

# Allison Grace, Ph.D.

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**Assistant Professor, Tenure-Track, 2023-Present**  
*The Citadel: The Military College of South Carolina*  
Department of Psychology  
Charleston, SC

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## EDUCATION:

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**Doctor of Philosophy, May 2023**  
*Springfield College, Springfield, MA*  
Specialization: Sport & Exercise Psychology  
Advisor: Jasmin C. Hutchinson, Ph.D.  
Dissertation: *Emotion Regulation in Sport: Development of the Athlete Emotion Regulation Strategies Scale*



**Master of Arts, December 2018**  
*San José State University, San José, CA*  
Specialization: Kinesiology (Sport Studies/Sport Psychology)  
Advisor: Ted M. Butryn, Ph.D.  
Thesis: *An Interpretative Phenomenological Analysis of 2013 Boston Marathoners' Experience of a Subsequent Boston Marathon*



**Bachelor of Arts, May 2012**  
*Boston University, Boston, MA*  
Major: Psychology

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## TEACHING:

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Present      Assistant Professor, Experimental Psychology (Undergraduate)  
*The Citadel, The Military College of South Carolina, Charleston, SC*

- Primary instructor for experimental psychology course for approximately 15-18 students.
- Designed the course syllabus and prepare weekly lectures.
- Create and grade all course assignments and examinations.
- Hold office hours and meet with students individually during the semester.

- Present      Assistant Professor, Research Design & Evaluation (Graduate)  
*The Citadel, The Military College of South Carolina, Charleston, SC*
- Primary instructor for graduate-level research methods course for approximately 10-12 students.
  - Course covers research design and statistical analyses for studying different types of behavior and to critique different research designs in the field of psychology. Students conduct a supervised research project culminating in an APA-formatted manuscript and presentation.
  - Designed the course syllabus and prepare weekly lectures.
  - Create and grade all course assignments and examinations.
  - Hold office hours and meet with students individually during the semester.
- 2023      Assistant Professor, Sport & Exercise Psychology (Undergraduate)  
*The Citadel, The Military College of South Carolina, Charleston, SC*
- Primary instructor for introductory-level sport and exercise psychology course for approximately 18-20 students.
  - Course covered psychological factors related participation in sport, athletic performance, and physical activity more generally. Social psychological variables affecting participation and performance in sport and their relationship to the psychological well-being of athletes are emphasized.
  - Designed course syllabus and prepared all weekly lectures.
  - Created and graded all course assignments and examinations.
  - Held office hours and met with students individually during the semester.
- 2023      Assistant Professor, Sport & Exercise Psychology (Undergraduate, General Education “Strand” Course)  
*The Citadel, The Military College of South Carolina, Charleston, SC*
- Primary instructor for introductory-level sport and exercise psychology course for approximately 18-20 students.
  - Course facilitated understanding in regard to behavior in sport and exercise settings. The emphasis was on basic theories and concepts that relate to and help explain the phenomena of performance within the context of sport and exercise. Students were introduced to scientific research in sport and exercise psychology, and to the field of applied sport and exercise psychology.
  - Designed course syllabus and prepared all weekly lectures.
  - Created and graded all course assignments and examinations.
  - Held office hours and met with students individually during the semester.

2023

Assistant Professor, Applied Statistics & Psychometrics (Graduate)  
*The Citadel, The Military College of South Carolina, Charleston, SC*

- Primary instructor for graduate-level applied statistical analysis and measurement course for approximately 18-20 students.
- Course focused on foundations of data analysis and psychological statistics. Students gained understanding of statistical properties of measurement instruments, the advantages and limitations of assessment approaches, social and ethical issues in assessment, and used psychological statistics to analyze and interpret data.
- Designed course syllabus and prepared all weekly lectures.
- Created and graded all course assignments and examinations.
- Held office hours and met with students individually during the semester.

