

Paul D. Saville PhD, CSCS, Pn1

PERMANENT ADDRESS:

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WORK ADDRESS:

Azusa Pacific University
701 E Foothill Blvd.
Azusa, CA 91702
Fletcher Jones Center – 501B

EDUCATIONAL HISTORY

- 2010 to 2014 **Doctor of Philosophy, Kinesiology
Health & Exercise Psychology**
Dissertation Title: RELATION-INFERRED SELF-EFFICACY:
INVESTIGATIONS OF SOURCES, PROCESSES, AND
INTERVENTIONS IN YOUTH SPORT
Department of Kinesiology, McMaster University, Hamilton,
Ontario – Canada
Supervisor: Dr. Steven R. Bray
- 2008-2009 **Master of Science, Kinesiology**
Thesis Title: HEALTH-RELATED FITNESS OF
UNDERGRADUATE KINESIOLOGY MAJORS
Department of Kinesiology, Texas A&M University – Corpus
Christi, Corpus Christi, TX
Supervisor: Dr. Frank Spaniol
- 2006-2008 **Bachelor of Arts, Psychology**
Department of Liberal Arts, Texas A&M University – Corpus
Christi, Corpus Christi, TX
- 2004-2006 **Associates Degree, Physical Education**
Cerro Coso Community College, Ridgecrest, CA
Supervisor: Dick Adams

PROFESSIONAL EXPERIENCE

Academic Appointments

- 2014- present **Assistant Professor**
Applied Exercise & Sport Science Department
Azusa Pacific University
- 2010-2014 **Graduate Assistant**
Teaching and Research Assistant, Department of Kinesiology
McMaster University
- 2008-2009 **Graduate Assistant**

Administrative Assistant, Department of Graduate Studies
Texas A&M University-Corpus Christi

Teaching History

Azusa Pacific University – Lead instructor

2017	WRIT 241 – Writing in Physical Activity and Health Promotion FFL131 – Fitness for life: Kinesiology
2016 – present	KIN 242 – Fundamental Principle of Fitness
2014 – present	KIN 306 – Soc/Psych Aspects of Physical Activity and Sport
2014 – present	KIN 490 – Research Methods in Kinesiology
2014 – present	KIN 380 – Concepts of Performance Enhancement
2014	KIN 473 – Fitness and Exercise Prescription
2014	AT 355 – Medical Condition/Disabilities

McMaster University – Teaching Assistant

2010 – 2014	KIN 2G03 – Health Psychology
2011 – 2013	KIN 4H03 – Physical Activity Behavior Change
2010 – 2012	KIN 1G03 – Research Methods and Statistics in Kinesiology
2010	KIN 4J03 – Functional Anatomy

University of La Verne – Invited Guest Lecturer

2017 - 2018	EDUC 544 Research and Assessment
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McMaster University – Invited Guest Lecturer

2014	KIN 3V03: Sport Psychology
2013	KIN 4MM3: Exercise Testing and Prescription
2012 – 2013	KIN 4H03: Physical Activity Behavior Change
2011 – 2014	KIN 2G03: Health Psychology

Performance Coaching

2015 – present	Mind Muscle Performance Coaching <ul style="list-style-type: none"> ○ 1 -on-1 mental performance coaching ○ Strength & conditioning programming ○ Behavioral nutrition counseling ○ Natural physique coaching
2014 – present	Azusa Pacific University - Athletics <ul style="list-style-type: none"> ○ 1-on-1 mental performance coaching ○ Team consultation ○ Leadership training ○ Mental skills assessments and development
2010 – present	Sport Performance Coach LiftSmart Performance LLC (Upland, CA) <ul style="list-style-type: none"> ○ Mental skills training ○ 1-on-1 and small group training

- 2009- 2010 **Personal Trainer**
Premier Fitness Health Club (Hamilton, ON)
 - Custom fitness and rehabilitation programming
 - Physical activity and behavioral nutrition counseling
- 2013 **Assistant Baseball Coach – McMaster University**
Ontario University Athletics, Hamilton Ontario – Canada
 - Hitting and outfield instruction
 - Player development/Strength and Conditioning
 - Batting practice
- 2013 **Assistant Baseball Coach - Burlington Bandits**
Inter-county Baseball League (Burlington, ON)
 - Practice planning & field management
 - Batting practice
 - Player development/Strength and Conditioning
- 2010 – 2012 **Youth sport coach – Dundas Tigers**
Dundas Little League (Dundas, ON)
 - Head coach

PUBLICATIONS & PRESENTATIONS

Book Chapters:

Bray, S., Shield, C., Jackson, B., **Saville, P.** (2014). Proxy agency in physical activity. *Group dynamics advances in sport and exercise psychology: Contemporary themes 2nd ed.* Routledge.

