

# ***William M. Land, PhD***

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## **Educational Background**

**Doctor of Philosophy**, Florida State University, Tallahassee, Florida

Graduation Date: Summer 2010

Department of Educational Psychology and Learning Systems

*Major:* Sport Psychology

*Dissertation:* *The Benefit of External Focus: Common-Coding or Attunement to Affordances?*

*Advisor:* Gershon Tenenbaum, PhD

*GPA:* 4.0

**Master of Science**, Florida State University, Tallahassee, Florida

Graduation Date: Fall 2007

Department of Educational Psychology and Learning Systems

*Major:* Sport Psychology

*Thesis:* *Facilitation of Automaticity: Sport Relevant vs. Non-Relevant Secondary Tasks.*

*GPA:* 4.0

**Bachelor of Science**, University of Tennessee at Chattanooga

Graduation Date: December 2003

*Major:* Psychology

*Minor:* Philosophy

*GPA:* 4.0

## **Professional Experience**

2022 - present

**Faculty Fellow**, UTSA Graduate School, University of Texas at San Antonio, USA

- 2019 - present      **Associate Professor**, Department of Kinesiology, University of Texas at San Antonio, USA
- 2019 - present      **Graduate Advisor of Record**, Department of Kinesiology, University of Texas at San Antonio, USA
- 2013 - 2019        **Assistant Professor**, Department of Kinesiology, Health, & Nutrition, University of Texas at San Antonio, USA
- 2014 - present     **Lab Director**, Human Performance Laboratory, University of Texas at San Antonio
- 2010 - 2013        **Post-doctoral Researcher**, Research Institute for Cognition and Robotics (CoR-Lab) and "Neurocognition and Action - Biomechanics" Research Group (Faculty of Psychology and Sports Science) and Center of Excellence "Cognitive Interaction Technology" (CITEC) Bielefeld University, Germany
- 2012 - 2013        **Lab Supervisor**, Social Motor Learning Laboratory, Bielefeld University, Germany
- Spring 2009        **Interim Women's Assistant Golf Coach**, Florida State University
- 2008-2009         **Sport Psychology Organization Research Team (SPORT) President**, Florida State University
- 2007-2008         **Graduate Research Assistant**, Florida State University – Learning Systems Institute, Budget and Office Manager under David Eccles, PhD.
- 2005-2010         **Sport Psychology Consultant**, Florida State University, Athletic Department, Tallahassee, Florida. Consultant to the women's varsity golf team.
- 2005-2006         **Applied Research Coordinator**, Florida State University, Applied Sport Psychology (ASP) group.
- 2004-2007         **Graduate Research Assistant**, Florida State University, Research Assistant to Gershon Tenenbaum, PhD.
- 2004-2005         **Assistant Sport Psychology Consultant**, Florida State University, Athletic Department, Tallahassee, Florida. Consultant to the men's varsity golf team.

### **Refereed Publications**

## Submitted & In Preparation

Du Y, Hernandez A, Zamudio M, Zhang L, Fernandez, Choi, **Land W. M.**, Ullevig S, Estrada-Coates V, Parra-Medina D, & Yin Z (submitted). Tailoring Chinese Mind-Body Exercise to Low-Income Community-Dwelling Older Latinos: Pilot Feasibility Study. *JMIR Form Res.* Under review.

**Land, W. M.**, Guan, J., Smith, P., & Burque, B. (in preparation). Assessing the impact of Performance, Recovery, and Optimization (PRO) training on police mental skill use and well-being.

**Land, W. M.** (in preparation). Optimal psychophysiological states during police officer use-of-force scenarios: A multiple case study analysis.

Guan, J, Xiang, P., Land, W., & Keating, X. (submitted). Age and gender differences of achievement goal orientations in physical activity settings. *European Physical Education Review.*

Esselaar, M., & **Land, W. M.** (in preparation). Influence of attentional focus on error estimation and outcome prediction. **Student Publication**

Richards, K., & **Land, W. M.** (in preparation). Priming of quiet eye via perceptual effects. **Student Publication**

Camargo, M. E., **Land W. M.**, Yao, X. Y., & Cordova, A. (submitted). Pupil dilation, motor imagery, and cognitive load. **Student Publication**

## 2022

**Land, W. M.**, Guan, J., Smith, P., & Burque, B. (2022). Psychometric characteristics of the Psychological Skills Inventory for Law Enforcement. *Police Practice and Research: An International Journal.* doi: 10.1080/15614263.2022.2056036

Abdollahipour, R., **Land, W. M.**, Bizovska, L., Klein, T., Valtr, L., & Janura, M. (2022). Steady, aim, fire! Optimized instructions enhance performance and reduce intra-trial variability in a shooting task. *Journal of Human Kinetics.*

Abdollahipour, R., **Land, W. M.**, Valtr, L., Banátová, K., & Janura, M. (submitted). External focus facilitates cognitive stability and promotes motor performance of an interceptive task in children. *International Journal of Sport and Exercise Psychology, DOI: 10.1080/1612197X.2022.2098356*

## 2021

Yin, Z., Li, S., **Land, W. M.**, Ullevig, S. L., Juarez, F., Hernandez, A. E., Ortega, C., Patel, N. K., & Simmonds, M. J. (2021). Higher levels of physical activity

buffered the negative effect of pain severity on physical frailty in older Latinx adults. *Geriatric Nursing*, 42, 460-466.

Yin, Z., Martinez, C.E., Li, S., Martinez, M., Peng, K., **Land, W. M.**, Ullevig, S. L., Cantu, A., Falk, S., Hernandez, A.E., Ortega, C., Parra-Medina, D., & Simmonds, M. J. (2021). Adapting Chinese Qigong mind-body exercise for healthy aging in older community-dwelling low-income latinx adults: A feasibility pilot. *Journal of Medical Internet Research Aging*, 4(4), e29188. doi: 10.2196/29188

## 2020

**Land, W. M.** (2020). Learning to read your physiological stress gauge. In M. L. Sachs, L. S. Tashman, & S. Razon (Eds.), *Performance Excellence: Stories of Success from the Real World of Sport and Exercise Psychology*. Maryland:Rowman & Littlefield

Bahmani, M., Babak, M., **Land, W. M.**, Howard, J., Diekfuss, J., & Abdollahipour, R., (2020). Children's motor imagery modality dominance modulates the role of attentional focus in motor skill learning. *Human Movement Science*, 75.

