

Alexander G. Bianco
130 Overlook Dr., Apt. 11206, Fond du Lac, WI, 54937
805-807-1796
biancoa@ripon.edu

Education

The University of Tennessee – Knoxville Graduation: August 2022
Doctor of Philosophy: Kinesiology, Recreation, & Sport Studies
Concentration: Sport Psychology & Motor Behavior
Advisor: Dr. Rebecca Zakrajsek
Dissertation: “Sometimes the people giving the care get a little overlooked”: Athletic trainers’ personal use of psychosocial strategies and interactions with mental performance consultants

Miami University Graduation: August 2019
Master of Science: Kinesiology & Health
Concentration: Sport Psychology
Advisor: Dr. Robert Weinberg
Thesis: The moderating effects of coping and athletic identity on post-injury alcohol use in intercollegiate athletes

Miami University Graduation: May 2013
Bachelor of Arts: Psychology
Minor: Statistical Methods

Employment

Ripon College August 2022 – present
Assistant Professor
Teach undergraduate classes in the Exercise Science department, conduct research with colleagues and students, and provide service to the department, college, field of sport psychology, and local community.

The University of Tennessee – Knoxville August 2019 – August 2022
Graduate Teaching Associate
Taught undergraduate classes in the Kinesiology, Recreation, and Sport Studies department and the Physical Education Activity Program

Miami University August 2017 – August 2019
Graduate Teaching Assistant
Taught undergraduate classes in the Kinesiology and Physical Activity and Life Skills departments

Addiction Recovery Research Center (ARRC) at Virginia Polytechnic Institute
Lab Director: Dr. Warren Bickel
Research Associate May 2016 - May 2017

Supervised a team of 10 research staff
Developed methods to increase research productivity through IT and scheduling adjustments
Created and submitted research documents (consent/assent forms, protocols, etc.) to the IRB
Developed IRB continuing reviews and NIH progress reports
Assisted in the development of grant proposals

Research Assistant/Research Coordinator October 2013 - May 2016
Played a supporting role in all aspects of the research process for upwards of 10 co-occurring studies
Reviewed consent and/or assent documentation with participants
Collected, organized, and analyzed confidential data
Administered fMRI scans to human subjects

Administered Transcranial Magnetic Stimulation to human subjects
Assisted in psychological task development and implementation (e.g., Wisconsin Card Sort Task, Stroop Task)
Met weekly to discuss data, study and design improvement, and develop future studies
Used a host of recruitment methods geared toward specific populations
Collected and maintained human biological samples (i.e., blood, urine, and saliva)

Teaching Experience

Ripon College

Instructor of Record

Psychological Aspects of Physical Activity
Motor Learning
Psychology of Coaching and Leadership

The University of Tennessee – Knoxville

Instructor of Record

Introduction to Sport Psychology
Principles of Movement Control and Skill Learning
Applied Anatomy (Lab)
Stress Management
Exercise and Nutrition
Physical Education Courses (e.g., Weight Training, Golf)

Teaching Assistant

Psychology of Coaching, Lead professor: Dr. Rebecca Zakrajsek

Miami University

Instructor of Record

Motor Learning and Control (Lab)
Physical Activity and Life Skills Courses (e.g., Weight Training, Nature Fitness)

Teaching Assistant

Psychological Perspectives in Sport and Exercise, Lead professor: Dr. Robert Weinberg

Research and Scholarly Publications

Refereed Publications

Pope, D., Poe, L., Stein, J., Snider, S., **Bianco, A. G.**, & Bickel, W.K. (2018). Past and future preference reversals are predicted by delay discounting in smokers and non-smokers. *Experimental and Clinical Psychopharmacology*, 26(6), 19-28.

Quisenberry, A.J., **Bianco, A. G.**, Gatchalian, K.M., Kim-Spoon, J., & Bickel, W. K. (2016). The temporal window of valuation is constricted in adolescent smokers. *Behavioural Processes*, 132, 29-33.

Manuscripts in Preparation

Bianco, A. G., Zakrajsek, R. A., Couch, S., Raabe, J. An exploration of NCAA DI athletic trainers' personal use of sport psychology services.

Bianco, A. G., Vealey, R. S., Zakrajsek, R. A., Madson, S. Collegiate coaches', athletic trainers', and student-athletes' perceptions of professional titles used in sport psychology.

Chamberlain, J., Vealey, R. S., **Bianco, A.G.**, Freysinger, V. A Qualitative Investigation of Youth Athletes' Experiences in the "Specializing" Years

Zakrajsek, R. A., **Bianco, A. G.**, Raabe, J., & Martin, S. B. Athletic trainers' perceptions of professional qualification to use sport psychology strategies in sport injury rehabilitation.