Saville, P., Tomasone, J. R., McEwan, D., & Martin Ginis, K. A. (2012). Theoretical Content of Physical Activity Websites for Persons with Depression. *Psychology of Motivation: New Research.* NOVA Publishers.

Peer-Reviewed Publications:

Saville, P., Bray, S. (2018). Workshop effects on measures of coaches' cognitions toward integrating relation-inferred self-efficacy communication into practice. *Journal of Sport Behavior, 41* (2), 189-208.

Saville, P., Bray, S. (2016). Athletes' Perceptions of Coaching Behavior, Relation-inferred Self-efficacy (RISE), and Self-efficacy in Youth Sport. *Journal of Applied Sport Psychology, 28*, 1-13. DOI: 10.1080/10413200.2015.1052890

Bray, S., Graham, J., **Saville, P.** (2015). Self-control training leads to enhanced cardiovascular exercise performance. *Journal of Sports Sciences, 33*, 534-543 DOI: 10.1080/02640414.2014.949830

Saville, P., Bray, S., Martin Ginis, K., Cairney, J, Marinoff-Shupe, D., Pettit, A. (2014). Sources of Self-efficacy and Coach/Instructor Behaviors Underlying Relation-inferred Self-efficacy (RISE) in Recreational Youth Sport. *Journal of Sport & Exercise Psychology*, 36, 146-156.

Saville, P., Spaniol, F., Ocker, L., Bonnette,R., Melrose, D., & Jarrett, L. (2014) Health-related fitness of undergraduate kinesiology students. *Journal of Sport Behavior*, 37 (2), 175-189.

Bray, S., **Saville, P.,** & Brawley, L (2013). Determinants of Clients' Efficacy in their Interventionists and Effects on Self-perceptions for Exercise in Cardiac Rehabilitation. *Rehabilitation Psychology*, 58, 185-195. doi:10.1037/a0032169

Peer-reviewed Published Abstracts

Saville, P., Meckes., S., & Valverde., A. (2018). Examining perceptions of athletic identity and religious orientation between students competing in varsity and intramural athletics. *Journal of Sport and Exercise Psychology*, 40, S178.

Stapleton, J. N., Josephs, M. V., & **Saville, P. D.** (2018). Self-control, social support, and burnout among collegiate athletes: A prospective analysis. *Journal of Sport and Exercise Psychology*, 40, S183.

Saville, P., Fram, E., Gonzalez, A., Gonzalez, I. & Bray, S. (2017). 'It's okay – not everyone can be good at sports': Implicit ability beliefs and intended coaching interactions with low-skilled youth. *Journal of Sport and Exercise Psychology*, 39, S308.

Saville, P., & Bray (2015). Effects of a coaching communication workshop on alpine ski coaches' perceptions for engaging in RISE-enhancing interactions with their athletes. *Journal of Sport & Exercise Psychology*, 37, S143.

Saville, P., & Bray, S., (2013). Coaching behavior as a predictor of relation-inferred self-efficacy among competitive youth ice hockey players. *Journal of Sport & Exercise Psychology*, 35, S112.

Bray, S., Graham, J., **Saville, P.,** Tran, A., Martin Ginis, K., Cairney, J, Marinoff Shupe, D., Pettit, A., (2013). "You believe in me?...Maybe I can!": Interpersonal feedback increases relation-inferred self-efficacy and effortful task performance. *Journal of Sport & Exercise Psychology*, 35, S79.

Graham, J., Hanoun, A., Sferrazza, A., **Saville, P.,** Bray, S. (2013). "Pump...you up!" Self-control strength training increases exercise endurance. *Journal of Sport & Exercise Psychology*, 35, S88.

Saville, P., Bray, S., Graham, J., & Tran, A. (2012). Relational efficacy beliefs within coach-athlete relationships in developmental youth sports: Coaches' perspectives. *Journal of Sport & Exercise Psychology*, 34, S277.