Guan, J., Xiang, P., Keating, X., & **Land, W. M.** (2020). College students' achievement goals, social goals, and self-reported persistence in physical activity settings. *Quest*, DOI: 10.1080/00336297.2020.1801472

Cordova, A., Gandhi, A., **Land, WM.**, Yang, ZQ., Wang, HS., Peng, KZ., Oyama, S., Huang, YF., Camargo, E., & Yao, WX. (2020). Bilateral transfer in force control is affected by the exercise load weight: An implication for rehabilitation of stroke patients. *Annals of Clinical Medicine and Research*, 1(2).

Abdollahipour, R., Bahmani, M., Babak, M., **Land, W. M.**, & Howard, J., Diekfuss, J. (2020). The effects of attentional focus on children's motor skill learning depends on their motor imagery ability. *Journal of Sport and Exercise Psychology*, 42, S27.

## 2019

Abdollahipour, R., & **Land, W. M.**, Cereser, A., & Chiviacosky, S. (2019). External relative to internal focus of attention enhances motor performance and learning in visual impaired individuals. *Disability and Rehabilitation*, doi: 10.1080/09638288.2019.1566408

Guan, J., Xiang, P., Keating, X. D., & **Land, W. M.** (2019). Junior high school students' achievement goals, social goals, and self-reported persistence in physical education settings. *European Physical Education Review*, 1-13. doi: 10.1177/1356336X19846912

## 2018

**Land, W. M.** (2018). Priming of complex action via movement contingent sensory effects. *Human Movement Science, 61*, 135-143. doi: 10.1016/j.humov.2018.08.001

Garcia, S., Yao, W., Cordova, A., Lu, X., & **Land, W. M.** (2018). The impact of outcome estimation specificity on motor practice and learning. *International Journal of Sport and Exercise Psychology, 49*, 465-483. **Corresponding Author**

Yao, W. X., **Land, W. M.**, & Huang, Y. (2018). Motor-Unit recruitment plays an important role in determining the relationship between muscle force and force variability. *Biomedical Journal of Scientific & Technical Research, 8*, 1-3. doi: 10.26717/BJSTR.2018.08.001722

## 2017

Yao, W. X., **Land, W. M.**, Lu, X., Liu, X., Pan, Z., & Yue, G. H. (2017). Is the central control mechanism the same for eccentric and concentric muscle contractions? *Sport Medicine and Rehabilitation Journal, 2(3)*, 1025.

## 2016

**Land, W. M.** (2016). Action effects and task knowledge: The influence of anticipatory priming on the identification of task-related stimuli in experts. *PLOS ONE, 11(6)*: e0156928. doi: 10.1371/journal.pone.0156928

**Land, W. M.**, Liu, B., Cordova, A., Wang, Y., Yue, G. H., & Yao, W. X. (2016). Effects of physical practice and imagery practice on intermanual transfer in learning a sequential tapping task. *PLOS ONE, 11(4)*: e0152228. doi: 10.1371/journal.pone.0152228

Schack, T., & **Land, W. M.** (2016). Mental representation and learning. In R. Schinke, K. McGannon, & B. Smith (Eds.), *International Handbook of Sport Psychology*, (pp. 412-420). London:Routledge

Abdollahipour, R., Psotta, R., & **Land, W. M.** (2016). The influence of attentional focus instructions and vision on jump height performance. *Research Quarterly for Exercise and Sport, 4*, 408-413.

Frank, C., **Land, W. M.**, & Schack, T. (2016). Perceptual-cognitive changes during motor learning: The influence of mental and physical practice on mental representation, gaze behavior, and the performance of a complex action. *Frontiers in Psychology: Movement Science and Sport Psychology (6)*, Doi:10.3389/fpsyg.2015.01981.

van der Lei, H., Tenenbaum, G., & **Land, W. M.** (2016). Individual arousal-related performance zones effect on temporal and behavioral patterns in golf routines. *Psychology of Sport & Exercise*, 26, 52-60. **Corresponding Author**

## 2015

Muskovskiy, A., **Land, W. M.**, Schack, T., & Giese, M. (2015). Modeling of predictive human movement coordination patterns for applications in computer graphics. *Journal of WSCG*, 23, 139-146.

Basevitch, I., **Land, W. M.**, Tenenbaum, G., & Ward, P. (2015). Visual and skill effects on passing task performance and variability. *Frontiers in Psychology*, 6, 198.

## 2014

Frank, C., **Land, W. M.**, Popp, C., & Schack, T. (2014). Mental representation and mental practice: Experimental investigations on the functional links between motor memory and motor imagery. *PLOS ONE* 9(4): e95175.  
doi:10.1371/journal.pone.0095175

Frank, C., **Land, W. M.**, & Schack, T. (2014). Just do it?! The influence of physical and mental practice on performance, mental representation, and the quiet eye in golf putting. In R. Frank, I. Nixdorf, F. Ehrlenspiel, A. Geipel, A. Mornell, & J. Beckmann (Eds.), *Performing under pressure. 46. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie* (pp. 95). Hamburg: Feldhaus. ISBN: 978-3-88020-610-6

Phillippen, P. B., Legler, A., **Land W. M.**, Schuetz, C., & Schack, T. (2014). Diagnosing and measuring the yips in golf putting: A kinematic description of the involuntary movement component that is the yips. *Sport, Exercise, and Performance Psychology*, 3, 149-162.

**Land, W. M.**, Frank, C., & Schack, T. (2014). The influence of attentional focus on the development of skill representation in complex action. *Psychology of Sport and Exercise*, 15, 30-38.