Zakrajsek, R. A., **Bianco, A. G.**, Raabe, J., & Martin, S. B. Athletic trainers' use of psychological strategies in sport injury rehabilitation.

Contributions to Edited Volumes

Weinberg, R. & **Bianco A. G.** (under review). Theories and models of behavior change applied to exercise: Research and practice. In S. Razon & M. L. Sachs (Eds.), *Applied exercise psychology: The challenging journey from motivation to adherence*. Routledge/Taylor & Francis Group.

Zakrajsek, R. A., **Bianco, A.G.**, Casey, T., Hayden, K., & Martin, S. B. (2022). Injury prevention and rehabilitation. In I. Nixdorf, J. Beckman, T. MacIntyre, S. Martin, & R. Nixdorf (Eds.), *The Routledge handbook of mental health in elite sport*. Routledge.

Martin, S. B., Zakrajsek, R. A., Casey, T., & **Bianco, A. G.** (2020). Mental techniques for performance. (Independent Course, ISC 30.3.4). In C. Hughes (Ed.), *Special topics: Enhancing performance using a mind, body, metric approach*. Academy of Orthopedic Physical Therapy, American Physical Therapy Association.

Weinberg, R. S. & **Bianco, A. G.** (2020). Self-talk interventions in tennis and golf. In A. Latinjak & A. Hatzigeorgiadis (Eds.), *Self-talk in sport*. Routledge.

Published Conference Abstracts

Quisenberry, A., Koffarnus, M. N., **Bianco, A. G.**, Perry, E., & Bickel, W. K. (2017). The experimental tobacco marketplace II: Substitutability in dual e-cigarette and cigarette users. *Drug and Alcohol Dependence, 100*(171), e171.

Professional Publications

Bianco, A. G. (2022, September). Professional titles in sport psychology. Association for Applied Sport Psychology bi-monthly newsletter.

Presentations at Scholarly Meetings

National Refereed Presentations

Bianco, A. G., Zakrajsek, R. A., Couch, S., Fisher, L. A., Raabe, J., & Hayes, S. (2022, October). "It's something that can help me be a better human being": A qualitative exploration of athletic trainers' personal use of sport psychology services. Lecture delivered at the Association for Applied Sport Psychology (AASP) annual conference, Fort Worth, TX.

Bianco, A. G., Casey, T. B., Hayden, K. N., Zakrajsek, R. A., Martin, S. B. (2021, October). Developing interprofessional care teams for injury prevention and rehabilitation. Workshop presented virtually at the Association for Applied Sport Psychology (AASP) annual conference.

Bianco, A. G., Vealey, R. S., Zakrajsek, R. A., Madson, S. (2021, October). Collegiate coaches', athletic trainers', and student athletes' perceptions on professional titles used in sport psychology. Poster presented virtually at the Association for Applied Sport Psychology (AASP) annual conference.

Bianco, A. G., Zakrajsek, R. A., Raabe, J., & Martin, S.B. (2021, October). Athletic trainers' perceptions of professional qualification to use sport psychology strategies in sport injury rehabilitation. Poster presented virtually at the Association for Applied Sport Psychology (AASP) annual conference.

Bianco, A. G., Zakrajsek, R. A., Raabe, J., & Martin, S.B. (2020, October). Factors influencing NCAA DI athletic trainers' use of psychological techniques during sport injury rehabilitation. Poster presented virtually at the Association for Applied Sport Psychology (AASP) annual conference.

Bianco, A. G., Chamberlain, J., Vealey, R. S. (2019, October). Youth athletes' experiences in the "specializing" years: A qualitative investigation of motivation and perceived pressures. Podium presentation at the Association for Applied Sport Psychology (AASP) annual conference, Portland, OR.

Bickel, W.K., Snider, S. E., Stein, J. S., Mithoefer, O., **Bianco, A. G.**, Perry, E. S., & Hanlon, C. A. (2016, June). Theta burst TMS as a tool to change smoking behavior. Developing innovative brain stimulation treatment options for substance dependent individuals: translating basic science knowledge of neural circuits to our clinics. Symposium presented at the annual meeting of College on Problems of Drug Dependence (CPDD), Palm Springs, CA.

Reese, B., Koffarnus, M., Quisenberry, A., Bixel, K., Seymour, N., **Bianco, A. G.**, Patterson, D., & Bickel, W. (2015, June). *The 13th step: More on thriving in recovery*. Poster presented at the International Positive Psychology Association (IPPA) 4th World Congress on Positive Psychology, Orlando, FL.

Regional/State Refereed Presentations

Bianco, A. G., Madson, S., Vealey, R. S., Zakrajsek, R. A. (2022, February). The perceived services of sport psychology professionals with different titles. Podium presentation at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Lansing, MI.

