

Curriculum Vitae
Amanda Rymal
Department of Kinesiology,
California State University, San Bernardino
5500 University Parkway, San Bernardino, CA 92407
Phone: (909) 537-5354
Email: arymal@csusb.edu

AREAS OF RESEARCH

Motor learning
Competitive performance
Self-modeling
Observational learning
Psychological skills training (Sport Psychology)
Motor development
Eye Tracking

EDUCATION

- 2007-2011 University of Ottawa, Ottawa Ontario.
PhD in Human Kinetics.
Thesis title: The effects of different self-modeling interventions on the performance and self-regulatory processes and beliefs of competitive gymnasts.
- 2005-2007 University of Ottawa, Ottawa Ontario.
Masters in Human Kinetics (Graduate within 21 months).
Thesis title: The effects of self-modeling on competitive diving performance.
- 2001-2005 Laurentian University, Sudbury Ontario.
Bachelor of Arts, Honors in Sport Psychology (Graduate).
Thesis title: Video and kinesthetic imagery.

AWARDS/GRANTS

- 2018 Student Success Teams (SST) (Q2S Kinesiology advising) (Amount: \$30,000)
- 2018 Vital and Enhanced Technologies Initiative (VETI) grant: Integration of Web-Based Virtual Clinical Reality (VCR) Learning Experiences in Undergraduate Nursing and Kinesiology Courses (Amount: \$8,160.00)
- 2017 Vital and Enhanced Technologies Initiative (VETI) grant: Kinesiology Laboratory: Physical Activity and Pedagogical Success Laboratory (Amount: \$89,736.00)
- 2017 SSI Senior Support Project Grant (Amount: \$15,000)
- 2017 Q2S Program transformation grant for Allied Health Profession (Amount: \$20,000)
- 2011 Faculty of Graduate and Postdoctoral Studies Dean's Scholarship
- 2010 SSHRC Doctoral Fellowship Award.
- 2010 Academic Excellence Award, University of Ottawa.
- 2005 Academic Achievement Award, Laurentian University.
- 2003 Academic Achievement Award, Laurentian University.

ACADEMIC EMPLOYMENT/TEACHING EXPERIENCE

- Fall 2014- Associate Professor (as of Sept 1st 2019), California State University, San Bernardino, California. KINE 410,

- Current Motor Control and Skill Learning. KINE 370, Measurement and Statistics in Kinesiology. KINE 324, Psychology of Physical Activity. KINE 261f Professional Activity Preparation of Gymnastics. KINE 493, Observation and Field Experience in Allied Health Profession and Exercise Science. KINE 325; Motor Development Across a Lifespan.
- Fall 2013 - Lecturer, California State University, San Bernardino, California. KINE 410, Motor
Spring 2014 Control and Skill Learning. KINE 370, Measurement and Statistics in Kinesiology. KINE 270, Introduction to Fitness and Testing. KINE 325, Motor Development Across the Lifespan.
Lecturer, California State University East Bay, Hayward, California. KIN 3340, Online Motor Development
- Spring 2012- Lecturer, San Francisco State University, San Francisco, California. KIN 331, Peak
Summer 2013 Performance. KIN 487, Motor Development, KIN 504 Sport Psychology.
Lecturer, California State University East bay, Hayward, California. KIN 4410, Sport Psychology. KIN 3330, Motor Learning and Control, and KIN 3340, Online Motor Development
- Fall 2011- Lecturer. San Francisco State University, San Francisco, California. KIN 486, Motor
Winter 2011 Learning and Control. KIN 487, Motor Development.
- Fall 2010 Part-time Lecturer. University of Ottawa, Ottawa, Ontario, Canada. APA 2120, Motor Control and Learning. Topics relating to Gentile's taxonomy, skill classification, assessing learning, stages of learning, demonstration, and augmented feedback.
- 2007- Research assistant at the University of Ottawa for Dr. Martini. This included research
Summer 2011 proposals, data collection, and data analysis.
- 2005- Research assistant at the University of Ottawa for Dr. Ste-Marie. This included research
Summer 2011 proposals, data collection, data analysis, and written work (i.e., articles, conference presentations, etc).
- March 2010 Guest lecturer at the University of Ottawa. APA 2120, Motor Control and Learning.
Topic: Demonstration
- 2008- Guest lecturer at the University of Ottawa. APA 1161, Introduction to
2009 Biophysical Aspects of Human Movement. Topic: Defining and assessing learning; Augmented feedback. APA 3320, Topic: Demonstration. Motor Skill Development of Human Movement. Topic: Social and cultural constraints on motor development.