**Land, W. M.**, & Tenenbaum, G. (2014). Self-awareness theory. In R. J. Eklund & G. T. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology* (pp. 617-619). Los Angeles, CA: Sage Publishers

**Land, W. M.**, & Tenenbaum, G. (2014). Information processing. In R. J. Eklund & G. T. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology* (pp. 377-380). Los Angeles, CA: Sage Publishers

## 2013

- Land, W. M.,** Volchenkov, D., Bläsing, B., & Schack, T. (2013). From action representation to action execution: Exploring the links between cognitive and biomechanical levels of motor control. *Frontiers in Computational Neuroscience, 7*, doi: 10.3389/fncom.2013.00127
- Land, W. M.,** Tenenbaum, G., Ward, P., & Marquardt, C. (2013). Examination of visual information as a mediator of external focus benefits. *Journal of Sport and Exercise Psychology, 35*, 250-259.
- Land, W. M.,** Rosenbaum, D. A., Seegelke, C., & Schack, T. (2013). Whole-body posture planning in anticipation of a manual prehension task: Prospective and retrospective effects. *Acta Psychologica, 144*, 298-307.
- Frank, C., **Land, W. M.,** & Schack, T. (2013). Mental representation and learning: The influence of practice on the development of mental representations structure in complex action. *Psychology of Sport and Exercise, 14*, 353-361. doi: 10.1016/j.psychsport.2012.12.001

## **2012 and Earlier**

- Land, W. M.,** & Tenenbaum, G. (2012). An outcome- and process-oriented examination of a golf-specific secondary task strategy to prevent choking under pressure. *Journal of Applied Sport Psychology, 24*, 303-322.
- Land, W. M.,** & Tenenbaum, G. (2009). The role of attention and movement variability in the production of skilled performance. In D. Araujo, H. Ripoll, & M. Raab (Eds.), *Perspectives on cognition and action in sport* (pp. 207-221). Nova.
- Tenenbaum, G., & **Land, W. M.** (2009). Mental representations as an underlying mechanism for human performance. In M. Raab, J. Johnson, & H. Heekeren (Eds.), *Progress in brain research (174): Mind and motion. The bidirectional link between thought and action* (pp. 251-266). New York: Elsevier.
- Tenenbaum, G., Hatfield, B., Eklund, R., **Land, W. M.,** Calmeiro, L., Razon, S., & Schack, T. (2009). A conceptual framework for studying emotions-cognitions-performance linkage under conditions which vary in perceived pressure. In M. Raab, J. Johnson, & H. Heekeren (Eds.), *Progress in brain research (174): Mind and motion. The bidirectional link between thought and action* (pp. 159-178). New York: Elsevier.
- Razon, S., Basevitch, I., Filho, E., **Land, W. M.,** Thompson, B. Biermann, M., & Tenenbaum, G. (2010). Associative and dissociative imagery effects on perceived exertion and task duration. *Journal of Imagery Research in Sport and Physical Activity, 5*, 1-25.

Razon, S., Basevitch, I., **Land, W. M.**, Thompson, B., & Tenenbaum, G. (2009). Perception of exertion and attention allocation as a function of visual and auditory conditions. *Psychology of Sport and Exercise*, 10, 636-643.

**Land, W. M.**, & Tenenbaum, G. (2008). *Facilitation of Automaticity: Sport Relevant vs. Non-Relevant Secondary Tasks*. Master's Thesis, Florida State University, Tallahassee, Florida.

### **Professional Presentations (Refereed)**

Guan, J., Xiang, P., **Land, W. M.**, & Hamilton, X. (2023). Age, Gender, and Achievement Goals in Physical Activity Settings. 2023 SHAPE Conference.

Zhang, T., Faghihi, S., Curz, K., Bahwawsi, M., Du, Y., Ullevig, S., **Land, W. M.**, & Zenong, Y. (2022). Benefits Of Qigong Mind-body Exercise On Salivary Biomarkers, Physical And Mental Health In Older Adults. A talk presented at the 2022 ACSM Annual Meeting and World Congresses, June 4<sup>th</sup>, 2022, San Diego, CA.

**Land, W. M.**, Li, S., Ullevig, S., Simmonds, M., Otega, C., & Yin, Z (2020). Higher Levels of Physical Activity Buffered the Negative Effect of Pain Severity on an Index of Physical Functions in Older Adults, ISBNPA 2020 Annual Meeting, New Zealand, June 17- 20, 2020.

**Land, W. M.**, & Yao, W. (2019). *The Influence of Action-Effect Priming on Bilateral Transfer*. A poster presented at the 15<sup>th</sup> European Congress of Sport Psychology (FEPSAC), July, 2019, Munster, Germany.

Abdollahipour, R., **Land, W. M.**, & Chiviawosky, S. (2019). *Performance Advantages of an External Relative to an Internal Focus of Attention is Independent from Vision*. A talk presented at the 15<sup>th</sup> European Congress of Sport Psychology (FEPSAC), July, 2019, Munster, Germany.

Esselaar, M., Frank, C., & **Land, W. M.**, (2019). *The Effect of Distance on Putting Performance, Outcome Prediction and Prediction Bias*. A poster presented at the 15<sup>th</sup> European Congress of Sport Psychology (FEPSAC), July, 2019, Munster, Germany.

**Land, W. M.** (2019). *Identifying Optimal Performance: Research Partnership*. A talk presented at the International Association of Chief of Police Wellness Symposium, February 18-19, 2019, San Antonio, TX.

Abdollahipour, R., Bhamani, M., Babak, M., & **Land, W. M.** (2019). *Learning Advantages of an External Relative to an Internal Focus Instructions in Children with High and Low Levels of Motor Imagery Ability*. A talk presented at the 24<sup>th</sup>



Annual European College of Sport Science (EECS), July, 2019, Prague, Czech Republic

**Land, W. M.** (2018). *Priming Performance on a Ball Tossing Task via Movement Contingent Sensory Effects*. A poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June, 2018, Denver, CO.

**Land, W. M.,** Garcia, S., Cordova, A., & Yao, W. (2018). *The Effect of Outcome Estimation Specificity on Motor Practice*. A poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June, 2018, Denver, CO.