- Saville, P.,** Bray, S., Graham, J., & Tran, A. (2012). Relational efficacy beliefs within coach-athlete relationships in developmental youth sports: Athletes' perspectives. *Journal of Sport & Exercise Psychology, 34*, S278.
- Bray, S., **Saville, P.,** Proudfoot, N., Timmons, B., (2012) Relationships between parents' perceptions and preschooler physical activity: An application of the theory of planned behavior. *Journal of Sport & Exercise Psychology, 34*, 205.
- Bray, S., Martin Ginis, K., Cairney, J., Marinoff-Shupe, D., Pettit, A., **Saville, P.,** Graham, G., Tran, A. (2012). They believe I can do it...,an this is how I know!": Youth sport participants' perceptions of verbal and non-verbal feedback on relation-inferred self-efficacy. *Journal of Sport & Exercise Psychology, 34*, S206.
- Saville, P.,** Tomasone, J. R., McEwan, D., & Martin Ginis, K. A. (2011). Theoretical Content of Physical Activity Websites for Persons with Depression. *Journal of Sport & Exercise Psychology, 23*, S181.
- Spaniol, F., **Saville, P.,** Ocker, L., Bonnette, R., Melrose, D., & Eidner, L. (2010). Health-related fitness of undergraduate kinesiology majors. *Journal of Strength & Conditioning Research: Conference Abstract.*
- Peer-reviewed Conference Presentations:*
- Saville, P.,** Fram, E., Gonzalez, A., Gonzalez, I. & Bray, S. (2017, June). 'It's okay – not everyone can be good at sports': Implicit ability beliefs and intended coaching interactions with low-skilled youth. *North American Society for the Psychology of Sport and Physical Activity*, San Diego, CA.
- Saville, P., & Bray, S.** (2015, June). Effects of a coaching communication workshop on alpine ski coaches' perceptions for engaging in RISE-enhancing interactions with their athletes. *North American Society for the Psychology of Sport and Physical Activity*, Portland, OR.
- Saville, P., & Bray, S.** (2014, June). A pilot study of a communication intervention on volunteer soccer coaches' RISE-enhancing behaviors and players' cognitions. *International Society for Behavioral Nutrition and Physical Activity*, San Diego, CA.
- Bray, S., **Saville, P.,** Brown, D., Shears, M., Helie-Masters, C., Martin Ginis, K., Cairney, J., Marinoff Shupe, D., & Pettit, A. "Let me show you how confident I am in you": effects of a coach communication workshop on youth sport participants' perceptions of RISE and self-efficacy. *Sport Canada Research Initiative Conference*, Kanata, Ontario – Canada, 2013.
- Saville, P.,** Bray, S. Coaching behavior as a predictor of relation-inferred self-efficacy among competitive youth ice hockey players. *North American Society for the Psychology of Sport and Physical Activity*, New Orleans, LA, 2013.

- Bray, S. R., **Saville, P. D.**, Graham, J. D., & Tran, A., Martin Ginis, K. A., Cairney, J., Marinoff-Shupe, D., & Pettit, A. You believe I can?... So do I! Interpersonal feedback increases self-efficacy and intrinsic motivation to perform novel motor skill tasks. *Sport Canada Research Initiative Conference*, Kanata, Ontario – Canada, 2012.
- Saville, P.**, Bray, S., Graham, J., & Tran, A. Relational efficacy beliefs within coach-athlete relationships in developmental youth sports: Coaches' perspectives. *North American Society for the Psychology of Sport and Physical Activity*, Honolulu, HI, 2012.
- Saville, P.**, Bray, S., Graham, J., & Tran, A. Relational efficacy beliefs within coach-athlete relationships in developmental youth sports: Athletes' perspectives. *North American Society for the Psychology of Sport and Physical Activity*, Honolulu, HI, 2012.
- Saville, P.**, Tomasone, J. R., McEwan, D., & Martin Ginis, K. A. Theoretical content of physical activity websites for persons with depression. *North American Society for the Psychology of Sport and Physical Activity*, Burlington, VT, 2011.
- Saville, P.**, & Bray, S. Exploring relational-efficacy in youth coach-athlete relationships. *Eastern Canada Sport and Exercise Psychology Symposium*, Waterloo, Ontario – Canada, 2011.
- Spaniol, F., **Saville, P.**, Ocker, L., Bonnette, R., Melrose, D., & Eidner, L. Health-related fitness of undergraduate kinesiology majors. *National Strength and Conditioning Conference*, Orlando, FL, 2009.

Non-Refereed Presentations

- Saville, P.**, & Bray, S. (2014). Evaluating the effectiveness of an evidence-based coach-athlete communication intervention on alpine ski coaches' cognitions toward adopting RISE-enhancing behaviors. *Eastern Canada Sport and Exercise Psychology Symposium*, Toronto, Ontario – Canada.
- Saville, P.**, & Bray, S. (2013). Coaching behavior as a predictor of relation-inferred self-efficacy (RISE) among competitive youth ice hockey players. *Eastern Canada Sport and Exercise Psychology Symposium*, St. Catherines, Ontario – Canada.
- Saville, P.**, Bray, S., Graham, J., & Tran, A. (2012). Exploring relational efficacy beliefs within coach-athlete relationships in developmental sports: The Athletes' perspective. *Eastern Canada Sport and Exercise Psychology Symposium*, London, ON, 2012.