2022

Adjunct Faculty, Evidence-Based Practice in Sport & Exercise Psychology (Graduate)  
*Springfield College, Springfield, MA*

- Primary instructor for graduate-level research methods course for approximately 15-20 students.
- Utilized the scientist-practitioner perspective to introduce students to the purpose and methods for conducting research in sport and exercise psychology and how research evidence informs and impacts the practice of sport and exercise psychology.
- Students learned to read, interpret, analyze, and apply findings to the profession. The course introduces a variety of commonly applied quantitative and qualitative research designs and analysis used in the field as well as examining key elements of scientific research design.
- Graded course assignments and examinations.
- Held office hours and met with students individually during the semester.

2022

Adjunct Faculty, Stress Management (Graduate)  
*Springfield College, Springfield, MA*

- Primary instructor for graduate-level stress management course for approximately 15-20 students.
- Course covered comprehensive and advanced treatise of stress management. Specifically, the concepts of stress, psychophysiology of stress, measurement of stress, relation of stress to mental and physical health and performance, prevention and intervention in stress management, and special topics related to stress.
- Created and graded all course assignments and examinations.
- Hold office hours and meet with students individually during the semester.

- 2022 Adjunct Faculty, Exercise Psychology (Graduate)  
*Springfield College, Springfield, MA*
- Taught graduate-level exercise psychology course with class size of approximately 10-12 students covering applied and theoretical issues related to the psychology of physical activity and exercise. Topics included: psychological and psychobiological responses to exercise, exercise patterns in different populations, the relationship between exercise and mental health, strategic interventions that promote physical activity, and problems associated with excessive exercise.
  - Graded course assignments and examinations.
  - Held office hours and met with students individually during the semester.
- 2021 Adjunct Faculty, Psychology of Sport (Undergraduate)  
*Springfield College, Springfield, MA*
- Primary instructor for introductory-level sport and exercise psychology course with class size of 18-20 students.
  - Designed course syllabus and prepared all weekly lectures.
  - Created and graded all course assignments and examinations
  - Held office hours and met with students individually during the semester.
- 2021 Guest Speaker, Motor Development (Graduate)  
*Springfield College, Springfield, MA*
- Invited guest speaker who presented on diminishing gender stereotyping in physical activity/sport and promoting physical activity/sport participation and age-appropriate motor development in elementary school-aged girls.
- 2020 Guest Speaker, Fundamentals of Qualitative Research (Graduate)  
*San José State University, San José, CA*
- Invited guest to speaker who presented on the qualitative research process with an emphasis on developing a research question, qualitative data collection via semi-structured interviews, and interpretative phenomenological analysis.
- 2020 Adjunct Faculty, Psychology of Sport (Undergraduate)\*  
*Springfield College, Springfield, MA*
- Primary instructor for introductory-level sport and exercise psychology course with class size of 18-20 students.
  - Designed course syllabus and prepared all weekly lectures.
  - Created and graded all course assignments and examinations
  - Held office hours and met with students individually during the semester.

- \*Note: Delivery modality changed from in-person to an online synchronous and asynchronous hybrid format due to COVID-19.

2019 Guest Speaker, Fundamentals of Qualitative Research (Graduate)  
*San José State University, San José, CA*

- Invented guest speaker who presented on the qualitative research process with an emphasis on developing a research question, qualitative data collection via semi-structured interviews, and interpretative phenomenological analysis.

2019 Substitute Instructor, Fitness for Life (Undergraduate)  
*Springfield College, Springfield, MA*

- Substitute instructor for required undergraduate wellness and physical literacy course.

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## RESEARCH:

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### Peer-Reviewed Journal Articles:

Mullin, E. M., Halbrook, M. K., **Grace, A.**, & Haworth, C. (in review). Sexual prejudice, traditional masculinity ideology, and athletic identity in college students. *Journal of Sport Behavior*.

**Grace, A.** (2019). Review of Hockey tough: Winning the mental game, by Saul L. Miller, Human Kinetics. Champaign, IL, 2016, 248 pp, \$21.95 (paperback, also available in eBook format). ISBN: 978-1-4925-0409-2. *Journal of Sport Psychology in Action*, 10(3), 191-192.