Cordova, A., Camargo, E., **Land, W. M.,** & Yao, W. X. (2018). *Pupil dilation, motor imagery, and cognitive load*. A poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June, 2018, Denver, CO.

Abdollahipour, R., & **Land, W. M.,** Cereser, A., Psotta, R., & Chiviacowsky, S. (2018). *External relative to internal focus of attention enhances motor performance and learning in visually impaired individuals*. A poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June, 2018, Denver, CO.

Ge, S., Tian, X., Song, C., Yin, Z., **Land, W. M.,** & Yao, W. (2018). Time course changes in brain activities during pre-competitive training: A case study on an Olympic champion in race walking. An oral presentation presented at the 14<sup>th</sup> Annual International Conference on Kinesiology and Exercise Sciences, July, 2018, Athens, Greece.

Abdollahipour, R., & **Land, W. M.,** Cereser, A., Psotta, R., Chiviacowsky, S. (2018). *External Focus of Attention Enhances Motor Performance in Visually Impaired Individuals*. A paper presented at the International Congress of Sport Psychology, Summer 2018, Lausanne, Switzerland.

Juarez, F., Li, S., **Land, W. M.,** Ullevig, S., Patel, N., Nayak, H., Pan, Z., Li, H., Ortega, C., Estrada, V., Veracruz, K., Simmonds, M., & Yin, Z. (2018). Light physical activity is associated with better physical function measures independent of moderate and vigorous physical activity in a sample of predominately older Hispanic adults. *American Public Health Association Annual Meeting*. November 9<sup>th</sup> – 14<sup>th</sup>, San Diego, CA.

Yao, W., Gandhi, A., Cordova, A., Oyama, S., Yin, Z., **Land, W. M.** (2017). Bilateral transfer in force control is affected by the exercise weight: An implication for rehabilitation of stroke patients. An oral presentation presented at the 13<sup>th</sup> Annual

- International Conference on Kinesiology and Exercise Sciences, July, 2017, Athens, Greece.
- Schack, T., **Land, W. M.**, & Frank, C. (2016). *Scaffolding in motor learning – The impact of practice on action representation, gaze behavior, and performance*. An oral presentation presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June, 2016, Montreal, Quebec.
- Mukovskiy, A., **Land, W. M.**, Shack, T., & Giese, M. A. (2015). Modeling of predictive human movement coordination patterns for applications in computer graphics. An oral presentation presented at the International Conference in Central Europe on Computer Graphics, Visualization, and Computer Vision. June 9<sup>th</sup>, 2015, Plzen, Czech Republic.
- Land, W. M.**, & Yao, W. (2015). *Effect Anticipation and Contextual Priming in Experts*. A poster presented at the 14<sup>th</sup> European Congress of Sport Psychology (FEPSAC), July, 2015, Bern, Switzerland
- Land, W. M.**, & Yao, W. (2015). *The Influence of Perceptual Movement Effects on the Priming of Complex Action*. A poster presented at the 14<sup>th</sup> European Congress of Sport Psychology (FEPSAC), July, 2015, Bern, Switzerland
- Sosa, A., Oyama, S., Douphrate, D., Ortega, C., **Land, W. M.**, Yao, W., Campbell, R., & Vasquez, C. (2015). *Evaluation of Scapular Kinematics During Milking Task*. A poster presented at the Texas Physical Therapy Association Annual Conference, October 22-25, Arlington, Texas
- Land, W. M.**, (2014). *Action Effects and the Link to Task-Relevant Knowledge Representations in Experts*. A poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June, 2014, Minneapolis, MN.
- Frank, C., **Land, W. M.**, & Schack, T. (2014). Just do it?! The influence of physical and mental practice on performance, mental representation, and the quiet eye in golf putting. *46. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie*, 2014, Munich.
- Frank, C., **Land, W. M.**, & Schack, T. (2014). *Perceptual-cognitive changes during skill acquisition: The influence of physical and mental practice on performance, mental representation structure, and the quiet eye in golf putting*. Annual meeting of the Research on Imagery and Observation (RIO) group, May 13<sup>th</sup>-14<sup>th</sup>, Brussels, Belgium.
- Frank, C., **Land, W. M.**, & Schack, T. (2013). *Behind the curtain: The influence of mental practice on the development of mental representation structure in early*

- skill acquisition*. Annual meeting of the Research on Imagery and Observation (RIO) group from May, 09th to May, 10th 2013 in Dublin, Ireland.
- Land, W. M.,** Seegelke, C., & Schack, T. (2012). *Anticipatory posture control during a complex prehension task*. A paper presented at the 48. Kongress der Deutschen Gesellschaft für Psychologie, September 23-27, 2012, Bielefeld, Germany.
- Land, W. M.,** Tenenbaum, G., & Ward, P. (2012). *The Impact of Visual Information on the Benefits of External Focus and Movement Variability*. A poster presented at the 48. Kongress der Deutschen Gesellschaft für Psychologie, September 23-27, 2012, Bielefeld, Germany.
- Frank, C., **Land, W. M.,** & Schack, T. (2012). *Veränderung der Struktur mentaler Repräsentationen durch Übung*. In H. Wagner, C. Bohn, & N. Eden (Hrsg.), *Neuromotion – Aufmerksamkeit, Automatisierung, Adaption*. 9. gemeinsames Symposium der dvs- Sektionen Biomechanik, Sportmotorik und Trainingswissenschaft vom 21.-23.03.2012 in Münster (S. 103). Münster: Uni-Print Münster.
- Frank, C., **Land, W. M.,** & Schack, T. (2012). Die Wirkung Mentalen Trainings auf die mentale Repräsentationsstruktur beim Fertigkeitserwerb. In M. Wegner, J.-P. Brückner, & S. Kratzenstein (Hrsg.), *Sportpsychologische Kompetenz und Verantwortung. 44. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp) vom 17.-19.05.2012 in Kiel/ Oslo (p. 71)*. Hamburg: Feldhaus.
- Frank, C., **Land, W. M.,** & Schack, T. (2012). Veränderung der Struktur mentaler Repräsentationen beim Fertigkeitserwerb. In R. Riemann, *48. Kongress der Deutschen Gesellschaft für Psychologie (DGPs) vom 23.-27.09.2012 in Bielefeld* (S. 16). Lengerich: Pabst Science Publishers.
- Land, W. M.,** Tenenbaum, G., Ward, P., Eklund, R., & Eccles, D. (2011). *Examination of the mediating effects of visual information on the benefits of external focus*. A paper presented at the 13<sup>th</sup> Annual European Congress of Sport Psychology (FEPSAC), July 12-17, 2011, Madeira Island, Portugal.
- Razon, S., Basevitch, I., Filho, E., **Land, W. M.,** Thompson, B., Biermann, M., & Tenenbaum, G. (2011). *Differential Imagery Effects on Perceived Pain and Task Adherence*. A paper presented at the 13<sup>th</sup> Annual European Congress of Sport Psychology (FEPSAC), July 12-17, 2011, Madeira Island, Portugal.
- Stöckel, T., **Land, W. M.,** Krause, A., & Schack, T. (2010). *Cognitive Motor Control*. A presentation given at the Adaptive Modular Architectures for Rich Motor Skills (AMARSi) workshop, September 9-10, 2010, Innsbruck, Austria.
- Razon, S., Basevitch, I., **Land, W. M.,** Thomspon, B., & Tenenbaum, G. (2010). *Visual and Auditory Effects on Perceived Exertion and Attentional Styles*. A paper