Projects in Progress

- Meckes., N., **Saville, P.**, Gonzalez, A., & Gonzalez, I. (In progress). Validity and reliability of the running-based anaerobic sprint test in recreationally active female adults.

STUDENT SUPERVISION

2017

Undergraduate Research Project
Students: Ali Valverde & Samantha Meckes

- Title: Examining the relationship between intrinsic religiosity and athlete identity among college athletes
- 2017 **Undergraduate Research Project**
Students: Alexis Gonzalez & Ivy Gonzalez
Title: Examining the validity of the running-based anaerobic sprint test in college-aged women
- 2017 **Undergraduate Research Project**
Students: Alexis Gonzalez & Ivy Gonzalez
Title: 'It's okay – not everyone can be good at sports': Implicit ability beliefs and intended coaching interactions with low-skilled youth.
- 2016 – 2017 **Sport & Exercise Psychology Internship**
Student: Miranda Martin, Applied Exercise Science Department
Azusa Pacific University
- 2013 **Undergraduate Thesis Supervision**
Student: Eric Fram, Kinesiology Department
McMaster University
Title: *It's okay, not everyone can be good at sports*
- 2011 – 2012 **Undergraduate Thesis Supervision**
Students: Andrew Hanoun, Department of Kinesiology and Alex Sferrazza, Psychology Department
Title: *Self-control Training and Exercise: Effects on Maximal Cardiovascular Exercise Performance*

RESEARCH PROJECTS AND GRANT FUNDING

- 2017 **Principal Investigator**
Project title: Examining the relationship between intrinsic religiosity and athlete identity among college athletes
Faith Integration Project Grant - \$2020.00
Azusa Pacific University – Azusa, CA
- 2016 **Co-Investigator**
Project title: Examining the validity of the running-based anaerobic sprint test in college-aged women
Faculty Research Grant - \$1634.00
Azusa Pacific University – Azusa, CA
- 2009 **Volunteer Research Assistant**
Project title: Examining Functional movement in college athletes
Texas A&M University – Corpus Christi, Corpus Christi, TX

SCHOLARSHIPS AND AWARDS

2010 – 2014	Harry Lyman Hooker Doctoral Scholarship - \$24000.00/year McMaster University - Hamilton, Ontario – Canada
2011	Ontario Graduate Scholarship - \$1500.00 McMaster University - Hamilton, Ontario – Canada
2008	F.L. McDonald Postgraduate Scholarship - \$2500.00 NCAA Southland Conference Award - Galveston, TX,
2008-2009	Internal Graduate Scholarship - \$1500.00 total Texas A&M University - Corpus Christi, TX,
2008	Outstanding Student-Athlete of the Year Texas A&M University - Corpus Christi, TX,
2008	NCAA Southland Conference’s Capital One Academic All-American First team All-conference - Corpus Christi, TX
2007-2008	Athletic Scholarship: Baseball Texas A&M University - Corpus Christi, TX
2005-2006	Athletic Scholarship: Baseball Cerro Coso Community College - Ridgecrest, CA
2004-2005	Fire Mountain Foundation Scholarship - \$1000.00 total Cerro Coso Community College - Ridgecrest, CA

ACADEMIC SERVICE

2016-present	Human Performance Lab Coordinator <ul style="list-style-type: none">○ Coordinate lab equipment purchases○ Provide training
2014 – present	Assistant Director of Kinesiology Assessment Program Azusa Pacific University <ul style="list-style-type: none">○ Assisted in the development of new program-specific learning outcomes○ Identified appropriate course assignments allowing for effective assessment and reflection on student progress
2014 – present	AES/KIN Assessment Report Coordinator Azusa Pacific University

- Organize, review, and report on students' progress on program-guided learning outcomes

- 2014 – present **AES/KIN Course Developer**
Azusa Pacific University
 - Developed course curriculum and designed supporting assignments and materials
 - FFL 131 – Fitness for Life: Kinesiology
 - WRIT 241 – Physical Activity and Health Promotion
 - KIN 242 – Fundamental Principles of Fitness
 - KIN 380 – Concepts of Performance Enhancement
 - KIN 490 – Research Methods

- 2014 – present **Undergraduate Academic Advisor**
Azusa Pacific University
 - Ensure students are enrolling and progressing through the Kinesiology program in a way that will optimize their transition into post-graduate careers

- 2012-2013 **Undergraduate Volunteer Coordinator**
McMaster University
 - Coordinated and connected health & exercise psychology undergraduate volunteers with faculty and graduate students requiring lab assistance.