<https://doi.org/10.1080/21520704.2019.1619640>

**Grace, A.** & Butryn, T. M. (2018). An interpretative phenomenological analysis of 2013 Boston Marathoners' experience of running a subsequent Boston Marathon. *Qualitative Research in Sport, Exercise and Health*, 11(2), 201-216. <https://doi.org/10.1080/2159676X.2018.1526206>

### Peer-Reviewed Presentations:

#### International:

**Grace, A.**, Hutchinson, J., Mullin, E. M., & Mellano, K. (2022, October). Scale development: Establishing item-content relevance and content evidence of validity for the Athlete Emotion Regulation Strategies Scale. Poster presentation at the 2022 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Montréal, Québec, Canada

Mullin, E. M., Halbrook, M. K., **Grace, A.**, & Haworth, C. (2022, July). Sexual prejudice, traditional masculinity ideology, and athletic identity in U.S. collegiate athletes. Poster presentation at the 16<sup>th</sup> European Congress of Sport and Exercise Psychology, Padova, Italy

Mullin, E. M., Cook, S. Socolow, R., Wooley, S., & **Grace, A.** (2019, July). If you build it, they will come out: Developing an LGB inclusive environment in U.S. collegiate athletics. Poster presentation at the 15<sup>th</sup> European Congress of Sport and Exercise Psychology, Münster, Germany

### **National:**

**Grace, A.**, Hutchinson, J., Mullin, E., & Mellano, K. (2023). Confirming the athlete emotion regulation Strategies scale's underlying factor structure and establishing convergent evidence of validity. Poster presentation at Association for Applied Sport Psychology Annual Conference, Lake Buena Vista, FL

**Grace, A.** (2021, October). Emotion regulation in sport: Considerations for assessment. Poster presentation at Association for Applied Sport Psychology Annual Conference, Virtual

Mullin, E. M., Halbrook, M., **Grace, A.**, & Haworth, C. (2020, October). Validation of the sexual prejudice in sport scale in the United States. Poster presentation at Association for Applied Sport Psychology Annual Conference, Virtual

Socolow, R., Mullin, E. M., **Grace, A.**, & Wooley, S. (2019, October). Consulting with transgender athletes: Impact of institutional policy. Workshop at the Association for Applied Sport Psychology Annual Conference, Portland, OR

**Grace, A.** & Butryn, T. M. (2018, October). An interpretative phenomenological analysis of 2013 Boston Marathoners' experience of running a subsequent Boston Marathon. Poster presentation at Association for Applied Sport Psychology Annual Conference, Toronto, Ontario, Canada

### **Regional:**

Hutchinson, J., Salvatore, G., **Grace, A.**, Adler, S., Curtis, D., Gustafson, C., Wentland, S., & Luo, Y. (2022, March). Affective responses to up- and down-ramped resistance training. Symposium presentation at the Association for Applied Sport Psychology Northeast Regional Conference, Virtual

**Grace, A.** (2022, March). Scale development phase 1: Scale Development and item-content relevance evidence of validity for the athlete emotion regulation strategies scale. Paper presentation at the Association for Applied Sport Psychology Northeast Regional Conference, Virtual

**Grace, A.** (2021, March). Emotion regulation assessment in sport: Current status and future directions. Poster presentation at the Association for Applied Sport Psychology Northeast Regional Conference, Virtual

Socolow, R., Wooley, S., **Grace, A.**, & Mullin, E. M. (2019, March). How to facilitate an inclusive environment for trans athletes. Workshop at the Association for Applied Sport Psychology Northeast Regional Conference, Springfield, MA

### **State:**

**Grace, A.** (2020, October). Age-appropriate motor development in elementary school aged girls. Paper presentation at the Journal of Emerging Sport Studies Power at Play Digital Symposium, Virtual.