- presented at the Southeast Chapter of the American College of Sports Medicine (SEACSM), February 11-13, 2010, Greenville, South Carolina.
- Razon, S., Basevitch, I., Filho, E., **Land, W. M.**, Thompson, & Tenenbaum, G. (2010). *Imagery Effects on Attention, Perceived Exertion, and Effort Duration*. A paper presented at the Southeast Chapter of the American College of Sports Medicine (SEACSM), February 11-13, 2010, Greenville, South Carolina.
- Razon, S., Basevitch, I., Filho, E., **Land, W. M.**, Thompson, & Tenenbaum, G. (2009). *Imaged external/internal attention effects on perceived exertion, attention allocation, and effort duration*. A paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June 10-14, 2009, Austin, Texas.
- Land, W. M.**, & Tenenbaum, G., (2009). *Attention and Performance: The Benefit of Optimal Attentional Focus Under Pressure*. A paper presented at the International Society of Sport Psychology (ISSP) 12th World Congress, June 17-21, 2009, Marrakech, Morocco.
- Land, W. M.**, & Tenenbaum, G. (2008). *Attention and Movement Variability: Facilitation of Compensatory Mechanisms Under Optimal Attentional Focus*. A poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June 6-8, 2008, Niagara Fall, Ontario, Canada.
- Land, W. M.**, & Tenenbaum, G. (2007). *Facilitation of Automaticity: Secondary Tasks and Motor Variability*. A paper presented at the 12<sup>th</sup> Annual European Congress of Sport Psychology (FEPSAC), September 4-9, 2007, Halkidiki, Greece.
- Land, W. M.**, (2007). *Facilitation of Automaticity: Sport Relevant vs. Non-Relevant Secondary Tasks*. A poster presented at the Association for Applied Sport Psychology (AASP) Annual Conference, October 24-27, 2007, Louisville, Kentucky.
- Land, W. M.**, & Tenenbaum, G. (2007). *Facilitation of Automaticity: Sport Relevant vs. Non-Relevant Secondary Tasks*. A paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, June 7-9, 2007, San Diego, California.

### **Invited Talks & Workshops**

- Land, W. M.** (2022). *Sport Psychology: Insights into Research, Application, and Profession*. Invited talk by Student Psychology Association. University of Texas at San Antonio. March 8<sup>th</sup>, 2022.

**Land, W. M.** (2020). *Academic Careers in Sport Psychology*. Invited talk. Florida State University. February 3<sup>rd</sup>, 2020.

**Land, W. M.** (2018). *Choking Under Pressure in Sports: Insights into Theories and Interventions*. Invited talk. Palacky University, Czech Republic, November 3<sup>rd</sup>, 2018. Speaker Fee (2,800€).

**Land, W. M.** (2018). *The Influence of Anticipation on Motor and Cognitive Performance*. Invited talk. Palacky University, Czech Republic, November 5<sup>th</sup>, 2018. Speaker Fee (2,800€).

**Land, W. M.** (2018). *Performance & Recovery Optimization Skills: Evidence-Based Research and Practice*. Invited talk. San Antonio Police Academy. July 26<sup>th</sup>, 2018.

**Land, W. M.** (2018). *Introduction to Vicon and Collecting of Human Movement Data*. Workshop. University of Texas at San Antonio. March 12-13<sup>th</sup>, 2018.

**Land, W. M.** (2017). *Sport Psychology: Insights into Expertise and Human Performance*. Invited talk. University of Texas at San Antonio. April, 2017.

**Land, W. M.** (2015). *Collection and Processing of Human Movement Data via Motion Capture System*. Workshop. Florida State University. November 12-15<sup>th</sup>, 2015.

**Land, W. M.** (2015). *The Mental Side of Human Performance*. Invited talk. University of Texas at San Antonio, Scientific Principles in Kinesiology.

**Land, W. M.** (2014). *Anticipatory Priming in Behavioral & Cognitive Performance*. Invited talk. Bielefeld University, German.

**Land, W. M.** (2014). *Mental Side of Human Performance: Choking Under Pressure*. Invited talk. University of Texas at San Antonio, Scientific Principles in Kinesiology.

**Land, W. M.** (2014). *Mental Side of Human Performance: Motivation & Sport*. Invited talk. University of Texas at San Antonio, Scientific Principles in Kinesiology.

Griffiths, S., Peters, A., Lichtenthaler, C., **Land, W. M.**, & Frank, C. (2012). *Interaction between Humans and Mobile Robots*. A workshop presented at the Center of Excellence Cognitive Interaction Technology (CITEC) 3<sup>rd</sup> Annual Summer School. August 27<sup>th</sup>-31<sup>st</sup>, 2012, Bielefeld, Germany.