REFEREED JOURNAL ARTICLES AND BOOK CHAPTERS

Hancock, D.J. & **Rymal, A.M.** (2019). Sport and healthy aging. In D. Gu, & M.E. Dupre (Eds.) *Encyclopedia of Gerontology and Population Aging*. New York, NY: Springer

Rymal, A.M., & Ste-Marie, D.M. (2019). Feedforward self-modeling and self-regulated learning: It's not just for learning. *Research Quarterly for Exercise and Sport*, 90, pp.276-286.

*St. Germain, L., **Rymal, A.M.**, & Hancock, D.J. (2019). Coaches' and officials' self-reporting of observational learning. *Journal of Motor Learning and Development*, 7, pp. 232-241.

Rymal, A.M. (2018). Let's make it real: A commentary on observation research. *Journal of Motor Learning and Development*, 6, pp.73-80.

Rymal, A.M., & Ste-Marie, D.M. (2017). Imagery Ability Moderates the Effectiveness of Video Self Modeling on Gymnastics Performance. *Journal of Applied Sport Psychology*, 29, 304-322.

O, J., Law, B., & **Rymal, A.M.** (2015). Now hear this: Auditory sense may be an Undervalued Component of Effective Modeling and Imagery Interventions in Sport. *The Open Psychology Journal*, 8, pp. 203-211.

Anderson, D.I., **Rymal, A.M.**, & Ste-Marie, D.M. (2014). Modeling and feedback. In A.G. Papaioannou & D. Hackfort (Eds.) *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts* (pp. 272-288). New York, NY. Taylor & Francis Group.

Ste-Marie, D.M., Vertes, K.A., Law, B., & **Rymal, A.M.** (2013). Learner-controlled self-observation is advantageous for skill acquisition. *Frontiers in Movement Science and Sport Psychology*, 3, 1-10.

Ste-Marie, D.M., Law, B., **Rymal, A.M.**, O. J., Hall, C., & McCullagh, P. (2012). Observation interventions for motor learning and performance: Development for an applied framework for observation use. *International Review of Sport and Exercise Psychology*, 1, 1-32.

Ste-Marie, D.M., **Rymal, A.M.**, Vertes, K., & Martini, R. (2011) Self-modeling and competitive beam performance enhancement examined within a self-regulation perspective. *Journal of Applied Sport Psychology*, 23, 292-307

Ste-Marie, D.M., Vertes K., **Rymal, A.M.**, & Martini R. (2011). Feedforward self-modeling enhances skill acquisition in children learning trampoline skills. *Frontiers in Movement Science and Sport Psychology*, 2, 1-7.

Martini, R., **Rymal, A. M.**, & Ste-Marie, D. M. (2011). Investigating self-as-a-model techniques and underlying cognitive processes in adults learning the butterfly stroke. *International Journal of Sports Science and Engineering*, 5, 242-256.

Hancock, D.J., **Rymal, A.M.**, & Ste-Marie, D.M., (2011). A triadic comparison the use of observational learning among team sport athletes, coaches, and officials. *Psychology of Sport and Exercise*, 12, 236-241.