**Grace, A.** (2020, October). Thematic media analysis of North America's first openly transgender professional athlete. Paper presentation at the Journal of Emerging Sport Studies Power at Play Digital Symposium, Virtual

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### **SERVICE:**

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#### **Professional Organizations:**

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| Present | Peer-reviewer, <i>Journal of Advancing Sport Psychology Research (JASPR)</i>   |
| Present | Peer-reviewer, <i>Journal of Articles in Support of the Null Hypothesis (JASNH)</i>  |
| Present | Peer-reviewer, <i>International Journal of Behavioral Medicine (IJBM)</i>  |
| 2023    | Abstract reviewer, 2023 AASP (Association for Applied Sport Psychology) National Conference, Lake Buena Vista, FL          |
| 2023    | Abstract reviewer, 2023 APA (American Psychological Association, Division 47) Convention, Washington, DC                   |
| 2022    | Abstract reviewer, 2022 APA (American Psychological Association, Division 47) Convention, Minneapolis, MN                  |
| 2022    | Abstract reviewer, 2022 AASP (Association for Applied Sport Psychology) Northeast Regional Conference, Virtual             |
| 2022    | Conference planning committee, 2022 AASP (Association for Applied Sport Psychology) Northeast Regional Conference, Virtual |
| 2021    | Abstract reviewer, 2021 APA (American Psychological Association, Division 47) Convention, San Diego, CA                    |

- 2021 Conference planning committee, 2021 AASP (Association for Applied Sport Psychology) Northeast Regional Conference, Virtual
- 2020-21 Chair, Undergraduate Connections Student Initiative, AASP (Association for Applied Sport Psychology)
- 2020 Abstract reviewer, 2020 AASP (Association for Applied Sport Psychology) National Conference, Virtual
- 2020 Abstract reviewer, 2020 AASP (Association for Applied Sport Psychology) Northeast Regional Conference, Springfield, MA
- 2020 Abstract reviewer, 2020 APA (American Psychological Association, Division 47) Convention, Washington, D.C.
- 2019-20 Co-Chair, Best Practices in Research Student Initiative, AASP (Association for Applied Sport Psychology)
- 2019 Abstract reviewer, 2019 AASP (Association for Applied Sport Psychology) National Conference, Portland, OR
- 2019 Abstract reviewer, 2019 AASP (Association for Applied Sport Psychology) Northeast Regional Conference, Springfield, MA
- 2019 Conference session presider, AASP (Association for Applied Sport Psychology) Northeast Regional Conference, Springfield, MA

### **College/University:**

- Present Undergraduate Curriculum Committee  
*The Citadel, The Military College of South Carolina, Charleston, SC*
- Department of Psychology representative on the university's Undergraduate Curriculum Committee.
- 2022 Research Peer Mentor, Department of Exercise Science & Athletic Training  
*Springfield College, Springfield, MA*
- Matched first-year master's student mentee with similar research interest(s) enrolled in RSCH 610 (Research Methods).
  - Supported and advised first-year master's students in the areas of research design, research management, and follow-through of successful research projects.
  - Initiated regular check-ins with mentee.



- Guided mentee in developing confidence and competency in the research process.

2020-21

Sport & Exercise Psychology Program Social Media

*Springfield College, Springfield MA*

- Worked collaboratively with students and faculty in the Sport and Exercise Psychology program to create evidence-based content for the Sport and Exercise Psychology program's Instagram profile/website.
- Collaborated on the creation and delivery of weekly "Mental Minute" posts.
- Assisted with the development of Podcast-style, live Zoom sessions each week to facilitate discussions among Springfield College student-athletes, coaching staff, and sport and exercise psychology master's and doctoral students on topics like:
  - Effective habit building
  - Modifying perceptions and outlook
  - Communication and expectations
  - Maintaining socially distant relationships during COVID-19
  - Identity

2019-20

Sport & Exercise Psychology Peer Mentor, Department of Exercise Science & Athletic Training

*Springfield College, Springfield, MA*

- Matched with first-year Springfield College master's student mentee enrolled in the Sport and Exercise Psychology program.
- Initiated regular check-ins with mentee.
- Supported and assisted mentee in getting acclimated to the Sport and Exercise Psychology program/graduate school and student-life

2019

Guest Lecturer, Institutional Review Board Application Process, Department of Exercise Science & Athletic Training

*Springfield College, Springfield, MA*

- Designed and delivered workshop for second-year master's students completing a thesis.
- Provided comprehensive step-by-step overview of the Institutional Review Board (IRB) application and review process.
- Identified ways to avoid common errors and to help expedite the application/review process for first-time IRB applicants.