Thompson, S., Zakrajsek, R. A., **Bianco, A. G.** (2022, February). A developmental evaluation of the *Rise Through Purpose* program for doctoral physical therapy students. Poster presented at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Lansing, MI.

Bianco, A. G. & Weinberg, R. S. (2020, February). The effects of coping and athletic identity on post-injury alcohol use in intercollegiate athletes. Podium presentation at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Bloomington, IL.

Bianco, A. G. (2019, February). The moderating effects of coping and athletic identity on post-injury alcohol use in intercollegiate athletes: A Proposed Study. Poster presented at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Lexington, KY.

Invited Presentations

Bianco, A. G. (2022, May). The importance of interprofessional collaboration in sport injury prevention and rehabilitation. Virtual presentation at the Chicago Sport Injury Psychology Symposium (CSIPS).

External Funding

Raabe, J., Maleike, M., **Bianco, A. G.**, Sandrey, M., Leatherman, L. (September, 2022). Enhancing the vitality of athletic training: A longitudinal mixed-method investigation of the psychological mechanism influencing NCAA athletic trainers' mental health. **Pre-proposal under review** by the National Athletic Trainers' Association.

Bianco, A. G. & Zakrajsek, R. (April, 2021). Athletic trainers' personal use of psychological strategies and mental performance services: A mixed methods investigation. **Funded** by the Association for Applied Sport Psychology. \$2000.

Bianco, A. G., Vealey, R. S., Zakrajsek, R., & Madson, S. (April, 2020). Collegiate coaches', athletes', and athletic trainers' perceptions of titles used by mental training consultants in sport. **Funded** by the Association for Applied Sport Psychology - Foundation Research Seed Grant. \$500.

Professional Affiliations

American Psychological Association (APA) – Division 47: 2021 – present

Association for Applied Sport Psychology (AASP): 2017 – present

North American Society for the Psychology of Sport and Physical Activity (NASPSPA): 2020 – present

Disciplinary Service

Abstract Reviewer

Association for Applied Sport Psychology (AASP) Annual Conference, 2020 - present

Manuscript Reviewer

International Journal of Exercise Science, 2020 - present

Journal for Advancing Sport Psychology Research, 2021 – present

Research Chair

Injury Special Interest Group – Association for Applied Sport Psychology (AASP), 2021 – present

Certifications

Association for Applied Sport Psychology

Certified Mental Performance Consultant, in progress (325/400 hours)

Center for the Integration of Research in Teaching and Learning

Associate Certification, 2021

University of Tennessee – Knoxville, Teaching and Learning Innovation

Inclusive Teaching Certification, 2021

Awards & Honors

Patsy Crockett Boroviak Award (2022)

This award is to recognize Graduate Teaching Associates in the Department of Kinesiology, Recreation, and Sport Studies who display that special “Volunteer Spirit” that motivates other students to achieve their potential.

Tennessee Fellowship for Graduate Excellence (2019-2022)

College of Education, Health, & Human Sciences

University of Tennessee - Knoxville

Amount: \$10,000 annually for three years

Applied Sport Psychology Experience

Maryville College (Maryville, TN)

Served as a mental performance consultant for the Maryville College athletic department. In this position I delivered group presentations to athletic teams and provide one-on-one consulting to individual athletes. I also consulted with coaches and athletic trainers regarding how they could develop optimal motivational climates.

South College (Knoxville, TN)

Developed a mental skills program for physical therapy doctoral students. Program included information regarding maintaining optimal motivation, managing stress, a utilizing social support resources. The program also discussed how students could use these same techniques with their future patients.

First Tee of Greater Knoxville

Provided four 15-minute mental skills presentations to groups of ~15 youth golfers. Presentations discussed the importance of our mind in sports, maintaining a productive mindset, controlling emotions, and consistently preparing for performance.

Brett Carroll (BC) Sports (Knoxville, TN)

Provided six 30-minute mental skills presentations to groups of ~30 youth baseball players. Presentations discussed the importance of our mind in sports, maintaining a productive mindset, controlling emotions, consistently preparing for performance, and being a supportive teammate.

Five Individual Youth Athletes

Primary sports included basketball, baseball, football, and softball

One to ten sessions

Implemented goal setting and focus routines for specific sport skills (e.g., basketball shot, pitches)

Analyzed and developed leadership qualities

Developed pre- and post-performance routines

Taught relaxation strategies

Modified self-talk patterns

Reduced fears related to reinjury

Individual Strength and Conditioning Coach (SCC)

Worked interprofessionally with a SCC to develop ten 10-minute sport psychology presentations that were incorporated into physical training sessions. Presentations revolved around the development of core psychological skills such as confidence, motivation, team cohesion, and anxiety management.

Individual Adult Powerlifter

Five sessions

Implemented goal setting and self-talk strategies meant to enhance confidence

Taught relaxation and anxiety management strategies