Rymal, A.M., Martini, R., & Ste-Marie, D.M. (2010). Self-regulatory processes employed during self-modeling: A qualitative analysis. *The Sport Psychologist*, 24, 1-15

Rymal, A.M., & Ste-Marie, D.M. (2009). Does self-modeling affect imagery ability or vividness? *Journal of Imagery Research of Sport and Physical Activity*, 4, 1-14.

ARTICLES SUBMITTED/IN PREPERATION.

Rymal, A.M., Anderson, D., & O, J. (in preparation). To edit or not to edit? A comparison of feedforward self-modeling and self-observation on the acquisition of dominant and non-dominant free throw shots.

PUBLISHED ABSTRACTS

*= student

**=CSUSB student

Gamble, M., **Sanchez-Milliken, K., **Alamilla, R., **Wilson, O., Gentry, C., & **Rymal, A.M. (2018). Observation uses of athletes with disabilities. *Journal of Sport and Exercise Psychology*, 40, S80-81.

Rymal, A.M., O, J., & *Cesena, M.R. (2017). "Seeing is believing? The efficacy of feedforward modeling using mirror reversal." *Journal of Sport and Exercise Psychology*, (xx).

Rymal, A.M., O, J., **Miller, C., & **Leighton, S. (2016). "An examination of positive self-review and feed-forward self-modeling on dominant and non-dominant hand free-throw shot self-efficacy". *Journal of Sport and Exercise Psychology*,

McCullagh, P., Law, B., Ste-Marie, D.M., **Rymal, A.M.**, O, J., & Hall, C. (2012). "Presenting an applied model for the use of observation interventions in motor skill learning and performance". *Journal of Sport and Exercise Psychology*, 34, S55-56.

Rymal, A.M., Hall, C., Law, B., & Ste-Marie (2012). "Who, Where, and Why: Factors to consider when examining and implementing observation techniques". *Journal of Sport and Exercise Psychology*, 34, S57.

Rymal, A.M., & Ste-Marie (2011). "Feedforward self-modeling improves imagery ability and vividness". *Journal of Sport and Exercise Psychology*, 33, S14.

Vertes, K., **Rymal, A.M.**, Law, B.D., & Ste-Marie, D.M. (2011). "Children's self-control over video-based self-observation. *Journal of Sport and Exercise Psychology*, 33, S119.

Rymal, A.M., Vertes, K., Martini, R., & Ste-Marie, D.M. (2010). "A self-modeling intervention with novice trampolinists: Its effects on physical performance, strategic planning and self-evaluation processes". *Journal of Sport and Exercise Psychology*, 32, S215-216.

Ste-Marie, D.M., **Rymal, A.M.**, Karlinsky, A., & Lussier-Ley, C. (2010). "Dance students' self-control of difference video model types". *Journal of Sport and Exercise Psychology*, 32, S223.

Hancock, D., **Rymal, A.M.**, & Ste-Marie, D.M. (2008). "Sport officials' uses of Observational Learning". *Journal of Sport and Exercise Psychology*, S174.

Rymal, A.M. & Ste-Marie, D.M. (2007). The influence of a self-modeling intervention on self-regulatory processes: A qualitative analysis. *Journal of Sport and Exercise Psychology*, 29, S199.

Martini, R., Ste-Marie, D., Anawati, A., St. Rose, E., and **Rymal, A.** (2006). Thought processes during self-as-a-model video watching: Possible influences on goal setting? *Journal of Sport & Exercise Psychology*, 27, S127-128.

CONFERENCE PRESENTATIONS

****Wilson, O., & Rymal, A.M. (2018).** Coaches use of observation in adaptive sports: A preliminary analysis. Presented at the Southwest American College of Sports Medicine, Costa Mesa, California,

****Gamble, M, **Sanchez, K, **Alamilla, R, **Wilson, O, Gentry, C, & Rymal, A.M. (2018).** Observational Uses of Athletes with Disabilities. Presented at North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, Colorado, USA.

