Sport Sciences (2008). She is/has been recently Principal Investigator or Co-investigator on projects (totaling over £6 million) supported by diverse funders including the European Commission.

Professor Duda is certified as a Consultant by the Association of Applied Sport Psychology and she was the sport psychology consultant for the USA Gymnastics Women's Olympic team that won the gold medal in the Atlanta 1996 Games. She regularly consults with performing artists and was the performance psychology consultant for the Birmingham Royal Ballet for many years.

From the standpoint of trying to impact policy based on scientific evidence, Joan serves as a member of the Scientific Advisory Committee for the UK Government's Department of Culture, Media and Sport and also is on the Research Panel for *UK Coaching*. She recently contributed to a consensus statement (funded by the Danish government) on children's physical activity, health and well being.