**Land, W. M.**, Frank, C., & Schack, T. (2012). *The influence of learning on skill representation*. A workshop presented at the Center of Excellence Cognitive Interaction Technology (CITEC) Workshop on Cognitive Inter/Action Technologies. April 18<sup>th</sup>-20<sup>th</sup>, 2012, Bielefeld, Germany.

**Land, W. M., & Philippen, P. (2011).** *Focus of attention and motor performance: From theory to analysis.* A workshop presented at the Center of Excellence Cognitive Interaction Technology (CITEC) 2<sup>nd</sup> Annual Summer School. October 3-8, 2011, Bielefeld, Germany.

## **Granting Activities**

### **Current Research Support**

1. Czech Academy of Science: Grant Agency of Czech Republic. The effects of attentional focus on visual perception and motor performance. Project # 18-16130S (January 2018-December 2021). 2,856,000 CZK (~\$150,000 USD). Co-Investigator. *Funded*

### **Previous Research Support**

1. College for Health, Community and Policy Transdisciplinary Team Grant. Profiling the Changes Associated with Healthy Aging at The Molecular, Cellular and Organism Level After Exposure to A 12-Week Five Animal Frolics, Chinese Qigong Mind-Body Exercise Program: A Pilot Study. (May 2021). \$10,000. Co-Investigator. *Funded*
- 2.
3. Integration of Medicine & Science/Clinical & Translational Science Award. Function Improvement Exercises for Older Sedentary Community Dwelling Latino Residents (FESaLiR) (September 2019 – August 2020). \$50,000 Co-Investigator. *Funded*
4. Center for Naval Analyses. Assessment of the Psychological Skills in Police Officers within the San Antonio Police Department (June 2018-December 2019). \$29,192, Primary Investigator. *Funded*
5. UTSA Intra Grant: Optimal Psychophysiological States during Police Officer Use-of-Force Scenarios: A Multiple Case Study Analysis (2018-2019). \$5,000. Primary Investigator. *Funded*
6. UTSA Libraries' Adopt a Free Textbook Grant (2018-2019). \$2000. Co-PI. *Funded.*
7. Center for Research to Advance Community Health: Determining the Effects of Physical Activity on Physical and Cognitive Functions of Individuals Enrolled in Senior Center Programs (2017-2018). \$8,818.00. Co-Investigator. *Funded*
8. NSF Industry & University Cooperative Research Program (I/UCRC): UTSA/UTHSCSA Planning Grant. (2017). \$15,000. Co-Investigator. *Funded*
9. COEHD Faculty Research Grant: The influence of action-effect priming on bilateral transfer (2016). \$5,000. Primary Investigator. *Funded*

10. COEHD Faculty Research Grant: The influence of perceptual movement effects during the learning and control of rich motor skills (2014). \$3,900. Primary Investigator. *Funded*
11. Florida State University Dissertation Research Grant (2009). \$800 Primary Investigator. *Funded*
12. Extramural Research Support and Collaboration, Science and Motion, GmbH (SAMPutt Lab, 2009-2010). \$5,000. Primary Investigator. - *Technical Support*.
13. Extramural Research Support and Collaboration with Interactive Frontiers (V1 Golf, 2006). \$5,000. Primary Investigator. – *Technical Support*.
14. Florida State University College of Education Travel Grant (2007, 2008, 2009) - \$1500 *Funded*

#### **Research Support Not Funded**

1. U.S. Department of Justice: National Institute of Justice. Performance and Recovery Optimization: Assessment and Delivery of a Pre-Career Mental Resiliency and Well-being Program (April 2020). PI: William Land, \$1,183,490, *Not Funded*
2. Department of Justice: Community Oriented Policing Services. Performance and recovery optimization: Assessment and Delivery of a Mental Health and Resiliency Program. PI: William Land (2019). \$243,214, *Not funded*
3. National Institute of Justice: Enhancing officer decision making: Efficacy of Performance & Recovery Optimization (PRO) training and the use of biofeedback wearable devices. PI (2017) - \$424,626. Submitted. Co-Pi: Alberto Cordova, Brandi Burque (SAPD). *Not Funded*
4. NSF Major Research Instrumentation Grant: Acquisition of Humanoid Robot iCub for Advancing Research in Improving Human- Robot Interactions and Quality of Life. PI: Pranav Bhounsule, Amir Jafari, Co-PI: William Land, John Quarles, Lee Mason (2017) - \$281,050. *Not Funded*
5. Army Research Laboratories Grant. Basic Science Cybernetics Investigation of Human-Technology Adaptation. Co-I. (2017) - \$1,401,297.13. *Not Funded*
6. ERASMUS+ International Credit Mobility with Palacký University, Olomouc, Czech Republic. (2017). *Not Funded*
7. COEHD Faculty Research Grant: Identifying Individual Zones of Optimal Performance during Police Officer Use-of-Force Scenarios. PI (2017) - \$4,623 *Not Funded*
8. NSF Major Research Instrumentation Grant: Acquisition of a modular robotics system for advancing research in improving human safety and quality of life. PI: Pranav Bhounsule, coPI: Mohammad Jamshidi, Sakiko Oyama, William Land,

- John Quarles; Major Users: Patrick Benavidez, Lee Mason, Period: 07/1/16 – 6/30/19 (2016) - \$263,290. *Not Funded*
9. NSF Major Research Instrumentation Grant: Acquisition of a modular robotics system for advancing research in improving human safety and quality of life. Co-PI. (2015) - \$491,584 *Not Funded*
  10. UTSA GREAT Grant: The Influence of Movement-Effect Priming on Bilateral Transfer during Motor Skill Acquisition. PI (2015) - \$19,845 *Not Funded*
  11. NSF Major Research Instrumentation Grant: Acquisition of Humanoid Robot Icube for Advancing Research in Improving Human-Robot Interactions and Quality of Life. Co-PI. (2016) - \$491,584 *Submitted, PI: Amir Jafari, coPI: William Land, John Quarles, Lee Mason, Pranav Bhounsule, Not Funded*

### **Grant Training**

- NSF Seminar titled “Increasing Research Funding Productivity” by Dr. Marshal Kaplan, UTSA Faculty Center, February 13, 2015.