***St. Germain, L, Hancock, D.J., Rymal, A.M., & Ste-Marie, D.M. (2017).** “Functions of observational learning in coaches and officials: New themes”. Presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) conference, St. John’s, Newfoundland, Canada.

****Gamble, M., Gentry, C., & Rymal, A.M. (2017).** “The functions of observational learning with disability sport participants”. Presented at the Southwest American College of Sports Medicine, Long Beach, California, USA.

Rymal, A.M., O, J., & *Cesena, M.R. (2017). “Seeing is believing? The efficacy of feedforward modeling using mirror reversal.” Poster presentation at North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, California, USA.

****Diaz Martinez, L, **Zalava, M., **Gonzalez, L., **Lopez, J., **Shouse, K., Gentry, C., & Rymal, A.M. (2017).** "Functions of Observational Learning". Presented at the Meeting of the Minds Student Research Symposium, San Bernardino, CA, USA.

****Shouse, K., & Rymal, A.M. (2017).** “Can all your shots come true? A comparison of self modeling techniques on free throw performance”. Presented at the 31st CSU Statewide Student Research Competition, San Luis Obispo, California, USA.

Rymal, A.M., O, J., **Miller, C. & **Leighton, S. (2016). “An examination of positive self-review and feed-forward self-modeling on dominant and non-dominant hand free-throw shot self-efficacy”. Poster presentation at North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Montreal, Ontario, Canada.

Rymal, A.M., & O, J. (2016). “To edit or not to edit...that is the question. A discussion on the use and effectiveness of self-modeling techniques on motor skills learning”. Panel presentation and discussion at Presented at Hawaii International Conference on Education, Honolulu, Hawaii, USA.

****Leighton, S., **Miller, C., & Rymal, A.M. (2016).** “The use of self-modeling as an instructional technique for free throw performance”. Presented at Hawaii International Conference on Education, Honolulu, Hawaii, USA.

Rymal, A.M. (2016). “To speak or not to speak: An applied model for the use of observation”. Presented at California Association for Health, Physical Education, Recreation, and Dance; Southern District Conference, San Bernardino, California, USA (2016).

McCullagh, P., O, J., Ste-Marie, D.M., **Rymal, A.M.**, Hall, C., Law, B. (2013). “The use of observation in rehabilitation settings: Application of an applied setting”. Presented at the European College of Sport Science (ECSS), Barcelona, Spain.

Ste-Marie, D.M., McCullagh, P., & **Rymal, A.M.**, (2013). “The applied model for the use of observation: applications for occupational therapists.” Presented at The American Occupational Therapy Associations’ 93rd Annual Conference and Expo (AOTA). San Diego, California, USA.

Rymal, A.M., Hall, C., Law, B., & Ste-Marie, D.M. (2012). “Who, Where, and Why: Factors to consider when examining and implementing observation techniques”. Presenting an Applied Model for the Use of Observation Interventions in Motor Skill Learning and Performance. A symposium on the interaction between observation and imagery processes. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSA) conference, Honolulu, Hawaii.

Rymal, A.M., O, J., McCullagh, P. (2012). “Effective use of guided observation in physical education”. Presented at The California Association for Health, Physical Education, Recreation and Dance (CAHPERD) conference, Pasadena, California, USA.

Rymal, A.M., & Ste-Marie, D.M. (2011). “Gymnasts’ self-regulatory processes and beliefs in competition: Examining the impact of a feedforward self-modeling video”. Presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) conference, Winnipeg, Manitoba, Canada.

Rymal, A.M., & Ste-Marie, D.M. (2011). “Feedforward self-modeling improves imagery ability and vividness”. If a picture is worth a thousand words, then is combining observation with imagery worth a million? A symposium on the interaction between observation and imagery processes. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSA) conference, Burlington, VT, USA.