- 2007 – 2009 **Student-Athlete Advisory Committee (SAAC)**
Texas A&M University – Corpus Christi
 - Discussed pertinent issues regarding athletic facility maintenance, practice scheduling, and traveling concerns.

- CERTIFICATIONS**

- 2017- present **Precision Nutrition - Level 1 (Pn1)**
Behavioral Nutrition Coaching Certification

- 2009 – present **National Strength and Conditioning Association**
Certified Strength and Conditioning Specialist (CSCS)

- 2009 – present **American Heart Association**
CPR/First Aid/AED Certified

- 2014 **National Academy of Sports Medicine**
Performance Enhancement Specialist

- 2012 **National Coaching Certification Program (NCCP)**
Certified as a level 1 sport coach

- 2011 **McMaster University Environmental and Occupational Health Training**

- Asbestos Awareness
- Ergonomics
- Fire Safety
- Slips, Trips and Falls
- Violence and Harassment Prevention in Workplace
- Workplace Hazardous Materials Information System
- AODA Accessibility Training

2010 – 2014 **McMaster University Environmental and Occupational Health Training**

- Fire Safety
- Office Workplace Hazardous Materials Information System

PROFESSIONAL MEMBERSHIP

2014 – present **National Strength and Conditioning Association**
Professional Member

2014 **International Society for Behavioral Nutrition and Physical Activity**, Student Member

2012 – 2014 **American Baseball Coaching Association**, Canadian member

2011 – present **North American Society for the Psychology and Sport and Physical Activity**, Professional Member

2011 **Canadian Society for Psychomotor Learning and Sport Psychology**, Student Member

PROFESSIONAL DEVELOPMENT

2015 **Perform Better Summit**
Conference attendee, Long Beach, CA

2014 **International Society for Behavioral Nutrition and Physical Activity Conference:**
Conference presenter/attendee

2013 **American Baseball Coaching Association (ABCA)**
Conference attendee, Chicago, IL

2012 **HRM 723- Health-research methodologies: Regression Analysis**
McMaster University, Hamilton ON

2011 **EDUC 750—Principles and Practices of Teaching**

University Students

McMaster University, Hamilton ON

- 2011 **North American Society for the Psychology and Sport and Physical Activity Conference:**
Conference presenter/attendee
- 2017 – San Diego, CA
 - 2013 – New Orleans, LA
 - 2012 – Honolulu, HI
 - 2011 – Burlington, VT
- 2010 **Canadian Society for Psychomotor Learning and Sport Psychology Conference:**
Conference presenter/attendee, Ottawa, ON
- 2007 **NCAA Leadership Conference:**
Conference attendee, Dallas, TX

COMMUNITY SERVICE

- 2016 – present **Faculty-led Discipleship Group**
Coordinator and small group leader
- 2015 **Night of Champions (FCA Event)**
First responder
- 2014 – present **Azusa Pacific University – Athletics**
Performance Psychology Consultant
- 2010 – 2013 **Joan Heimbecker Memorial Cup Fundraiser**
Administrative Fundraiser and Participant
- 2013 **NASPSPA Conference**
Volunteer Conference Organizer, New Orleans, LA
- 2012 – 2013 **Kehila Jewish Community Day School**
Volunteer Physical Education Instructor, Hamilton, Ontario
- 2012 – 2013 **Coach-Athlete Communication: In-class Seminar**
Dundas Youth Soccer League Dundas, Ontario
- 2012 **BaseBALD Fundraiser – St. Baldrick's Childhood Cancer Foundation**
Head shavee/fundraiser Hamilton, Ontario
- 2011 – 2012 **Intro to "Coaching Baseball": Workshop**
Dundas Little League, Dundas, Ontario

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| 2011 – 2012 | Dundas Little League
Head Coach, Dundas, Ontario – Canada |
| 2008 – 2009 | Big Brothers, Big Sisters Mentorship Program
Big Brother, Corpus Christi, TX |
| 2009 | The Alamo Baseball Academy.
Youth coach, Corpus Christi, TX |
| 2009 | Fellowship of Christian Athletes Summer Camp
Youth leader, Corpus Christi, TX |
| 2008 | Texas A&M University – Corpus Christi Summer
Baseball Camps.
Youth baseball instructor, Corpus Christi, TX |
| 2008 – 2009 | Fellowship of Christian Athletes
College Campus leader, Corpus Christi, TX |
| 2006 | Cerro Coso Cardiac Rehabilitation Program
Personal Trainer, Ridgecrest, CA |