### **Teaching Activities**

**The Role of Sport in Society** (2014-present). University of Texas at San Antonio, Graduate Level. KAH/COU 6013

**Applied Sport Psychology** (2014-present). University of Texas at San Antonio, Graduate Level. KAH/COU 6043

**Sport Psychology** (2013-present). University of Texas at San Antonio, Graduate Level. KAH/COU 6033

**Introduction to Sport Psychology** (2015-present). University of Texas at San Antonio, Undergraduate Level. KIN 4123

**Psychosocial Aspects of Sport and Exercise** (2013-2015). University of Texas at San Antonio, Undergraduate Level. KIN 4123

**Exercise Psychology** (2014-present). University of Texas at San Antonio, Undergraduate Level. KAH 4023

**Current Trends in Kinesiology** (2021). University of Texas at San Antonio, Graduate Level. KAH 6973

**Cognitive Systems** (2011). Bielefeld University, Graduate Level.

**Educational Psychology** (Spring, 2009). Florida State University, Undergraduate and Graduate Level.



## Student Supervision

- Keough, M. (2020-present) MS student, University of Texas at San Antonio, Master's Thesis Advisor, Topic: *The relationship between the coach created motivational climate and its effect on athlete's motivation and performance in competitive cheerleading.*
- Meier, D. (2019-2021) MS student, University of Texas at San Antonio, Thesis Committee Member, Topic: *The effect of motor imagery practice on maximal voluntary strength: A meta-analysis and systematic review.*
- Phillips, J. P. (2019-2021) MS student, University of Texas at San Antonio, Thesis Committee Member, Topic: *Assessment of asymmetry in posture, neuromuscular function of trunk musculature, and balance in adolescent baseball pitchers.*
- Camilla, N. (2017-2019) MS student, University of Texas at San Antonio, Master's Thesis Advisor, Topic: *Bilateral Motor Priming*
- Esselaar, M. (2017-2018). MS student, Bielefeld University, Germany. Topic. *Error prediction during motor training.*
- Carmargo, E. (2016). MS student, University of Texas at San Antonio, Thesis Committee Member, Topic: *Pupil Dilation and Cognitive Load.*
- Richards, K. (2015-2016) MS student, University of Texas at San Antonio, Master's Thesis Advisor, Topic: *The Influence of Effect Priming on Quiet Eye Behaviors.*
- Garcia, S. (2013-2015) MS student, University of Texas at San Antonio, Master's Thesis Advisor, Topic: *Enhancing Error Detection Capability in a Tossing Task in an Effort to Improve the Learning Experience and Performance of a Motor Skill.*
- Sosa, A. (2013-2015). MS student, University of Texas at San Antonio, Thesis Committee Member, Topic: *Evaluation of Trunk, Shoulder, and Scapular Kinematics and Muscle Activity During a Milking Task.*
- Oviatt, D. (2013-2015). PhD student, University of Texas at San Antonio, Doctoral Committee Member, Topic: *Entitled to Success: The Development of Entitlement and Its Implications on Student-Athlete Success, Health, and Happiness.*
- Frank, C. (2010-2014). PhD student, Bielefeld University, Dissertation Topic: *Examination of the Development of Mental Representations during Learning and Skill Acquisition*
- Philippen, P. (2010-2012). PhD student, Bielefeld University, Dissertation Topic: *Diagnosing and Evaluating Movement Disorders in Golf*
- Oehmichen, C. (2012). MS student, Bielefeld University, Master's Thesis Topic: *The Effects of Imagery on Skill Representation*

Legler, A. (2010-2011). MS student, Bielefeld University, Master's Thesis Topic: *Bio-Mechanical Analysis of the Yips Phenomenon in Golf*

## **Service Activities**

### **Department**

- Graduate Advisor of Record (UTSA 2019-present)
- MS in Kinesiology Development Task Force (2021-present)
- Academic Policy and Curriculum Committee (UTSA 2013-2016)
- Graduate Studies Committee (UTSA 2013-2014; 2016-2018, chair 2019-present)
- Academic Recognition Committee (UTSA 2013-2015)
- Strategic Planning Committee (UTSA 2014-2016 2020 – present, chair)
- Department Faculty Advisory Committee (UTSA 2015-2019, 2021 - present)
- Undergraduate PE Curriculum Task Force - (UTSA 2015-present, chair)
- PhD Task Force (UTSA 2015-present)
- Faculty Search Committee (UTSA 2017-2018; 2018-2019 chair)
- Bylaws Task Force (UTSA 2017-present, chair)
- Faculty Meeting Secretary (UTSA 2016-2017)

### **College**

- College Academic Policy Committee (2020 – present)
- Standing Committee on Faculty Issues (UTSA 2019-present)
- ACE Peer Mentorship Program Leader (UTSA 2018-2019)
- COEHD Scholarship Committee (UTSA 2013-2015)
- Faculty Leave Committee (UTSA 2014-2016)

### **University**

- Faculty Senate (2020-2021)
- Graduate Council Committee (2019-present)
- Intercollegiate Athletics Council (2020-present)
- Parking and Traffic Committee (UTSA 2015-2017)
- Grant for Research Advancement and Transformation (GREAT) Reviewer (UTSA 2017)
- Faculty Grievance Committee (UTSA 2016-2018)
- KHN Representative to Graduate Counsel – Alternative (UTSA 2017- present)

### **Professional**

- Frontiers in Psychology Research Editor (2021-present)
- PLOS ONE Academic Editor (2018-present)
- Research consultant to San Antonio Police Department Psychological Service Team
- Past president of Florida State University Sport Psychology Organization Research Team
- Organizing Committee Member – 10<sup>th</sup> International Symposium on Computer Science in Sport
- Professional Memberships