Rymal, A.M., Billings, A., & Ste-Marie, D.M. (2010). “Investigating the combination of a self-modeling intervention with psychological skills training on gymnasts’ competitive performance”. Presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) conference, Ottawa, Ontario, Canada.

Rymal, A.M., Vertes, K., Martini, R., & Ste-Marie, D.M. (2009). “A self-modeling intervention with gymnasts: Determining the self-regulatory processes utilized”. Presented at the International Society of Sport Psychology (ISSP) conference, Marrakesh, Morocco.

Rymal, A.M., Vertes, K.A., Billings, A., & Ste-Marie, D.M. (2008) “Self-modeling as a performance enhancement tool for competitive gymnasts”. Presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) conference, Canmore, Alberta, Canada.

Rymal, A.M., Hancock, D.J., Ste-Marie, D.M. (2008). “How coaches learn through observation”. Presented at the Petro-Canada Sport Leadership Sportif conference, Calgary, Alberta, Canada.

Rymal, A., Hancock, D., & Ste-Marie, D.M. (2008) “Referees Uses of Observational Learning”. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSA) conference. Niagara Falls, Ontario, Canada

Rymal, A., Hancock, D., & Ste-Marie, D.M. (2008) “The functions of observational learning utilized by coaches”. Presented at the Eastern Canadian Sport and Exercise Psychology Symposium (ECSEPS). Sudbury, Ontario, Canada.

Rymal, A., & Ste-Marie, D.M. (2007) “The influence of a self-modeling intervention on self-regulatory processes: A Qualitative Analysis”. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) conference. San Diego, California, USA.

Rymal, A., & Ste-Marie, D.M. (2007) “Does imagery ability moderate the effectiveness of a self-modeling video?” Presented at the Eastern Canadian Sport and Exercise Psychology Symposium ECSEPS, Kingston, Ontario, Canada.

Rymal, A., & Ste-Marie, D.M. (2006) “Self-modeling and competitive diving performance” University of Ottawa. Presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Halifax, Nova Scotia, Canada

OTHER EXPERIENCE

- 2015-current Reviewer for Journal of Motor Learning and Development, International Journal of Exercise Psychology, Journal of Motor Behavior, Journal of Imagery, Journal of Mixed Methods Research, PLOS One, Journal of Applied Sport Psychology, and Oxford Research Encyclopedia of Psychology.
- 2015-current Sport Psychology workshops/consulting for CSUSB Athletics.
- 2012-2013 Member of the Leadership, Engagement, Action, and Development (LEAD) organization at San Francisco State University. Faculty advisor for a student DJ group “iSpinS.F”.
- 2010 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) student representative.
- 2005-present Certified in Risk Management, Respect in Sport, and First Aid and CPR.
- 2008-2010 Co-supervisor of undergraduate students at the University of Ottawa.
Kelly Vertes, The self-regulatory processes of competitive gymnasts undergoing a feed-forward self-modeling intervention.
Andrea Billings, Effects of self-modeling and mental skills training on gymnasts’ physical performance during competition.
Samantha Carson, Feed-forward self-modeling and skill combination acquisition.
- 2008-2010 Self-regulation workshop for Motivate Canada’s ACTIVATE National Youth Leadership Sportif Conference.
- 2008-2010 Sport Psychology workshops at the Ottawa Gymnastics Centre, Tumblers Gymnastics Center, and Sudbury Laurels Gymnastics Club (mental training activities).
- June 2008 Conflict Resolution Seminar.
- June 2007 Principals of Healthy Development Certification Course, Parks and Recreation Ontario.

April 2006 Eastern Canadian Sport and Exercise Psychology Symposium committee member.

PROFESSIONAL MEMBERSHIP

2018-present Association for Applied Sport Psychology (AASP)

2005-present North American Society for the Psychology of Sport and Physical Activity (NASPSPA).

2005-2012 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS).

2011-2012 California Association for Health, Physical Education, Recreation, and Dance (CAHPERD)