## Consulting Experience:

- 2019-20 Volunteer Mental Performance Consultant  
Mount Holyoke Women's Tennis Team  
*Mount Holyoke College, South Hadley, MA*
- Led presentations for NCAA Division III women's tennis team of approximately 10-12 athletes on key sport psychology concepts including: arousal regulation, team dynamics/communication, and team culture/team identity.
  - Conducted athlete needs assessment and performed individual athlete consultations.
  - Initiated and participated in regular meetings with coaching staff.
- 2019 Volunteer Mental Performance Consultant  
Mount Holyoke Women's Squash Team  
*Mount Holyoke College, South Hadley, MA*
- Led presentations for College Squash Association (CSA) women's team of approximately 10-12 athletes on key sport psychology concepts including: arousal regulation and team culture/team identity.
  - Conducted athlete needs assessment and performed individual athlete consultations.
- 2016-17 Volunteer Mental Performance Consultant  
San José Junior Sharks boy's ice hockey team  
*San José Junior Sharks, San José, CA*
- Led group presentations for hockey players on the boy's 16 and under national team of approximately 30 athletes on key sport psychology concepts including, but not limited to: anxiety, mental toughness, self-talk, cohesion, and imagery/visualization.
  - Initiated and participated in regular meetings with coaching staff.
  - Designed and implemented worksheets, informational handouts, and activities to engage student-athletes and assist them in incorporating these mental skills into their preparation and during competition.
- 2016 Volunteer Mental Performance Consultant  
De Anza Women's Volleyball Team  
*De Anza College, Cupertino, CA*
- Led presentations for approximately 15-20 athletes on key sport psychology concepts including: mental toughness, self-talk, cohesion, and imagery.
  - Designed and implemented worksheets, informational handouts, and activities to engage student-athletes and assist them in incorporating these mental skills into their preparation and during competition.

- 2011 Sport Psychology Intern  
Boston University Athletic Enhancement Center  
*Boston University, Boston, MA*
- Observed the strength and conditioning training of middle school, high school and collegiate student-athletes.
  - Educated groups of approximately 2-10 athletes on mental toughness and goal setting.
  - Supervised and assisted workshops for up to 80 athletes focusing on the mental game of hockey.
  - Distributed self-report measures to evaluate athletes and provide a personalized Mental-Emotional Competitive Evaluation so athletes could visualize their own strengths and areas for improvement.
  - Maintained database of all current Athletic Enhancement Center athletes.

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## RELEVANT EXPERIENCES:

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- 2022 Course Design, Department of Exercise Science & Athletic Training  
*Springfield College, Springfield, MA*
- Worked collaboratively with Sport & Exercise Psychology Graduate Program Director and Springfield College instructional design team on course design for the graduate curriculum in the newly-established Springfield College online Sport & Exercise Psychology M.Ed. program.
  - Created, edited, and managed the development of modules for AEXS 677: Stress Management and AEXS 691: Professional Ethics and Standards in the online Learning Management System (Brightspace).
  - Established learning objectives utilizing techniques such as instructional ‘scaffolding.’
  - Designed, synthesized, and organized course modules’ content for AEXS 677: Stress Management and AEXS 691: Professional Ethics and Standards, in the online Learning Management System (Brightspace).
  - Designed and implemented formative and summative assessment methods.
- 2019-22 Graduate Fellow, Department of Exercise Science & Athletic Training  
*Springfield College, Springfield, MA*
- Graduate Fellow for Sport and Exercise Psychology under the direction and supervision of Dr. Jasmin C. Hutchinson.
  - Copyedited and reviewed proper APA-style formatting for master’s student theses.
  - Administered, scored, and entered data for psychometric assessments for faculty supervisor’s research.

- Engaged with and served as point of contact prospective graduate students during on-campus visits and on-campus/virtual open house events.
- Assisted faculty supervisor with grading undergraduate and graduate student assignments.
- Maintained up-to-date records of undergraduate student internship placements.