- North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
- European Federation of Sport Psychology (FEPSAC)
- Deutschen Gesellschaft für Psychologie (DGP)
- Association of Applied Sport Psychology (AASP (2007-2008))
- Applied Sport Psychology (ASP), Florida State University (2004-2010)
- Sport Psychology Organization Research Team (SPORT), Florida State University (2004-2010)
- Ad Hoc Journal Reviewer
  - Journal of Sport and Exercise Psychology
  - Journal of Applied Sport Psychology
  - International Journal of Sport and Exercise Psychology
  - European Journal of Sport Science
  - The Sport Psychologist
  - Journal of Sports Sciences
  - Journal of Experimental Psychology: Human Perception and Performance
  - Perceptual and Motor Skills
  - Psychology of Sport and Exercise
  - International Journal of Exercise Science
  - International Journal of Engineering and Technology Innovation
  - Human Movement Science
  - Motor Control
  - Psychological Research Review
  - Frontiers in Psychology
  - PLOS ONE

### **Academic Honors and Awards**

- Graduated Summa Cum Laude (UTC)
- Southern Conference Academic Honor Roll (4 years, UTC)
- Received The UTC Outstanding Senior Award in Psychology
- Received the Dale Mabry Award (highest senior athlete GPA, UTC)
- Elected to the Alpha Society (UTC's highest honors society)
- UTC Dean's List (4 years)
- UTC Varsity Golf Team (4 years)

### **Technical System Expertise**

- **Vicon Motion Systems** – 3d kinematic motion capture system.
- **MATLAB** – programming environment for algorithm development, data analysis, visualization, and numerical computation.
- **IBM SPSS** – statistical package for the social sciences
- **Neurobehavioral Systems Presentation** – a stimulus delivery and experimental control program for neuroscience.
- **Inquisit** – a stimulus delivery and experimental control program for neuroscience

- **Thought Technology Infinity ProComp 2** – biofeedback equipment
- **CogLens** – visual occlusion glasses
- **Science & Motion Putt Lab** – motion capture system for golf

## **Certificates & Professional Development**

### **Blackboard Ally**

- A course designed to train faculty on implementing Ally to improve digital accessibility for learners who utilize assistive technologies.
- *Completed Spring 2022, University of Texas at San Antonio*

### **Innovation Academy**

- 8-hour course to explore and implement best practices for course design and teaching in different modalities.
- *Completed Summer 2021, University of Texas at San Antonio*

### **Adobe Institute**

- A 4-week course designed to enhance digital literacy skills through the use of Adobe products.
- *Completed Fall 2021, University of Texas at San Antonio*

### **Measurement and Statistics**

- The Measurement & Statistics certificate represents proficiency in educational measurement and applied statistics methods.
- *Completed Spring 2010, Florida State University*

### **Program Evaluation**

- The purpose of the Program Evaluation Certificate is to certify graduate level training in the basic concepts and skills necessary to conduct formative and summative evaluations of programs and program improvement efforts.
- *Completed Spring 2008, Florida State University*

### **Program for Excellence in Instruction**

- The PIE certificate represents a professional development activity aimed at providing beginning instructors knowledge regarding grading, professional conduct, academic integrity, classroom procedures, and learning strategies.
- *Completed Spring 2009, Florida State University*

## **Mentions in Popular Media**

Justice Talks Podcast. (2022). Officer health and wellness: Using sports psychology to increase officer resilience. Episode 13. CNA Org.

<https://www.cna.org/news/justice-talks>

- Wright, I. (2021). UTSA develops first-of-its-kind method to measure mental resiliency of police officers. UTSA Today.  
<https://www.utsa.edu/today/2021/11/story/measuring-mental-resiliency-police-officers.html>
- Silmi, M. (2021). Here's what UTSA football's '210 Triangle of Toughness' means. *San Antonio Express News*.  
<https://www.expressnews.com/sports/colleges/utsa/article/UTSA-210-Triangle-of-Toughness-Traylor-16631622.php>
- Elkins, F. C. (2021). How to optimize officer resilience for professional and personal challenges. *Community Policing Dispatch*, Volume 14, Issue 5.  
[https://cops.usdoj.gov/html/dispatch/05-2021/optimize\\_officer\\_resilience.html](https://cops.usdoj.gov/html/dispatch/05-2021/optimize_officer_resilience.html)
- Soria, K. (2019). Stopping stress before it kills you: Sports psychologist takes a tactical look at officer wellness and its effect on performance. *American Police Beat*.
- Soria, K. (2018). UTSA research studies effects of stress on law enforcement. *UTSA Today*.  
[http://www.utsa.edu/today/2018/11/story/OfficerStress.html?fbclid=IwAR0aJSwa1e948Hky\\_XKIQf\\_kag\\_FuBr3-McVkkDRoyFFyG9S3Y4S2U3sUM](http://www.utsa.edu/today/2018/11/story/OfficerStress.html?fbclid=IwAR0aJSwa1e948Hky_XKIQf_kag_FuBr3-McVkkDRoyFFyG9S3Y4S2U3sUM)
- Radcliffe, S. (2013). Improve your performance by focusing on the ball, not yourself. *Men's Fitness*. <http://www.mensfitness.com/training/improve-your-performance-by-focusing-on-the-ball-not-yourself>
- Warren, C. (2014). Spurs Six-Peat Season Preview: 1 Big Question: Is the Spurs' Toughest Opponent Father Time?
- UTSA Today Magazine Article. (2016). Human Performance Laboratory.  
<http://www.utsa.edu/today/2016/11/humanperformancelaboratory.html>
- Chavez, J. (2017). UTSA Human Performance Laboratory helps athletes reach peak performance. *UTSA Spectrum Magazine*.
- TV Interview (2016). Spectrum News Chanel. Time Warner. Interview regarding my work in my Human Performance Laboratory.
- TV Interview (2017). KLRN Public Television. SciTech Now. Interview regarding my work in my Human Performance Laboratory.  
<http://video.klrn.org/video/2365928824/>
- Texas Public Radio (2016). Interview regarding my work in my Human Performance Laboratory. <http://www.texasstandard.org/stories/ut-san-antonio-human-performance-lab-studies-athletic-prowess/>