2019-22

Graduate Research Assistant, Department of Exercise Science & Athletic Training  
*Springfield College, Springfield, MA*

- Administered, scored, and entered data for psychometric assessment and computer testing protocols for faculty supervisor's research.
- Met with and trained undergraduate and graduate research assistants on policies and procedures.
- Collaborated as part of an interdisciplinary team with students and faculty members specializing in the areas of: sport and exercise psychology, exercise physiology, nutrition, and strength and conditioning.

2020

Content Development Intern  
*Valor Performance, Inc., Boston, MA*

- Gained hands-on experience developing content aimed at bridging the gap between science and practice for online performance psychology/leadership development program.
- Conducted research for evidence-based client exercises and activities.
- Curated materials and peer-reviewed literature to add to Valor's coach resource library.
- Analyzed user-testing pilot data from new course modules to refine modules to eventually add to the Valor leadership development curriculum.
- Collaborated with the Valor Content Development team during weekly virtual Zoom meetings.
- Copy-edited, revised, and enhanced existing Valor content.

2018-19

Graduate Associate, Office of Graduate Education, Grants & Sponsored Research  
*Springfield College, Springfield, MA*

- Reviewed Institutional Review Board (IRB) application submissions from students and faculty.
- Notified all students and faculty of IRB application approvals, revisions, or rejections.
- Assisted in the preparation of faculty grant applications.
- Conducted final review of all graduate student theses/dissertations for proper APA formatting and writing standards prior to degree conferral.

## Professional Development & Training:

- 2023 Basic Life Support Training (Expires February 2025)  
American Heart Association
- 2022 Your Syllabus as a Tool to Promote Student Equity, Belonging, and Growth (Online Training) The Student Experience Project
- 2021 Certified Peer Reviewer Course (Online Training)  
Elsevier Researcher Academy
- 2020 Airborne Pathogen Training (Online Training)  
First Response Training International Inc.
- 2020 BASES (British Association for Sport & Exercise Sciences) Webinar: Providing Sport Psychology Services During COVID-19
- 2019 CMPC Exam Review Webinar: Theories and Models in Sport Psychology AASP (Association for Applied Sport Psychology)
- 2019 Grant Writing Workshop  
Office of Graduate Education, Grants & Sponsored Research  
*Springfield College, Springfield, MA*

## Membership in Professional Organizations/Certifications:

- Present Member, AASP (Association for Applied Sport Psychology)
- Present Member, APA Division 47 (American Psychological Association Society for Sport, Exercise & Performance Psychology)
- Present Member, ISSP (International Society for Sport Psychology)
- Present Member, NASPSPA (North American Society for Psychology of Sport and Physical Activity)
- Present Member, SCAPPS (Canadian Society for Psychomotor Learning and Sport Psychology)
- In Progress CMPC (Certified Mental Performance Consultant, Association for Applied Sport Psychology)

## Honors, Awards & Prizes:

- 2023 The Citadel School of Humanities and Social Sciences Presentation of Research Grant  
Project Title: *Confirming the Athlete Emotion Regulation Strategies Scale's Underlying Factor Structure and Establishing Convergent Evidence of Validity*
- Grant Status: Funded

- Role: Primary Investigator
- Award Amount: \$1659.00 to cover travel expenses to present research at Association for Applied Sport Psychology (AASP) Annual Conference, Lake Buena Vista, FL

2022

Association for Applied Sport Psychology (AASP) Research Seed Grant  
Project Title: *Confirming the Athlete Emotion Regulation Strategies Scale's Underlying Factor Structure and Establishing Convergent Evidence of Validity*

- Grant Status: Funded
  - Role: Primary Investigator
  - Award Amount: \$497.48
  - Project Timeline: May 2022 – October 2022

2017

Dr. David Furst Scholarship in Sport Studies  
*San José State University, San José, CA*

- Awarded to San José State University graduate student:
  - Minimum 3.5 GPA
  - Completing a master's thesis in the field of sport psychology, sport sociology, and/or coaching.
  - Effectively articulates the impact of thesis topic on the field of sport psychology, sport sociology, and/or coaching.